

## **Abstrakt**

Worldwide, childhood overweight and obesity represents a pandemic. Thus, it is important to discuss this issue and solve it.

The theoretical part focuses on the definition and diagnosis of childhood obesity. It also deals with different causes and consequences of weight gain in children. One chapter is dedicated to childhood obesity prevention at national and family level. Finally, treatments provided to cure the affected children are outlined in this bachelor thesis.

The practical part focuses on treatment stays for children in Olivova dětská léčebna, o.p.s. during two treatment stays. It deals with the change in body weight and body composition during the stay in medical environment. It also describes different therapies used during these stays – particularly nutrition therapy, sport activities and patient education. Six months after the completion of the treatment stay children's parents or paediatricians were contacted and children's current body height and weight was assessed. These figures were compared with the values the children had when they finished their treatment stay. A part of this study was also the information whether these children see the experts regularly and participate in patient education repeatedly and how these consultations affect the further weight loss.

All children lost their weight during the treatment stay. Two thirds of children didn't manage to keep their weight and they started to gain weight again after the stay. One third of children was successful not only during their stay, but also after their return home. The effect of follow-up patient education could not be proved, both groups – educated and non-educated patients - had similar results.