

Abstract:

The present thesis is focused on a lifestyle of women with anamnesis of Gestational Diabetes and on the way in which this lifestyle influences manifestation of Type 2 Diabetes. The goal of the thesis is to describe the ways in which women with anamnesis of Gestational Diabetes in the period 1–11 years after delivery behave preventively in order that Type 2 Diabetes would not occur – to describe their diet and movement activities as well as to discover, if they have their blood sugar level checked regularly. By means of questionnaire survey, it has been discovered that women with anamnesis of Gestational Diabetes consume not-sweetened beverages, coffee, vegetable and fruits, on the other hand it would be convenient, if they would eliminate secondary processed food, red meat, sweets and fried meal and increase intake of nuts, fish and cereals. 83 % of women engage in a movement activity at least 3 times a week. 52 % had come for blood sugar level examination (oGTT) after delivery and another 12 % had their blood sugar level checked during regular medical examination. Nevertheless, many respondents are not regularly monitored anymore. Women with anamnesis of Gestational Diabetes, in the case of which blood sugar level examination (oGTT) detected Prediabetes or Type 2 Diabetes, consume too much secondary processed food, red meat and fried meal.