

## **ABSTRACT**

The thesis deals with obesity in senior homes and homes with special regimes. The aim of the thesis is to determine the distribution of obese clients in social facilities, to identify the presence of sarcopenia among obese clients, the reduction diet administered, and the education of clients about reduction diets, obesity, and its consequences. The theoretical part of the thesis describes the issues of aging, obesity, and sarcopenia. In the practical part, the presence of obesity is confirmed among enrolled clients based on BMI calculation, calf circumference, and waist/hip ratio. The frequency of android and gynoid obesity is determined. Furthermore, the presence of sarcopenia among obese clients is identified based on handgrip strength measurement with a dynamometer and measurement of muscle and fat tissue using the Tanita device. The presence of a reduction diet and client education on diet and obesity risk is identified. The menus and their nutritional composition are evaluated. A questionnaire is assessed, with questions focused on the clients' lifestyle, especially weight loss during life, eating habits, and physical activity.

Based on the knowledge gained from theory and practice, it was assumed that obese clients form a minority of seniors in social facilities, but the majority of them would suffer from sarcopenia. It was also assumed that they would not be adequately educated about the risks of obesity and reduction diets. The last assumption was that the menus were poorly composed. All of these assumptions were confirmed based on the latest findings, and regime measures were proposed.

## **KEYWORDS**

Aging, obesity, sarcopenia, sarcopenic obesity, reduction diet