

# Děti, pohyb a stravování v letech 1994 – 2018

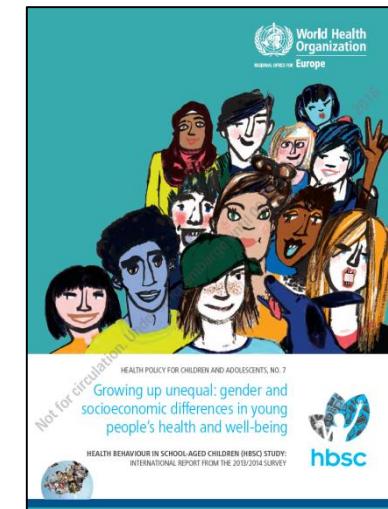
## HBSC studie

28. března 2018

**Mgr. Michal Kalman, Ph.D.**

Hlavní řešitel studie

Univerzita Palackého v Olomouci, Fakulta tělesné kultury

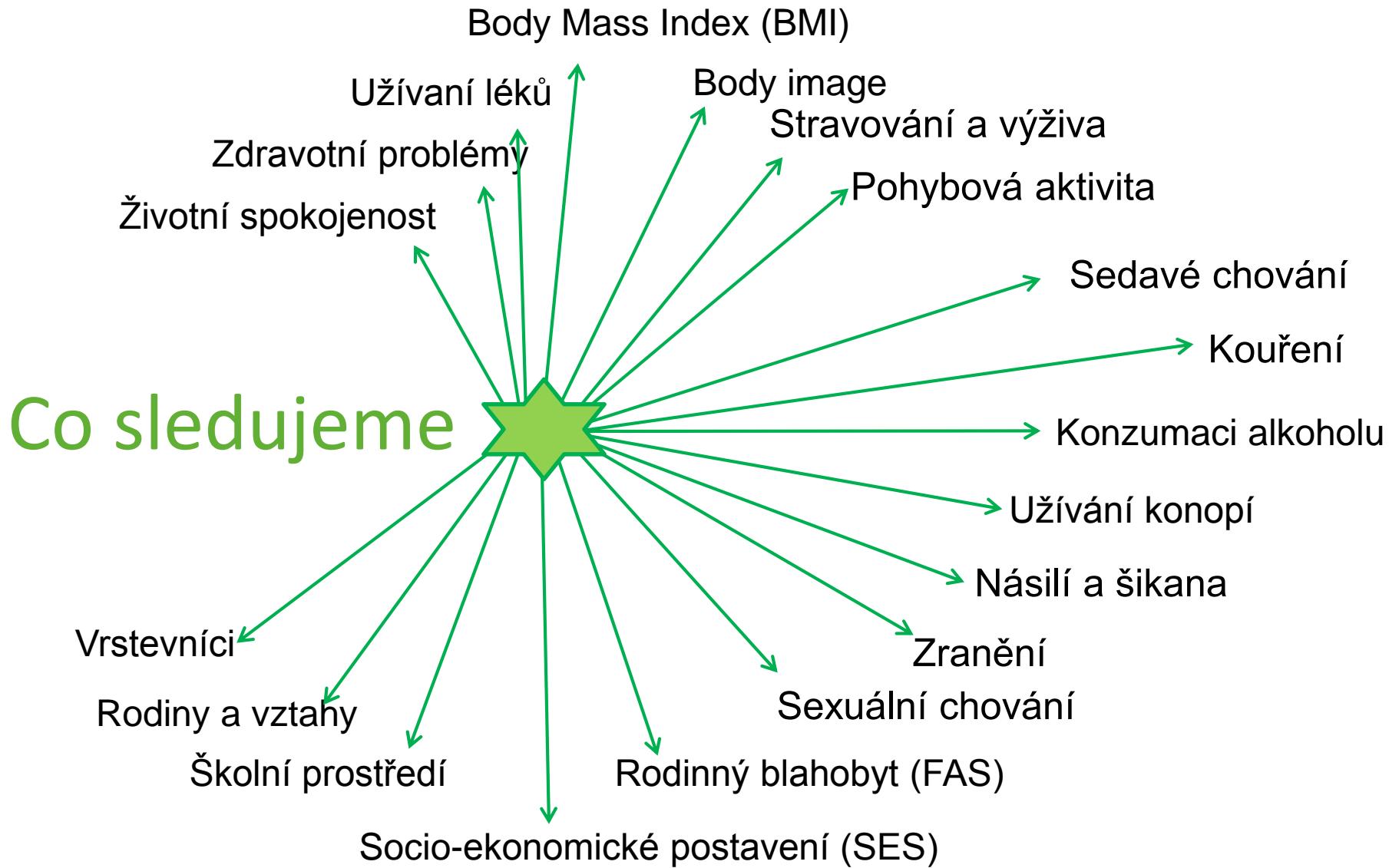


**Poslanecká sněmovna Parlamentu ČR**

# Hlavní cíle HBSC Studie

- 1) Tvorba odborných podkladů pro tvorbu strategií, koncepcí a politické rozhodování v oblasti zdraví a životního stylu dětí a školáků na mezinárodní, národní i krajské úrovni. Podpora tvorby školních programů a intervencí.
- 2) Zlepšit znalostí o zdraví a životním stylu dětí a školáků. Jedná se o systematické a opakované sledování (monitoring) zdraví, zdravotních determinant a rizikového chování u 11, 13 a 15 letých dětí.





# Metodika

- Cílová skupina studie: 11-, 13-, 15-ti letí
  - *Minimální výzkumný vzorek n = 1.500 /věkovou skupinu*
  - *Celkový vzorek N = 250.000 respondentů / sběr*
  - *Celkem v databázi 1 000 000 dětí*
- Základní metodologický nástroj je dotazník, který se skládá z
  - *Mandatorní sekce (75-80%, pro všechny státy povinná)*
  - *Optional sekce (15-20%, schválená HBSC/WHO metodologickou skupinou, dobrovolná)*
  - *Národní otázky*
- Základní výzkumnou jednotkou je **náhodně vybraná třída**
- Sběr dat se opakuje každé **4 roky**

