

ABSTRACT:

The bachelor thesis deals with obesity in a multi-generational family. Strives to characterize and analyze the progress of the disease, to map other health complications that accompany obesity, outline ways to reduce the weight and try to analyze the causes of occurrence in the selected family. In the theoretical part is used the method of expert analysis of literature. The experimental part includes case studies of five members of the selected family, which contain basic personal data, personal and family medical history, energy calculations, weight changes with charts and sample menus with the evaluation. The obtained data were processed and analyzed using the energy calculator. The results showed deficiencies in diet and low physical activity for all members of the selected family. In conclusion, I can say that the cause of obesity in this case can be found in takeover of the life style.

KEYWORDS:

obesity, body weight, complication of health, menu, diet