

Title:

Attitudes of high school students in the Sedlčany of selected aspects of lifestyle

Abstract:

Diploma project covers adolescent's lifestyle in one region and high school students approach to risk aspects. Today's environment offers many options when comes to nutrition, free time activities and overall life style. Even there are many ideas and positive examples of good lifestyle, there are still negative cases that needs to be shown. Collecting of risk factors with adolescent is the duty of public health initiative. Therefore, adolescents should be primary target group when comes to designing preventive activities.

Project consist of theoretical and practical part. Approach to life style of target age group is the main topic of theoretical part. Initial chapter covers high school student's approach, from one region, to lifestyle, nutrition, drugs & alcohol. Project is trying to come up with set of recommendations that could have a positive effect.

Acquired data allows us to get insight to high school students in Sedlcany and sorted in tables and graphs. Student's survey showed a number of students understanding importance of a good lifestyle and its impact to overall health. One third of students does have some experience with smoking. Alcohol consumption is appearing as higher risk factor. Over three-quarters of students do consume it. Experience with other drags have one-tenth of respondents. At overall, project shows low awareness and prevention programs in schools. To improve the situation, Health Olympics are proposed including school and city bike.

Key words: Lifestyle, adolescent, drugs, nutrition, high school student