

Abstract

Diploma thesis is divided into a theoretical and practical part. I dedicated the theoretical part not only to prenatal and perinatal obesity risk factors, but also to diagnosis, management, health complications and prevention. In the practical part, I described the outcomes of the questionnaire survey dedicated to the mothers of children aged 1–7 years.

The aim of this thesis was to find out the occurrence of selected risk factors for childhood obesity. I found out that in my study group, there were some risk factors represented in relatively small quantity (for example smoking during pregnancy, smoking during breastfeeding, gestational diabetes mellitus). Other risk factors, such as mother's or father's obesity were frequent.

Some risk factors for childhood obesity are obvious, while others have not yet been proved to be directly related to obesity. However, we can certainly suggest, that the healthy parents' weight, alcohol and nicotine abstinence and exclusive breastfeeding at least until the end of fourth month of life are the factors beneficial not only for the health of the child.

Key words: childhood obesity; diet during pregnancy; nutritional programming; obesity prevention; obesity risk factors