

## *Dietary Habits and Changes in Nutrition among Clients of Selected Contact Centres*



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**BACKGROUND:** While nutrition has a significant impact on health and is currently one of the most topical issues, in the context of addiction services, it has received little research interest. This study focuses on the quality of food and nutritional habits of the clients of selected low-threshold contact centres in the Czech Republic. **OBJECTIVE:** The aim is to explore eating habits in terms of the daily intake of essential nutrients, a balanced diet, drinking regime, and qualitative changes in the diet of a selected target group of drug users. **PARTICIPANTS:** The sample consisted of 88 participants, with women and men accounting for 42% and 58% respectively. The participants were divided into five categories according to their age.

**DESIGN AND MEASUREMENTS:** The research was conducted using a questionnaire survey, which collected demographic data (age, current height and weight, and information on housing and employment) and the factors related to substance use (type, form, and frequency) and eating habits (frequency of intake of essential nutrients and liquids, nutritional preferences, and qualitative changes in diet). **RESULTS:** The results indicate that more than 50% of the participants have inappropriate nutritional habits. The results also show qualitative differences in diet between specific groups of users (loss of appetite and weight loss in users of opioids and stimulants and increased appetite in users of cannabis and hallucinogens).

**KEY WORDS:** DIETARY HABITS – SUBSTANCE USE – MALNUTRITION – CONTACT CENTRE

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