### Title
Health related lifestyle among high school students in Tabriz based on Global School-based Student Health Survey (GSHS).

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### Abstract
In 2001, the World Health Organization, in collaboration with UNAIDS, UNESCO, and UNICEF, with technical assistance from the US Centers for Disease Control and Prevention (CDC), initiated development of the Global School-based Student Health Survey (GSHS). Since 2003, Ministries/Department of Health and Education around the world have been using the GSHS to periodically monitor the prevalence of important health risk behaviors and protective factors among students. The aim of this study was to determine the Health related lifestyle among high school students in Tabriz based on Global School-based Student Health Survey.

**Method:** A cross-sectional survey was done on by a cluster sample design to produce a representative sample of 400 students in first year of high school. Data collection was conducted for three months. All students in the sampled classes were eligible to participate in the GSHS. Data was collected in such a way that student confidentiality was upheld by allowing for anonymity and voluntary participation as per research ethics requirements. Students completed the self-administered questionnaire. The students were asked about health related lifestyle in last 30 days of filling the questionnaire.

**Results:** Mean Body Mass Index of students was 21.5. Fruit and vegetables consumption once or more in a day was reported by 78% of students. Thirty six percent drank two or more times a day carbonated beverages. Two percent never brushed teeth and 16% had not any dentist visit. Among all students 3% never wash their hands with soap after toilet. Using safety belts in the car was positive among 26% of students. Sitting in front of television or computer more than 3 hours a day (sedentary life) was reported by 40 of students. The was a positive significant relationship between socioeconomic state, parents’ education and health related lifestyle.

**Conclusion:** Health related lifestyle was not appropriate among high school students. There is a need to develop more efficient health education methods in schools.

**Keywords:** school health, health related lifestyle

**Presentation:** Poster