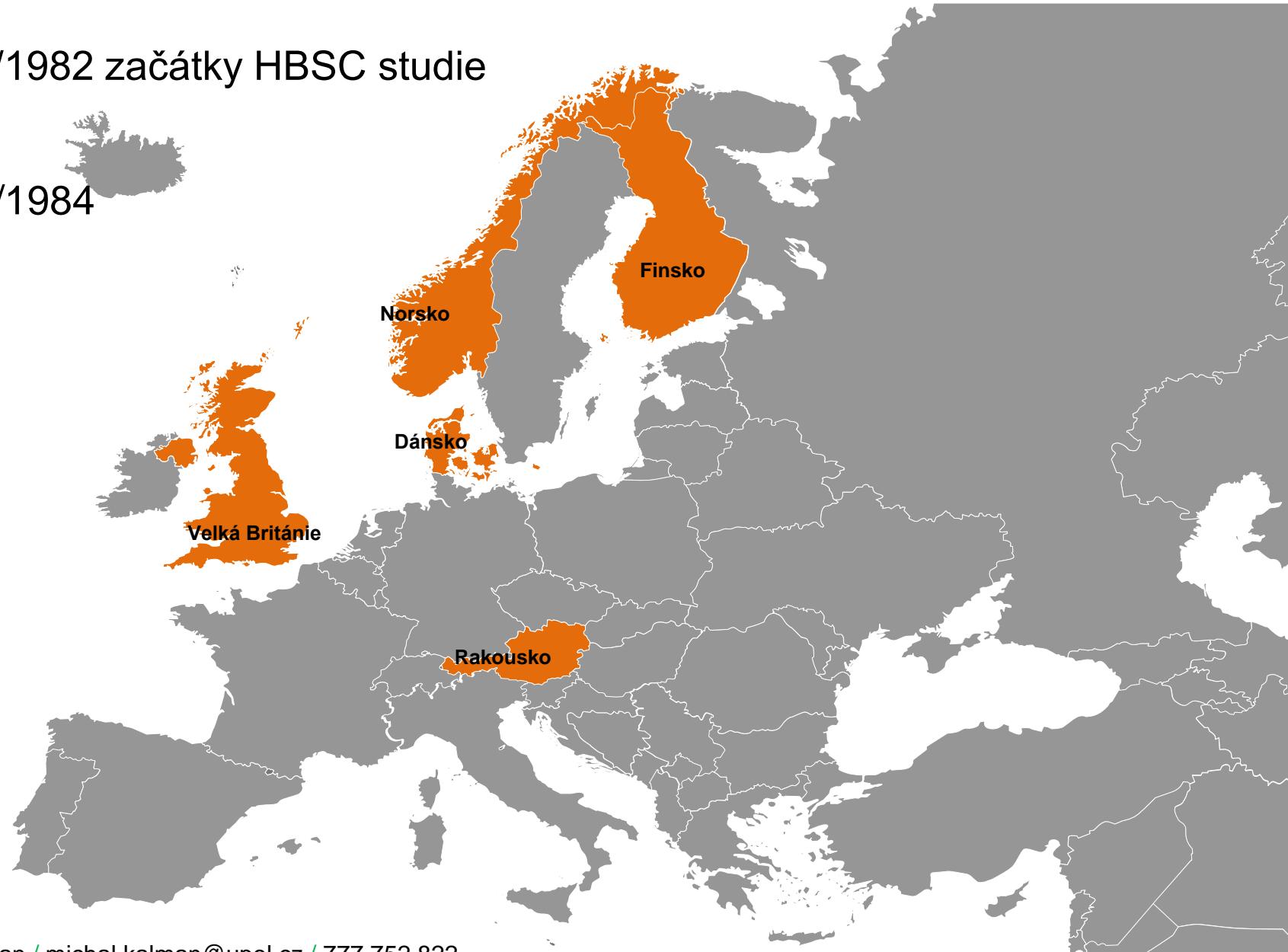


1981/1982 začátky HBSC studie



1981/1982 začátky HBSC studie

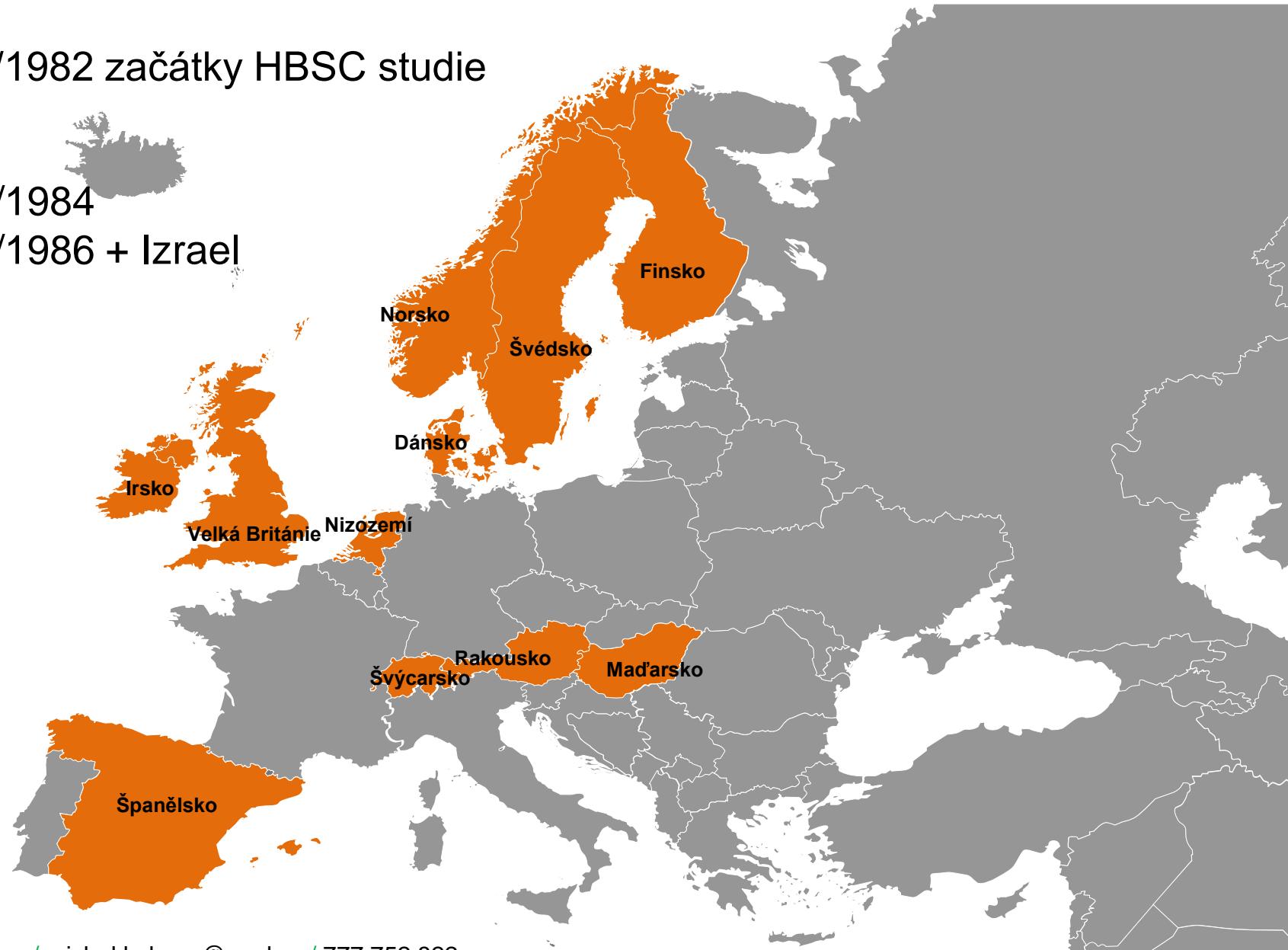
1983/1984



## 1981/1982 začátky HBSC studie

1983/1984

1985/1986 + Izrael

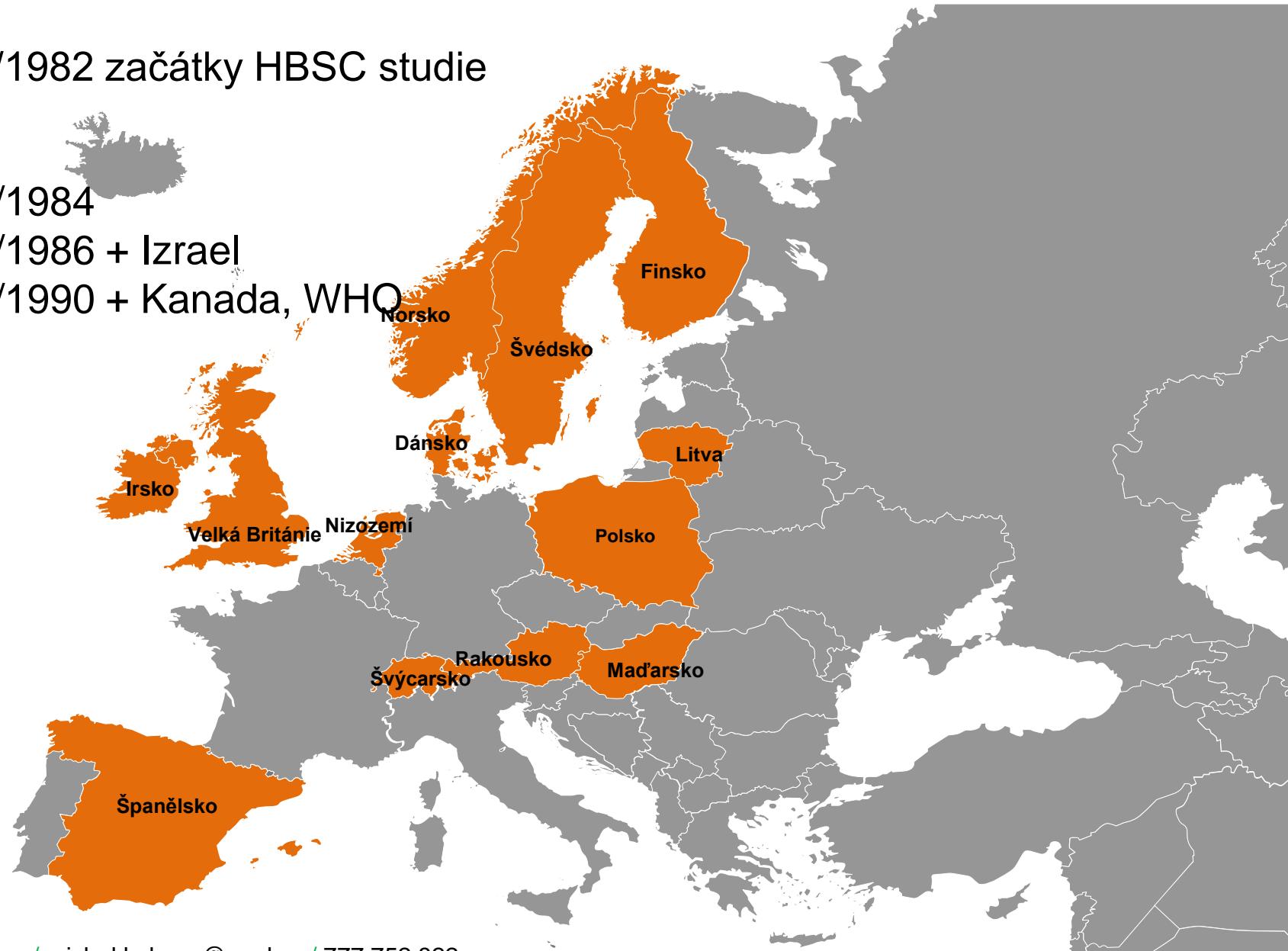


## 1981/1982 začátky HBSC studie

1983/1984

1985/1986 + Izrael

1989/1990 + Kanada, WHO



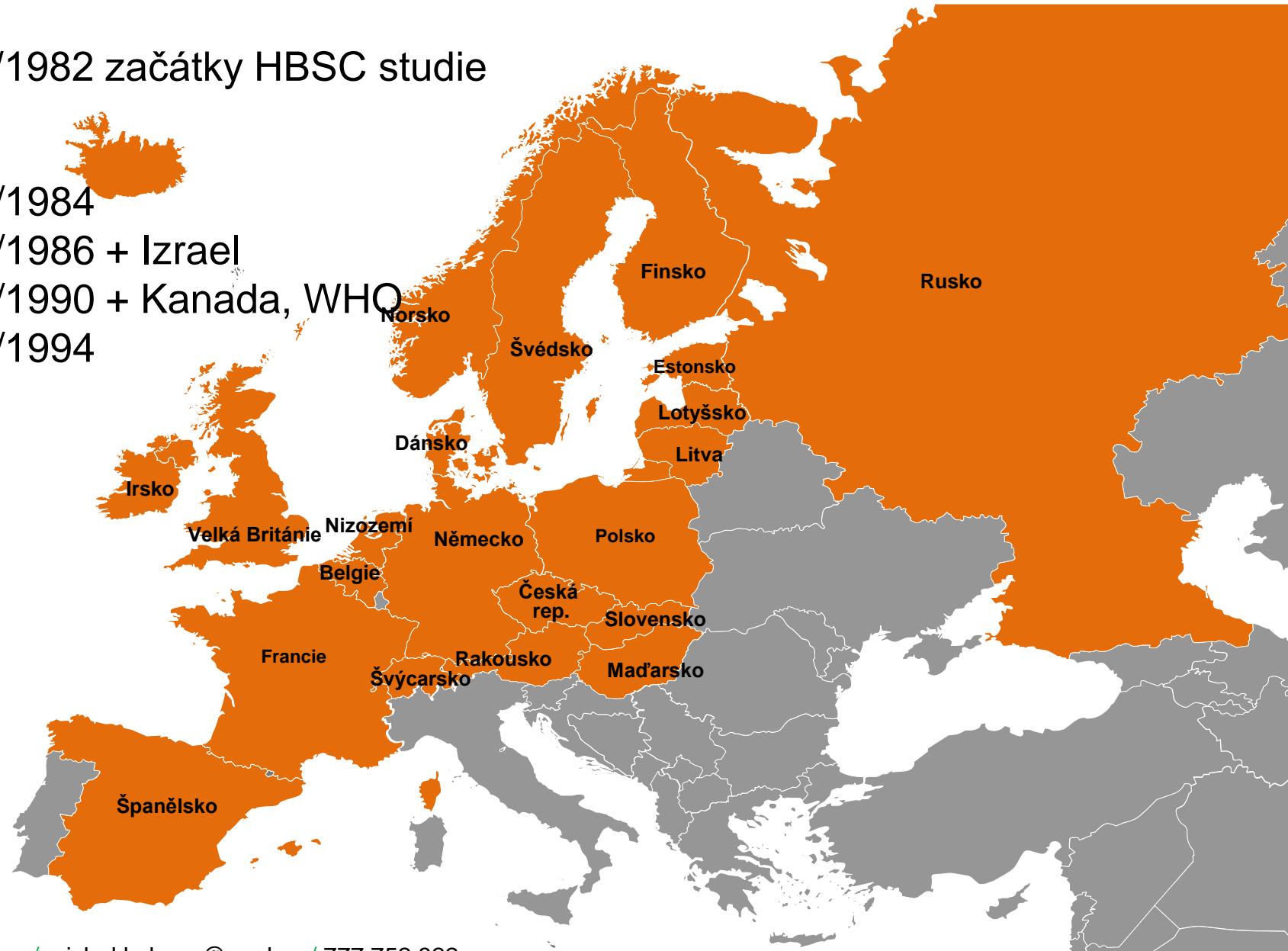
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1983/1984

1985/1986 + Izrael

1989/1990 + Kanada, WHO

1993/1994

1997/1998 + USA

2001/2002 + Malta

Irsko

Velká Británie Nizozemí

Belgie

Francie

Švýcarsko

Rakousko

Itálie

Portugalsko

Španělsko

Německo

Polsko

Česká  
rep.

Slovensko

Maďarsko

Chorvatsko

Albánie

Řecko

Norsko

Dánsko

Švédsko

Estonsko

Lotyšsko

Litva

Ukrajina

Rusko

## 1981/1982 začátky HBSC studie

1983/1984

1985/1986 + Izrael

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1993/1994

1997/1998 + USA

2001/2002 + Malta

2005/2006

2009/2010

2013/2014





Téměř 50 států; 600 vědeckých pracovníků, kteří vyvíjí metodologii (interní vědecký protokol má 600 stran)





# Sběr data 2018

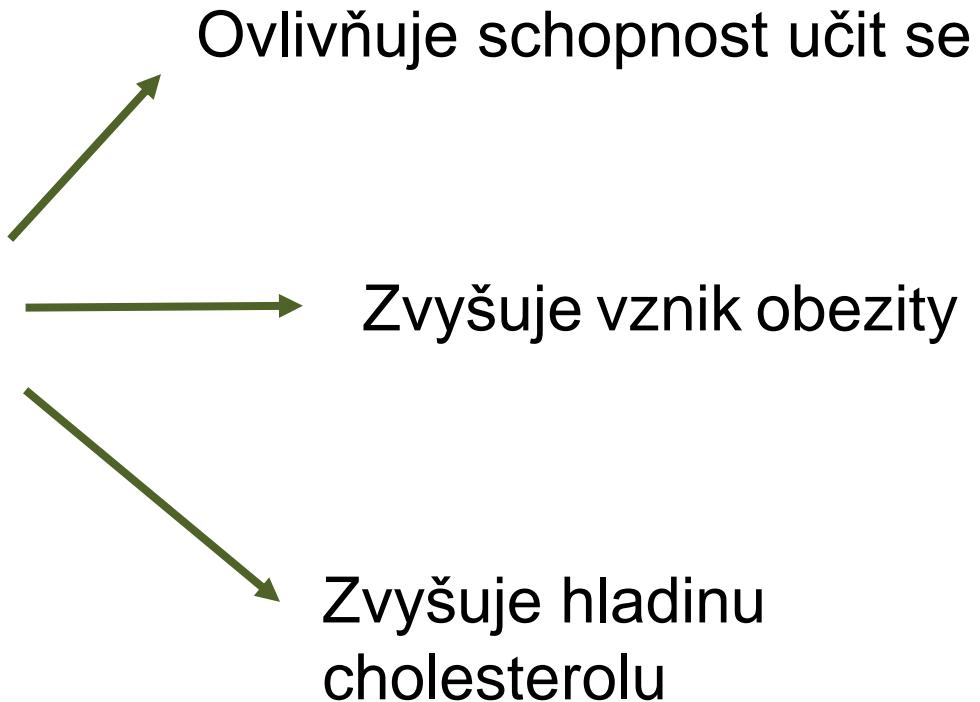
- Národní reprezentativní výběr respondentů
  - 15 000 školáků
    - 750 tříd
    - 250 škol



# Pravidelné snídání

ČR x svět

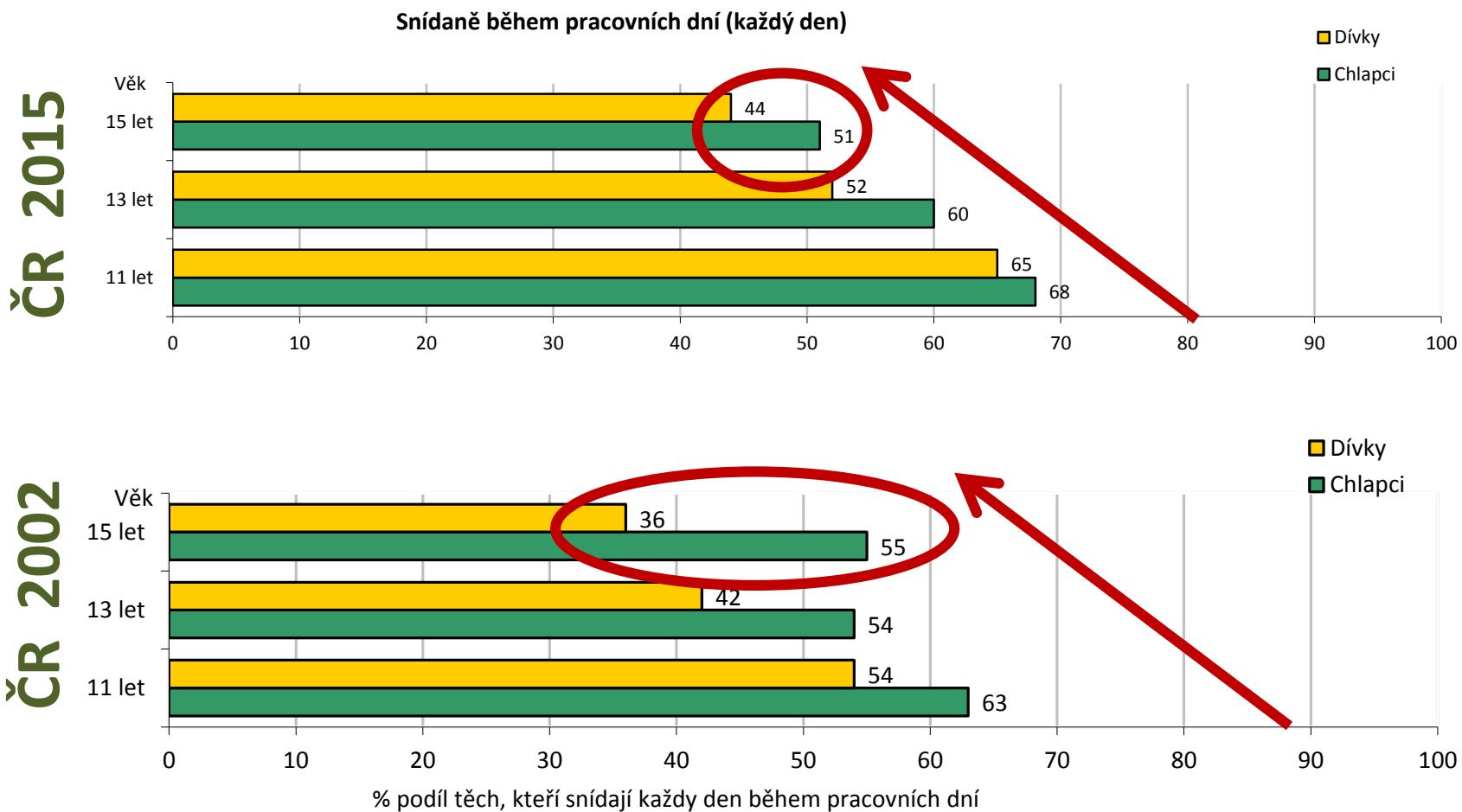
Nepravidelná  
snídaně



(Zdroj: Keski-Rakhonen et al., 2003; U.S. Department of Health and Human Services, 2008)

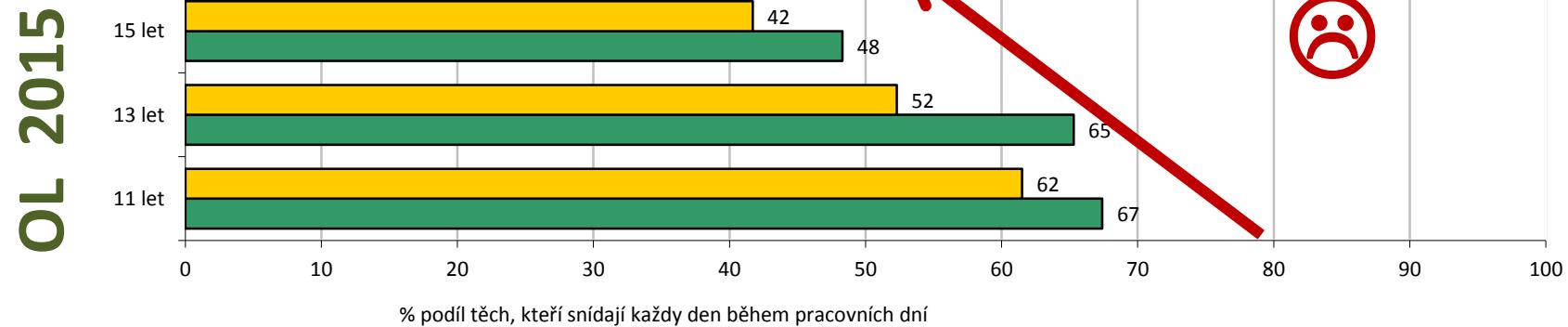
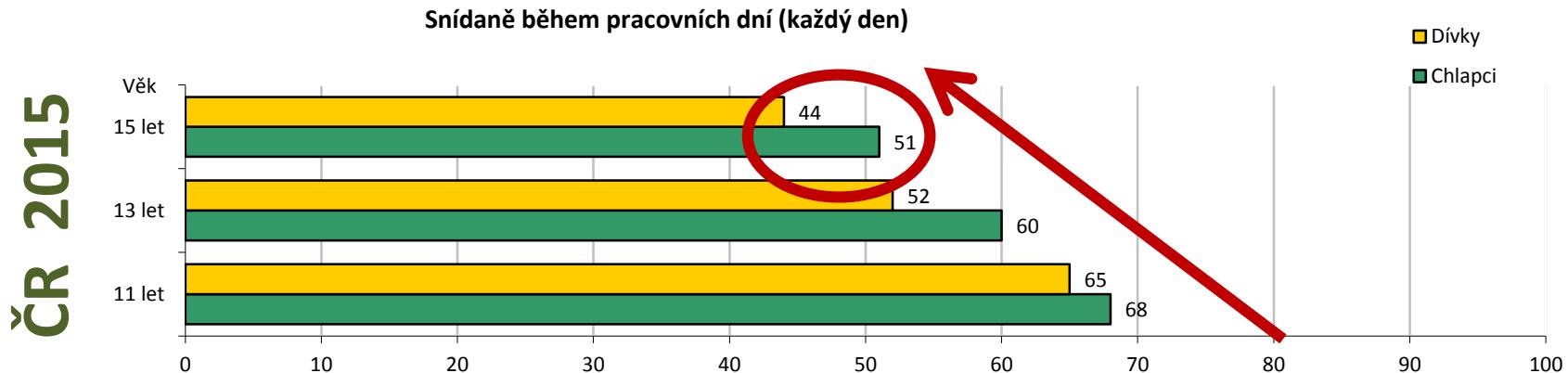
# Pravidelné snídání

2002 x 2015



# Pravidelné snídání

ČR x OL



# Pravidelné snídání

# ČR x svět

15-year-olds who eat breakfast every weekday		
HBSC REGION	BOYS (%)	GIRLS (%)
Portugal	86	73
Netherlands	81	71
Denmark	74	66
Iceland	75	63
Spain	75	63
Ukraine	71	64
Ireland	73	62
MKD	63	65
Belgium (Flemish)	70	55
Finland	64	62
Norway	67	57
Estonia	66	58
Sweden	65	58
Bulgaria	66	56
Republic of Moldova	63	57
Latvia	64	55
Poland	62	56
Russian Federation	65	51
England	64	48
Germany	59	52
France	64	46
Italy	61	50
Belgium (French)	59	50
Switzerland	56	52
Lithuania	58	50
Canada	59	48
Greenland	50	56
Wales	59	44
Malta	53	50
Greece	54	47
Scotland	57	43
Armenia	55	46
Luxembourg	54	45
Israel	52	45
Czech Republic	53	44
Croatia	52	44
Austria	52	42
Hungary	50	35
Slovakia	46	38
Albania	48	34
Slovenia	42	38
Romania	40	36
HBSC average	BOYS (%)	GIRLS (%)
HBSC average	62	52



