

## Summary

Diploma thesis „Lifestyle as a determinant of overweight and obesity“ focuses on risk factors determination which influences overweight and obesity in population in regards to failure of programmes dealing with this topic. Main goal of this thesis is to understand current lifestyle of chosen group of people because traditional understanding for reasons of overweight and obesity - higher energy income than outcome – seems to be insufficient. Further target is current Czech policy analysis, especially part of policy dealing with overweight and obesity prevention and its connection with European Union.

In the first part of the thesis reader takes up with overweight and obesity as itself. This is followed by targets and research questions definition. Primary method is qualitative research. There is no generally accepted definition for this kind of research and therefore this method is briefly described here. Method used for policy analysis is content analysis. For this part i used domestic public policy documents as well as abroad ones. The next chapter is devoted to the theoretical recurrences and conceptualization of basic terms which are basement for this work.

The chapter focused on development of obesity prevention policy briefly introduces into policy creation from its origins as a protection of consumer against unfair behaviour of food sellers, further describes first institution foundation and finally gives an overview of European Union system including Czech republic as its member.

Fundamental part of diploma thesis is my own research. Research was based on questionnaires and in-depth interview with chosen respondents via case studies. Through these interviews i was trying to find answers on key questions defined in the beginning of this work. Outcomes are stated in the form of text as well as in form of graphical schemes for better comparison. This study aims at referring importance of lifestyle as a possible reason of overweight and obesity.

In the final phase of this thesis there is a summarization of information found, deeper attitude analysis of all respondents and estimation of possible political solution.