

Abstract

The bachelor thesis deals with the problems of obesity and overweight. The theoretical part includes the classification of obesity and overweight, the division of factors of origin, complications of obesity, eating disorders, and the treatment of obesity including physical activity. A section of the theoretical part considers the eating habits of different generations, and trends in eating especially among children. Furthermore, the bachelor thesis deals with the principles of healthy eating. In conclusion, there are summarized possibilities for the prevention of obesity and overweight in children and adults.

In the practical part, on the basis of a questionnaire survey, the eating habits of overweight and obese trainees from different generations are evaluated and compared. Graphically, the consumption of meat, fruit and vegetables, dairy products, beverage types, as well as eating habits and physical activity are illustrated and evaluated. The evaluation is based on the quantitative questionnaire processing of two age categories in groups of obese and overweight people attending STOB group exercises and group exercises in Prague 4 Branik.

The aim of the bachelor thesis is to compare the eating habits of overweight and obese individuals belonging to different generations and to draw the readers' attention to the negative and positive sides of the nutrition among these generations.

The results of the survey are illustrated by charts and tables. The questionnaire evaluation shows that the consumption of raw vegetables among the respondents aged 39-59 is 50 %, which is significantly higher than the category of respondents over 60 years with the consumption of 24 %. In addition, the results show that in comparison with the respondents aged 39-59, who consume 62 % fresh fruits daily, the respondents of 60 years or above consume only 48 % fresh fruits. Nearly 36 % of respondents aged 39-59 consume so-called unhealthy sausages 3-7 times a week. However, 28 % of the older age group over 60 consume the same thing 3-7 times a week.

The recommendations resulting from this work are to find new or other possible education paths for the two monitored categories of research.

Keywords: obesity, overweight, risk factor, eating habits, generation difference, complications of obesity, physical activity