

## ABSTRACT

**Introduction:** The subject of this bachelor thesis is the dietary prevention of type 2 diabetes mellitus. Dietary changes are one of the basic measures in diabetes prevention. Diabetes prevention is very important and for a correct application of preventive measures it is necessary to understand its pathophysiology and know its causes, consequences and complications.

**The objectives of the bachelor thesis:** The first part summarizes the current knowledge in the field of diabetology, obesitology and prevention of type 2 diabetes, particularly the diet one. The practical part analyses results of a survey that was targeted at those at risk of type 2 diabetes, especially in people with a family history of diabetes mellitus. The main intermediate objectives of the research included: eating habits and customs of respondents, knowledge of dietary prevention of type 2 diabetes, awareness of the relation between obesity and diabetes prevalence and of the impact of physical activity in the prevention of type 2 diabetes.

**Methodology:** The survey was conducted through an anonymous and voluntary questionnaire. Questionnaires were distributed to patients at the Department of General Internal Medicine of the General University Hospital in Prague, patients of the general practitioner and at the cardiology clinic in Prague 10.

**Summary of survey results:** Dietary habits and the recommended consumption of various foods were not in accordance with the principles of a healthy lifestyle and dietary prevention of diabetes in one part of the respondents. Knowledge of some preventive dietary measures is also insufficient, but awareness of the relationship between obesity and moderate weight loss with the incidence of type 2 diabetes is already more widespread. The majority of respondents do not go in for the recommended regular physical activity.

**Conclusion and Recommendations:** Diabetes mellitus is a disease with frequent occurrence. Despite of the genetic predisposition, which plays a significant role in the incidence of this disease, one can decrease the incidence or at least postpone the outburst of type 2 diabetes through preventive measures of pharmacological and non-pharmacological nature. Therefore the prevention of this disease should be increasingly emphasized.

**Keywords:** diabetes mellitus, type 2 diabetes mellitus, diabetes, insulin resistance, screening, pre-diabetes, obesity, metabolic syndrome, dietary prevention