

CONTENT

Foreword	7
1 HEALTH (Dana FARKAŠOVÁ)	8
1.1 Factors determining health	9
1.2 Strategies of WHO	16
1.2.1 The program “Health 2020”	17
1.2.2 National programs	20
1.3 Results of empirical analysis	24
2 SUPPORT AND PROTECTION OF THE HEALTH (Hana PADYŠÁKOVÁ)	32
2.1 Prevention of risk factors	33
2.2 Management of preventable risk factors	35
2.2.1. Prevention of civilisation diseases	41
2.3 Results of empirical analysis	46
3 OVERWEIGHT AND OBESITY IN CHILDREN (Emília MIKLOVIČOVÁ)	56
3.1 Evaluation of the overweight and obesity in children	59
3.2 Principles of the meals regime for children	60
3.2.1 Nursing in the support of the healthy nutrition in children	66
3.3 Results of empirical analysis	67
4 EDUCATION (Adriana REPKOVÁ)	79
4.1 Specific features of patient’s education	80
4.1.1 Education of diabetics	82
4.2 Results of empirical analysis	90
5 PREVENTION OF CARDIOVASCULAR DISEASES AND IMAGING METHODS (Klára GEBEOVÁ)	98
5.1 Imaging methods in the diagnostics and treatment	104
5.2 Statistical analysis of cardiovascular diseases	110
5.2.1 Results of empirical analysis	112