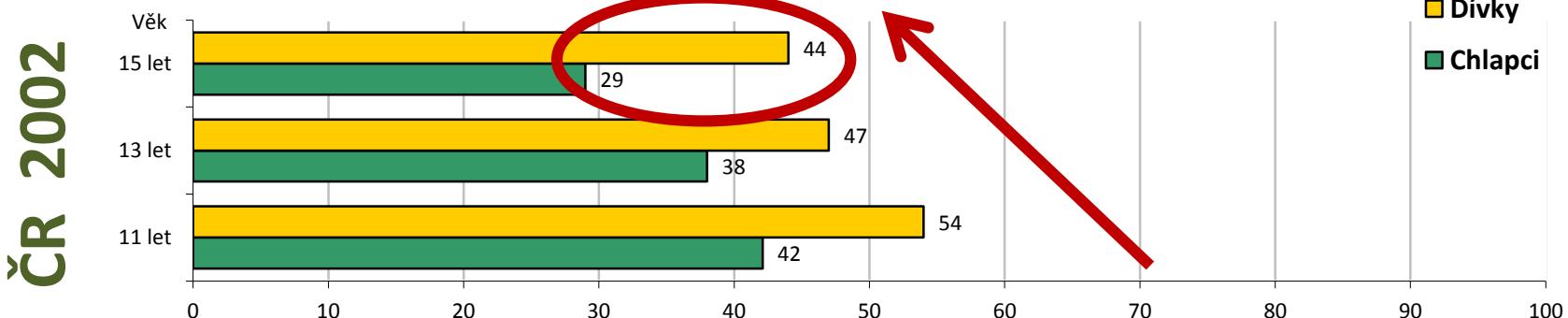
# Pravidelné večeře s rodinou

# ČR x svět

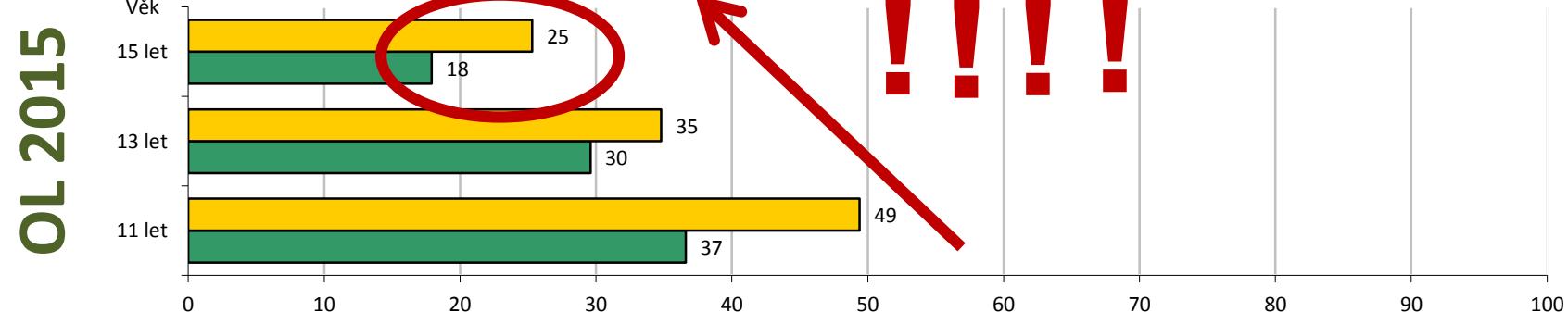
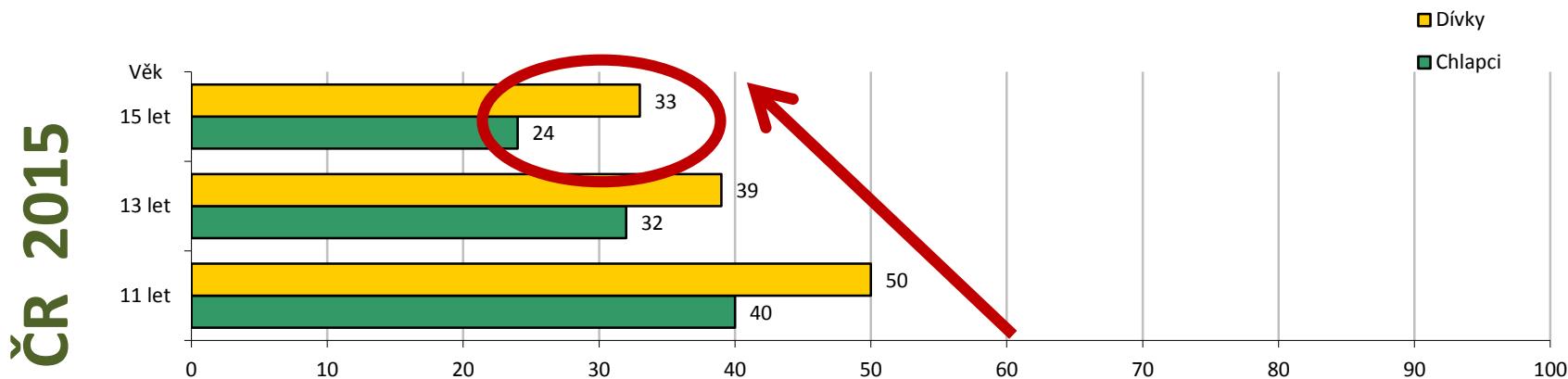
15-year-olds who eat evening meals with both or one parent every day		
HBSC REGION	BOYS (%)	GIRLS (%)
Portugal	79	80
Albania	73	76
Italy	70	73
Belgium (French)	70	72
France	68	68
Netherlands	68	65
Greenland	68	58
Luxembourg	60	60
Spain	59	59
Republic of Moldova	60	59
Switzerland	61	57
Belgium (Flemish)	58	57
Armenia	52	61
Iceland	59	52
Ukraine	51	54
Norway	51	52
Malta	51	52
MKD	48	53
Denmark	53	47
Bulgaria	45	50
England	44	43
Canada	45	41
Ireland	44	41
Scotland	41	42
Lithuania	43	38
Wales	43	38
Russian Federation	40	39
Germany	40	39
Sweden	41	37
Romania	39	39
Croatia	35	32
Latvia	33	32
Israel	29	31
Greece	33	27
Austria	27	26
Hungary	27	25
Estonia	23	21
Slovenia	20	17
Czech Republic	19	17
Poland	20	13
Slovakia	16	14
Finland	16	13
	BOYS (%)	GIRLS (%)
HBSC average	46	44



# Konzumace ovoce

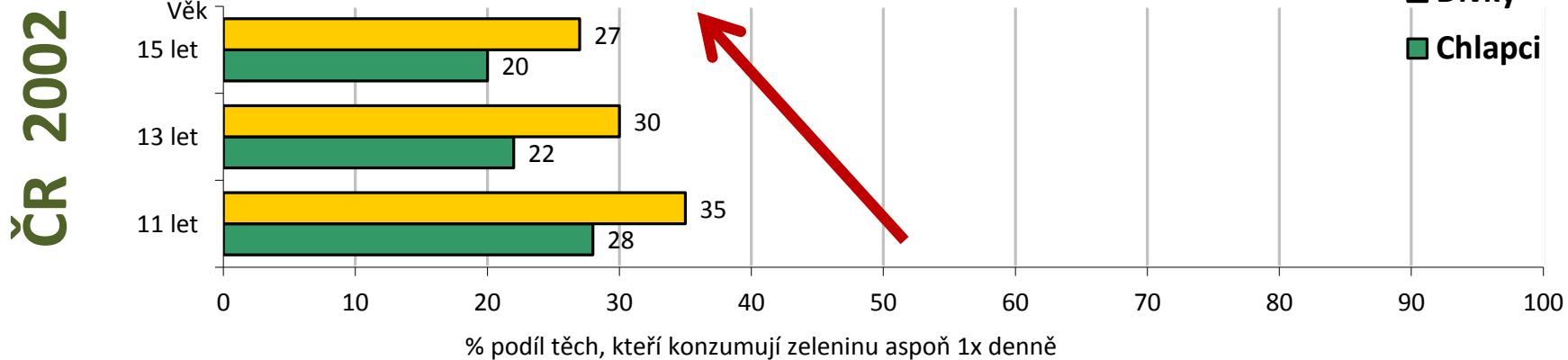
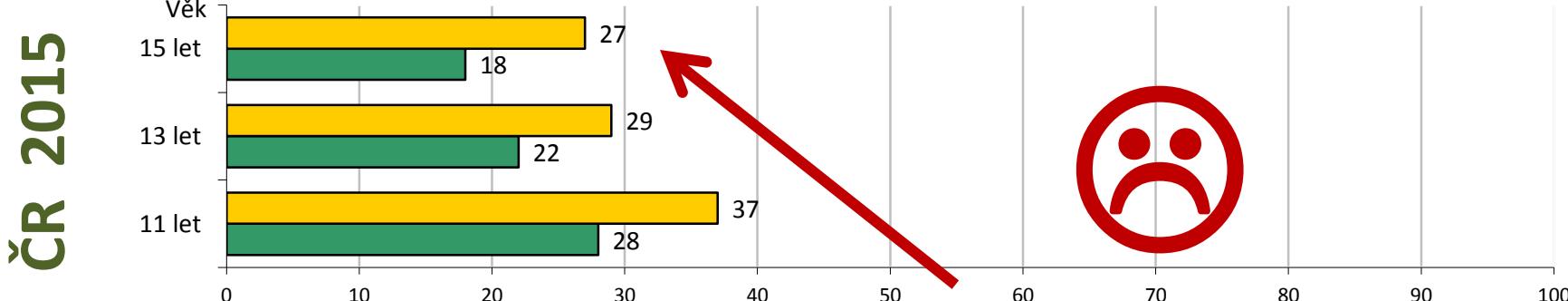


# Konzumace ovoce



# Konzumace zeleniny

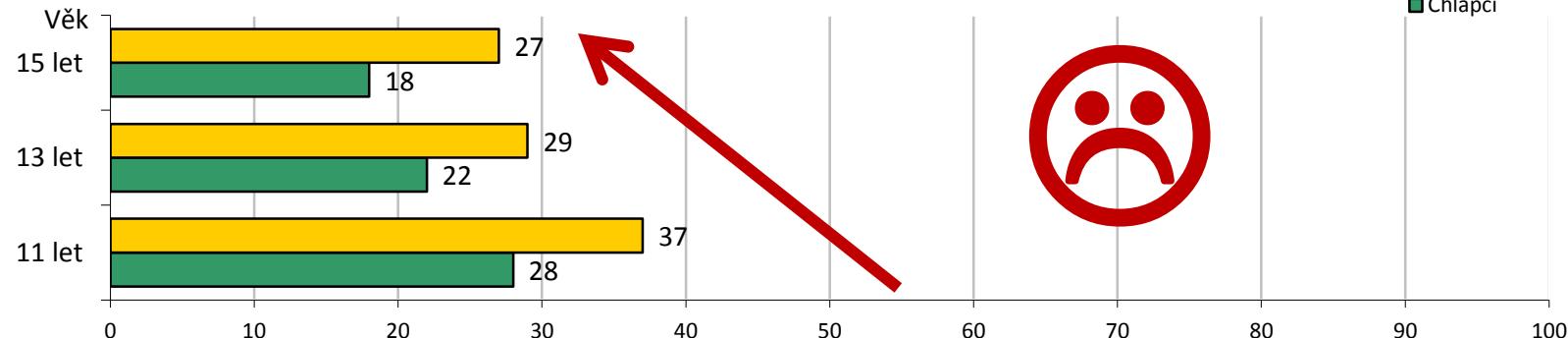
Konzumace zeleniny (každý den)



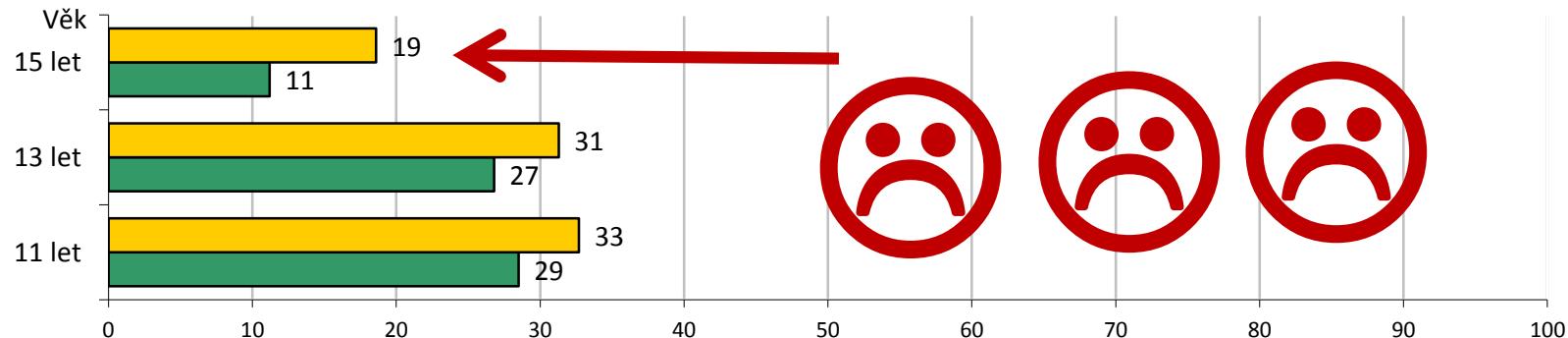
# Konzumace zeleniny

ČR 2015

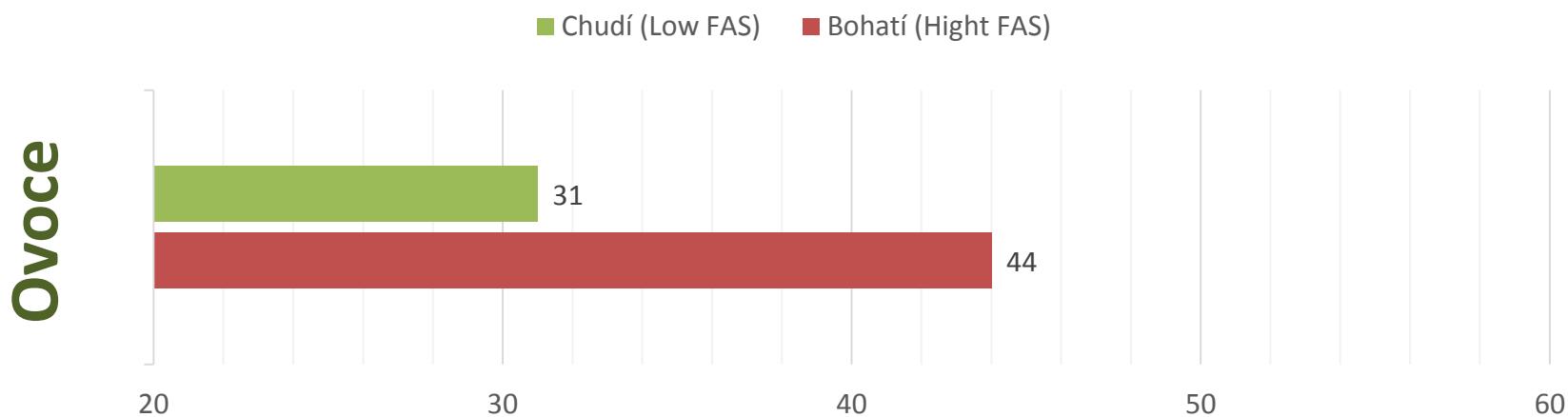
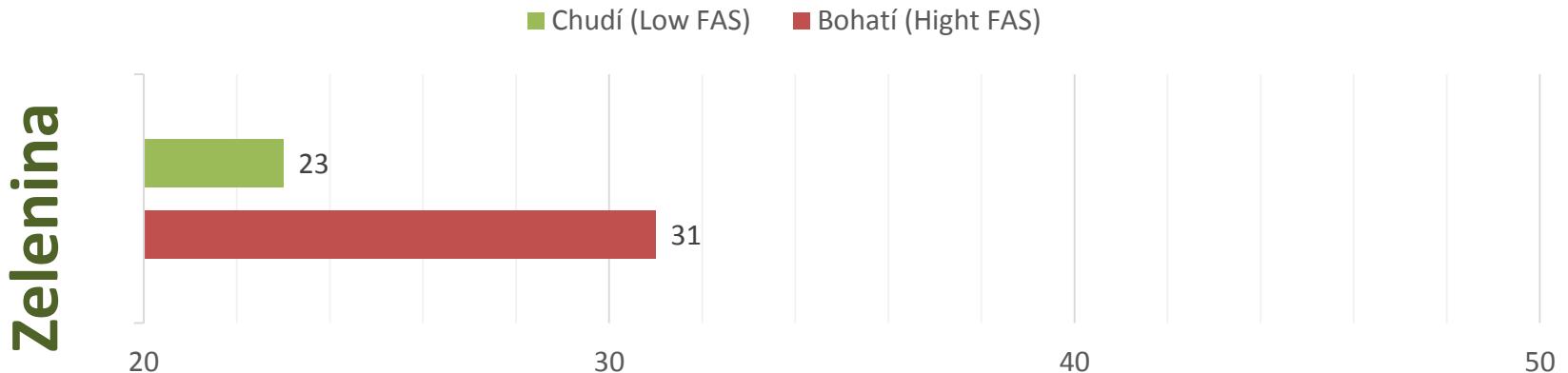
Konzumace zeleniny (každý den)



