

Abstract

This diploma thesis deals with the risk factors of cardiovascular diseases in children and their prevention. It briefly describes the influenced risk factors of these diseases and the prevention of their occurrence. It also focuses on preventive programs of cardiovascular diseases in our country and in the world and describes them in more detail. It also provides an overview of current biology textbooks for the lower-secondary school and their evaluation based on whether and to what extent they deal with the issue of cardiovascular diseases. The aim of the thesis is to create a program directed at the prevention of cardiovascular diseases in children at the lower-secondary school, to use it in practice at a selected lower-secondary school and to evaluate its effectiveness in a subsequent questionnaire.