

Abstract

The diploma thesis deals with the most common diseases of civilization and their prevention by a healthy lifestyle. The aim of this thesis is to map how people aged 18 - 65 follow a healthy lifestyle that leads to the prevention of diseases of civilization. The work is divided into theoretical and practical part.

The theoretical part deals with the characteristics and especially the prevention of the most common diseases of civilization, which include arterial hypertension, obesity, type 2 diabetes, dyslipidemia and atherosclerosis with its complications (atherosclerotic cardiovascular diseases), or cancer. A healthy lifestyle includes proper nutrition, adequate physical activity, non-smoking, enough sleep and rest, reduced stress and the absence of tobacco and alcohol abuse.

The practical part finds out the observance of the principles of a healthy lifestyle by a questionnaire survey. The research was conducted on 122 randomly selected persons without diseases of civilization aged 18 - 65 years.

The results of the research show that most respondents do not pay much attention to a healthy lifestyle. Respondents eat a shortage of vegetables, fruits, legumes, nuts, fish and sour dairy products. Their diet often includes white bread, meat and sausages. Furthermore, most respondents have insufficient physical activity, sedentary jobs and report smoking. More than a third of respondents admit exceeding the tolerable amount of alcohol. More than half of the respondents do not observe the recommended length of sleep. On the other hand, respondents did not report the consumption of semi-finished products, fast food and confectionery too often.

Keywords

diseases of civilization, lifestyle modification, prevention, nutrition