

Lifestyle Survey of Doctors, Medical Residents and Medical Students in Latvia

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INTRODUCTION

According to World Health Organization, balanced diet and regular physical activity is the key to maintaining a healthy lifestyle. It is the duty of all health care professionals to promote healthy lifestyle in the society. However, a pilot study in University Children's hospital in Riga in 2014 revealed that the healthcare personnel often lack sufficient amount of sleep and regular physical activity, and have an unbalanced diet.

OBJECTIVE

The aim of this study was to evaluate the lifestyle habits of the healthcare personnel (certified doctors, medical residents and medical students) in Latvia.

MATERIAL AND METHODS

Data about eating habits, physical activity, duration of sleep and other lifestyle factors were collected from medical students, medical residents and specialized doctors working in Latvia. The data was analyzed with MS Excel and SPSS.

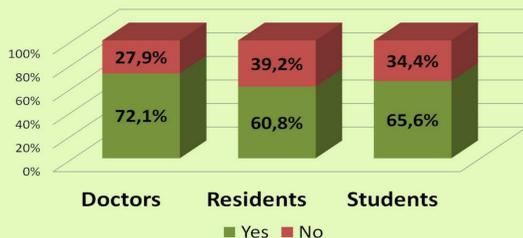
RESULTS

The study included 727 participants: 445 (61.2%) specialized doctors, 190 (26.1%) medical residents and 92 (12.7%) students.

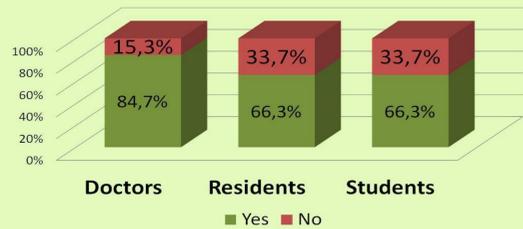
Self evaluation: knowledge of the basic healthy lifestyle principles



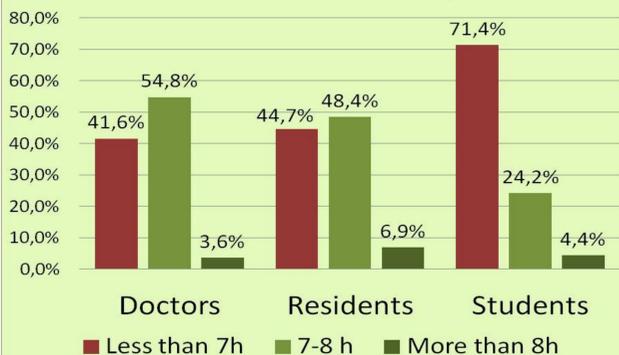
Maintaining a Balanced Diet



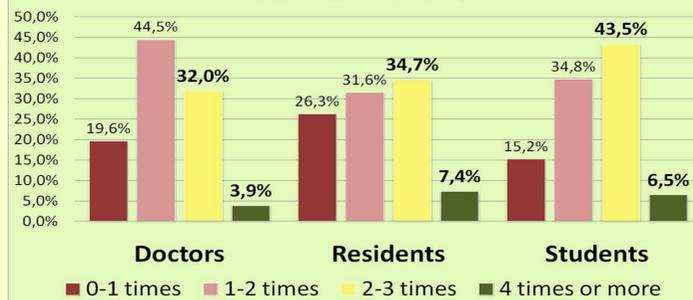
Avoiding excess consumption of sugar, salt and fried foods



