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.

**RESULTS**

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

- **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

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.