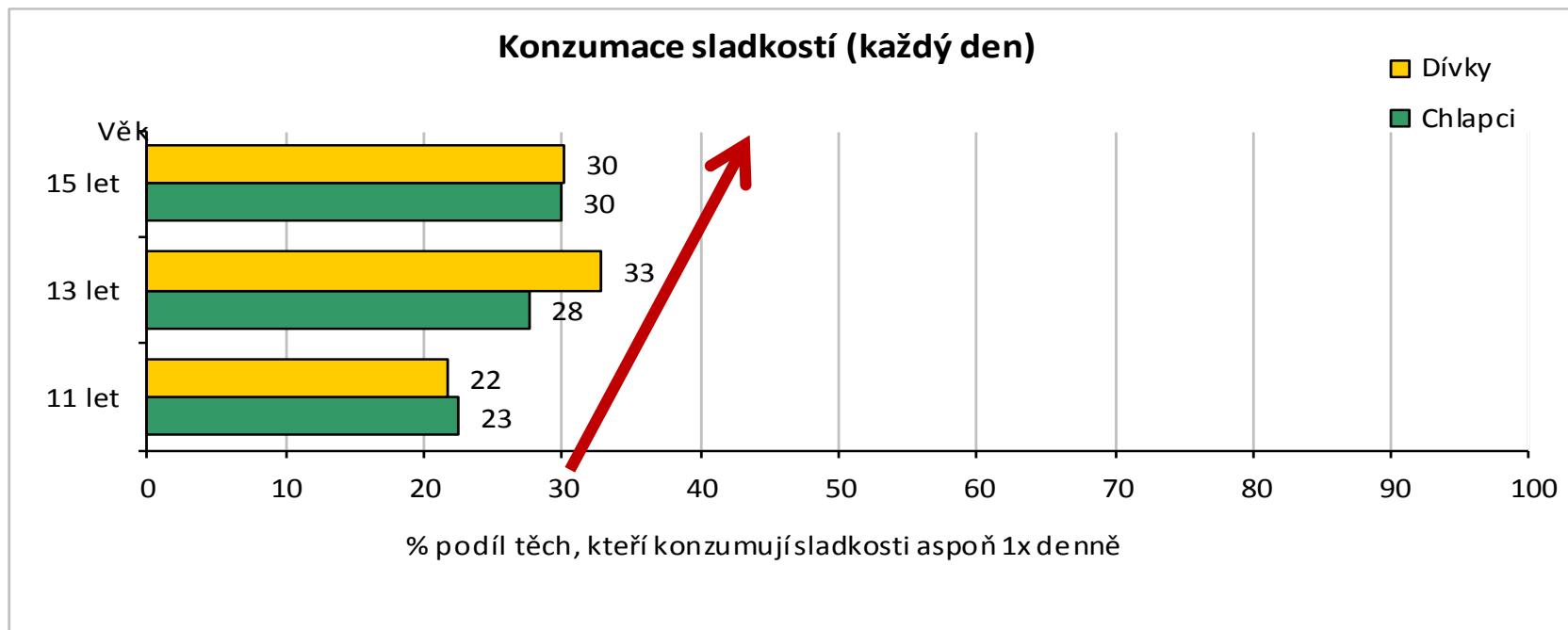
OL 2015



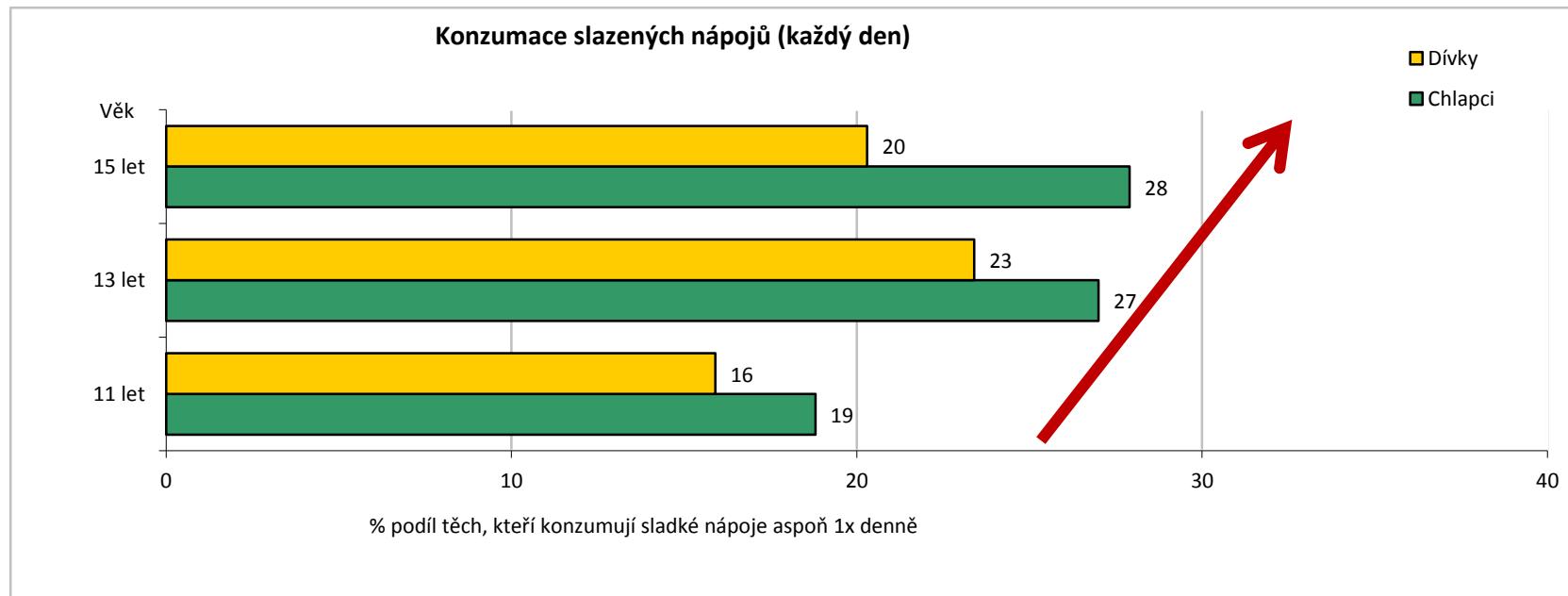
# Konzumace ovoce a zeleniny x rodinný blahobyt (FAS)



# Konzumace sladkostí

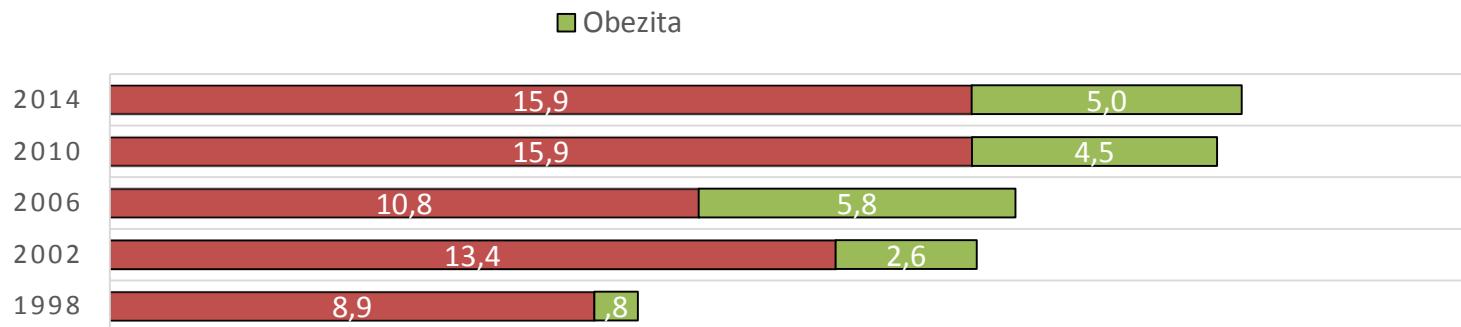


# Konzumace slazených nápojů

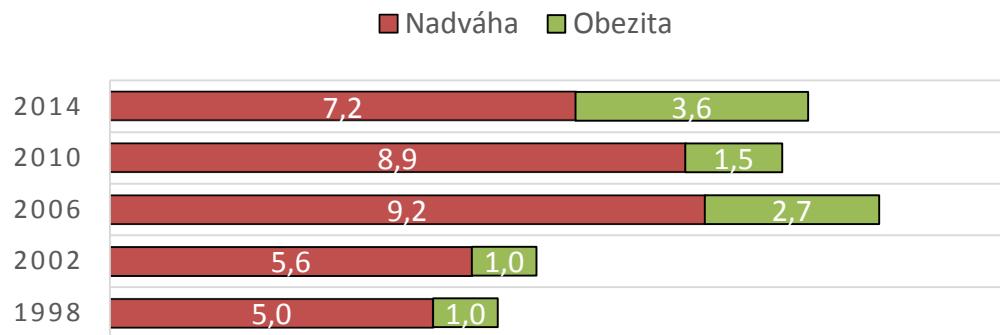


# Nadváha a obezita (n = 19 103)

## CHLAPCI 15 LET



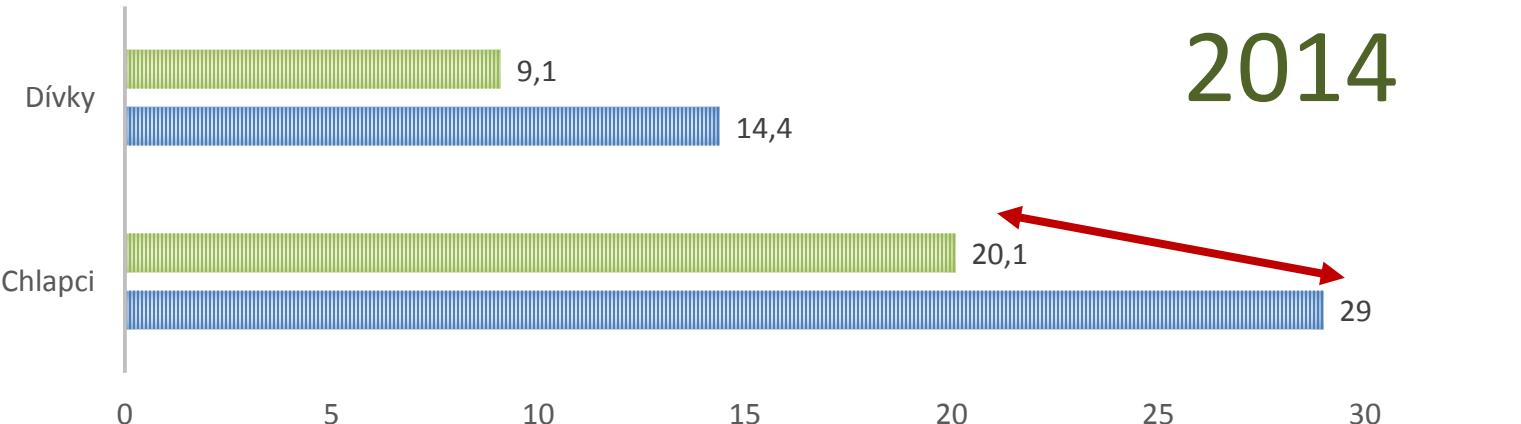
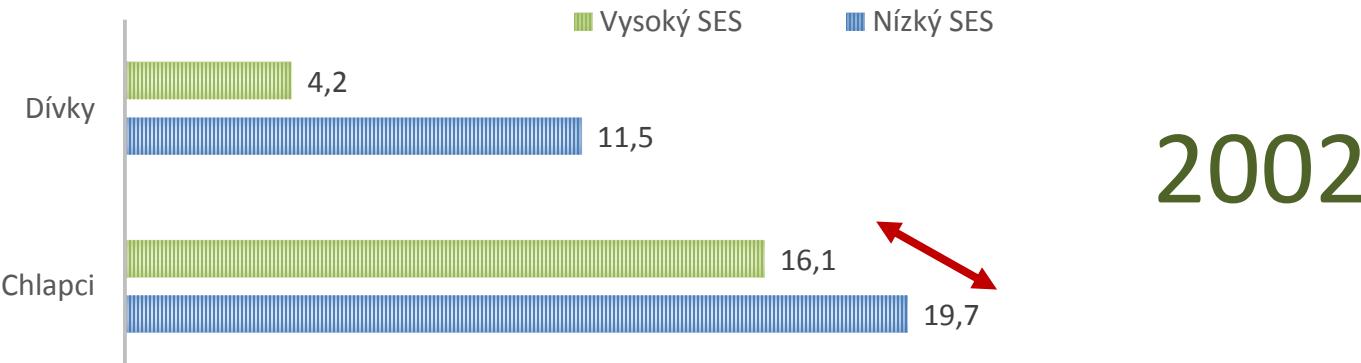
## DÍVKY 15 LET



Zdroj: Hamrik Z, Sigmundova D, Pavelka J, Kalman M, Sigmund E (2017). Trendy in overweight and obesity in Czech schoolchildren from 1998 to 2014. Central European Journal of Public Health



# Nadváha a obezita x SES (n = 19 103)



# Nadváha a obezita (n = 230 000)

11-year-olds who are overweight or obese		
HBSC REGION	chlapci (%)	dívky (%)
Malta b	38	32
Greece	39	28
Greenland b	39	23
Italy	35	23
MKD <b>a</b>	38	21
Canada b	34	24
Spain	34	22
Armenia b	35	20
Bulgaria	34	21
Poland	31	21
Croatia	33	20
Wales b	27	25
Portugal	30	21
Slovenia	30	20
Romania b	33	14
Russian Federation	30	19
Slovakia	30	18
England b	27	17
Scotland b	28	18
Hungary	31	15
Ireland b	13	33
Latvia	28	18
Estonia	29	17
Albania	30	14
Czech Republic	29	15
Lithuania b	27	16
Finland	25	17
Israel b	26	14
Luxembourg	26	14
Iceland	23	14
Belgium (French) b	21	15
Austria	20	16
France	20	16
Sweden	20	13
Ukraine	21	12
Germany	19	12
Belgium (Flemish)	16	14
Republic of Moldova	18	12
Switzerland	17	12
Norway	18	9
Netherlands	15	9
Denmark	15	9

	chlapci (%)	dívky (%)	TOTAL (%)
HBSC average	27	17	22

13-year-olds who are overweight or obese		
HBSC REGION	chlapci (%)	dívky (%)
Malta b	36	33
Canada	31	24
Portugal	28	24
Greenland b	23	28
Greece	30	19
Italy	29	18
Slovenia	29	16
MKD <b>a</b>	28	17
Hungary	28	16
Wales b	25	19
Spain	26	18
Scotland b	25	17
Bulgaria	27	14
Croatia	27	14
Latvia	24	17
England b	26	14
Austria	23	17
Armenia	26	13
Czech Republic	28	12
Iceland	23	16
Finland	25	14
Slovakia	27	13
Poland	26	13
Romania b	26	11
Estonia	22	15
Ireland b	18	18
Luxembourg	23	14
Belgium (French)	21	16
Sweden	22	15
Russian Federation	24	13
Germany	22	13
Israel	20	14
France	18	12
Republic of Moldova	18	13
Belgium (Flemish)	16	13
Ukraine	19	10
Norway	18	11
Lithuania b	20	8
Netherlands	15	12
Switzerland	18	9
Albania	19	7
Denmark	11	11

	chlapci (%)	dívky (%)	TOTAL (%)
HBSC average	24	15	20

15-year-olds who are overweight or obese		
HBSC REGION	chlapci (%)	dívky (%)
Malta b	34	26
Greenland b	28	29
Canada	34	21
Greece	32	16
Wales b	27	18
Bulgaria	28	12
Iceland	23	18
Finland	24	15
Israel	25	14
Slovenia	25	14
Spain	24	15
Portugal	21	16
Hungary	24	13
MKD <b>a</b>	23	13
Sweden	22	15
Germany	23	13
Ireland b	22	15
Italy	26	9
Luxembourg	21	15
Croatia	24	9
Czech Republic	23	12
Scotland b	21	13
Belgium (French)	20	14
Belgium (Flemish)	18	13
Estonia	22	10
Norway	22	9
Romania	21	10
Slovakia	20	10
Russian Federation	24	8
England b	17	12
Latvia	19	10
Poland	22	7
Switzerland	19	10
Austria	19	10
Netherlands	15	13
France	16	11
Lithuania	17	8
Republic of Moldova	16	8
Denmark	13	10
Ukraine	15	6
Armenia	15	6
Albania	15	5

