

## **Abstrakt**

This bachelor thesis discovers how patients live with chronic diseases diabetes mellitus and whether they comply with the principles of a healthy lifestyle, which was mapped by using qualitative research.

In the practical part there are four aims: To focus on nutrition, mapping physical and leisure activities. Determine whether they are adequately informed about the development of possible complications during non proper diet, find out how changed their lifestyle after a diagnosis of diabetes.

The data were obtained by using a semi-structured interview with persons with diabetes mellitus. The research was conducted specifically in 8 respondents. These respondents answered the questions prepared in advance. Interviews were transcribed verbatim and then research results were summarized in tables.

The evaluation was found that people with diabetes are adequately informed about the development of possible complications that can occur due to poor diet. I could gain insight to the lifestyle of type 1 and type 2 diabetes, the research showed that type 1 diabetics in particular are firmly consciousness about their illness, and they know about the need to observe the recommended doctor's measures. In contrast, type 2 diabetics aren't too much conscious to the regime that should comply in their disease, although in this scant sample of respondents is difficult to define some relevant conclusions. Of the total sample 8 respondents showed that in 5 of 8 interviewees changed their lifestyle towards a better, most of it gave at least some regular routine, began to regularly eat and move.

This thesis should contribute to a better understanding of life in patients with chronic disease, how they keep healthy lifestyle as one of the main prerequisites for successful treatment. The population should place greater emphasis on possible complications due to improper diet may occur. Physicians should place greater emphasis on the need for preventive measures. While regularly moving and healthy should include everyone, without distinction of whether they are diabetic or not.

**Keywords:** Diabetes mellitus, healthy lifestyle, qualitative research