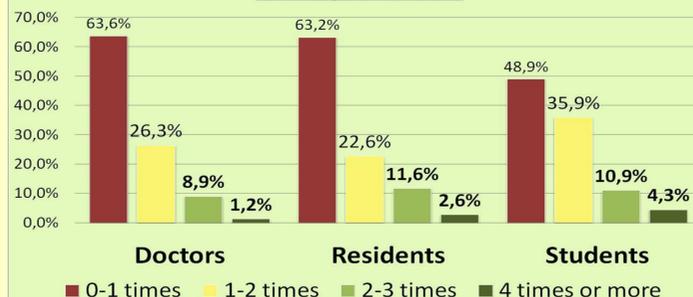
Duration of sleep



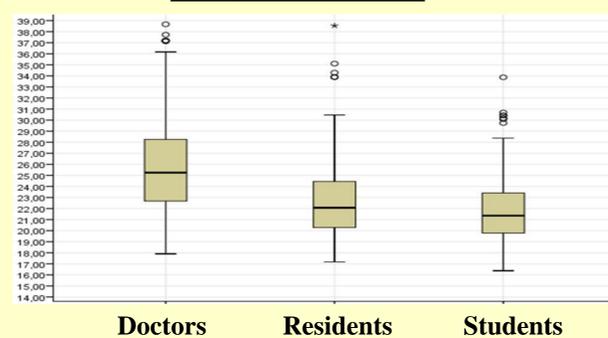
Frequency of moderate-intensity physical activity in a week



Frequency of vigorous-intensity physical activity in a week

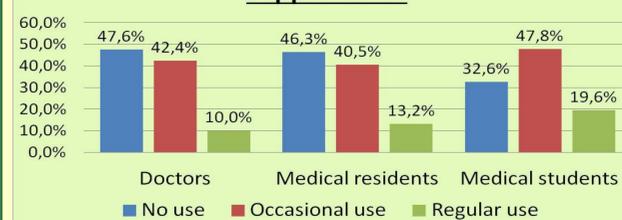


Body mass index

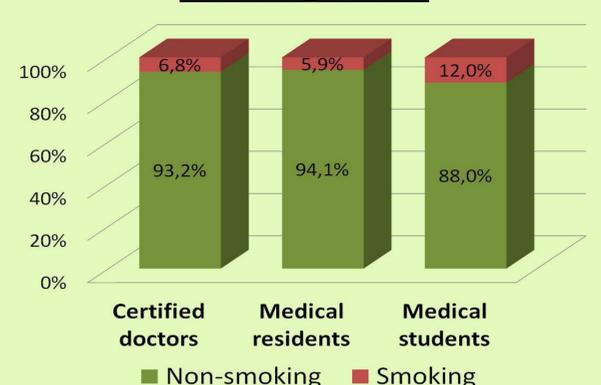


BMI of doctors: **25.90±4.07**
 BMI of medical residents: **22.74±3.55**
 BMI of medical students: **22.03±3.48**
 The BMI of doctors was significantly higher than that of students and medical residents ($p < 0.001$)
 No statistically significant difference between the BMI of medical residents and students

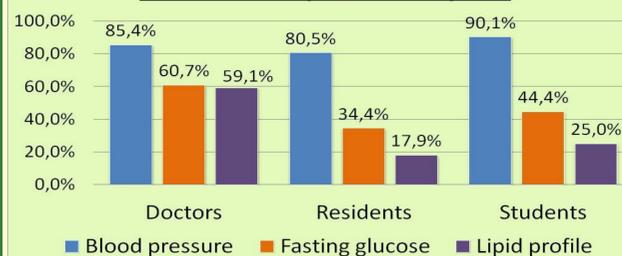
Use of vitamins and dietary supplements



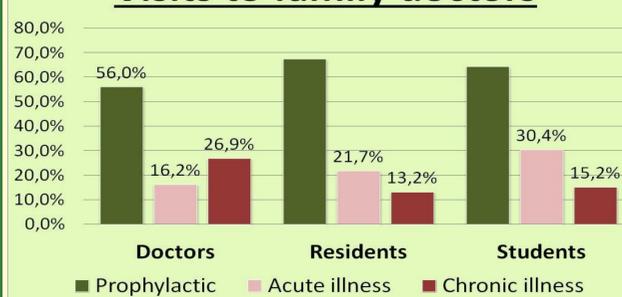
Smoking status



Prophylactic examinations within the previous year



Visits to family doctors



CONCLUSION

Medical personnel in Latvia often fail to maintain adequate diet, duration of sleep and physical activity. The study reported a tendency of Latvia's doctors to be overweight. The low prophylactic health examination attendance rates display lack of care about their own health in a significant proportion of the healthcare personnel in Latvia.