

Original Article

Healthy Living Behaviors of Medical and Nursing Students

Nilgün Özçakar, MD

Associate Professor, Department of Family Medicine, Dokuz Eylul University Medical Faculty, Izmir, Turkey

Mehtap Kartal, MD

Associate Professor, Department of Family Medicine, Dokuz Eylul University Medical Faculty, Izmir, Turkey

Hatice Mert, RN, PhD

Associate Professor, Department of Medical Nursing, Dokuz Eylul University, Nursing Faculty, Izmir, Turkey

Dilek Güldal, MD

Professor, Department of Family Medicine, Dokuz Eylul University Medical Faculty, Izmir, Turkey

Correspondence: Nilgün Özçakar, Associate Professor, Department of Family Medicine, Dokuz Eylul University Medical Faculty, Izmir, Turkey Email: nilgunozcakar@gmail.com

Abstract

Background: Health workers are expected to be role models in the society. In this reason it is important to take responsibility of their health.

Objective: To determine and compare healthy living behavior of the medical and nursing students.

Methods: The sample in this comparative and descriptive study was 212 students. For data collection, Health Promotion Lifestyle Profile and Value Survey were used.

Results: Overall mean score was 134.2 ± 19.14 for Health Promotion Lifestyle Profile and 8.90 ± 2.13 for Value Survey. Nursing students' scores from both scales were higher than medical students ($p < 0.05$), with the lowest scores for physical activity subscale.

Conclusion: Although Health Promotion Lifestyle Profile and Value Survey scores of the students were higher than the scores of similar studies in Turkey showing that they are aware of the importance of healthy life, they seem not to behave accordingly.

Key words: health promotion, students, medical, nursing, healthy behavior