

## Abstract

This Bachelor's Thesis deals with the description, how the development of children's obesity is influenced by the breastfeeding's period and other factors.

Firstly, the theoretical part is dedicated to these four topics: breastfeeding and its importance, benefits, potential risks and also practical matters related to breastfeeding – e.g. methods or the basic principles. Secondly, there is depicted substitution of milk nutrition and vegetables. The third topic focuses on obesity in children – possibilities of diagnosis, causes, consequences and precaution against it. Finally, the last part presents various studies where relations between a period of breastfeeding and development of obesity during childhood are being investigated.

The practical part brings evaluation of factors which could influence the obesity in case of children under three years of age. This part was realized using quantitative inquiry, where anonymous non-standardized questionnaire, containing fourteen questions, was used for data collection. The questionnaire was mainly focused on the period of full or partial breastfeeding and finding out, how children prospered over the years. The research shows that 49 % of the children breastfed to 6 months. But the best provided group was children breastfed to 4 months. This group was slimmest. One of the sub-goals of the thesis was smoking during the gravidity. This question is not responsible for the small number of smoking mothers during gravidity. Then I was finding, how problems with feeding affects the duration of breastfeeding. These problems shortened breastfeeding by 58 % of mothers. The last sub-goal was determining was finding, how starting vegetables and substitutional milk nutrition influence the weight of children. Both are important modulatory factors with influence the weight of children. The aim of this work is to compare these results with theoretical hypothesis and generally known recommendations.

**Key words:** Breastfeeding, infant formula, baby food, children obesity, overweight.