

ABSTRACT

The topic of this bachelor thesis was a comparison of the eating habits of users of heated tobacco compared to smokers of conventional cigarettes. The main aim of the bachelor thesis was to compare whether there are significant changes in the eating habits of heated tobacco users compared to conventional cigarette smokers using responses from an eating habits questionnaire. The study compared the eating habits of 18 respondents who were divided into a heated tobacco user group (8 respondents) with a mean age of 41 ± 5.66 and a conventional cigarette smoker group (8 respondents) with a mean age of 55 ± 15.09 . The parameters under statistical investigation were protein, fat, carbohydrate, fiber, dairy products and fruit intake along with vegetables. Student's two-sample unpaired t-test for mean was used for statistical comparison of the groups. Before performing the t-test, the F-test was used in which each parameter was subjected to analysis for the so-called equality of variance. The resulting means of the observed traits between the sets were as follows: protein $p = 0.585859$, fat $p = 0.536003$, carbohydrate $p = 0.689622$, fiber $p = 0.94961$, dairy $p = 0.475181$, fruit and vegetables $p = 0.544135$. All observed traits were not statistically significant, given that we considered the significance level to be less than $p = 0.05$. The results show that users of heated tobacco do not show significant changes in their eating habits compared to conventional cigarette smokers.

keywords: heated tobacco, smoking, dietary habits, nutrition