	chlapci (%)	dívky (%)	TOTAL (%)
HBSC average	22	13	17



# Pohybová aktivita: mezinárodní srovnání



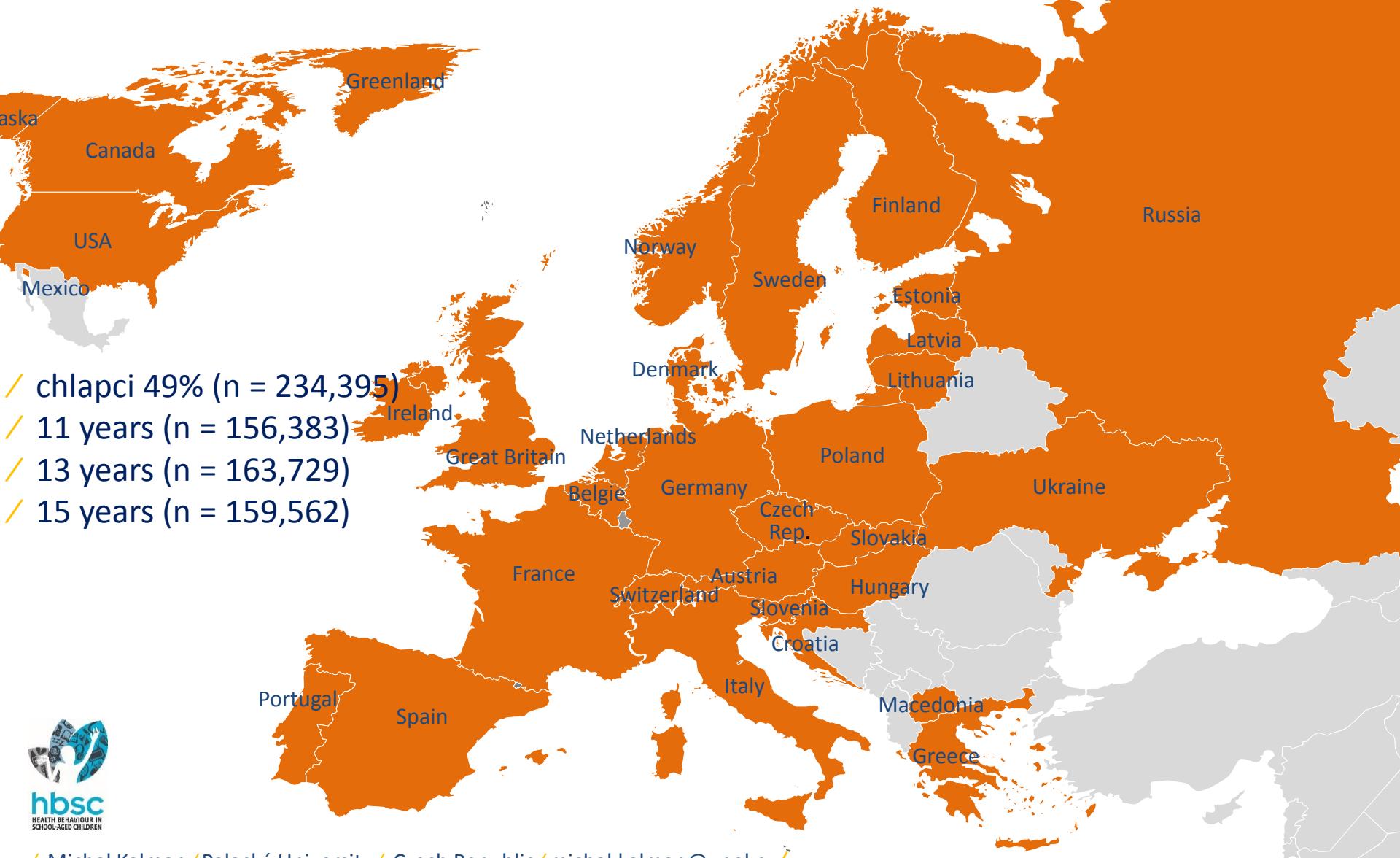
## HBSC Member Countries by Survey Year

1983/84	1985/86	1989/90	1993/94	1997/98	2001/02	2005/06	2009/10
						1 Finland 2 Norway 3 Austria	1 Finland 2 Norway 3 Austria
						4 Belgium (French) 5 Hungary 6 Israel 7 Scotland 8 Spain 9 Sweden 10 Switzerland 11 Wales 12 Denmark 13 Canada 14 Latvia 15 Poland 16 Belgium (Flemish) 17 Czech Republic 18 Estonia 19 France 20 Germany 21 Greenland 22 Lithuania 23 Russia 24 Slovak Republic 25 England 26 Greece 27 Portugal 28 Rep. of Ireland 29 USA 30 Macedonia, tfyr 31 Netherlands 32 Italy 33 Croatia 34 Malta 35 Slovenia 36 Ukraine 37 Bulgaria 38 Iceland 39 Luxembourg 40 Romania 41 Turkey 42 Albania 43 Armenia	4 Belgium (French) 5 Hungary 6 Israel 7 Scotland 8 Spain 9 Sweden 10 Switzerland 11 Wales 12 Denmark 13 Canada 14 Latvia 15 Poland 16 Belgium (Flemish) 17 Czech Republic 18 Estonia 19 France 20 Germany 21 Greenland 22 Lithuania 23 Russia 24 Slovak Republic 25 England 26 Greece 27 Portugal 28 Rep. of Ireland 29 USA 30 Macedonia, tfyr 31 Netherlands 32 Italy 33 Croatia 34 Malta 35 Slovenia 36 Ukraine 37 Bulgaria 38 Iceland 39 Luxembourg 40 Romania 41 Turkey 42 Albania 43 Armenia
				1 Finland 2 Norway 3 Austria 4 Belgium (French) 5 Hungary 6 Israel 7 Scotland 8 Spain 9 Sweden 10 Switzerland 11 Wales 12 Denmark 13 Canada 14 Latvia 15 Poland 16 Belgium (Flemish) 17 Czech Republic 18 Estonia 19 France 20 Germany 21 Greenland 22 Lithuania 23 Russia 24 Slovak Republic 25 England 26 Greece 27 Portugal 28 Rep. of Ireland 29 USA 30 Macedonia, tfyr 31 Netherlands 32 Italy 33 Croatia 34 Malta 35 Slovenia 36 Ukraine 37 Bulgaria 38 Iceland 39 Luxembourg 40 Romania 41 Turkey 42 Albania 43 Armenia	1 Finland 2 Norway 3 Austria 4 Belgium (French) 5 Hungary 6 Israel 7 Scotland 8 Spain 9 Sweden 10 Switzerland 11 Wales 12 Denmark 13 Canada 14 Latvia 15 Poland 16 Belgium (Flemish) 17 Czech Republic 18 Estonia 19 France 20 Germany 21 Greenland 22 Lithuania 23 Russia 24 Slovak Republic 25 England 26 Greece 27 Portugal 28 Rep. of Ireland 29 USA 30 Macedonia, tfyr 31 Netherlands 32 Italy 33 Croatia 34 Malta 35 Slovenia 36 Ukraine 37 Bulgaria 38 Iceland 39 Luxembourg 40 Romania 41 Turkey 42 Albania 43 Armenia		
1 England 2 Finland 3 Norway 4 Austria 5 Denmark*	1 Finland 2 Norway 3 Austria 4 Belgium (French) 5 Hungary 6 Scotland	1 Finland 2 Norway 3 Austria 4 Belgium (French) 5 Hungary 6 Israel 7 Scotland 8 Spain 9 Sweden 10 Switzerland 11 Wales 12 Denmark 13 Canada 14 Latvia 15 Poland 16 Belgium (Flemish) 17 Czech Republic 18 Estonia 19 France 20 Germany 21 Greenland 22 Lithuania 23 Russia 24 Slovak Republic 25 England 26 Greece 27 Portugal 28 Rep. of Ireland 29 USA 30 Macedonia, tfyr 31 Netherlands 32 Italy 33 Croatia 34 Malta 35 Slovenia 36 Ukraine 37 Bulgaria 38 Iceland 39 Luxembourg 40 Romania 41 Turkey 42 Albania 43 Armenia	1 Finland 2 Norway 3 Austria 4 Belgium (French) 5 Hungary 6 Israel 7 Scotland 8 Spain 9 Sweden 10 Switzerland 11 Wales 12 Denmark 13 Canada 14 Latvia 15 Poland 16 Belgium (Flemish) 17 Czech Republic 18 Estonia 19 France 20 Germany 21 Greenland 22 Lithuania 23 Russia 24 Slovak Republic 25 England 26 Greece 27 Portugal 28 Rep. of Ireland 29 USA 30 Macedonia, tfyr 31 Netherlands 32 Italy 33 Croatia 34 Malta 35 Slovenia 36 Ukraine 37 Bulgaria 38 Iceland 39 Luxembourg 40 Romania 41 Turkey 42 Albania 43 Armenia	1 Finland 2 Norway 3 Austria 4 Belgium (French) 5 Hungary 6 Israel 7 Scotland 8 Spain 9 Sweden 10 Switzerland 11 Wales 12 Denmark 13 Canada 14 Latvia 15 Poland 16 Belgium (Flemish) 17 Czech Republic 18 Estonia 19 France 20 Germany 21 Greenland 22 Lithuania 23 Russia 24 Slovak Republic 25 England 26 Greece 27 Portugal 28 Rep. of Ireland 29 USA 30 Macedonia, tfyr 31 Netherlands 32 Italy 33 Croatia 34 Malta 35 Slovenia 36 Ukraine 37 Bulgaria 38 Iceland 39 Luxembourg 40 Romania 41 Turkey 42 Albania 43 Armenia	1 Finland 2 Norway 3 Austria 4 Belgium (French) 5 Hungary 6 Israel 7 Scotland 8 Spain 9 Sweden 10 Switzerland 11 Wales 12 Denmark 13 Canada 14 Latvia 15 Poland 16 Belgium (Flemish) 17 Czech Republic 18 Estonia 19 France 20 Germany 21 Greenland 22 Lithuania 23 Russia 24 Slovak Republic 25 England 26 Greece 27 Portugal 28 Rep. of Ireland 29 USA 30 Macedonia, tfyr 31 Netherlands 32 Italy 33 Croatia 34 Malta 35 Slovenia 36 Ukraine 37 Bulgaria 38 Iceland 39 Luxembourg 40 Romania 41 Turkey 42 Albania 43 Armenia	1 Finland 2 Norway 3 Austria 4 Belgium (French) 5 Hungary 6 Israel 7 Scotland 8 Spain 9 Sweden 10 Switzerland 11 Wales 12 Denmark 13 Canada 14 Latvia 15 Poland 16 Belgium (Flemish) 17 Czech Republic 18 Estonia 19 France 20 Germany 21 Greenland 22 Lithuania 23 Russia 24 Slovak Republic 25 England 26 Greece 27 Portugal 28 Rep. of Ireland 29 USA 30 Macedonia, tfyr 31 Netherlands 32 Italy 33 Croatia 34 Malta 35 Slovenia 36 Ukraine 37 Bulgaria 38 Iceland 39 Luxembourg 40 Romania 41 Turkey 42 Albania 43 Armenia	1 Finland 2 Norway 3 Austria 4 Belgium (French) 5 Hungary 6 Israel 7 Scotland 8 Spain 9 Sweden 10 Switzerland 11 Wales 12 Denmark 13 Canada 14 Latvia 15 Poland 16 Belgium (Flemish) 17 Czech Republic 18 Estonia 19 France 20 Germany 21 Greenland 22 Lithuania 23 Russia 24 Slovak Republic 25 England 26 Greece 27 Portugal 28 Rep. of Ireland 29 USA 30 Macedonia, tfyr 31 Netherlands 32 Italy 33 Croatia 34 Malta 35 Slovenia 36 Ukraine 37 Bulgaria 38 Iceland 39 Luxembourg 40 Romania 41 Turkey 42 Albania 43 Armenia

# Pohybová aktivita: mezinárodní srovnání



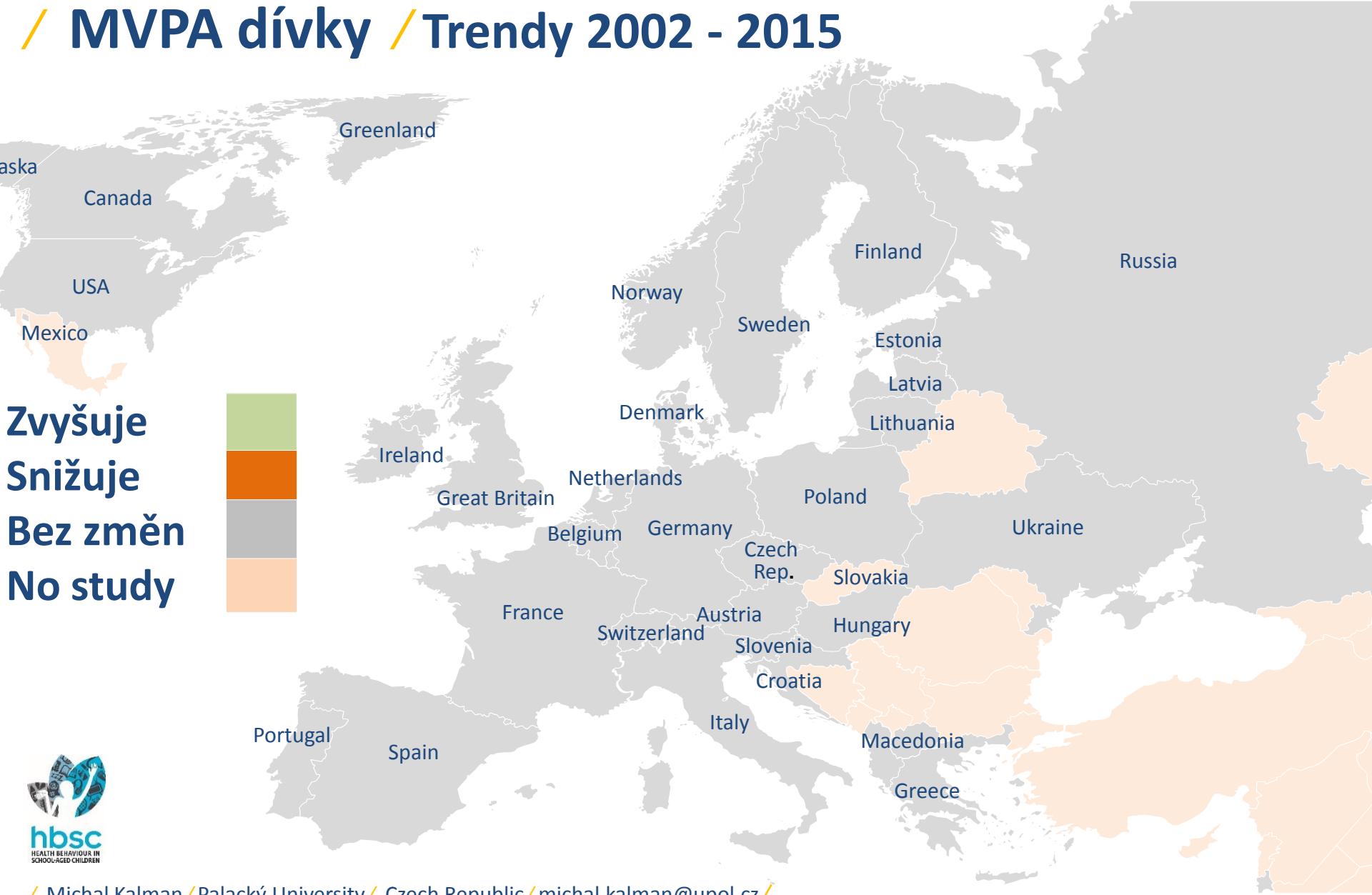
# Metody / 32 countries / 2002, 2006, 2010, 2015 / n = 479,674



