

Abstract

Title: Overweight and obesity in secondary school children

Objectives: The main objective of this work is to compare eating habits of children (girls and boys) in the eighth and ninth grades in grammar schools and appropriate grades in gymnasium during the stay in a school. The thesis performs an analysis of the Decree no. 282/2016 Coll., which have come into effect on September 20th, 2016 (clearance sale is possible until January 1st, 2017) and restricts the offer of school food vending machines.

Methods: The explorative method of questionnaire survey was used in the thesis. The descriptive approach was used to quantify the obtained data. The methods of comparison, logic, analysis and induction were applied for the analysis of the obtained data. The analysis method was used to analyse individual groups and methods of induction and logic were used while exerting general conclusions and rules. Thanks to the comparison method were compared all studied groups. The influence of food vending machines on children's eating habits was evaluated.

Results: It was found that 44 % of girls in gymnasium uses vending machines, although they have a snack from home. In the other groups uses vending machines only 8-14 % of pupils. Follows from the results, that approximately half of pupils does not use food vending machines in schools at all, except for the girls at gymnasium, where it is just 5 %. Finally, an analysis of satisfaction with the offer of food vending machines was made. Only girls at gymnasium would welcome more healthy than unhealthy foods in food vending machines. 89 % of boys at grammar schools where there isn't any food vending machine wishes for more junk food in the schools. From this survey cannot be declared that better provided education would have an impact on the eating habits of children in the eighth and ninth grades.

Keywords: obesity, eating habits, food vending machines