Abstract

The objective of this study was to find out if patients with obesity were adequately educated in the area of the food composition since they were staying at Bludov Spa for the therapeutic program. In addition, determine whether family food consumption affects the percentile value of children, and whether frequency of breakfast and snack classification in children with optimal weight and children with overweight or obesity is different. Methodology: The practical part of this work is based on a questionnaires survey. The questionnaires were filled by 210 respondents in total. Pupils from primary school answered 104 questionnaires and patients from the spa filled 106 questionnaires. Pupils from primary school were aged between 14 – 16 years, their questionnaires were categorized according to percentile values per group below 90th percentile and above 90th percentile, based on age and calculated BMI. The patients at the spa were aged between 7 – 18 years and all were in the group over the 97th percentile, but their questionnaires had to be categorized by age, in the 7 – 14 age group (younger and older school age), 15-18 years (adolescence), also a group aged 14 – 16 years was created to compare it with a group from the spa. The results were plotted and compared to each other. Results: The evaluation of the questionnaire survey has shown that patients in the treatment of childhood obesity in Bludov Spa are not sufficiently educated about the composition of foods and healthy nutrition. It also showed that food in a family company can have a positive effect on the weight of children. The results did not confirm the hypothesis that regular food reduces the likelihood of obesity.

Keywords: child obesity, spa treatment of obesity, nutritional habits of children