Objective.To study the prevalence and interactions of attitude to medical care and physical activity workplace in men and women aged 25–64 years and belonging to the open urban population of Tumen.

Materials and methods.The study was based on cardiological screening among a representative sample of population, the response amounted to 77,7 %. The sample of 2000 people was taken from the electoral lists of one of the administrative districts of Tumen and divided into four groups of different age and gender (25–30, 35–44, 45–54, 55–64 years), consisted of 250 persons each. Stress at work was determined using the WHO questionnaire «MONICA-psychosocial».

Results.The results of this study showed that men of working age had negative attitude to physical activity, which did not depend on their attitude to medical care. At the same time, men with negative attitude to medical care were less active, and men with positive attitude to medical care felt more active compared with other people of the same age. Attitude to medical health did not affect physical activity in women. However, women with negative attitude to medical care, unlike men, felt more active.

Conclusion.Thus, the results on the correlation of attitude to medical care and physical activity and the objective-subjective indicator of public health obtained in this study may be used as the scientific basis for organizing complex socially oriented preventive programs with the main focus on the needs of risk groups – men of working age.

Key words:medical care, physical activity, open population, gender differences.