

ABSTRACT

The prevalence of overweight and obesity is constantly growing all over the world. Not only adults, but also children and adolescents are affected by this increase. The development of overweight or obesity in childhood represents a rather significant health risk that extends to adulthood. Both being overweight and being obese causes various secondary diseases, e.g. type II. diabetes or cardiovascular diseases. That is why the attempts to stop the increase of prevalence of overweight and obesity emerged in recent years. The attempts to stop these tendencies are aimed especially at children and adolescents, who carry the habits developed in childhood even to their adult life. In order for these attempts to be successful, one needs to have at their disposal information about the contemporary status and factors, which influence the development of overweight and obesity. The primary prevention ought to be concentrating on these factors.

The survey, which was created in the questionnaire form, was conducted in primary schools and on the lower grade of grammar schools in Prague and its surroundings. 1897 questionnaires were distributed throughout the whole year; 366 were given back and out of these 225 questionnaires belong to girls and 141 to boys. This thesis focuses on the issues of the dietary, movement and sleeping habits of children between ages 11 to 13. The main goal was to map the contemporary status of overweight and obesity prevalence among children. A part of the survey was also the analysis of the relationship between the child's BMI and how the child perceives his/hers own body.

In comparison with CAV 2001 it was recorded that among girls aged from 11 to 13 the prevalence of overweight and obesity increased, whereas among boys only the prevalence of obesity increased, the prevalence of overweight actually decreased. The factors that influence the child's BMI proved to be the parents' highest achieved education, their occupation or the birth weight of the child. Other essential and significant outcomes were the relationship between the BMI of a child and his/hers body self-perception and the relationship between the choice of the ideal body type and their actual BMI – this was particularly significant with both the sexes.

KEY WORDS: Overweight, obesity, children, BMI, eating habits, physical activity, sleep duration, parents' highest education, parents' occupation