

Childhood obesity is a critical public health issue that has garnered increasing attention globally, including in the Kingdom of Saudi Arabia (KSA). The study will also outline the inclusion criteria and propose a systematic methodology, including a search strategy, study selection, data extraction, and data synthesis, to guide future research in this crucial area. Societal implications include increased healthcare costs, reduced productivity, and an elevated risk of chronic diseases later in life. Parents, as primary caregivers, play a crucial role in shaping their children's dietary and physical activity habits, thereby influencing the development of obesity. Furthermore, the pervasive nature of unhealthy lifestyle choices in contemporary society exacerbates the challenge of preventing and managing childhood obesity, contributing to a growing burden of non-communicable diseases and negatively impacting the overall well-being of the population.