Abstract

The occurrence of childhood obesity is on the rise worldwide. According to the HBSC study, children from the Czech Republic and Slovakia consume excessive amount of sugar-sweetened beverages and sweets. On the contrary they do not eat enough of vegetables and fruits, they do not have breakfast at all. Moreover they do not move enough and spend two or more hours per day on the computer or television.

The theoretical part is about causes of the development of childhood obesity, its diagnosis and prevention. The next part is devoted to the development of eating in early childhood, physical activity and recommended healthy eating habits.

In the practical part, questionnaires were distributed, in four primary schools in the Czech Republic and Slovakia. Examined ensemble of children from the Czech Republic (CR) and the Slovak Republic (SR) was divided into two groups: children with normal weight and overweighted or obese children. These groups were compared in consumption of vegetables, fruits, sweets, sugar-sweetened beverages. There was also included a habit of having breakfast, as well as time spent moving and being on the computer or watching television in the comparison.

The study showed that Czech obese children consumed more fruits and vegetables but were less physically active and spent more time on the computer or television. Slovak obese children consumed enough fruit, less vegetables in comparison with Czech children, but on the contrary, they had more physical activity and spent less time on the computer or television.

Key words:
childhood obesity, healthy eating habits, physical activity, prevention of obesity, development of eating in early childhood