

This master's thesis investigates the incidence of obesity in young school-age children, in two groups aged 6-8 and 10-12 years. Firstly, it summarises the current state of literature about obesity in children, secondly, the young school-age children are characterised and thirdly, it informs about healthy lifestyle in primary school lessons. The aim of this study is to determine the incidence of obesity in young school-age children, to assess their eating and exercise habits and to find out if they are guided towards a healthy lifestyle during lessons. The test group included 214 participants (132 girls and 82 boys). Data collection was divided into two parts: the first part included anthropometric measurements (height, weight and waist circumference) and the second part questioned children's eating and exercise habits by a survey. The results show a lower incidence of obesity in the examined group compared to the literature. However, a higher incidence of obesity in older children corresponds with existing literature. Regularity of having breakfast and consuming sweet drinks was significantly connected to the BMI Z-score value. Conversely, the association of BMI Z-score value with the distribution of physical exercise lessons (PE classes) per week was not significant. Education including healthy lifestyle topics in primary schools appeared in various forms and also the time dedicated to them was diverse. However, all interviewed teachers discuss these topics in the lessons. This work provides insight into obesity in children, its incidence, eating habits and physical activity among young school-age children. To establish general conclusions further research covering a larger area and more subjects is needed.

Key words: obesity, children, young school-age, eating habits