

ABSTRACT

This bachelor's thesis discusses the issue of gestational diabetes and the influence of the diagnosis on nutrition and exercise/sport in diagnosed women.

The theoretical part discusses the pathogenesis of GDM, risk factors and recommended procedures for screening and treatment including nutritional and exercise recommendations.

The results of the questionnaire survey are described in the practical part. The questionnaire focused on the complications that women with GDM go through in connection with lifestyle changes after receiving a GDM diagnosis. Part of the survey is a standardized questionnaire to determine the level of perceived stress.

The main goal of the work was to define the factors in nutrition and exercise/sport that cause complications in the management of GDM for women after the diagnosis of GDM. A secondary aim of the work was to demonstrate that women with a diagnosis of GDM experience an increased stress burden based on a standardized questionnaire. These objectives are to reveal whether the standard care for women with GDM is sufficient, or whether they lack professional help in managing lifestyle changes.

The results of the work showed that the current system of care for women with GDM is not sufficient and these women are dependent on seeking support and help outside the health system, thereby exposing themselves to the risk that their health and the health of the child will be threatened by harmful and insufficient information.