

The aim of this work was to validate and verify changes in the students of the 3rd Faculty of Medicine, Charles University regarding their lifestyle and nutritional status with emphasis on the actual nutrition itself. Voluntary male and female students of 1st and 6th year were measured and their BMI values and percentage of body fat values were recorded using methods of bioimpedance measurement and questionnaires targeting their lifestyles and eating habits. A total of 35 female students of 1st year was measured as compared to 27 in their 6th year of studies and a total of 27 male students of 1st year compared to 7 in the 6th year. Questionnaire was filled in by 41 female students of the 1st year, 31 female students of the 6th year. Male students who filled in the questionnaire numbered 23 in the 1st year compared to 13 in the 6th year of their studies. In accordance of our hypothesis we came to conclusion that BMI index values and the percentage of body fat have mildly risen in the students of the 6th year compared to the students of the 1st year. However, regarding lifestyle, a higher sport activity and lower use of alcohol and tobacco products was detected with female students of the 6th year in comparison with female students of the 1st year.