

ANNOTATION

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Title of the work:	Prevalence of health - risk factors among students of SZŠ and VOŠZ in Mlada Boleslav
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The Bachelor's thesis deals with the healthy lifestyle and the risk factors, which influence the student's lifestyle.

The theoretical part discusses the characteristics of the healthy lifestyle, the adolescence, healthy food, exercise, sleep and drinking regime. In the next part of this thesis are analyzed the most important risk factors, which occur among students nowadays, such as obesity, alcohol, drugs, smoking, eating disorders and consumption of energetic drinks.

The empirical part has been processed according to the ascertained and evaluated data, which has been collected by a questionnaire at the Secondary Medical School and College of Higher Medical Education in Mlada Boleslav. The aim of the study was to detect the risk behaviour of students, their informedness and the shift in the risk behaviour regarding to their age and continuing study at this school. The assessment has been made with tables and graphs and the results of them have been compared.