

This thesis deals with awareness of overweight and non-overweight people about of the risk of cardiovascular diseases. The goal is to determine the level of knowledge of both groups in the section of cardiovascular diseases and their interest in this issue. Next goal is to determine the degree of difference in awareness in this issue between the sexes.

The theoretical part provides information about obesity (causes, symptoms, complications, treatment). It also deals with frequent cardiovascular diseases – hypertension, atherosclerosis, myocardial infarction, ischemic heart disease, cerebrovascular accident, and dyslipidemia. One of chapters is devoted to projects that address prevention of obesity and cardiovascular diseases.

The practical part of work describes examined group that participated in the survey. Analysis of the results shows that people who are not overweight or obese are more informed about the risks of cardiovascular disease than overweight and obese people, because they are less interested in this issue. Women are better informed in the section of cardiovascular diseases than men. 14 individuals out of 89 members of research is interested in the issue of cardiovascular diseases. Only 12 individuals is adequately informed of the issue of cardiovascular disease. Work includes eating plan suitable for the prevention of obesity and cardiovascular disease.