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# THE INFLUENCE OF SELECTED ASPECTS OF LIFESTYLE ON OBESITY AND OVERWEIGHT AMONG THE ROMA MINORITY IN THE REGION OF SOUTH BOHEMIA

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Project COST LD14114: „Obesity and overweight in Roma minority in the Region of South Bohemia“, implemented under financial support of the Czech Ministry of Education, Youth and Physical Education



- Find out the prevalence of smoking and alcohol drinking in the Roma minority in the Region of South Bohemia
- Find out the influence of economic conditions on eating habits of members of the Roma minority in the Region of South Bohemia
- Suggest a strategy aimed at reduction of obesity and overweight of members of the Roma minority in the Region of South Bohemia



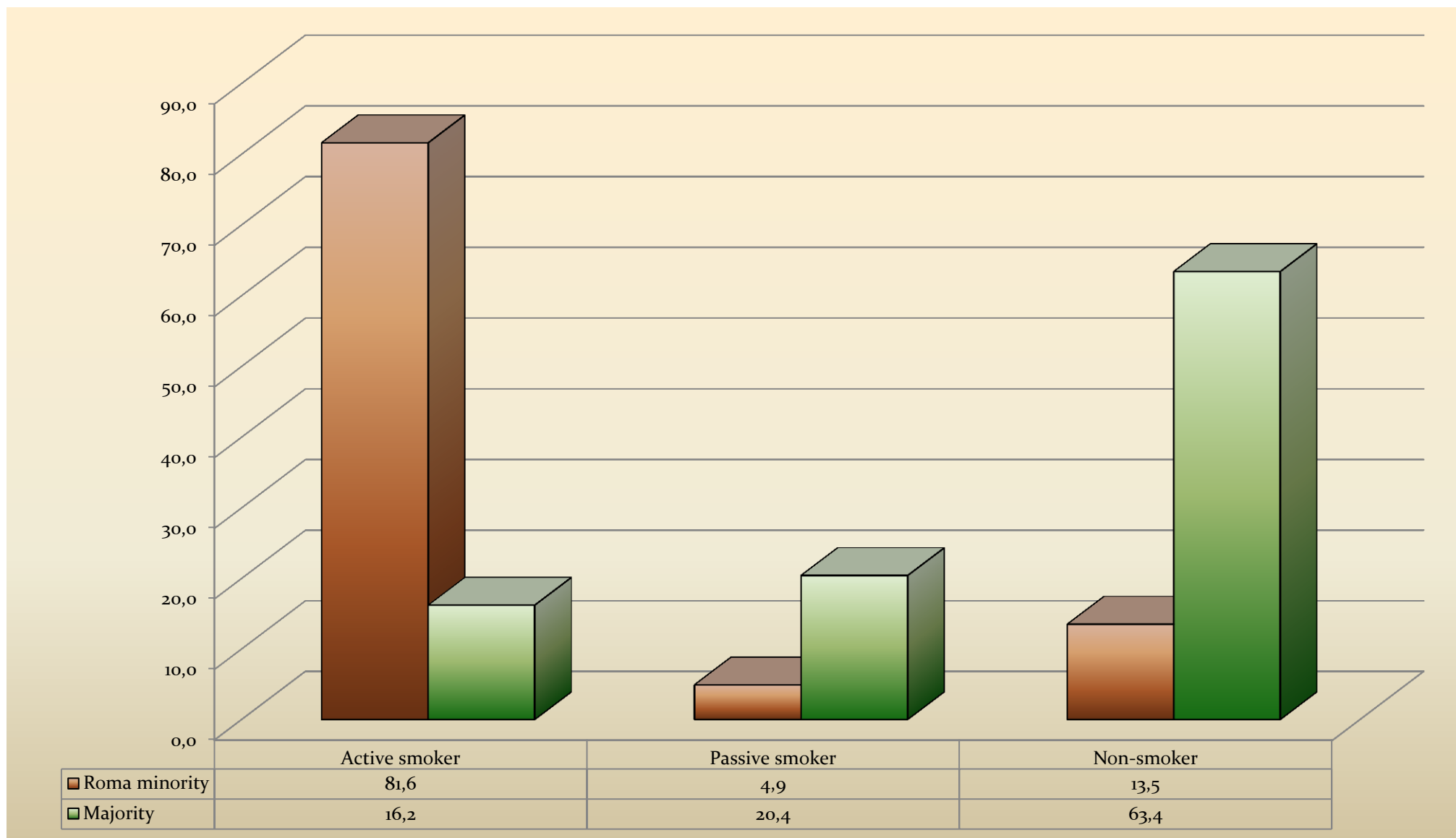
- The quantitative research was implemented in form of semi-structured interview
- The study includes 600 respondents of two research sets, representative from gender perspective
  - ✓ 302 respondents from the Roma minority living in the Region of South Bohemia (snowball selection)
  - ✓ 298 respondents from the majority population living in the Region of South Bohemia (quota selection)
- The data were collected in the course of 2014 and 2015 on the territory of the Region of South Bohemia
- The acquired data were processed under use of descriptive and analytical statistics, with the help of SASD statistical application, at a level of significance  $p < 0,05$



