

عنوان مقاله:

Study of Lifestyle and Its Relationship Between Health Literacy in Health Ambassadors in Urmia

محل انتشار:

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خلاصه مقاله:

Background and Objective: Health-promoting lifestyle is a valuable factor in improving quality of life. In the care system, health ambassadors have an undeniable role in the development of health behaviors in the community. This study was conducted to investigate lifestyle and the relationship between health literacy in health ambassadors in Urmia. **Materials and Methods:** In this cross-sectional study in ۲۰۱۹, ۲۰۰ ambassadors were selected using cluster random sampling. Data collection tools were a questionnaire including demographic characteristics, Lifestyle Questionnaire (LSQ), and Health Literacy Questionnaire (HELIA). Data were entered into SPSS software version ۲۰ and analyzed by descriptive statistics, analysis of variance, and Spearman correlation coefficient. **Results:** The results of this study showed that the lifestyle of health ambassadors was ۱۳.۵% at the poor level, ۶۰.۴% at the moderate level, and ۲۶.۱% at the good level. Lifestyle was also significantly associated with variables of gender ($p=۰.۰۱$), marital status ($p=۰.۰۲$) and occupation ($p=۰.۰۰۸$). The results of Spearman correlation showed that lifestyle with all its sub-domains had a positive and significant correlation with ($p < ۰.۰۰۱$) health literacy. **Conclusion:** Given the importance of lifestyle in health ambassadors, it seems that educational programs to increase health literacy can be effective in improving the lifestyle among health ambassadors.

کلمات کلیدی:

lifestyle, health, Literacy, Ambassadors

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