

Abstract

Title

Diagnosis of the nutritional status focused on overweight and obese population.

The aim of the work

The aim of thesis is to summarize and describe the methods that are used for determining the nutritional status of overweight and obese individuals.

Methodology

The thesis is a theoretical work with a search character. The main method in the creation of this type of work is a critical content analysis of available resources for the work, and the subsequent comparison of selected findings about diagnosis of nutritional status of overweight and obese population.

Results

Review article shows that in the clinical practices of identifying a person's nutritional status of overweight or obese at the first contact with the examined using BMI. The orientation index is also used index WHR. Due to the approximate nature of these indexes, however, provides for additional precise examinations body composition, which are for example caliper measurements or bioimpedance. Essential components of a diagnosis of nutritional status are also constitutional typology, family and personal history, immunological examination, biochemical tests and monitoring dietary habits.

Keywords

Nutritional status of the organism, diagnosis of nutritional status, health, overweight, obesity