

My bachelor's thesis proposes to find out the nutritional and health status of elderly people, risk factors for malnutrition in selected sample of population from Nursing Home in Prague 10 Malešice. The first part informs about gerontology and geriatrics, aging theories, nutritional advices, typical diseases for this part of the life and also malnutrition. The elderly people forms the large and risk group for malnutrition. As well we meet with the obesity, it is not only the problem of children and middle age nowadays. The practical part is making use of Mini Nutritional Assessment questionnaire and results of blood biochemistry. The acquired score from Mini Nutritional Assessment questionnaire divided the group of seniors into 3,8% in malnutrition, 30,8% in risk for malnutrition and 65,4% in normal nutritional state. The state of mind, the level of mobility and self-support at table are considered as statistically significant. There is direct correlation between the score and the value of plasma proteins, albumin and prealbumin. For healthy and long living are correct diet, regular activity and contact with other people needed.