

Abstract

Healthy lifestyle of pharmacy students in 2016

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Introduction: Healthy living remains a current topic over the whole world. Positive changes in people's lifestyles that beneficially impact overall health are one of the main goals of today's society.

Objectives: Primary goal of this thesis was to analyse the level of healthy living practice among students of the Faculty of Pharmacy in Hradec Králové and then compare these findings with results from similar scientific studies. Secondary goal was to study the differences between the obtained data and data acquired from the same poll among students in 2012 and then describe any changes made over time.

Methods: Data was derived from an anonymous survey handed out to 113 students in December 2016. Official recommendations from Czech and foreign health organizations were used to determine the healthy lifestyle criteria. Gathered data was analysed using descriptive statistics in Microsoft Excel 2010. Hypotheses mentioned in the introduction to this thesis were then tested using statistics software IBM SPSS 19.

Results: Overall, respondents obtained similar or better results compared to other studies mentioned in this thesis. Very often students reached better BMI levels with tendencies for being underweight rather than overweight or obese. Negative results came from the question of physical activity and regular diet. On the other hand, the best results came from the area of addictive substances, sleep patterns, drinking regime or fruit and vegetable consumption. Only one alternative hypothesis from the hypotheses mentioned in the introduction to this thesis was confirmed. The assumption that individuals that subjectively feel better follow the recommendations according to the criteria for a healthy lifestyle to a higher extent was correct.

Conclusion: Evaluated data suggest that quality of healthy living among pharmacy students got worse compared to the year 2012. Deeper future research dedicated to this topic would be surely beneficial.

Key words: health, healthy lifestyle, nutrition, physical activity, students