- SWOT analysis of the results found by the study
- Pair comparison, under use of Fuller's triangle,
  - ✓ of strengths and weaknesses found
  - ✓ of opportunities and threats found
- The pair comparison allowed to determine the strengths and weaknesses, opportunities and threats with major effect on obesity and overweight of the Roma minority in the Region of South Bohemia

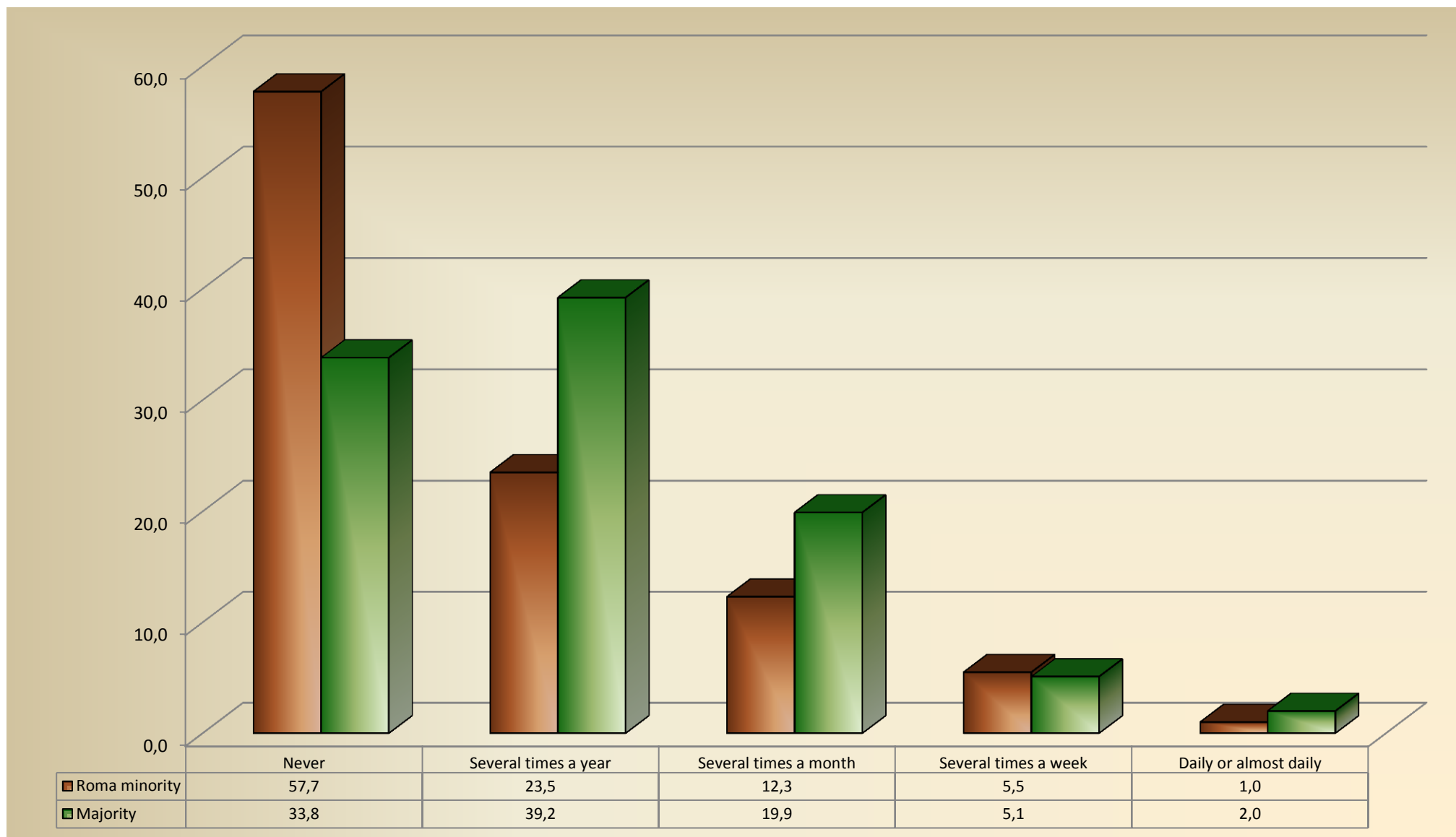


# Smokers and non-smokers



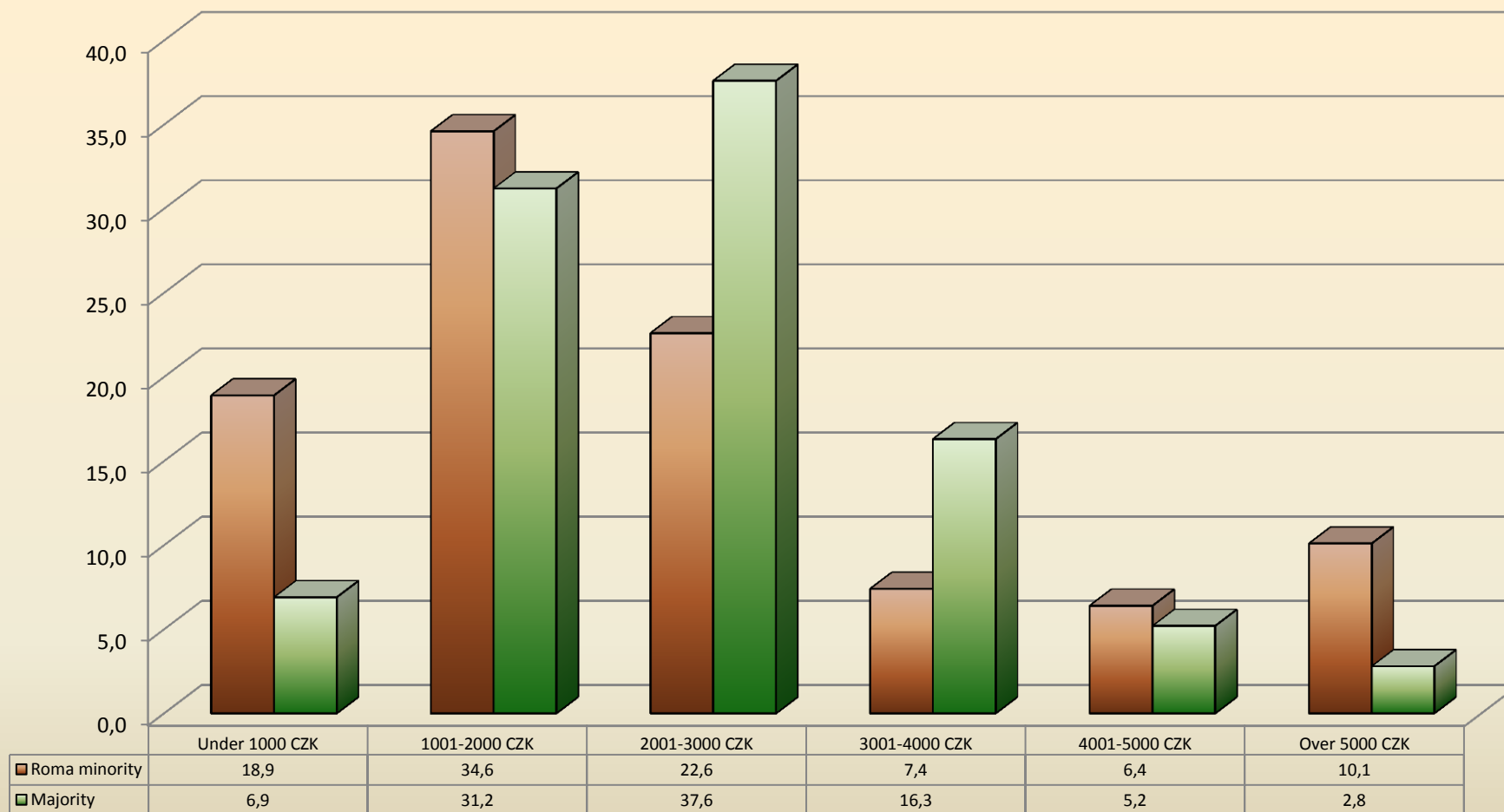


# How often do you drink 4 or more doses of alcohol within one day?





# Amount spent for food for one adult family member per month





- The prevalence of smoking, as compared with majority society, is significantly higher in the Roma minority; the daily number of smoked cigarettes is higher too
- Consumption of alcohol, i.e. beer, wine and spirits, is significantly lower in the Roma minority, as well as its one-off daily consumption
- The amount spent for food for an adult family member per month suggests ambivalent attitudes of the Roma minority, while the members of the majority society report significantly more often amounts ranging from 2001 to 4000 CZK





# SWOT results under use of Fuller's triangle

## STRENGTHS

1. **Walking** of 30 minutes a day at the minimum
2. **Consumption of homemade meals**
3. **Reduced alcohol consumption**

## OPPORTUNITIES

1. **Preventive programs** for the Roma minority in the area of health support **aimed at motivation to preventive health checks** and awareness of consequences of overweight and obesity on health condition
