

MATCHING THE LIFE STYLE OF MEDICAL STUDENTS WITH THEIR IDEAS HOW DOCTORS' LIFE STYLE WILL EFFECT PATIENTS

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1 Introduction

- Influencing lifestyle factors in patients is a major challenge for doctors
- Bad life style behaviours of patients should be influenced by all doctors
- We know that healthier doctors provide better preventive care
- We know that healthy doctors set a strong example for their patients
- The opinion of future doctors on the relationship between doctor's own lifestyle behaviour and successful activities in prevention is important

2 Objective(s)

1. To assess the prevalence of unhealthy life style behaviour in medical students
2. To learn about the opinion of medical students on how doctor's life style will effect their patients life style
3. To match their opinion with their own current life style

3 Methodology 1

- Design: Electronic, cross-sectional survey
- Sample: Medical students (n=4,918) of two Dutch medical schools.
- Lifestyle: Was assessed for smoking (yes/no); exercise (too little/ ok); Waist circumference (too wide/ok); BMI (too high/ok); food habits (unhealthy/ok); Alcohol use (too much / ok);



4 Methodology 2

- Opinion: Question of whether health life style behavior of a medical doctor will positively effect the lifestyle of their patients was assessed with a Likert Scale and dichotomized(not agree/agree)
- Analysis: Prevalence were calculated; Cross-tabs with ChiSquare testing



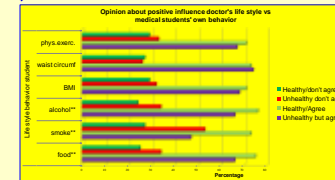
5 Results (1)

Prevalence (in %) of unhealthy life style behaviours of medical students
N=2,918

	Food habits	Smoke	Alcohol use	BMI	Waist circumf.	Physical exercise
Unhealthy	51 %	10 %	55 %	19 %	16 %	8 %

- Unhealthy food habits and alcohol use were the most prevalent unhealthy life style behaviours in medical students
- A total of 70% of all students agreed with the statement that the healthy life style of a doctor will positively effect the lifestyle of the patient

6 Results (2)



7 Conclusions

- The prevalence of unhealthy life style behaviour of medical students is worrying given their future preventive health promotional tasks.
- Significantly less medical students who smoke, drink unhealthy amounts of alcohol, or exhibit unhealthy food habits agree with the statement that a positive role of healthy life style behaviour of medical doctors will help to effectively influence the unhealthy life style of their patients.

8 Discussion/recommendations

- During medical education, more interventions should be offered to change unhealthy life style behaviours of medical students.
- Influencing the life style of medical students might enhance the chance to become more successful health promotion professionals.
- Educators have to work on changing opinions of medical students about their future professional preventive role.



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