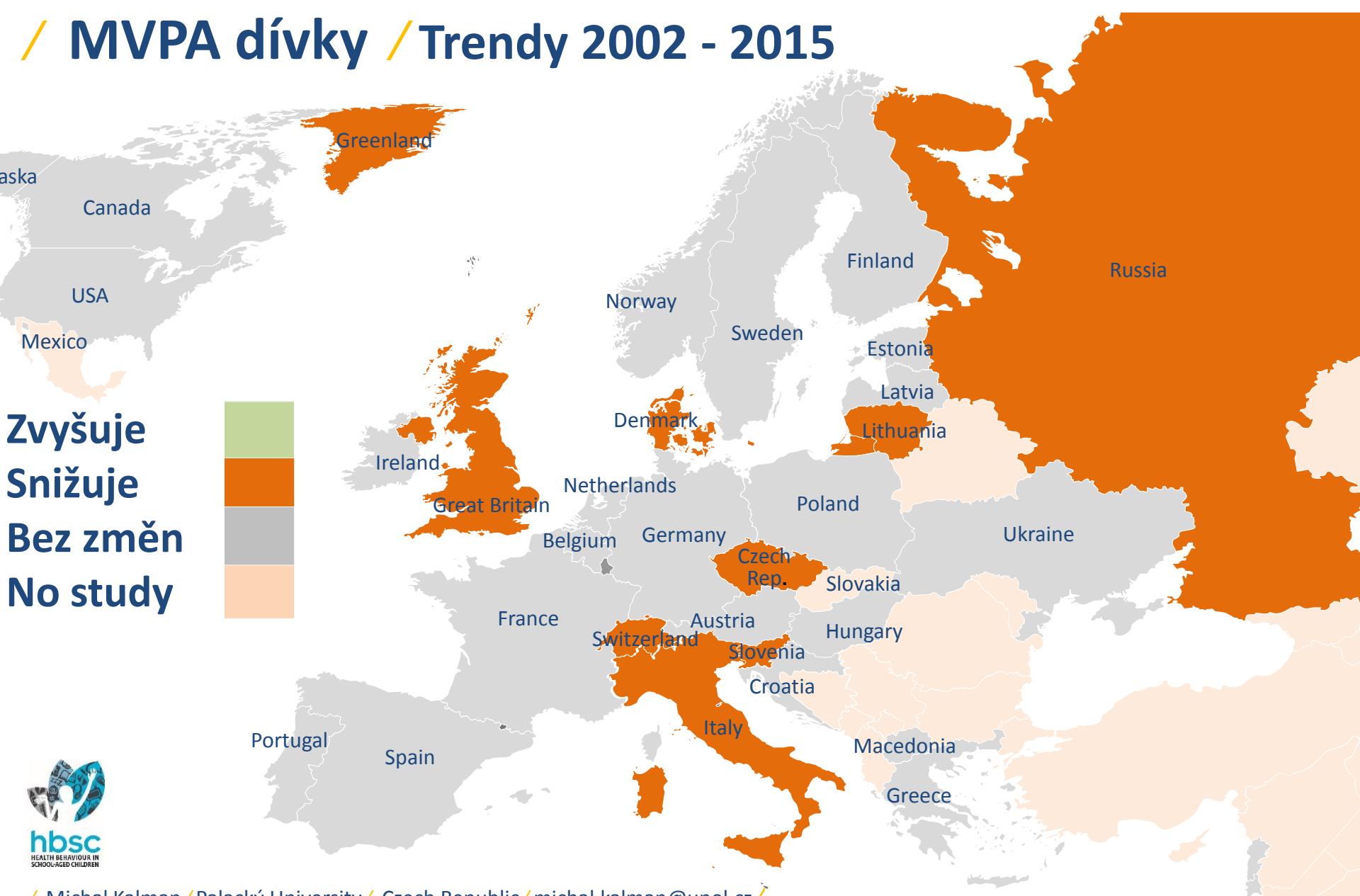
# / MVPA dívky /



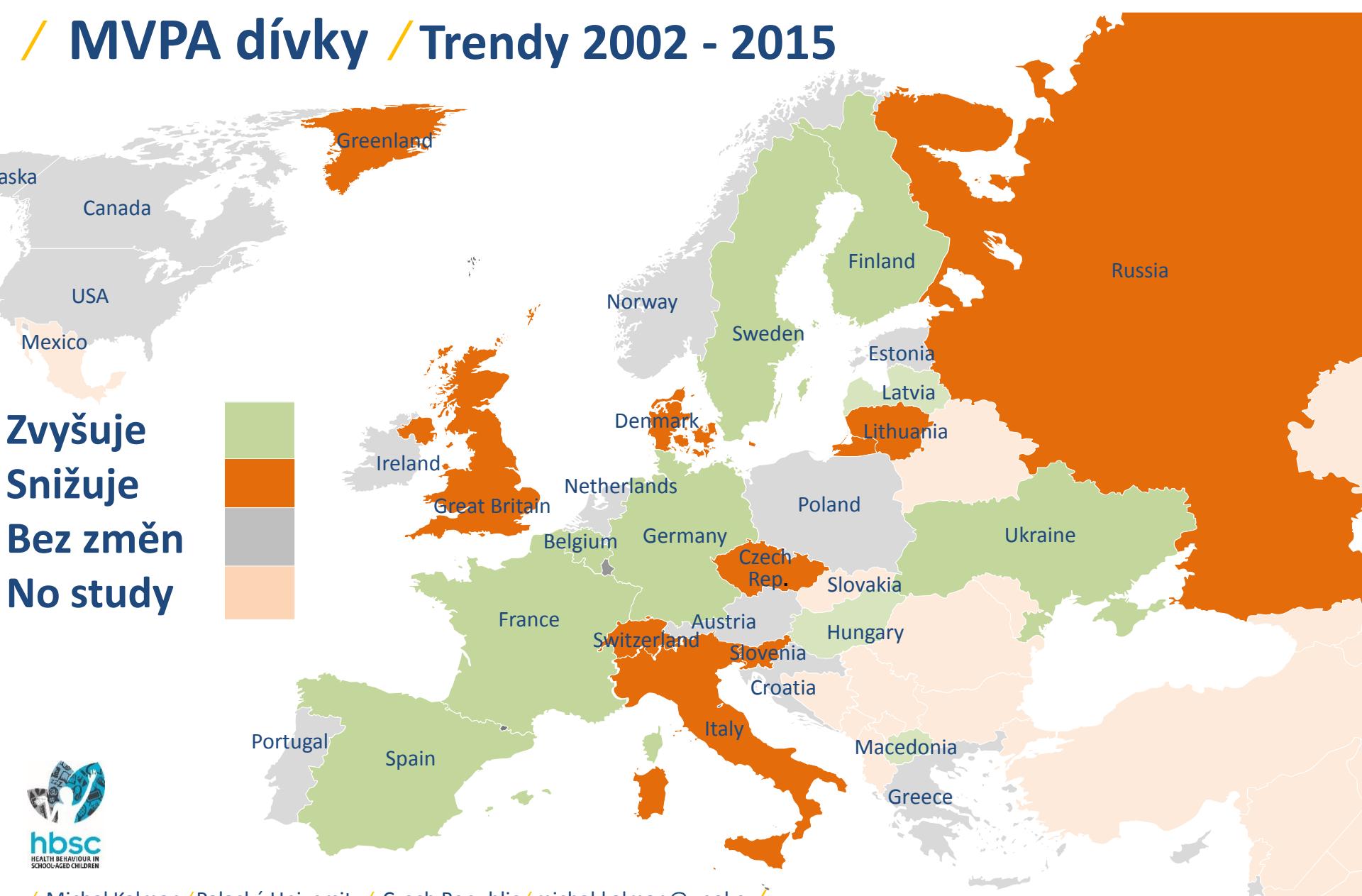
# / MVPA dívky /Trendy 2002 - 2015



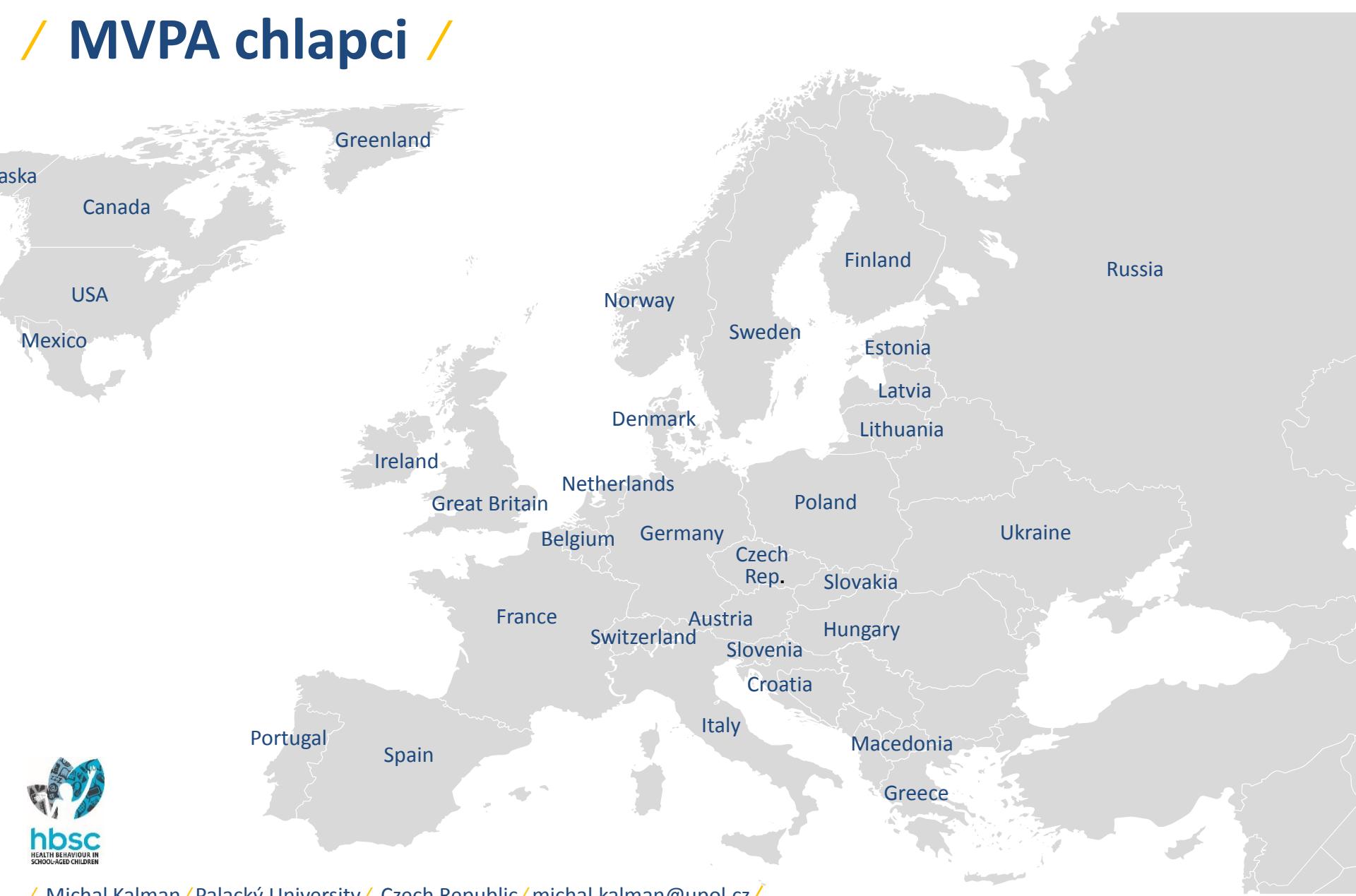
# / MVPA dívky / Trendy 2002 - 2015



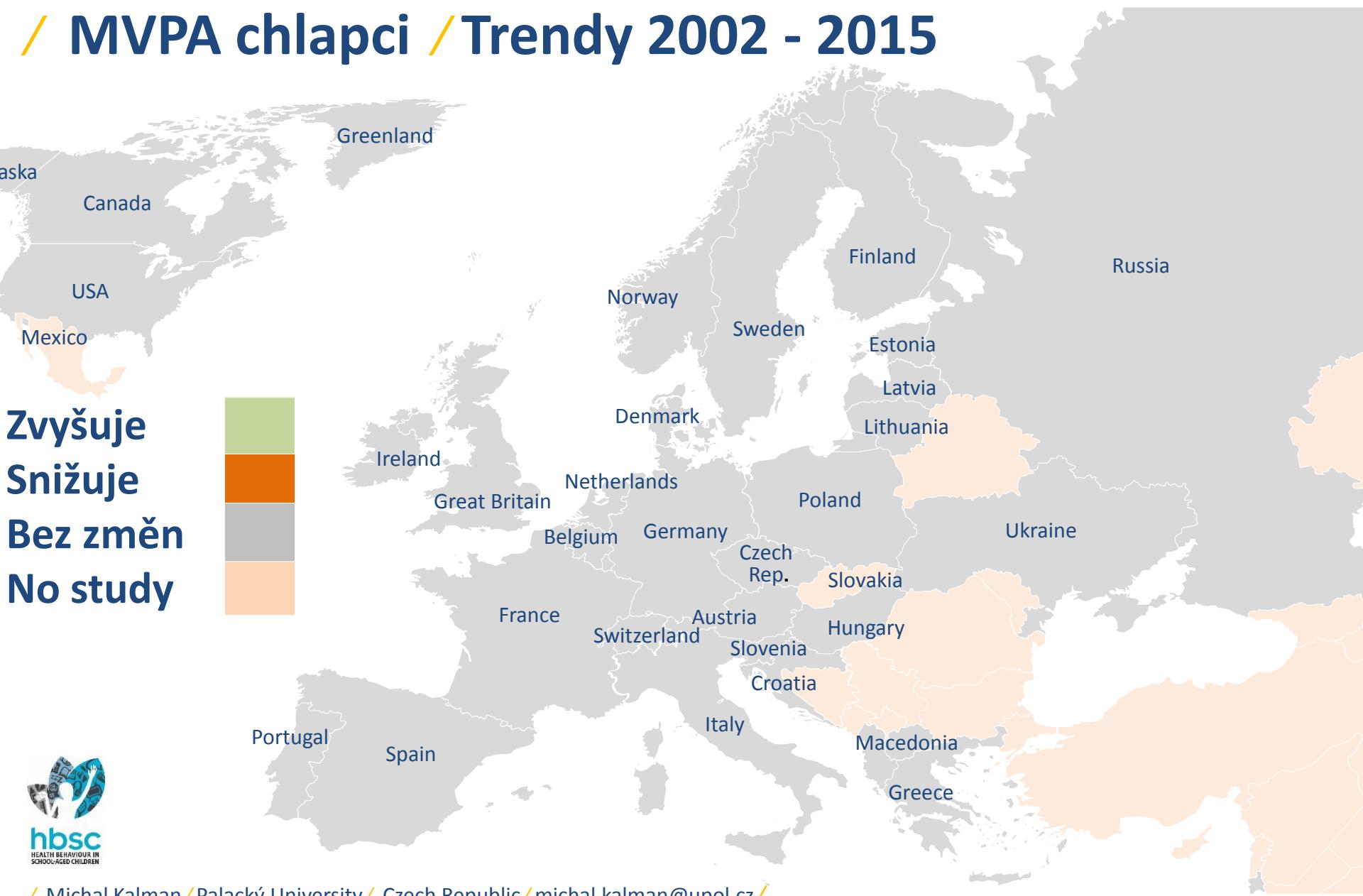
# / MVPA dívky / Trendy 2002 - 2015



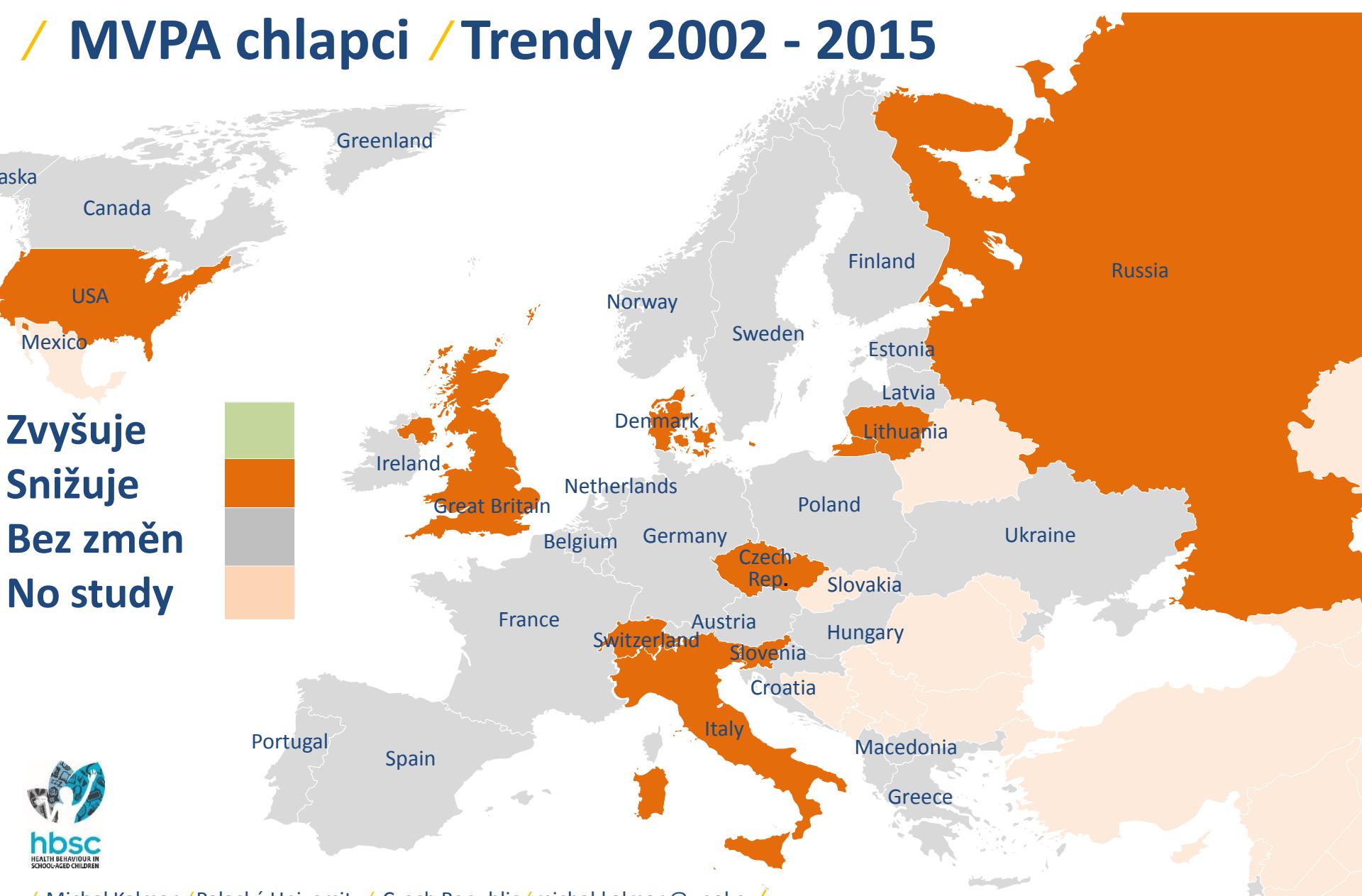
# / MVPA chlapci /



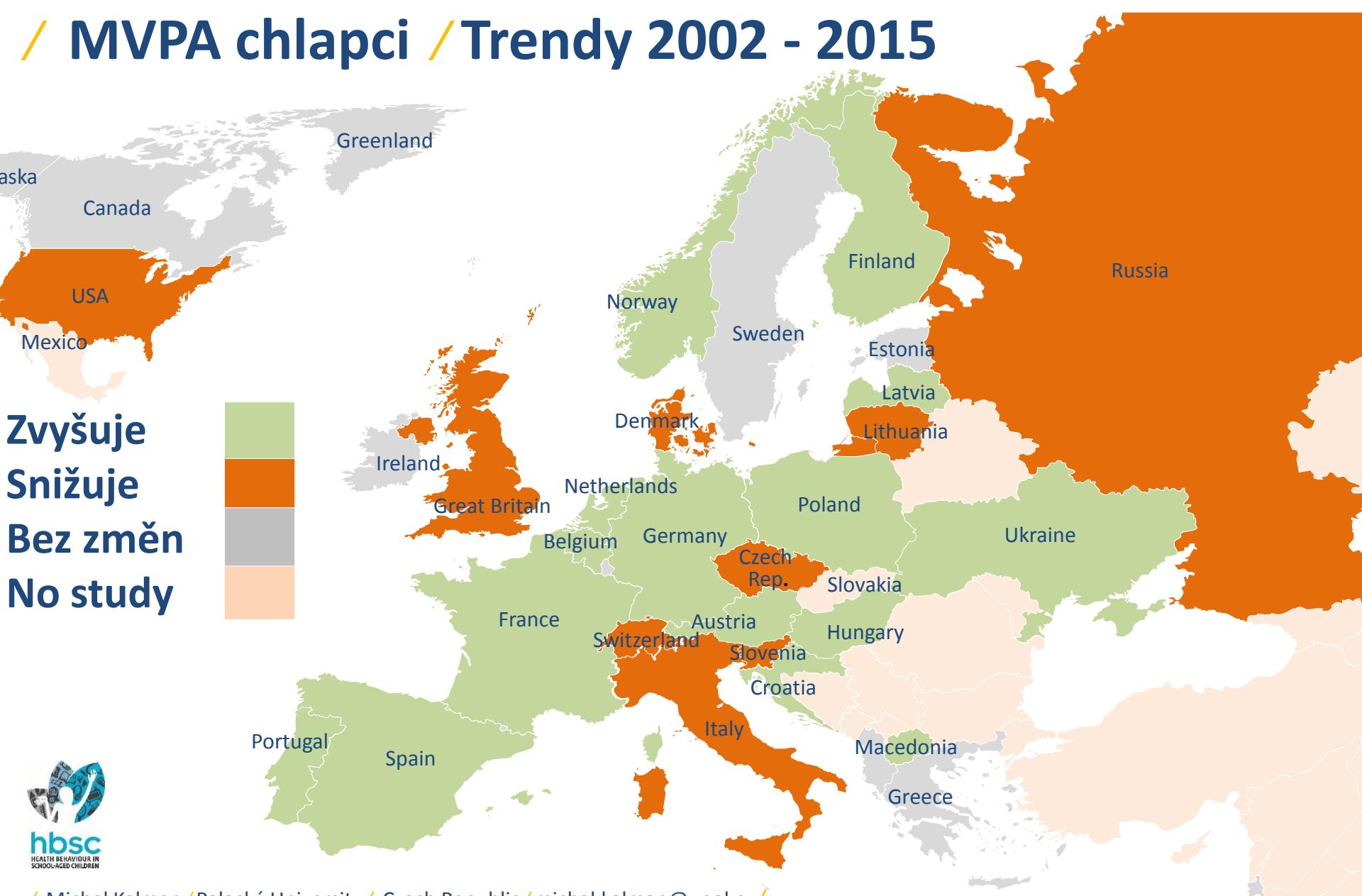
# / MVPA chlapci / Trendy 2002 - 2015



# / MVPA chlapci / Trendy 2002 - 2015



# / MVPA chlapci / Trendy 2002 - 2015



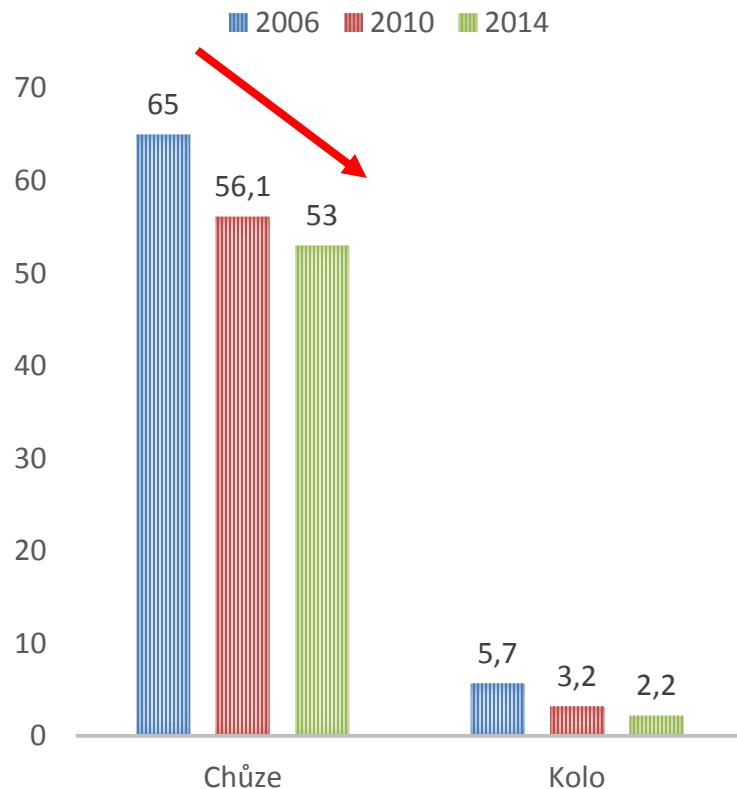
		Chlapci						Dívky					
	2002	2006	2010	2010 vs. 2002		Trend	2002	2006	2010	2010 vs. 2002		Trend	
	Variable	% <sup>a</sup>	% <sup>a</sup>	% <sup>a</sup>	OR	95% CI		% <sup>a</sup>	%	%	OR	95% CI	
1	Austria	27.4	23.2	30.5	1.258**	1.097-1.442	+	15.8	15.8	17.5	1.155	0.980-1.361	o
2	Belgium	14.8	23.3	20.9	1.489***	1.302-1.703	+	7.5	16.7	12.3	1.700***	1.437-2.012	+
3	Canada	26.9	30.5	28.0	1.050	0.936-1.178	o	17.5	17.0	17.2	1.012	0.893-1.148	o
4	Croatia	24.8	20.2	27.5	1.171*	1.026-1.326	-	14.4	16.0	12.6	0.970	0.740-1.024	-
5	Czech Republic	31.1	26.6	27.4	0.745***	0.650-0.854	-	22.3	17.0	18.6	0.724***	0.623-0.841	-
6	Denmark	19.2	25.1	14.3	0.667***	0.560-0.795	-	14.9	20.2	9.4	0.654***	0.464-0.685	-
7	England	28.9	22.7	28.6	0.944	0.810-1.099	o	15.6	13.8	14.6	0.876	0.737-1.042	o
8	Estonia	13.6	21.3	16.6	1.149	0.958-1.378	o	9.5	14.4	12.3	1.208	0.983-1.485	o
9	Finland	17.8	28.9	29.7	1.897***	1.661-2.166	+	12.0	20.1	17.7	1.496***	1.282-1.745	+
10	France	13.2	19.4	17.5	1.328***	1.157-1.524	+	4.5	7.6	6.8	1.503***	1.215-1.860	+
11	Germany	15.1	19.9	20.0	1.444***	1.239-1.682	+	8.5	13.9	14.0	1.754***	1.465-2.100	+
12	Greenland	32.1	33.6	28.8	0.836	0.616-1.136	o	27.4	24.5	22.0	0.705*	0.522-0.951	-
13	Hungary	22.0	25.5	25.1	1.186*	1.018-1.382	+	10.8	14.1	13.5	1.200*	1.001-1.438	+
14	Ireland	35.4	37.6	34.3	1.033	0.889-1.201	o	21.7	24.3	20.3	0.922	0.779-1.091	o
15	Israel	21.2	23.9	23.6	1.179*	1.014-1.371	+	10.1	12.4	10.0	0.982	0.812-1.188	o
16	Italy	13.0	20.5	10.7	0.763**	0.632-0.922	-	8.3	9.8	5.4	0.567***	0.446-0.722	-
17	Latvia	18.9	27.6	24.5	1.275**	1.076-1.512	+	10.8	18.6	16.0	1.602***	1.312-1.955	+
18	Lithuania	30.8	22.7	19.7	0.502***	0.441-0.573	-	20.5	15.6	13.3	0.552***	0.472-0.645	-
19	Macedonia	19.6	26.7	26.6	1.446***	1.240-1.685	+	14.3	18.3	18.0	1.302**	1.093-1.550	+
