

Abstract

This bachelor thesis deals with a dietary prevention of type 2 diabetes mellitus. This thesis is split into two parts: a theoretical part and a practical part. The theoretical part covers the topic of type 2 diabetes mellitus with a focus on a dietary prevention. The first chapters are more general, dealing with type 2 diabetes mellitus, its characteristics, complications and treatment. A chapter about obesity and metabolic syndrome is also included for a better understanding of the whole issue.

The practical part of the thesis is focused on an awareness survey and approach to the prevention of type 2 diabetes mellitus for people having a higher risk of developing this disease. Individuals with a positive family history of type 2 diabetes mellitus and patients suffering from overweight or obesity, were selected as those having a higher risk of developing the disease. The research is based on a quantitative questionnaire survey. A total number of 108 respondents participated in this survey. For the purposes of the research, the respondents were divided into two groups based on the mentioned risk factors.

Based on the research results, a significant number of respondents (84 % in total) were aware that there was some sort of prevention of this disease possible. The respondents considered the combination of dietary prevention and regular physical activity as the most important factor for its prevention. However, the results of the survey were not entirely ideal in some respects. Results have shown that respondents didn't consume enough of fruits, vegetables and fish. Regular physical activity was also confirmed as very insufficient. The results of the research also show that there are differences between the two groups of respondents. Better eating habits, but also better awareness of type 2 diabetes and its prevention were found in the group of respondents who are not suffering from overweight or obesity.

Dietary prevention of type 2 diabetes mellitus is one of the important parts of prevention of this disease. It's a very effective prevention, especially if combined with regular physical activity. Therefore, it's very important to continue raising awareness to put more emphasis on this as an effective method of prevention.