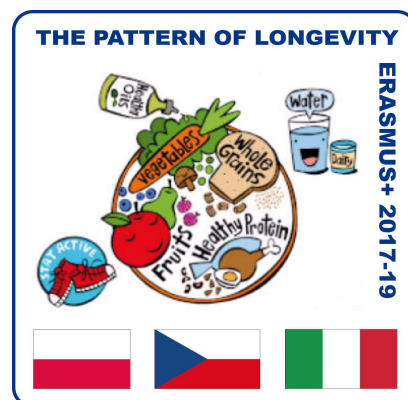


# RESULTS OF OUR QUESTIONNAIRES

Financováno z programu  
Evropské unie  
Erasmus+





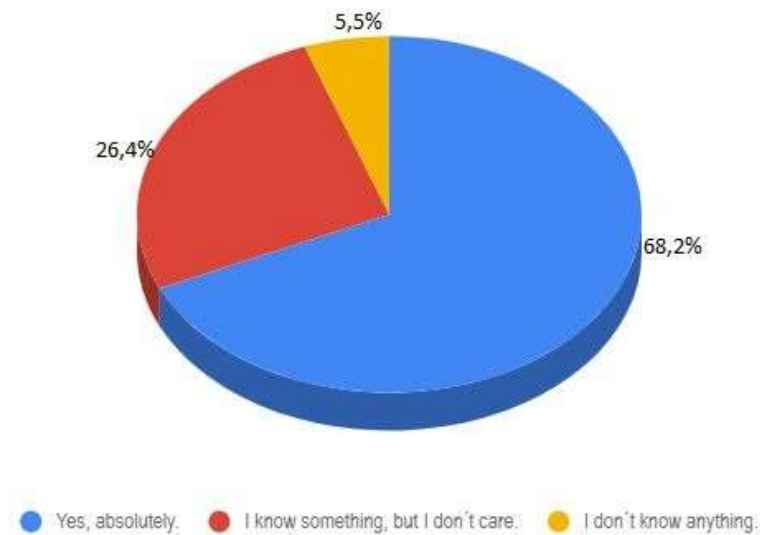
Questionnaires were filled by more than 250 people out of whom there were about 75% women.

# 1. Are you aware of what you should do to prevent the civilization diseases?

The best way how to prevent civilization diseases is :

- be interested in what causes them.
- try to eliminate them.

*Are you aware of what you should do to prevent the civilizational diseases?*



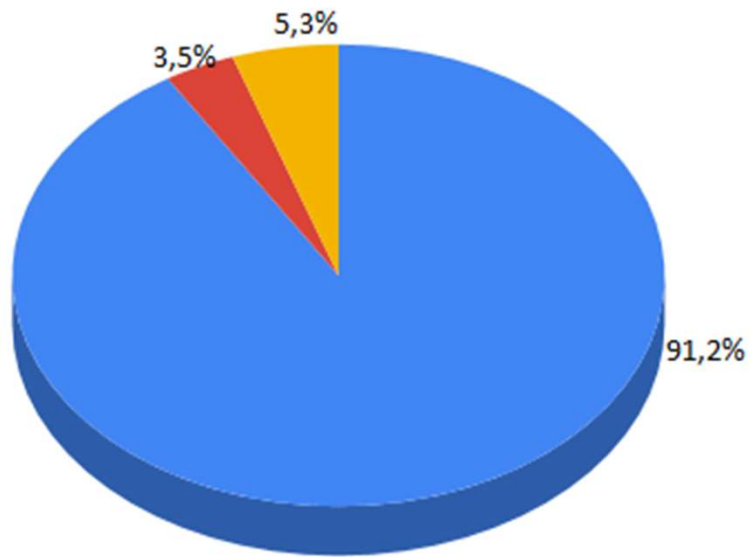
## 2. Do you visit doctors for regular check-ups?

More than 91% Czechs answered : “Yes, I do.” → That’s great.

However, more than half of Poles and Italians answered that they go to the doctor only when they have some problems.