2. **Educational activities** specially prepared for the Roma minority or its specific segment **aimed at prevention of obesity, eating habits and healthy life style**
3. Implementation of **preventive activities** aimed at reducing obesity of the Roma minority in **community centre**

## WEAKNESSES

1. **Drawbacks in foodstuff structure of the diet**
2. **Lack of funds for diet modification**
3. **Big financial differences in amounts spent for food** per month among members of the Roma minority

## THREATS

1. **Lack of funds for food** in a part of Roma families / Ambivalent attitude of the Roma minority to the amounts for food
2. **Lack of knowledge** about harmful effects of smoking, lack of exercise, wrong eating habits, health consequences of obesity and overweight and consequences of unhealthy life style / Perception of obesity as expression of welfare by the Roma minority
3. **Missing solution of mental problems of Roma people suffering from depressions**



The strategy is **focused** on the causes of obesity in order to eliminate or at least reduce the related **influenceable factors**, to minimize repeated weight increase after reduction and to avoid weight increase in individuals who are not able to reduce their weight

- **Primary prevention** is aimed at **reducing the number of new cases** of overweight and obesity (intervention directed on child population)
- **Secondary prevention** is aimed at **reducing the number of existing cases**, particularly on achieving permanent weight reduction of the given individuals
- The interventions within **tertiary prevention** must be aimed at **reducing the number of permanent sick leaves or disability pensions** related with obesity



# Stages of implementation of the suggested strategy

- **Creation of educational program**
- **Provision of conditions for implementation of educational program**
  - ✓ **Involvement of a qualified nurse** – potential activities in the area of primary prevention – cooperation with nurses of general practitioners
  - ✓ **Cooperation with individual service providers** for the Roma community in the area in question
  - ✓ **Offer of sporting activities** by individual service providers for the Roma community
- **Education of the Roma minority - implementation of educational program and implementation of sporting activities**
- **Evaluation of the preventive program**



- The **most significant opportunities** with positive effect on reduction of obesity and overweight in the Region of South Bohemia include **preventive programs and educational activities** aimed at **obesity prevention, eating habits, healthy life style** and at **motivation to preventive health checks** implemented particularly in the community centres



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# Thank you for your attention

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