

ABSTRACT

Title: Reasons for development of childhood obesity not related with health condition.

Objectives: This thesis is focused on the subject matter of reasons for development of children's obesity not related with the health condition. I will work with children aged 11 to 15 years from the primary school ZŠ Velké Přílepy and the grammar school Gymnázium Nad Štolou in Prague. The target of this thesis include assessment of life style, movement activities and diet habits of children in an urban and a rural school. Namely such factors or conditions will be covered like lack of movement and sedentary life style, unsuitable diet habits and excessive eating, pressure of the environment, family conditions, social and economic life conditions, etc. Differences between the two mentioned schools will be examined and BMI of all children considered.

Methods: The quantitative method – an inquiry – is used to achieve the results. A series of 14 closed questions focused on obtaining information from children of the two different schools. From the closed questions (age, body weight and body height) their BMI will be calculated. Together 160 children submitted the inquiry. The questions are focused on their diet regime and habits, questions related with movement activities and life style of the children.

Results: Children in villages have much worse diet habits and less movement than children in towns. In rural areas, there are more children with overweight and obesity, in particular among boys.

Key words: BMI, overweight, obesity, movement activities, diet habits, inquiry, children, boys, girls