# Czech

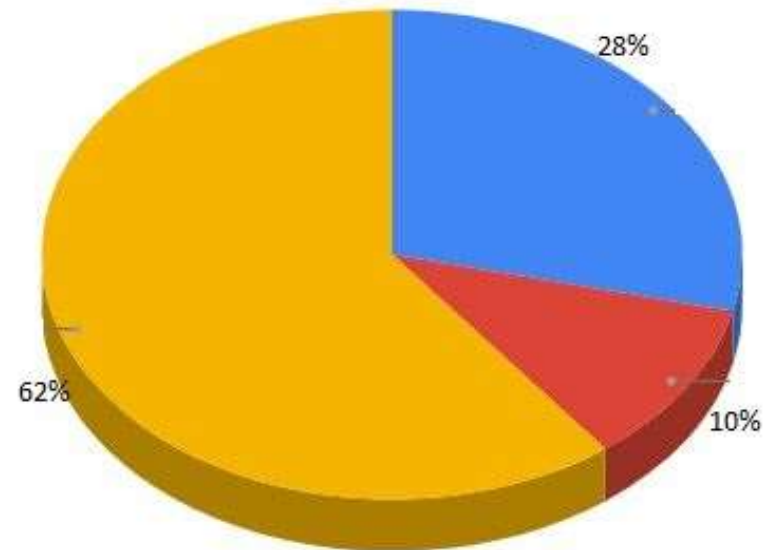
*Do you visit doctors for regular check-ups?*



● Yes, I do. ● No, I don't. ● I do only occasionally.

# Sicily

*Do you visit doctors for regular check-ups?*



It's interesting that plenty of Italians go to the dentists only when they feel pain. **We should go to the dentist twice a year to prevent dental caries!**



We should wash our hands everytime before meals , when we come home and after using toilets.

All of the asked people answered that they wash their hands.

## 6. Do you go to school when you have a cold?

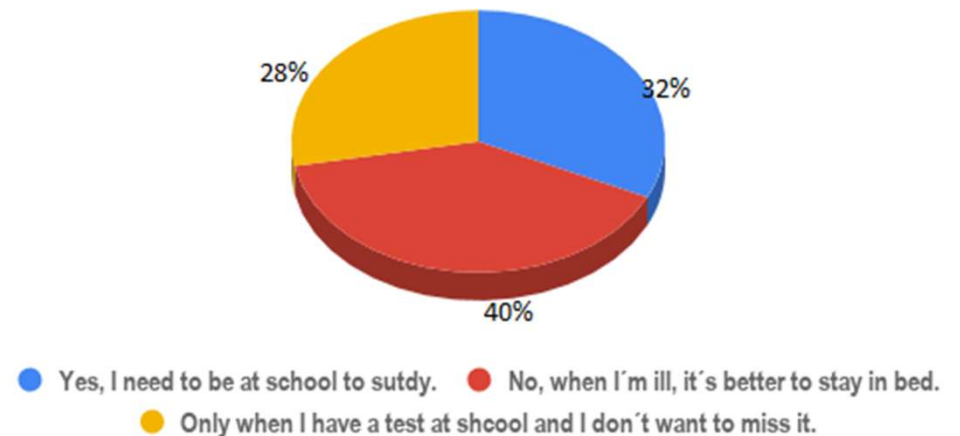
Every country have different results.

Czechs answered that they need to be at school and study,

Poles rather stay in bed,

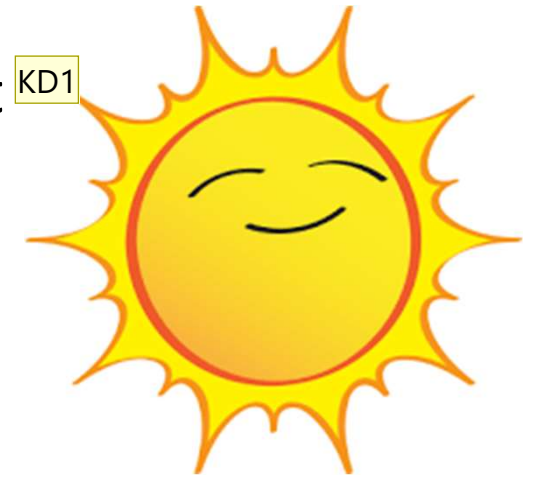
Italians go to school only when they don't want to miss some test.

*Do you go to school when you have a cold?*





Who doesn't care about his healthy diet that one ought <sup>KD1</sup> to take some vitamins regularly.



Most Czechs and Poles know that, but Italians do not. (25% of Italians and 50% of Czechs and Poles take vitamins regularly).

It's good to take vitamin D in winter, when the sun doesn't shine a lot.

## Snímek 9

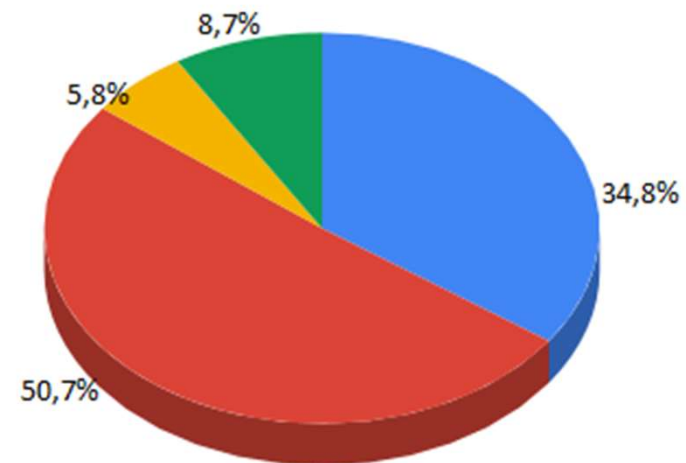
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**KD1** tomuto nerozumím  
Kateřina Dvorská; 07.03.2019

Hardly anybody knows that peppers have the biggest amount of vitamin C, a lot of people thought that the rose hip or broccoli was right answer.

