

عنوان مقاله:

Disease Prevention with an Emphasis on the Lifestyle of Military Personnel According to the Social Determinants of Health

محل انتشار:

فصلنامه بین المللی مطالعات مروری پزشکی، دوره 2، شماره 2 (سال: 1394)

تعداد صفحات اصل مقاله: 12

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خلاصه مقاله:

In recent years, the association between social factors and individuals' healthstatus has been paid special attention to by health system researchers and policymakers. According to the WHO conceptual framework of Social Determinantsof Health (SDH), lifestyle is one of the intermediary factors affecting theindividuals' health and disease and is related to their individual, social andspiritual dimensions. Many of the health complications associated with lifestylecan be prevented or delayed using strategies for health promotion andprevention of disease. Preventing diseases affected by lifestyle and promotingphysical and mental health requires knowledge of how life situations endangerpeople's health. Efforts made to improve health by enabling people to changetheir lifestyles should be in line with both the individual changes and social andliving conditions changes which are effective in lifestyle. This review study hasaimed to identify the dimensions of lifestyle, as one of the social determinantsof health, and their role .in the health and disease outcomes of themilitary personnel according to the World Health Organization framework

کلمات کلیدی:

Prevention, Lifestyle, Social Determinants of Health, Military Personnel

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/464471>

