

Abstract

Name: Life of coeliac and his family in these days

Aim: The aim of my diploma thesis is to map life difficulties of people with celiac disease. First of all, it is a problem with gluten-free diet which is essential for celiac disease. Problems with eating out, shopping for ingredients for meal preparation at home, expensiveness of this eating, and last but not least, support from insurance companies and the state.

Methods: The theoretical part includes findings about celiac disease as an illness, it means the characteristics of its origin, diagnostics and treatment. Furthermore, findings about gluten-free diet and problems related to this kind of eating were worked. Last but not least, diet and availability of food for gluten-free eating are mentioned. I applied a survey method in the practical part, in which case an anonymous survey was created electronically by using Google forms, and then sent out via internet. The survey was filled out by 296 respondents.

Outcome: We can see from the outcomes that most of the respondents sometimes break the diet due to social integration. Furthermore, we observed the frequency of eating in restaurant services, in which case most of the people sometimes visit, it means less than once a week. The reason of sporadic or even no visit to restaurants is bad experience with mentioning the allergens or the lack of knowledge of the staff regarding possible contamination of the food. Most of the respondents don't have the possibility to eat in a school or staff canteen, though. Insufficient financial support for their treatment, it means the benefit for gluten-free eating, which is expensive, is evident from the outcomes.

Keywords: Celiac disease, lifestyle of celiac people, gluten-free diet, problems related to gluten-free diet, gluten-free diet difficulty