20	Netherlands	18.0	24.2	22.3	1.204*	1.031-1.407	+	15.8	18.3	15.7	0.931	1.019-1.773	o
21	Norway	14.2	18.0	19.5	1.409***	1.201-1.654	+	8.5	12.5	11.2	1.213	0.990-1.487	o
22	Poland	20.8	22.2	25.3	1.224**	1.068-1.404	+	13.2	13.0	15.4	1.049	0.891-1.234	o
23	Portugal	16.0	22.0	18.4	1.228*	1.008-1.496	+	8.4	8.2	8.5	1.047	0.814-1.347	o
24	Russia	18.3	16.6	16.1	0.774***	0.671-0.892	-	11.4	9.6	9.1	0.656***	0.550-0.781	-
25	Scotland	25.2	28.5	18.3	0.710***	0.618-0.814	-	13.6	15.7	11.0	0.796*	0.668-0.949	-
26	Slovenia	29.0	21.9	25.5	0.772***	0.674-0.886	-	16.4	13.3	14.9	0.873	0.737-1.032	o
27	Spain	22.3	25.1	29.9	1.489***	1.310-1.694	+	11.7	17.4	15.1	1.376***	1.168-1.620	+

Zdroj: Kalman, M., Inchley, J., Sigmundová, D., Iannotti, R., Tymjala, J., Hamrik, Z., Bucksch, J. (2014). Secular Trendy in moderate-to-vigorous physical activity from 2002 to 2010: a cross-national perspective. European Journal of Public Health

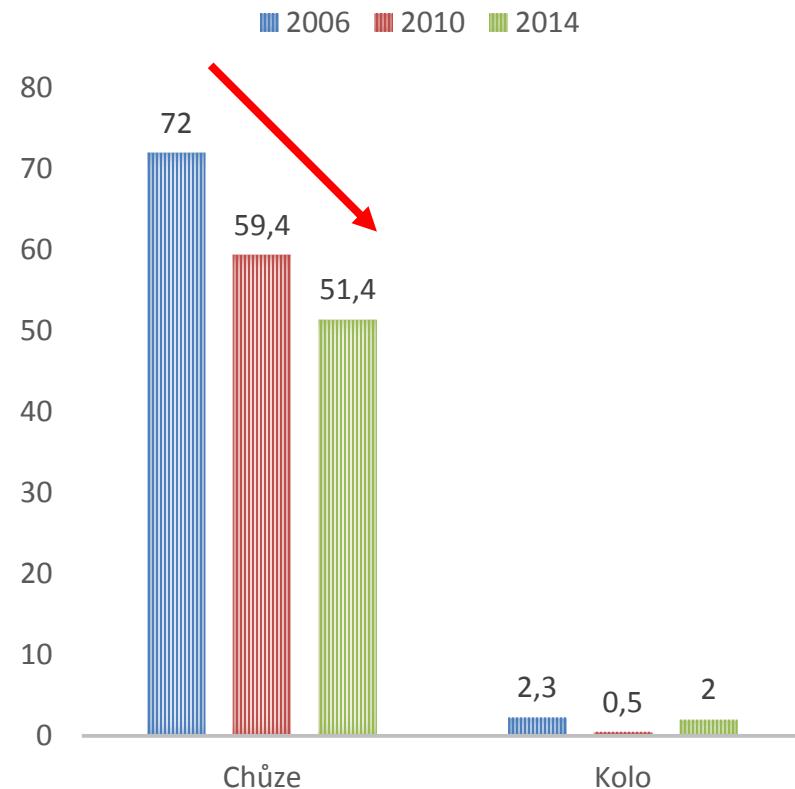
30	Ukraine	20.9	28.5	29.4	1.438***	1.243-1.664	+	12.4	16.0	16.9	1.194*	1.009-1.414	+
31	USA	35.2	34.1	32.6	0.869*	0.774-0.975	-	21.0	20.1	20.1	0.927	0.814-1.057	o
32	Wales	21.9	27.2	24.2	1.120	0.842-1.377	-	11.2	11.2	12.2	1.126	0.878-1.442	-
All countries		21.4	24.3	23.4	1.105***	1.154-1.213	+	12.9	15.1	13.9	1.049**	1.018-1.080	+

# Doprava do školy

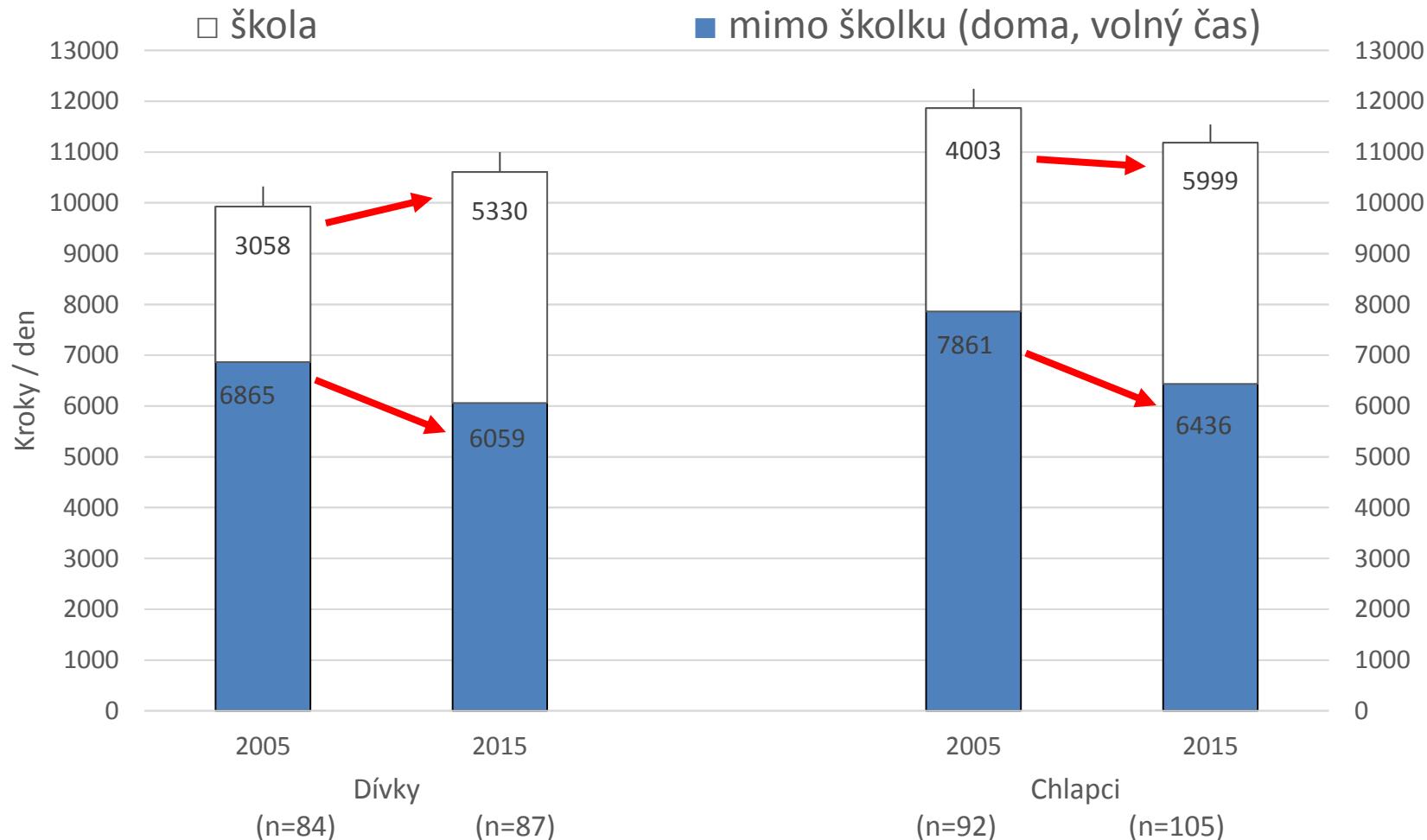
## CHLAPCI (N=5992)



## DÍVKY (N=6281)



## Pohybová aktivita dětí ve školce a mimo školku (2005 x 2015)



# Životní spokojenost

11-year-olds who report high life satisfaction		
HBSC REGION	chlapci (%)	divky (%)
Albania	95	96
Greece	95	94
Netherlands	95	92
Austria	94	93
Ireland	93	93
Republic of Moldova	93	93
Armenia	92	93
Scotland	92	93
Malta	95	90
Spain	91	94
Norway	92	93
Romania	91	91
Sweden	91	91
Finland	92	89
Estonia	91	90
Croatia	89	91
Slovenia	89	91
Denmark	92	88
Switzerland	91	88
Bulgaria	90	89
Lithuania	90	89
England	90	88
Israel	91	87
Portugal	91	87
Wales	90	87
Iceland	88	89
Italy	89	88
Ukraine	88	88
Hungary	89	88
Luxembourg	87	88
Belgium (French)	87	89
Latvia	88	87
Germany	87	87
Canada	88	85
Poland	86	85
Slovakia	83	88
Greenland	86	85
Russian Federation	85	85
France	87	83
MKDa	85	84
Czech Republic	82	83
Belgium (Flemish)	77	75



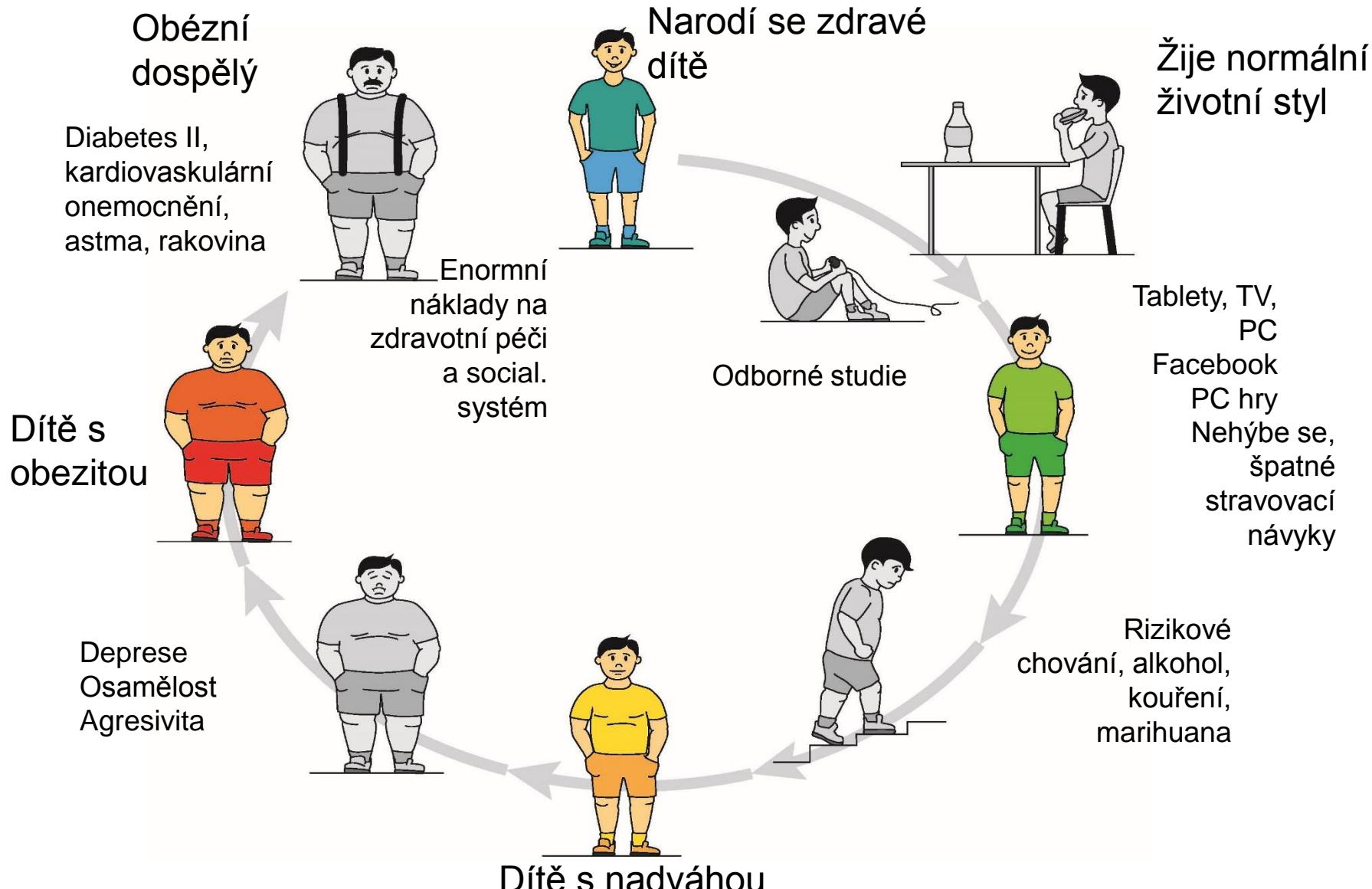
	chlapci (%)	divky (%)	TOTAL (%)
HBSC average	89	89	89

