

## **Abstract**

**Background:** Problem of a healthy nutrition, mainly vegan nutrition, is the main goal of a lot of studies abroad. It is well known that vegans prefer lifestyle without meat products. This study is draught by using results from a lot of studies, which were published in different journals. Vegans in England and Germany had lower consumption of tobacco, alcohol and cannabis drugs. But how is it in Czech Republic ?

**Goals:** The main goal is to determine what is the menaninf of the term addictive susbtance between vegans and describe prevalence of addictive substances abuse. The second goal is to map attitudes of vegans towards addictive substances use.

**Sample:** Sample was made by 11 vegans, 6 women, 5 men. Respondents were selected by using two methods – snowball sampling and intended selection. Collected data was analysed by the clustering method and pattern recording method. Questionnaire was filled by 153 respondents.

**Methods:** It is based like a qualitative study, where semistructured interview was used for data collection. Collected data were analysed by clustering method. Quantitative part of this study is based like questionnaire, which was analysed by MS Excel tool.

**Results:** The research found out some interesting statistics about vegans. Vegans have separate meaning about addictive substance and drug. There are four statements for meaning of addictive substance between vegans: source of danger, source of energy, source of suffer, source of self-development.

**Conclusions:** Last trends in cannabis drugs and alcohol abuse between czech population were confirmed in vegan community as well. The most interesting was finding that vegans reported higher prevalence of cannabis drugs use than ordinary czech population.

### **Key words:**

vegans – vegan lifestyle – addictive substance – addictive drug use – motivation