Abstract: Background and aims: With increasing life expectancy, increase the importance of health-promoting behaviors. Health-promoting behaviors are one of the most important determinants of health, which are taking in to account as the underlying factors in developing many diseases. This study aims to assess the health-promoting behaviors among students in Faculty of health and nutrition in Tabriz University of Medical Sciences.

Methods: This survey is a cross-sectional study to evaluate health-promoting behaviors among 173 students who were studied in Tabriz University of Medical Sciences, Faculty of Health and Nutrition in 2011. Data was collected using a reliable and validated researcher developed questionnaire. SPSS software, version 16 was used to analyze collected data. P value less than 0.05 was considered as the significant level.

Results: For four main indicators of health-promoting behaviors, around half of the students (50.3 and 51%) reported protective behaviors from infectious diseases and tooth brushing during the day and night, respectively. According to the driving behaviors, over one third (36.4 and 38.7%) reported using safety seat belt during driving, and considering safe driving behaviors, respectively.

Conclusion: The study findings revealed the acceptable behaviors about prevention of infectious diseases and tooth brushing and unsatisfactory behaviors of driving. It means that, this area needs more attention from policymakers to improve safe driving and seat belt using behaviors among students.

Keyword: lifestyle, health promotion, behavior

Presentation: Poster