

## **ABSTRACT**

The topic of this bachelor's thesis is childhood obesity, which is currently still a major challenge not only in Czech pediatrics. The work focuses mainly on the connection between childhood obesity and irregular eating and exercise regime of children of younger school age.

The theoretical part focuses on the prevalence of childhood obesity, health risks associated with it, factors influencing the development of childhood obesity, and also on the possibilities related to both nutritional and exercise recommendations. Chapter 1.9 additionally deals with the epidemiological situation of Covid-19 related to the introduction of various regime measures, having an impact on the diet and exercise regime of children.

The main goal of the practical part is to find out what are the eating and exercise habits of children of younger school age. Furthermore, to compare the role of the frequency of individual habits with the weight percentile of children and also to point out the risky behavior of children and parents in connection with weight gain in children and to recommend appropriate interventions. In the practical part, the results from an anonymous, quantitative questionnaire survey, which was intended for parents of children of younger school age (6-11 years), are first evaluated both graphically and in writing. The questionnaire consisted of 23 questions, of which the first question was open and asked about the age, sex, height, and weight of the child. These data were then used to divide children into individual weight categories, determined using BMI percentile graphs, and the answers of these categories were compared for selected questions.

A total of 122 completely completed questionnaires were used to evaluate the results. In the monitored group, 55% of parents had children in the range of 25 - 75. percentile, i.e., at optimal weight. Children with a more robust figure (75. - 90. percentile) make up 22% and children with overweight or obesity (percentile >90.) make up 11% of the sample. In the remaining percentage of responses (12%), parents had children in the slenderness to low weight category. The results show that the most suitable frequency of meals for children is 5 times a day. The positive findings are in the regularity of breakfast, preparation of snacks for school by parents, low consumption of fast food and also in joint sports of the parent with the child, where the results are very positive. A significant correlation was found between the increase in the weight percentile of children and low consumption of fruits and vegetables, increased consumption of sweets and sugary drinks, the absence of a movement ring or other organized sports activities, and the absence of walking as a mode of transport. It should be mentioned that the parents answered the questions, so some of the answers may be underestimated or distorted, as in the case of spending time on electronic devices, where the most common answer is 1-2 hours a day. Based on the results of the practical part, an educational leaflet was created for parents and children of younger school age, which mentions the basic recommendations for the prevention of childhood obesity and also compiled a model diet for young schoolchildren for inspiration.

### **Keywords:**

childhood obesity, irregularity, nutrition, physical activity