

This bachelor thesis focuses on the awareness of food labelling among patients with obesity and diabetes. The aim of the thesis is to determine the knowledge of these patients about food labelling and their opinions on this topic. Furthermore, the thesis examines the influence of food labelling on the dietary habits of patients with obesity and diabetes, as well as the possibilities for improving awareness of food labelling among these patients.

The research was conducted in the form of an anonymous questionnaire, which helped identify the level of knowledge and attitudes of patients with obesity and diabetes towards food labelling. The results showed that awareness of food labelling significantly influences the dietary habits of patients. Patients with higher levels of knowledge about food labelling are more likely to make informed and healthier decisions when choosing foods.

The thesis also identified the main barriers that prevented patients from effectively utilizing food labelling, such as small font sizes on labels, complexity of information, and inadequate understanding of labelling.

Proposed measures to improve awareness include the implementation of educational programs, practical demonstrations, and interactive workshops focused on proper label reading. Additionally, collaboration with dietitians and doctors who can provide individual consultations and advice is recommended.

In conclusion, better awareness of food labelling can significantly support healthier dietary habits and overall health among patients with obesity and diabetes. Implementation of the proposed measures could contribute to more effective management of these chronic conditions and improve the quality of life of these patients.