ABSTRACT

This diploma thesis deals with the issue of childhood obesity – family socioeconomic status and its impact on the development of childhood obesity. The theoretical part of this diploma thesis deals with childhood obesity in general – definition, classification according to etiopathogenesis, epidemiology, diagnostics, health complications, prevention and treatment. Subsequently, this diploma thesis deals with the relationship between childhood obesity and socioeconomic status – impact of socioeconomic inequalities , impact of parents.

The practical part of this diploma thesis is based on an anonymous questionnaire survey, which is focused on family socioeconomis status and its impact on nutritional status and nutritional habits of child. The survey was realized from October 2020 to February 2021. The questionnaire survey was distributed to five primary schools (located in Prague and Prague-East District) and was also published via a social network Facebook. The survey was targeted at trird grade students (116 students, 56 % boys, 44 % girls) and their parents (the respondents). The obtained data was evaluated using the program RůstCZ (child's BMI percentile) and the program R (statistical analysis). Relationships between pairs of categorical variables were evaluated by Fisher's exact test. The relationship between a pair of quantitative variables (parent's and child's BMI) was evaluated using Pearson's correlation coefficient and Spearman's rank correlation coefficient.

The main goal of the survey was to find out the connection between family socioeconomic status, nutritional status of child (BMI percentile) and nutritional habits of child. The survey had four partial goals: to find out impact of the highest achieved education of parents on nutritional status and habits of child; to find out impact of family net income on nutritional status and habits of child; to find out whether completeness/incompleteness of family (marriage/partnership versus single parent) affects nutritional status and habits of child; to determine whether parental overweight/obesity proves to be a strong predictor of childhood overweight/obesity.

The results did not show a statistically significant relationship between the highest achived education, family net incom, marital status (complete/incomplete family) and nutritional status of child (BMI percentile). There was a statistically significant relationship between the highest achived education of parents and nutritional habits of child. Children of secondary school graduates eat smaller portion of school lunch than children of parents with another level of education. Children of more educated parents consume more fruits and vegetables and less sugar sweeteened beverages than children of less educated parents. There was a statistically significant relationship between family net income and consumption of sugar sweetened beverages – children who come from families with higher financial incomes consume less sugar sweetened beverages than children who come from families with lower financial incomes. There was a statistically significant relationship between the completeness/incompleteness of family and nutritional habits of child. Children who come from complete families eat afternoon snack more frequently and use less their pocket money to buy food and drinks than children from the incomplete families. Parental obesity was confirmed as a predictor of childhood overweight – children of obese parenst are more likely to be overweight than children whose parents are not obese.

keywords: childhood obesity, socioeconomic status, family background