**ID: 95**

**Congress:** The First International & 4th National Congress on health Education & Promotion, 2011

**Title:** A survey of lifestyle and its influential factors among the university student in gorgan

**Authors:** mansourian Morteza**,ghorbani Mostafa,behnampour naser,rastehari mehr babak

**Abstract:** Background & Objective: person lifestyle is determined with behavior patterns and affects individual and social health. The importance of lifestyle is its influence in quality of life and prevention of disease. The aim of this study was assessment of lifestyle in Gorgan universities students in 1386.

Material & Method: Target population in This cross - sectional study was 800 students of Gorgan University of Medical Science, Agriculture sciences and natural resource, Payam e nor and Islamic Azad university were selected via random sampling method. The data collection were using by a questionnaire that includes demographic questions and lifestyle questionnaire. After the data collection and sort of them analysis performed by SPSS software and nonparametric tests (Kruskal - Wallis and Mann- Whitney) and (p-value <0.05).

Results: The mean age was 22.43, 53.9 % of students were BS student, 22/1 % were married, 65.5 % were native of Golestan, BMI mean was 24.1% and 21.8 % have smoke almost and sometimes, lifestyle score was categorized in 4 groups, 24.1% had weak, 29.6% moderate, 22.9% good and 23.4 % excellent lifestyle. The result shows that relation between lifestyle and gender, degree of education, family income, father educational level, mother job, being native of Golestan and university were significant (p-value <0.05).The relation between lifestyle and age, marriage status, BMI and major of education were not statistically significant (p-value >0.05).The lifestyle status of medical science students were better than other groups and female students had better lifestyle compare to male.

Conclusion: This results shows that more than half of the students have weak and moderate lifestyle status, that needs to planning for changing students behaviors and lifestyle status, particularly in physical activity, nutrition and stress management.

**lifestyle, university student, Gorgan**

**Presentation:** Poster