Abstract

According to the World Health Organisation, obesity is an epidemic of the 21st century. It is most certainly a serious risk to the health of the individual in question, markedly lowering their quality of life. The Czech Republic is the fourth most obese country in Europe, with 5-10% of child obesity present. This paper explores the development of child obesity and its potential root causes that might contribute to it. The analysis is supported by data from a study by the State Health Institute, which was carried out over 4 phases in 18 cities in the Czech Republic. Quantitative research was used in the analytical part of this paper. The data was processed within the SPSS programme, using the method of statistical analysis of contingency tables and binary logistical regression analysis for testing previously established working hypotheses. The results of the analysis have shown that the rate of obesity grew across the four phases, except only in the youngest group of participants. An analysis of the various contributory factors to obesity has highlighted age and place of residence as being the most influential. The highest number of obese children was found in the regions of Karlovy Vary and Usti nad Labem, which could be due to the socioeconomic and environmental factors in these areas. In contrast, the lowest number of obese children was found in the region of Pardubice, which has better living conditions. These results support recommendations in the area of health policies that could contribute to the lowering of child obesity, especially in the above-mentioned disadvantaged regions.

Key words: obesity, overweight, children, young people