

Summary

The topic of the bachelor thesis is the diet impact on dental caries in adolescents. Nutrition and its components contribute significantly to the development of carious lesions and overall oral health. The study was conducted in a dental office in Planá u Mariánských Lázní with the help of a dentist and dental hygienists. The age range of 10-19 years, which meets the WHO definition of adolescence, was a condition for inclusion. The study was conducted by questionnaire survey, and a total of 52 patients (24 boys and 28 girls) participated. Patient's attitudes, nutritional knowledge, dietary habits and number of new cavities since the previous visit were collected. The data obtained were statistically evaluated by Chi-square test and Fisher's exact test for four-field tables. Statistical significance was determined as $p \leq 0,05$ (5 %).

Dental caries at dental check-up was 46 %, at the previous dental check-up was 52 %, 77 % of the patients performed oral hygiene twice a day, 54 % consumed sweetened beverages most often, 23 % consumed sweet foods once a day. The oral hygiene status of each respondent was assessed and only 8 % of respondents had excellent oral hygiene status. Statistical significance was not demonstrated in the groups with and without dental caries in relation to consumption of sugary drinks ($p = 0.366$), foods ($p = 0.7$) or frequency of tooth brushing ($p = 0.515$).

71 % of patients were aware that dental health is associated with dietary habits. Energy drinks are not consumed by 46 % of adolescents, and tap water is consumed by 67 % of adolescents. The most commonly consumed sweetened beverages are flavoured mineral water and water with juice. 71 % of respondents consume unflavoured dairy products. 46 % of respondents prefer flavoured dairy products. Fruit juice is consumed 2-3 times a week by 23 % of patients. Fruit and vegetables are consumed more than once a day by 44 % of respondents. Only 8 % of respondents expressed complete satisfaction with their teeth.

The results of the questionnaire survey show that it is necessary to increase the level of eating habits in adolescents and also to educate them about good oral hygiene.