Junk food is unhealthy food, it contains a lot of calories and if people eat this often, it causes obesity. More than half of Italians eat junk food once a week at least.

*How often do you eat junk food?*

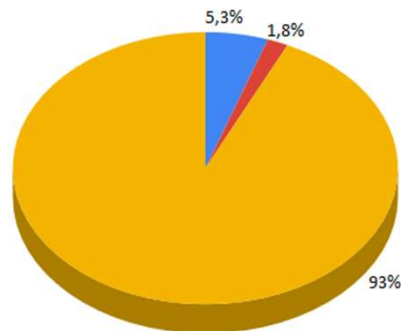


● Almost every day ● Once a week ● Once to three times a month ● Never

# 11. How does a lack of sleep affect your body?

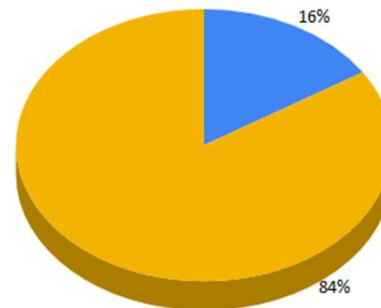
Almost everybody said that not enough sleep slows down of the metabolism and causes mental problems. **That's right!** Deficit of sleep makes more, it causes worse concentration, we feel more tired and we aren't productive enough.

How does a lack of sleep affect your body?



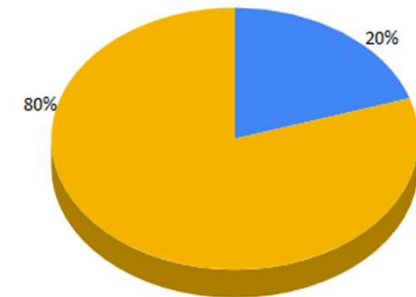
Czech

How does a lack of sleep affect your body?



Poland

How does a lack of sleep affect your body?

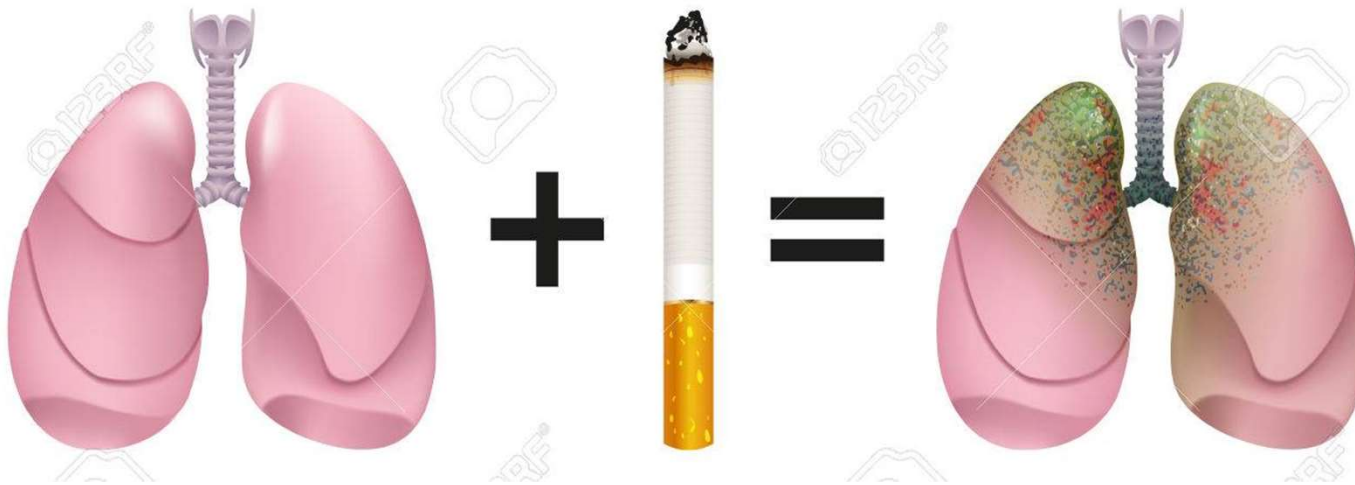


Sicily

● No affects ● It causes runny nose ● It slows down our metabolism and mental proces ● No affects ● It slows down our metabolism and mental processes.

