

In the Czech Republic and in other developed countries to meet with the increase of obesity in childhood . In 1992 in America shows 17-22 % children with higher amounts of fat than the corresponding 97 percentile of the standard ( 2 ) . Obesity is the serious the sooner an individual appears . It is known that 80% of obese children remain obese in adulthood.

Childhood and adult obesity carries serious health risks that require a lot of financial expenses for therapy and despite the fact that obesity can simple and inexpensive preventive methods to avoid . For prevention of obesity is necessary to know the distribution of vulnerable people in the population and their lifestyles , which predisposes to obesity . Based on knowledge of the difference in eating habits and physical habits obese and normal population , it is possible to draw a conclusion mapping the most fundamental errors in the living habits of obese patients.

Appropriate collaboration and education obese and their families can contribute to the reduction weight and thus reduce the health risks. Already a weight reduction of 5 % has demonstrable effect on improving the health status of the patient. Appropriate education of the whole population , especially children of First Instance , which are often already overweight should be increasing the general knowledge of the principles of good nutrition and thereby reduce the incidence obesity.

Lack of knowledge and low motivation of patients for weight loss , it causes only small successes in their therapy. Working with obese requires a large commitment medical staff , who are often trying in vain to convince patients about the benefits of weight loss