

Research shows that percentage of obesity among children and adolescents is significantly increasing. The prevalence of obesity has doubled in the last 30 years. Despite the ongoing campaigns and programs of obesity prevention, statistics continue to be very high. It is common knowledge that obesity is associated with a large number of negative somatic and psychic consequences. People with obesity have lower quality life, are more dissatisfied with their body and experience more negative emotions. Among children and adolescents being obese is also connected with a higher risk of stigmatization and verbal violence. Furthermore, many people with excessive body weight during their childhood are obese also as adults which is associated with high costs of treating diseases co-occurring with obesity throughout their life span. What can be done then in a situation in which knowledge about the aetiology and factors crucial for development and persistence of obesity among children and adolescents is relatively small?

"Empirical verification of the Homeostatic Theory of Obesity in children and adolescents: longitudinal study" research project aims to verify the obesity model based on a review of numerous studies. This model focuses on factors significant to the development and persistence of obesity among children and adolescents. The obesity problem is considered holistically – including social, physical and psychological factors. Information on the relationship between these factors not only will broaden the knowledge about obesity, one of diseases of affluence, but also will help to create more effective campaigns and prevention programs for obesity.