

Arterial hypertension is a serious cardiovascular disease which has developed at around 2.5 million people in the Czech Republic. It is a civilization disease with progressive occurrence among the population of the Czech Republic. This bachelor thesis deals with the diet of the patients with the arterial hypertension with focus to the intake of the cooking salt in the food. Excessive amount of the cooking salt in the food is believed to be one of the main risk factors for the development of the arterial hypertension. The aim of this thesis is an evaluation of the particular dietary habits from the point of the nutritional therapy.

Theoretical part of the thesis describes arterial hypertension its causes classification epidemiology diagnostics and last but not least its treatment.

Practical part of the thesis is based on the anonymous questionnaire. Questionnaire is focused on the questions concerning basic demographic characteristics in the clinical treatment of hypertension and on the questions concerning non-pharmacological treatment i.e. nutrition (with focus on the cooking salt) and physical activity. The aim is to find out the quality of arterial hypertension patients' diet, their awareness of the proper diet, their adherence to the proper diet, whether patients avoid salty and improper food and their salt consumption.

115 individuals (67.8 % male) participated in the survey. Mean age of the participants is  $53 \pm 13.4$  years with average BMI  $32 \pm 5$  kg/m<sup>2</sup>. Survey results showed high occurrence of the patients with high consumption of the fat and salty food (salty snacks, charcuterie, canned products etc.), wrong drinking régime, irregular breakfasts, salt adding.

The thesis could contribute to practice by determination of dietary behavior (dietary faults) among hypertension patients which may be used to improve education of the patients with focus on hazardous areas of the hypertension patients diet (salt adding, salty and fat food)