

ABSTRACT

Work title: Overweight and obesity and active lifestyle of school children

Work goal: Evaluation of the school youth's lifestyle, evaluation of the physical activity and diet of the overweight or obese children.

Work methodology: 124 children – 11 and 12 years old (66 boys – 53,2 % and 58 girls – 46,8 %) were investigated to get the information about their lifestyles, physical activities and diet through The Interrogatory 6. CAV 2001 for children and youth, which was modified for my diploma work.

Results: The experimental file includes 8,1 % of underweight children, 71,8 % of children with normal body weight, 18,5 % of overweight children and 1,6 % of the obese ones. 39,5 % of children spend 0 to 2 hours a week doing sport activities, 36,3 % spend 3 to 5 hours a week, 16,9 % spend 6 to 7 hours a week and 7,3 % spend 7 and more hours a week doing sports. 75,8 % of the observed children have breakfast, 95,2 % have a snack at school, 87,9 % have warm meal for lunch at school, 66,9 % have a snack in the afternoon and 79,0 % regularly eat fruit and vegetables.

76,0 % of overweight or obese children have wrong diet. 88,0 % of these children have little physical activity. Both sufficient physical activity and proper diet were found in 12,0 % of children. Insufficient physical activity but proper diet was also found in 12,0 % of children. Sufficient physical activity but wrong diet wasn't found in any children. Both insufficient physical activity and wrong diet were found in 76,0 % of children.

I have set the criterion of sufficient physical activity at 6 to 7 hours and more of doing sport a week. I have considered 5 hours and less of doing sport a week as insufficient physical activity. As a proper diet I have considered the one when a child has breakfast, snack (at least once a day, i. e. morning or afternoon), warm meal for lunch, doesn't pick up food between meals during a day and regularly eats fruit and vegetables. If any of the above mentioned conditions of proper diet was broken, I have considered the diet as a wrong one.

Key words: overweight, obesity, lifestyle, diet, physical activity.