

## **Abstract**

Subject of this thesis is nourishment in the low threshold clubs and contact centers in the South Moravia region.

The goal of the thesis is to research from the point of view of eating regime, balance of meals, hydration and Body Mass Index of a selected target group of drugs consumers.

First chapter of the theoretical part is focused on issue of nourishment from the perspective of basic elements of food. Chapter named “Addictive substances in relation to nutrition” which describes nourishment in interaction with using particular kinds of addictive substances. In the chapter “Conditions caused by lack of nutrition” are described basic indicators of nutrient deficiency – malnutrition, dehydration and hypovitaminosis, and there are also given factors which participate in bad dietary habits. Last section of the theory named “Nutritional therapy in addictology” contains characteristics of food service in contact centers, nutritional recommendations and food pyramid.

The research was made by survey and identifies eating habits of drug users in contact centers in the South Moravia region: in Brno, Břeclav, Hodonín and Kyjov. The results of the research are shown in the thesis in charts and tables.

Results show that bad eating habits occurs in three of the five groups of addictive substances in more than 50 %. There are also significant differences in quality of nourishment between particular groups of drug users.

### **Key words**

Nourishment – drugs – malnutrition – contact center