

Abstract

The theme of this bachelor's thesis is the problematic of obesity. In the theoretical part there are summarized following topics: classification of obesity, diagnostic procedures, etiopathogenesis, the complications connected with obesity and the treatment methods. The final part of this thesis is focused on the prevention and the nutrition in particular periods of human life.

The main emphasis is put on the practical part, where eating habits of obese patients of various generations are compared and evaluated. This part deals with the frequency of consumption of fruit, vegetables, products of treated meat, fat and the other fat meals in the groups of four various age categories. Research is based on the quantitative elaboration of measurement of the obesity in the Czech population. This research was carried out by the company Stem/Mark according to the project *Live healthy*, where new calculations and evaluations had been made on the basis of my suggestion.

The results of this research should be interpreted as follows: the age category from 18 to 29 years and the age category over 65 years show high consumption of fruit and vegetables. On the other hand, the age categories from 30 to 49 years and from 50 to 64 years are characterized by higher consumption of treated meat, fat and other fat meals. The bachelor's thesis could outline distinctions and failures in eating habits of patients who suffer from the obesity.

Keywords: overweight, obesity, nutrition, eating habits, age categories, frequency of consumption, prevention