

## ***Health-promoting lifestyle and its related factors among health volunteers Mashhad in 2015***

**Monireh Rastegar yadaki\*<sup>1</sup>, HamidReza Zendehtalab<sup>2</sup>, Maryam Yavari<sup>2</sup>, Seyed Reza Mazlom<sup>3</sup>**

1. Master of Nursing, Mashhad University of Medical Sciences, Mashhad, Iran

2. Faculty Member, Department of Health Nursing, Faculty of Nursing and Midwifery, Mashhad University of Medical Sciences, Mashhad, Iran

3. Faculty Member, Department of Medical & Surgical Nursing,, Faculty of Nursing and Midwifery, Mashhad University of Medical Sciences, Mashhad, Iran

**Corresponding address: Daneshgah St., Ebn Sina Av., School of Nursing and Midwifery, Mashhad University of Medical Sciences, Mashhad, Iran.**

**Email address: monir.rastegar68@gmail.com**

### ***Abstract***

***Background & aim:*** Health-promotion lifestyle is a valuable agent to promote life quality. In health system, health volunteers play an undeniable role in the development of health behaviors in society; therefore, pay attention to health status is very important. This study was conducted to investigate the health-promotion lifestyle among health volunteers.

***Methods:*** This is a descriptive/analytical study carried out on 191 health volunteers of health care center No.3 in Mashhad based on inclusion criteria through convenience sampling in 2015. Data collection tools include two demographic information and health-promotion lifestyle questionnaires. The validity of tools and reliability of life style questionnaire were confirmed through content validity and Cronbach's alpha ( $\alpha= 0.87$ ) methods, respectively. Data were analyzed using SPSS version 16 and descriptive and analytical statistics.

***Results:*** The age mean of subjects was  $39.8\pm 8.5$ . The mean score of health-promoting lifestyle of health volunteers was  $129.9\pm 13.6$ . Moreover, there was a significant relationship between lifestyle and family size, monthly income and level of education in volunteers ( $p<0.001$ ).

***Conclusion:*** Health-promoting lifestyle of health volunteers is in moderate to low level. Therefore, regarding their crucial role in the development of health-promoting behaviors in society, it is recommended to implement educational interventions to promote health volunteers lifestyle.

***Keywords:*** Lifestyle, Health-promoting lifestyle, Health volunteers