

## **Abstract**

### **Healthy lifestyle of people interested in healthy diet**

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**Introduction:** The issue of a healthy lifestyle has been a highly discussed topic in recent years. It has not been examined in the Czech Republic for persons who are interested in healthy diet, as a specific group of people yet.

**Objectives:** Primary goal of the thesis was to analyse lifestyle behaviors in persons who are interested in healthy diet and compare the data obtained with healthy eating and healthy lifestyle recommendations. Secondary goal of the thesis was to analyse quality of life, life satisfaction, mental hygiene and some aspects of physical health of persons who are interested in healthy diet.

**Methods:** Data for this prospective cross-sectional questionnaire survey were obtained in the period from September 2012 to June 2015. Respondents from the general public attended free lectures held in the education cycle, focusing on healthy lifestyle in the project Ebstyle on Faculty of Pharmacy, Charles University. Data were evaluated according to healthy lifestyle and healthy diet criteria and processed in Microsoft Excel and IBM SPSS 19.

**Results:** In comparison with general population of Czech republic, persons who were interested in healthy diet had better BMI values, less aggravated health indicators, were more physically active and were less often smokers and alcohol consumers. Persons interested in healthy diet had comparable dietary habits with general population. In the subjective assessment of their health, they were more critical than people in the Czech Republic. It was confirmed by statistical testing that respondents who were more satisfied with their lives or physical health, accomplished higher number of healthy lifestyle recommendations. It has also been confirmed that the number of recommendations does not depend on gender, age, BMI or aggravated health indicators of respondent.

**Conclusion:** Increased interest in healthy diet did not mean even better compliance with specific recommendations among respondents. Up to  $\frac{3}{4}$  of respondents did not accomplish half of the recommendations of a healthy lifestyle. Deeper research with a representative set of respondents would be beneficial.

**Key words:** diet, lifestyle, healthy lifestyle recommendations, health