

This work focus on the influence of the family on the consumption of sweetened beverages in preschool children. Due to the increasing prevalence of overweight and obesity in the population, it is necessary to find new ways to actively prevent this trend. The theoretical part of the thesis focus on the causes and effects of overweight and obesity. It analyzes uncontrollable influences, such as genetics, or racial and ethnic differences. Also influences that can be influenced, where we can include, socioeconomic status, eating habits, and the consumption of sugary drinks, physical activity, sleep, stress or family influences. The family has a great influence on the child and his life from early childhood. Positive and negative as well. Many studies have already been published, that looked at the connections between the family's socioeconomic situation, place of residence, inappropriate diet, excessive consumption of sugary drinks, little physical activity and the likelihood of becoming overweight and obese. Several of them are mentioned in this work. It is necessary to spread the results of these studies among the lay public and try to motivate them to change bad habits in the population. The experimental work focus on a questionnaire survey, in which it was determined whether there is a correlation between parental habits from childhood, the parents' current consumption of sweetened beverages and the amount of consumed glasses of sweetened beverages by their child. Their motivation to change these inappropriate habits and if they succeed in limiting the consumption of sugary drinks in their offspring. The results show that there is a likely correlation between the consumption of sugary drinks in the childhood of the parents, as well as their current consumption of sugary drinks and the number of glasses drunk by the child. The most likely correlation was seen among motivated parents—those who reported trying to limit their child's sugary drink intake. It is therefore obvious that if we want to change children's habits, we need to start with parents. Only 24 % of respondents said that their child does not drink sugary drinks at all. Due to the alarming prevalence of childhood overweight and obesity, I see an urgent need to look for other possible ways to change children's bad habits, from an early age through the education of parents and other adults who come into regular contact with children. That includes, for example, employees of kindergartens and other similar facilities. I see a huge potential in the involvement of nutritional therapists in preventive programs aimed at preventing overweight and obesity in the population. Such program should deal with families with young children who are currently starting to model their children's eating habits and learning. And thus preventing the further transmission of bad habits to the next generations. At the same time, it would be advisable to limit the availability of sweetened drinks and sweets in school facilities, as well as their affordability, for example by higher taxation, just as is the case with tobacco products and alcohol.