

## **Abstract**

This thesis focused on the quality of diet of hospitalized women with a diagnosis of diabetes mellitus, respectively gestational diabetes mellitus (GDM). As GDM occurs in connection with pregnancy, for many women this represents a significant (usually short-term) change in their diet. However, this may differ considerably in the home setting from the hospital setting where the diet is a given. The aim of this thesis was thus to answer the main research question: *How satisfied are women diagnosed with gestational diabetes mellitus with their diet in hospital?* and also to related - sub-questions. These were related to the palatability of the hospital food and its sufficiency/quantity, and adherence to the diabetic diet was also discussed.

In order to fulfil the aim of the thesis, quantitative research - questionnaire survey was chosen. It was carried out directly at the inpatient ward of the Gynecology and Obstetrics Clinic of the 1st Faculty of Medicine of the Charles University in Prague and General medical teaching hospital in Prague. For completion of the collected information, an interview with the local nutritionist was also conducted. IBM SPSS statistical software was used to evaluate the questionnaires, specifically descriptive statistics as well as calculation of diameter and reference deviation.

As the survey showed, mostly the hospitalized women with GDM are satisfied with the hospital diet as well as with the palatability and quantity. However, there were reservations about the variety and quality of the meals served. The opinion of the respondents that the shortcomings are mainly related to the limited budget was confirmed by the nutritionist interviewed. Although there has been a major change in hospital catering in the last year, it does not seem to be reflected in the ward's diet - at least in terms of following modern dietary trends and being able to respond to specific dietary habits, for example. Although a number of things would be suitable to change, the limited financial resources which do not allow the purchase of a good and varied diet make further recommendations irrelevant.