

Abstract

The bachelor thesis examines the dietary habits of elderly people over 65 years of age living in a home environment in the Czech Republic. The aim of the thesis was to map these dietary habits and compare them with contemporary recommendations of relevant professional institutions.

The theoretical part of the thesis focuses on the definitions of old age, ageing and selected terms used in geriatrics. The findings on nutritional disorders, which are not unique in the elderly, are presented. In particular, malnutrition, obesity, sacropenia or sarcopenic obesity are discussed. However, the most extensive component of the theoretical part is occupied by the question of healthy nutrition of the elderly, the nutritional needs of individual nutrients and the factors that influence nutrition.

The practical part of the thesis consists of an online anonymous quantitative empirical questionnaire survey and its subsequent analysis. The subject population was a total of 125 respondents aged 65 years and over, of which 89 (71.2 %) were women and 36 (28.8 %) were men. The questionnaire contained questions relating to general characteristics (gender, height, weight and BMI), but the bulk of the questionnaire was concerned with qualitative and quantitative aspects of diet. This was mainly a frequency questionnaire, i.e. the frequency of consumption of different types of food.

Several recommendations emerged from this survey that can improve the nutritional status of the elderly. Inadequate intake was noted among the respondents in the case of pulses, fish, dairy products, liquids, fruits and vegetables.

As part of the work, 2 educational leaflets were created to prevent the most common nutritional disorders in old age.

Keywords

Nutrition, dietary habits, senior, health, nutritional, recommendations