

Abstract

This bachelor's thesis deals with the problems of childhood obesity in school age. Overweight and obesity in childhood have significant impact on both physical and psychological health. Psychological disorders such as depression occur with increased frequency in obese children. Overweight children are more likely to have cardiovascular diseases, diabetes, and hypertension in adulthood as children with normally weight.

The theoretical part describes the assessment of obesity, risks, diagnosis, complications, prevention, including the KBT therapy and treatment of obesity.

The practical part was designed to determine whether education is a part of preventive examinations.

The results show that education is a part of preventive examinations. However, nurses do not have handouts and pamphlets to reinforce patients of childhood obesity prevention. Nurses are working with a number of experts who are interested in preventing and treating childhood obesity. Nurse plays a key role in the education of both children and their parents.

Keywords: education, young school age, overweight, obesity, percentile graphs, nurse