● No affects ● It slows down our metabolism and mental processes.

Smoking is a bad habit, it causes an atherosclerosis, an asthma,..  
And all of the 3 countries have agreed that cancer is caused  
by smoking.



Guess what's the perfect time for exercising to prevent obesity?

An exercise is an integral part of healthy lifestyle.

Regular exercise supports our health, good shape and mental health.

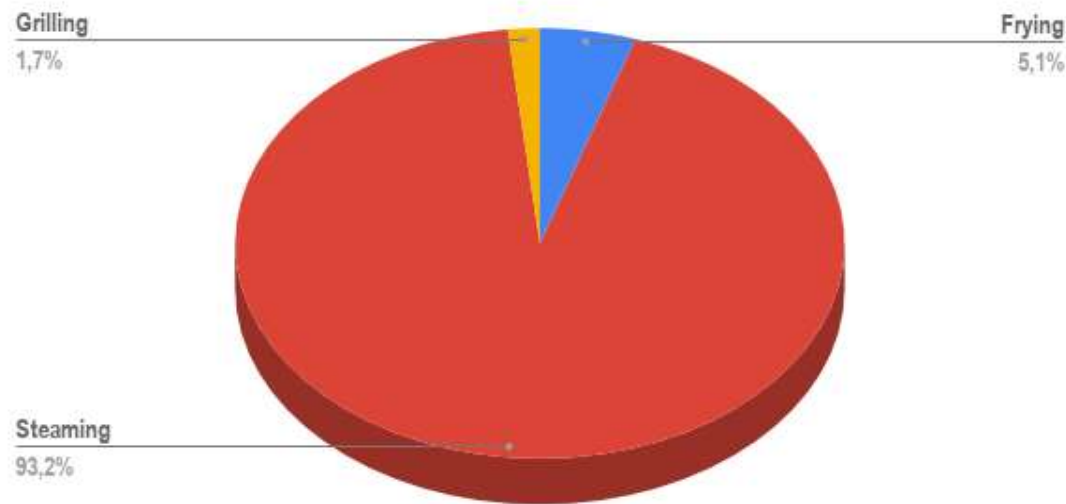
However, **our muscles need rest**, so the best answer for this question was:

**\* do some exercise an hour every second day.**

# What kind of preparation of meals is the healthiest?

Almost everyone answered **steaming**. This amount of people answered right, however, how many of them prepare their meals in a steam?

*Which kind of food preparation is the healthiest?*

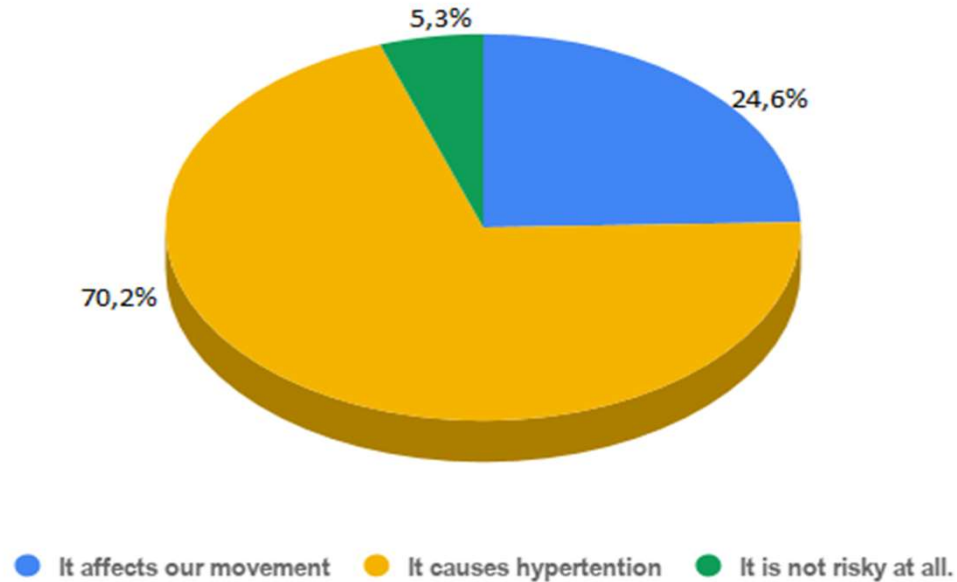


Czech

# What is the internal fat around the waist is so risky for?

Only few of asked people know that internal fat is dangerous, particularly because it causes hypertension. According the graphs people think that it is not dangerous.

*Why is the internal fat around the waist is so risky?*





# THANK YOU FOR YOUR ATTENTION.

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