

ABSTRACT

This thesis deals with the nutritional and physical activity issues during puerperium and breastfeeding period. It is divided into theoretical and practical part. The aim of the theoretical part is to provide a comprehensive overview on this topic; therefore it contains chapters on physiological changes of woman's body after childbirth (including metabolic changes), breastfeeding, breast milk and it also briefly touches the nutrition of the child. The chapter on women's nutrition covers energy intake, macro and micronutrients, drinking regimen, postpartum weight development and reduction, and several myths in the nutrition of breastfeeding women. The last two chapters are physical activity recommendations depending on several significant postpartum milestones and rest and sleep.

The practical part consists of quantitative research and a booklet. The aim of the research was to determine the percentage of breastfeeding women and the length of the breastfeeding period, the prevalence of allergies in children and their impact on the mother's diet and awareness of the dietary modifications, the nature of breastfeeding mothers' diets, awareness of the specifics of nutrition and exercise during breastfeeding, the prevalence of myths regarding breastfeeding women's diets, and method and time period of weight loss after childbirth, all within the last three years. This was achieved by a non-standardized questionnaire distributed online. The brochure provides summary of basic information on nutrition and exercise during breastfeeding in an intelligible format for the general public.

The main results of the research are percentage data on breastfeeding, the prevalence of allergies in infants and awareness of nutrition and exercise after birth. As many as 49.74% of the women who were no longer breastfeeding had stopped breastfeeding before the sixth month of the child's life, with 32.26 % of them indicating the most common reason being impaired breast milk production, while another 16.93 % had stopped breastfeeding before the child was one year old. Only 10.34 % of women were still breastfeeding two years after the childbirth. The prevalence of allergies in infants was as high as 15.44 %, which is about 2.5 times the commonly reported prevalence, of which 70.49 % had an allergy to cow's milk protein. As many as 85.83 % of women are not informed by the doctors about the specifics of nutrition during breastfeeding, 45.25 % of women believe at least one myth regarding the nutrition of breastfeeding women, 60.85 % are not informed regarding dietary changes due to infant allergy and 84.93 % of women are not informed about safe and appropriate physical activities after delivery. It would be appropriate to work on further support and promotion of breastfeeding as well as sufficient education of women on nutrition and exercise after delivery. In fact, breastfeeding failures can be attributed to unclear recommendations and the lack of up-to-date knowledge of health professionals.

Key words: nutrition, physical activities, puerperium, breastfeeding, breast milk