Abstract

This thesis focuses on the eating habits of drug users. The aim of the study is to compare changes in eating habits among clients in therapeutic communities before entering into treatment with the subsequent state of eating habits in the first month of treatment and in the third month of treatment.

Data were obtained in therapeutic communities completing food frequency questionnaires, which monitor the weight of clients and consumption of major food groups - grains, vegetables, fruits, dairy products, meat, eggs, legumes, sweets and tea. Questionnaires were administered immediately after entering treatment, to obtain retrospective information on eating habits before treatment. Clients completed the questionnaire after the first and third months of addiction treatment.

Based on the analysis data obtained from the questionnaires, it was found that the average weight among treatment clients grows. Larger increases were recorded for the clients, women by an average of 2 points on a scale of BMI.

The data show that consumption of commodities, cereals, fruit, dairy products and sweets among the periods before treatment, in the first month of treatment and in the third month of treatment decreased. Increased consumption was observed in commodity vegetables and tea. In the group of food meat, eggs and legumes is a minimal change in the number of portions.