

Summary

My bachelor thesis dealt with the issues of lifestyle diseases.

The objective of this work was to use a questionnaire survey to find out whether and how the people are informed about these diseases. If they know causes related to them and how they try to prevent from them. I also was wondering whether the people on the basis of their age and their maximal attained educational are differently informed about these diseases.

Aims of this work were completed fulfilled and the results showed that the respondents who were used in my questionnaire are sufficiently informed about these diseases and their prevention which they predominantly respect. As emerged from the work it would be appropriate to ensure that the society continues to be well - informed about these diseases. I personally would wish that people of all ages to regularly and consciously pay primarily attention to precautions of a healthy lifestyle which is the basis of prevention of lifestyle diseases.