

Abstract

Obesity represents a serious issue of today. Change of lifestyle is a major factor of incidence of obesity. According to the HBSC study, many children from North America and Europe including the Czech Republic do not eat breakfast, do not consume fruit and vegetable, lack physical activity, consume sweets and sweetened drinks and spend more than two hours a day watching TV.

In the theoretical part of the bachelor thesis the term obesity is defined and the reasons for child obesity are explained. Diagnostic criteria of obesity are described, together with the risks, treatment and prevention. Moreover, dietary recommendations are introduced for children of different ages.

The subject of the bachelor thesis was to conduct a survey by a questionnaire in order to discover dietary habits and lifestyle of obese children. The questionnaire was anonymous and the respondents were the patients of the Endocrinology Department of the Pediatric Clinic of the General University Hospital in Prague and the 1. Faculty of Medicine of the Charles University, Ke Karlovu 2. The objective of the practical part was to compare the dietary habits and lifestyle of obese children who go the Endocrinology Department with a control group of not obese children. The aim was to evaluate the consumption of energy-dense food and sweetened drinks in both groups, to compare whether the children eat breakfast, eat lunch in the school cafeteria, consume fruit and vegetable regularly. Furthermore, the study compares the time spent doing a physical activity and the time spent with an electronic device.

The results of the research have shown that obese respondents frequently mentioned better eating habits than the control group, however the amount of physical activity is by contrast lower and the time spend with electronic devices longer.

Key words:

Childhood obesity, eating habits of children, the causes of childhood obesity, growth charts, lifestyle, BMI