

Abstract

This bachelor's thesis summarizes the issues related to childhood obesity and the possibilities of its prevention and treatment in the Czech Republic. The theoretical part contains a definition of childhood obesity, its medical complications and consequences, investigative procedures, methods of prevention and therapy, a list and description of some of the programmes and projects promoting exercise and health and it also contains the information about the physical activity.

The practical part is focused on the case interpretation of 4 patients of children obesitology in the Motol University Hospital, on the description of regular ongoing exercises in the Motol Hospital and on the description of the children's medical institutions. Within the group exercise a process of lessons and a current leaflet is described. Based on the arrangement with 2 physiotherapists a new leaflet entitled "Piece of cake" is created with the intention of replacing the existing leaflet. The brochure "Piece of cake" is based on the existing flyer, however some previous exercises are replaced or changed there. An initial card with the description of the childhood obesity is also added, along with the principles of each of the exercises and with the description of the correct posture. Newly, the material is supplemented with a motivational table.

Information about the selected children's medical institutions is based on the questionnaire of own design which is focused on therapeutic procedures and treatment success. The information about children's hospital Dr. Philip Podebrady was obtained personally through summer practical training.

The outpatient treatment at the Motol University Hospital reported generally positive results according to case data. At the spa treatment the success of almost 100 % was found, but this result is based on the questionnaire and therefore is highly subjective.

The bachelor's thesis is completed with a discussion on theoretical and practical part.