

*Jana Juříková, Eva Novotná, Martina Šitinová*

## EATING HABITS AND FREQUENCY OF PHYSICAL ACTIVITY IN HYPERTONIC PATIENTS

Department of Kinesiology, Faculty of Sports Studies, Masaryk University  
Head: *M. Zvonař*

*A serious health problem in the adult population in industrialized countries is high prevalence of arterial hypertension. It is one of the major risk factors for coronary heart disease (CHD) at the same time along with hyperlipoproteinemia, obesity and smoking (1). It is estimated that in the Czech Republic there are about 1 million people who suffer from high blood pressure. The incidence of disease increases with age. In the period to age of 50 years and high blood pressure is more frequent in men. In women, blood pressure rises significantly after menopause and reaches higher values than men (2). Up to 60 % of hypertensive patients are affected by heart attacks and other 30 – 40 % suffers stroke (3).*

The aim of the thesis is to determine whether patients are following dietary recommendations. The questions of the questionnaire in this thesis were focused on consumption of different types of fats and different kinds of meat. Another aim was to determine whether patients suffering from hypertension exercise regularly. A physical activity is also the part of non-pharmacological treatment of their disease.

### METHODS

Dietary habits and physical activity in people with hypertension were determined by questionnaire. Questionnaire on awareness of the severity and non-pharmacological treatment of hypertension, dietary habits and physical activity in people with high blood pressure was created in the Department of Kinesiology in Faculty of Sports Studies at Masaryk University (4). The research sample consisted of 85 patients with arterial hypertension. The questionnaire was anonymous. The questionnaires were distributed by the head nurse of the internal department, general practitioners and nurses in their surgeries. The criterion for selection of respondents was already diagnosed arterial hypertension in the past. The questionnaire contained 27 questions, mostly about dietary habits and physical activity. In this work are the results obtained by analysing the answers. Another answers were analysed in others papers (5, 6).

## RESULTS AND DISCUSSION

The results were processed of the full cast of questionnaires, which were 85 of the 90. Three questionnaires were filled only partially and two were not returned. Return the completed questionnaires were 94 %. The first question was the age of the respondents participating in research. The results are indicated in table I.

Table I Age of patients suffered from hypertension

Age of patients	Absolute frequency	Relative frequency
Less than 40 years	5	6 %
40 - 50 years	14	16 %
51 - 60 years	27	32 %
61 - 70 years	29	34 %
70 years and more	10	12 %
Total	85	100%

In the table I we can see that majority of patients were aged 51 to 70 years - in this age group was 66 % of all respondents.

Questions on dietary habits processed in this paper relate primarily to the consumption of fat and meat of respondents. One of the following questions related to preferences of fat in the diet. It was observed which kinds of fats the patients with hypertension prefer. Analysis of answers to this question is indicated in table II.

Table II Preference for fat in the diet of patients suffering from hypertension

Options	Absolute frequency	Relative frequency
Lard	10	12 %
Butter	29	34 %
Vegetable oil	45	53 %
Other kinds of fats	1	1 %
Total	85	100 %

In table II we can see that most patients prefer vegetable oils – it was said by 45 interviewees (53 %); 29 patients (34 %) prefer butter, 10 patients (12 %) prefer lard and 1 patient (1 %) said that he/she prefers other types of fats.

The following question was examined what kind of meat patients prefer. The results are indicated in table III.

Table III Commons types of meat in the diet of patients suffering from hypertension

Options	Absolute frequency	Relative frequency
Fish	3	4 %
Chicken	28	33 %
Beef	12	14 %
Pork	41	48 %
No meat	1	1 %
Total	85	100 %

In table III we can see that respondents prefer pork - 41 respondents (48 %), chicken meat prefer 28 respondents (33 %), beef prefer 12 respondents (14 %), fish prefer 3 (4 %) respondents and 1 (1 %) patient stated that he/she does not eat meat at all.

In the following question the patients were asked how often they practice some physical activity. Their responses are indicated in table IV.

Table IV Physical activity of patients with hypertension

Frequency of practising physical activity	Absolute frequency	Relative frequency
Once or twice a week	21	25 %
3 – 4 times a week	4	5 %
5 – 7 times a week	1	1 %
No physical activity	59	69 %
Total	85	100 %

From table IV it is clear that most respondents do not practise any physical activity at all - given by 59 respondents (69 %). The option 1 - 2 times per week was given by 21 (25 %) respondents, the option 3 - 4 times a week was given by 4 (5 %) respondents and the option 5 - 7 times a week said only 1 (1 %) patient.

## CONCLUSIONS

There were found by questioning that people suffering from hypertension prefer vegetable oils, which is in line with dietary recommendations. More than half of respondents (53 %) said, that they prefer the pork. The majority of respondents (69 %) said that they do not do any physical activity. From the results it is obvious, that although the patients are informed about possibilities of non-pharmacological treatment from their doctors, they do not follow medical advice.

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Summary

This paper contains monitoring of chosen eating habits and physical activities in a group of people which suffered with arterial hypertension. The completed questionnaires were returned by 85 people. Respondents were aged mostly from 51 to 70 years. As far as the eating habits, the questions ask primarily to the consumption of fat and meat of respondents. From fats, the majority of respondents prefer vegetable oils. As for meat, the most respondents consume pork. A quarter of respondents said that they train once or twice a week. The vast majority of patient admitted that they do not exercise at all.

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Address: Czech Republic, 625 0 Brno – Bohunice, Kamenice 5