

## Abstract

This thesis deals with methods used for childhood obese patient education. It is further devoted to the creation of new educational resource to help fight the childhood obesity. This educational material has been prepared on a similar basis as the educational material for diabetic patients called Conversation maps TM.

The theoretical part is dedicated to three main topics. First of all it analyzes risk factors influencing progression of the child obesity, prevention and treatment of this disease. Secondly, the theme of education is further elaborated. Finally, the third main topic is focused specifically on education in childhood obesitology and educational materials dealing with this issue.

Quality of childhood obesity prevention and its specific impact on children aged 11-15 years is assessed in practical part. This part was realized using quantitative research, where I used an anonymous non-standardized questionnaire (which contained 14 questions) to gather the necessary data. The aim of the questionnaire was to find two facts. First, I was wondering where the children got accurate information about a healthy lifestyle. This finding has influenced the formation of educational material. Second, I was wondering what the real dietary habits of children aged 11-15 years are. The survey shows that children whose breakfast contains large amounts of simple sugars or who do not have a breakfast at all, they are already tired at about nine o'clock in the morning. However, this hypothesis has been only partially confirmed, as overweight and obesity have been also present in children, who ate bread, butter, cheese and ham. One of possible explanations is the insufficient number of respondents who participated in this study. Other areas of concern include impacts of breakfast and lunch quality on obesity progress. It was also assumed, based on well-known recommendations, that children had a higher weight in case they were from families who do not ate a meal together at least once a day. This assumption has been confirmed. Other sub-objectives were to determine the impact of eating sweets and sweet drinks and sports on obesity progress. The most obese children were those who consumed sweets daily and in large quantities (3-5 pcs). The aim of this thesis was also to find out where the children encounter information about a healthy lifestyle most often. Most children responded that they learned about healthy lifestyle at school. Recommended for practise is: regular breakfast, eating lunch in school dining room, avoiding drinking sweetened drinks and reduction of sweets consumption. The importance of this work is to compare these results with theoretical hypotheses and to focus the prevention of obesity to be as effective as possible.

Key words: childhood obesity, education, educational plan