	chlapci (%)	divky (%)	TOT AL (%)
HBSC average	89	82	86

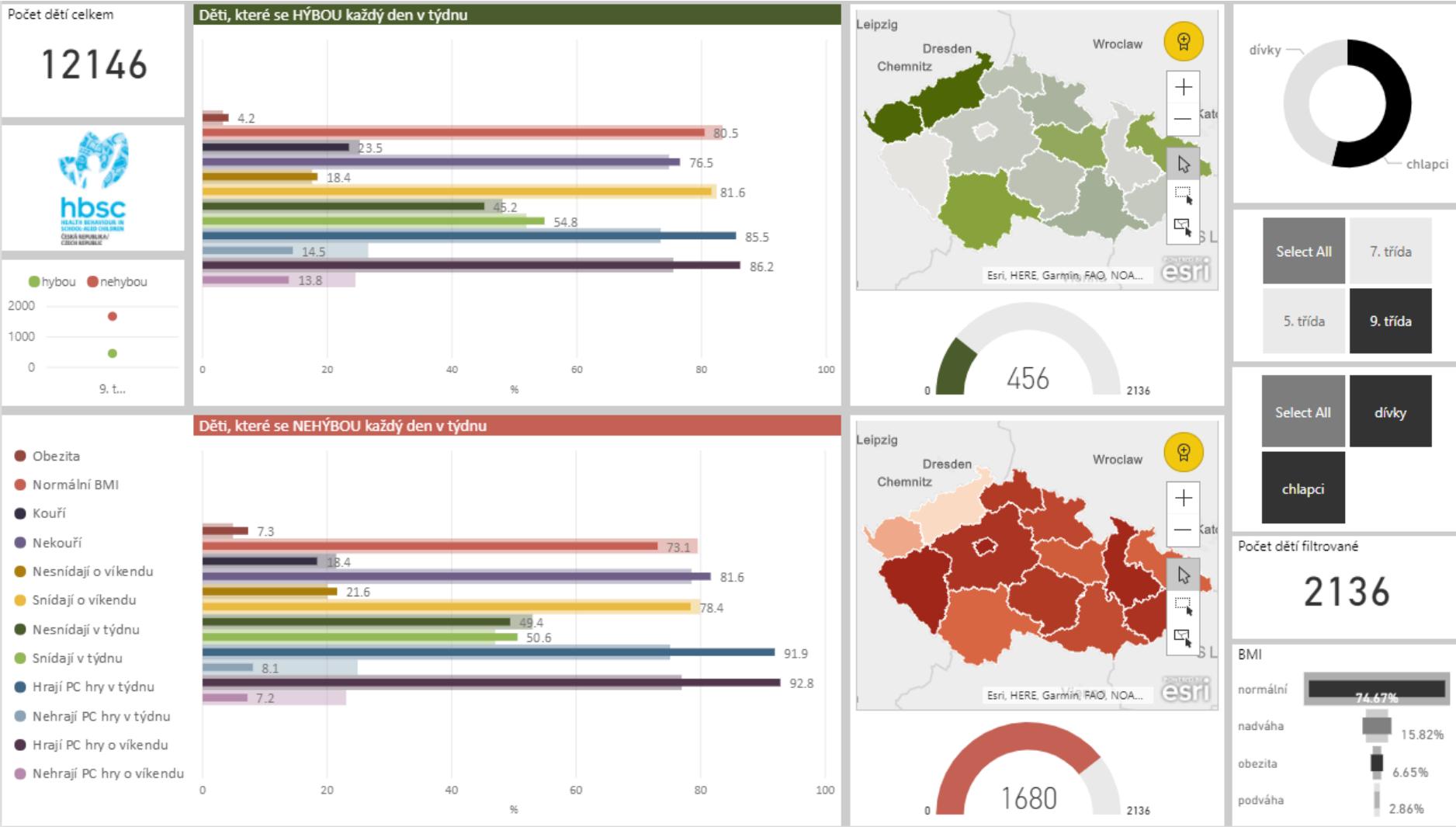
15-year-olds who report high life satisfaction		
HBSC REGION	chlapci (%)	divky (%)
Armenia	91	89
Republic of Moldova	93	88
Albania	89	91
Netherlands	94	84
Switzerland	91	84
Denmark	93	82
Finland	91	84
Slovenia	91	83
Iceland	91	83
Austria	92	82
Romania	92	81
Norway	90	82
Lithuania	89	78
Spain	89	80
Bulgaria	87	81
Estonia	88	78
Croatia	87	79
Bulgaria	85	81
Ukraine	84	82
Latvia	87	80
Greece	85	81
Greenland	86	79
Malta	89	76
Scotland	88	76
Italy	85	79
Belgium (Flemish)	86	75
Canada	86	76
Germany	87	74
Ireland	86	76
Hungary	83	77
Slovakia	84	73
Sweden	85	73
Russian Federation	83	75
France	86	71
Portugal	83	74
Czech Republic	81	75
Luxembourg	83	74
Wales	84	72
England	84	71
Poland	83	68
MKDa	74	72



	chlapci (%)	divky (%)	TOTAL (%)
HBSC average	87	79	83



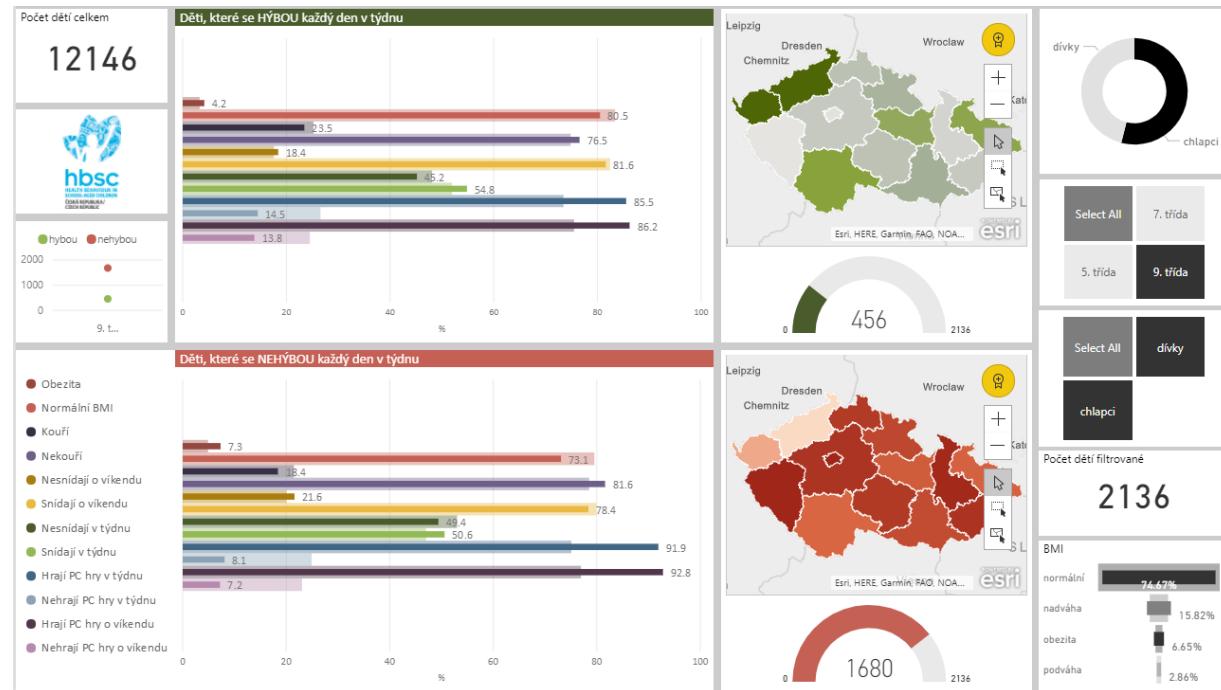
# Portál o zdraví a životním stylu dětí a mládeže eHBSC



# Portál o zdraví a životním stylu dětí a mládeže eHBSC

Co by mělo být součástí portálu?  
Zajímá Vás to?

Pište: Michal.kalman@upol.cz



# Děkuji za pozornost

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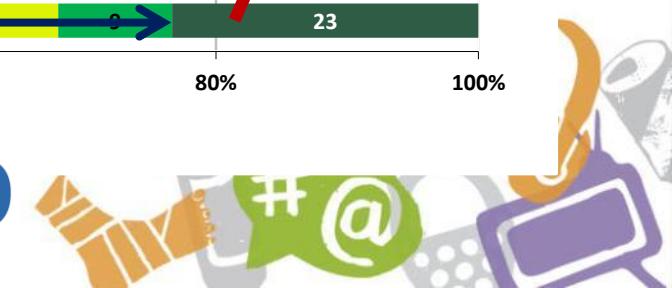
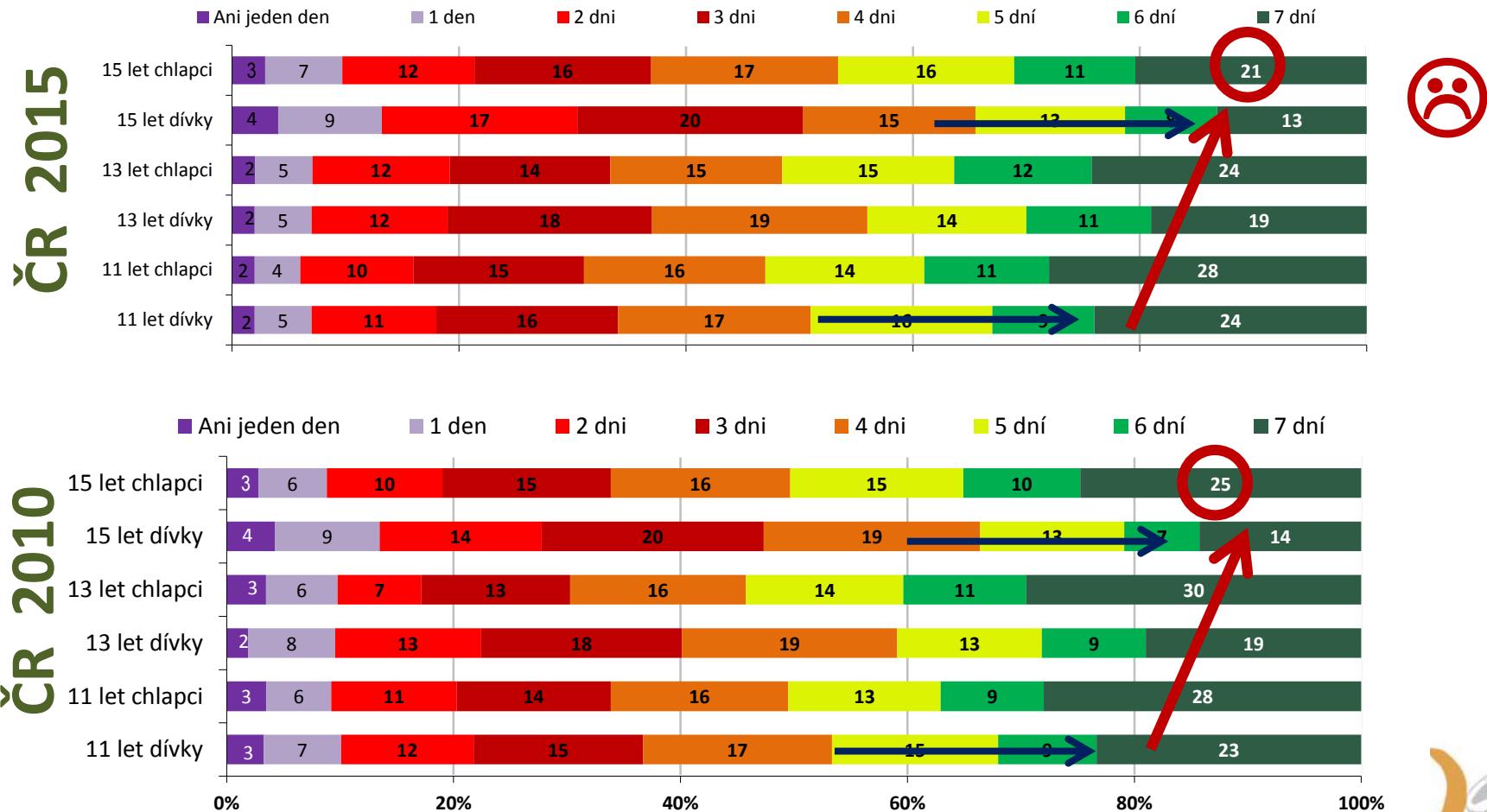
**Mgr. Michal Kalman, Ph.D.**  
Institute of Active Living, Palacky University

Principal Investigator of HBSC, Czech  
Republic  
WHO Collaborative Cross-National Study  
Tel:+420 777 752 822  
Email: [michal.kalman@upol.cz](mailto:michal.kalman@upol.cz)  
Palacky University in Olomouc  
Czech Republic



# Pohybová aktivity

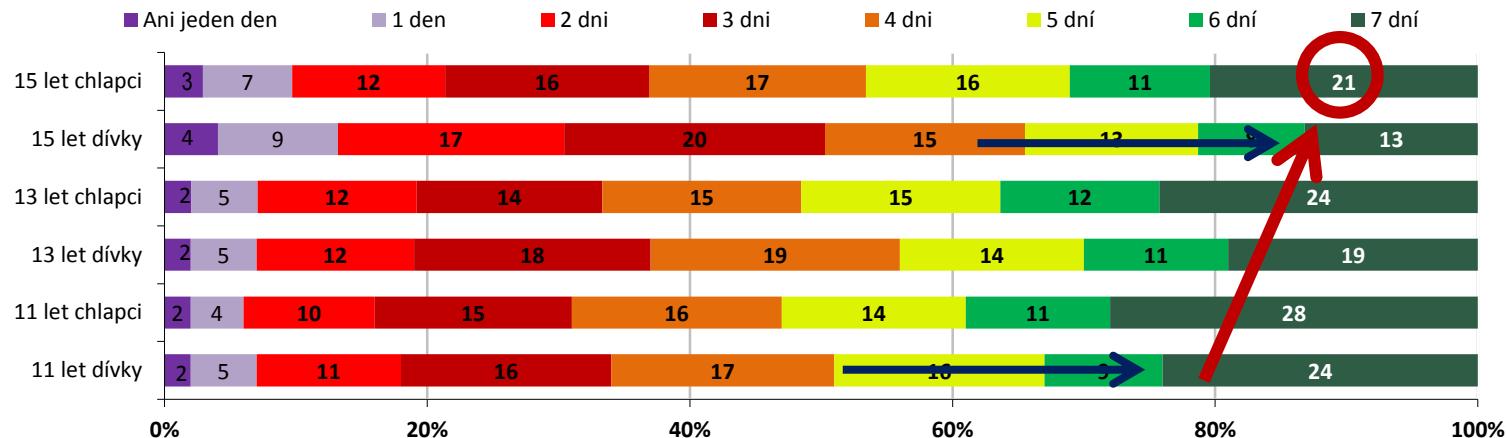
2010 x 2015



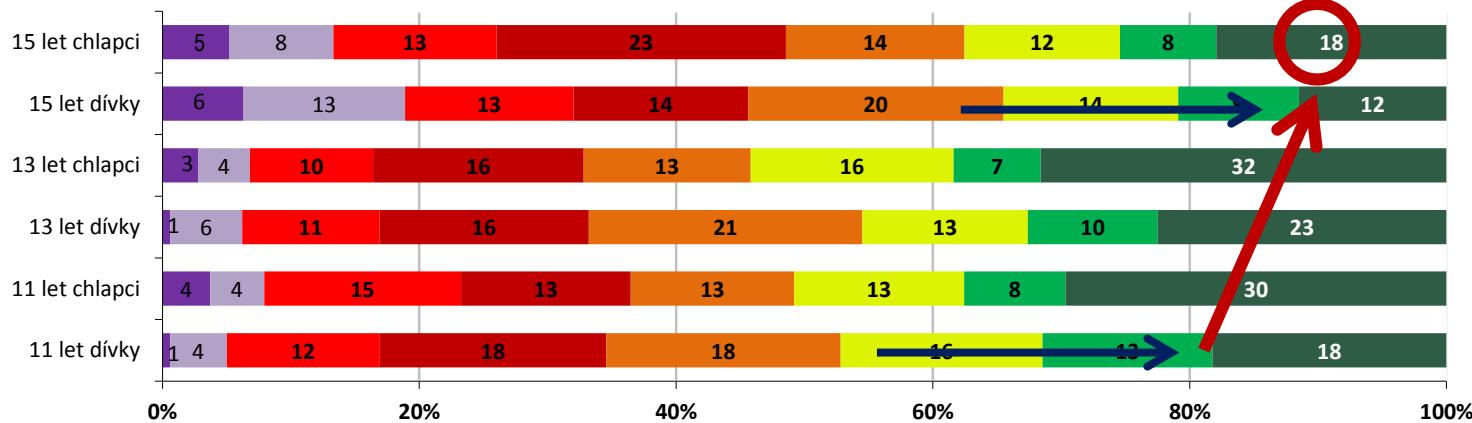
# Pohybová aktivita

ČR x OL

ČR 2015



OL 2015



% výskytu školáků, kteří v daném počtu dní využívají alespoň 1 hodinu pohybová aktivity

**pohyb**  
do škol



# Portál o zdraví a životním stylu dětí a mládeže eHBSC

