

عنوان مقاله:

Promoting Behaviors of Healthiness in two Domains of Physical Activity and Nutrition Statue in High School Students

محل انتشار:

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خلاصه مقاله:

Background Youth healthiness depends on their hygiene behaviors. Doing promoting behaviors of healthiness is one of best ways of health protect and control. This study aimed to investigate promoting behaviors of healthiness in two physical activity and nutrition statue domains in high school students. Materials and Methods: The study was descriptive-analytic of cross-sectional type study which was done on 800 students of second level of high school in Sabzevar- Iran, during 2015-2016. Sampling method was as clustered and tool of collecting data was questionnaire include: first part demographic information and second part standard of healthiness promoting behaviors (HPLP). Data were entered into using Stata version 12.0 after collecting and were analyzed with statistical-descriptive and Chi-square tests. Results: Average of physical activity in boys and girls were 18.27 ± 5.38 and 13.8 ± 6.3 , respectively. There was a significant relationship between rate of students physical activity with level of parents education and educational grades of students. Boys had more physical activity compared to girls in terms of gender ($P < 0.05$). In investigation of nutrition statue item there was no nutritional difference in boys and girls groups ($P > 0.05$); while, there was significant relationship between favorable nutritional statue and their educational grade levels, educational field and parents occupation in students ($P < 0.05$). Conclusion In current study, female students had less physical activity and required programming to improve more physical activities among girls. Parents who had higher educational level, their children had more suitable pattern in terms of physical activity and nutrition statue.

کلمات کلیدی:

health promotion, Nutrition, Physical Activity, Students

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