



# *Health-promoting lifestyle among people without heart disease*

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## ***Abstract***

The present research conducted with aim to determine the health promoting behaviors (HPBs) of public of Isfahan, and study the associations of HPBs with demographic characteristics. In a cross sectional study conducted on 369 people without heart disease living in Isfahan, HPBs were assessed using a questionnaire which consists of two parts: personal information and Health Promoting Lifestyle Profile II (HPLP II). Data were analyzed by t test and one way analysis of variance. The mean score for overall HPLP II ( $158.30 \pm 19.38$ ) indicated the acceptable level of performing HPBs in Isfahan. Physical activity got the lowest score ( $16.36 \pm 5.13$ ), and the highest score was for interpersonal relations ( $53.16 \pm 5.59$ ). There were significant differences on physical activity and interpersonal relation dimensions between males and females ( $P < 0.05$ ). The mean score of physical activity was highest in single participants ( $P < 0.05$ ). Mean score of physical activity for people with college education was greater than others ( $P < 0.05$ ). Overall HPLP II and its domains mean scores