

## **Abstract**

This diploma thesis is devoted to the possibilities of primary prevention of colorectal cancer from the point of view of nutrition. Although the incidence and mortality of colorectal cancer have been decreasing in the Czech Republic in recent years, it is still one of the most common cancers. It is a cancer, the occurrence of which can be influenced up to 50 % by a healthy lifestyle.

The theoretical part is devoted to the latest findings in the field of influencing factors, although some have not yet been sufficiently explored. Processed meat, frequent modification of the diet by grilling, frying or baking (especially red meat and processed meat), overweight and obesity, regular alcohol consumption and smoking are identified as proven carcinogens. On the contrary, the protective factors are sufficient dietary fibre intake, sufficient physical activity and probably sufficient consumption of fish, milk and milk products, fruits and vegetables.

In the practical part, two groups were examined – people aged 18-50 and patients diagnosed with colorectal cancer. Both groups were asked about eating habits, lifestyle factors and information about the possibilities of primary prevention of colorectal cancer. The assumption was that people aged 18-50 eat less risky and are better informed than patients diagnosed with colorectal cancer. Furthermore, it was assumed that risk behavior and awareness depend on age, education and BMI.

We found that people aged 18-50 behave relatively risky, but are relatively well informed about primary prevention options. Patients diagnosed with colorectal cancer behaved (and still behave) risky, but they are also quite relevantly informed. Risky behavior depends on BMI value, age and education according to assumptions. Overweight and obese people, the older generation and people with less education behave more at risk for developing CRC. On the contrary, awareness does not depend on BMI or age, only on the level of education achieved, and that is the opposite of what was assumed. People with less education were better informed than people with more education. The results of the research show that it is necessary to continue to educate all generations and emphasize the necessity of maintaining a healthy lifestyle.

## **Keywords**

colorectal cancer, primary prevention, nutrition, healthy lifestyle