

## **ABSTRACT**

**Introduction:** A dietitian in the outpatient clinic provides comprehensive nutritional care in the field of medical nutrition to children and adults. The role of a dietitian has a wide scope, the goal of which is to provide individual nutritional care to patients based on nutritional diagnoses.

**Objectives:** The main objective of this thesis is to form a detailed analysis of the spectrum of patients from the nutritional therapy clinic according to medical diagnoses and requirements for nutritional care. The second goal is to evaluate the effect of nutritional intervention in overweight and obese patients, to summarize the effect of associated comorbidities, to evaluate the effect of good cooperation between a dietitian and a patient according to criteria.

**Methodology:** The research part of the work is carried out in the nutrition clinic of the Medicom's medical facility in Prostějov during the years 2022-2023. A total of 252 patients were selected for the research, with the largest number of 59,9 % being women, 28,2 % men and 11,9 % children. Patients between the ages of 31-59 have the largest representation. Of the 252 patients, 78 (31 %) patients met the criteria for secondary endpoint evaluation. Based on the set goals, research questions and hypotheses are created, and the data obtained are statistically evaluated in Microsoft Excel, written in tables and graphs.

**Results:** The main goal of this thesis is to create a detailed analysis of the spectrum of patients from the nutritional clinic according to medical diagnoses and requirements for nutritional care. One of the findings of this thesis is that overweight and obese patients are sent to the nutrition clinic in 76 % of cases. With the aim of reducing body weight, 78 % of patients visited the nutrition clinic. In order to evaluate the effect of the nutritional intervention, it was hypothesized that under the supervision of a dietitian, BMI would be significantly reduced within 6 months. After 6 months, regardless of gender, the BMI value decreased by 1.56 kg/m<sup>2</sup>. Furthermore, the influence of psychiatric diseases on body weight reduction is evaluated, the influence of obesity on arterial hypertension and diabetes mellitus II is investigated. An indicator of the patient's cooperation with the dietitian is the number of visits to the ambulance and writing down the menu in calorie tables.

**Conclusion:** The thesis confirms that obesity is a worldwide problem that affects men, women and children. The results revealed that more women seek a nutritional clinic for weight loss, even though, according to pan-European statistics, more men than women suffer from obesity.