

ABSTRACT

The theoretical part of this thesis discusses the causes, health consequences, prevention and treatment of childhood obesity. It also examines the role of family lifestyle and social background in the development of childhood obesity. The risk of obesity in children is significantly influenced by the family eating habits, such as eating together or watching television, but also parents' workload or the family's physical activity from day to day.

The main objective of the practical part is to learn the parents' awareness about the risk factors of childhood obesity that can contribute into development of obesity in children and whether these factors are present in responders' families. Data for the practical part of my bachelor's thesis are collected through questionnaire that includes questions concerning child's eating habits in the environment of the house and excluding the house, physical activity, parent's workload, time spent on electronic devices and the way of child upbringing.

The questionnaire was designed for mothers with children in primary schools. In total I was able to collect 165 questionnaires that were completely answered. The conclusion of the questionnaire was very good but I would like to point out some alarming results of the questions concerning time spent on electronic devices and the consumption of sweet beverages. I did not notice any striking difference in results of questionnaires answered by people with different level of education and different economic environment. I would also want to point out that a lot of mothers with basic education do not restrict their children in eating and a lot of them do not prepare snacks for them.

keywords: childhood obesity, family, lifestyle, social background