

## **Abstract**

The topic of this bachelor thesis is diet or changing diet of pregnant women monitored for gestational diabetes mellitus (hereinafter referred to as "GDM") compared to a control group of healthy women.

The aim of this work was to verify and assess the impact of risk factors on the development of GDM and to compare the development of pregnancy from the point of view of weight of pregnant women and eating habits of pregnant women with and without GDM.

To evaluate these goals, I conducted a questionnaire survey and critically assessed the results.

My research has confirmed that during pregnancy, the eating habits of pregnant women have changed due to GDM, which has a very likely impact on the different weight gain of both groups (with or without GDM diagnosis). A large percentage of respondents admit that they had a problem with just limiting the sweets. On the other hand, the majority of respondents stated that they had more or less followed the recommended diet.

Based on my research I can confirm direct relationship between GDM and some risk factors, especially the most frequent risk factors such as higher age, BMI above 25 and low physical activity. The frequency of GDM diagnosis in pregnant women in these categories was significantly higher.

Another unequivocal risk factor was also confirmed, namely the incidence of type 2 diabetes mellitus in the family and GDM in the previous pregnancy.

Other potential risk factors such as smoking, high blood pressure, or polycystic ovary syndrome have not been confirmed by my research. Polycystic ovary syndrome cannot be demonstrated because of too small sample of respondents.