



Health-promoting lifestyle among people without heart disease

Leila Mardanian Dehkordi

School of Nursing and Midwifery, Isfahan University of Medical Sciences, Iran

Abstract

The present research conducted with aim to determine the health promoting behaviors (HPBs) of public of Isfahan, and study the associations of HPBs with demographic characteristics. In a cross sectional study conducted on 369 people without heart disease living in Isfahan, HPBs were assessed using a questionnaire which consists of two parts: personal information and Health Promoting Lifestyle Profile II (HPLP II). Data were analyzed by t test and one way analysis of variance. The mean score for overall HPLP II (158.30 ± 19.38) indicated the acceptable level of performing HPBs in Isfahan. Physical activity got the lowest score (16.36 ± 5.13), and the highest score was for interpersonal relations (53.16 ± 5.59). There were significant differences on physical activity and interpersonal relation dimensions between males and females ($P < 0.05$). The mean score of physical activity was highest in single participants ($P < 0.05$). Mean score of physical activity for people with college education was greater than others ($P < 0.05$). Overall HPLP II and its domains mean scores