

gains on the computer and lack of outdoor games are more important from prevention point of view [8]. College administration can play a significant role in encouraging healthy behavior in students.

On the other hand, chronic stress may also trigger physiological processes which lead to weight loss [9] in particular; among individuals for whom chronic work stress is associated with suppressed appetite and increased physical activity [10]. Stress may contribute to changes in dietary behaviors that lead to weight change, with various effects related to sex, [11,12] baseline body mass index [13] or cortisol reactivity in response to stress [14,15]. These factors may cause some people to gain more weight under stressful circumstances, while others may gain less weight or even lose weight when stressed [16]. All these factors do not contribute positively to the development of healthy lifestyles. Research related to these risk factors among medical students is essential, considering their role as future physicians and as a model in public health intervention programs [17].

There are few studies on lifestyle diseases risk behavior among medical college students in Saudi Arabia. Therefore, this study was undertaken:

To identify lifestyle diseases and associated risk behaviors among students in a Unaizah College of Medicine.

To find out the association between lifestyle diseases and risk behaviors among students in a medical college.

To discover the association between the risk behaviors and gender of the student in medical college.

Material and Method MuSu

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<7000 SR	21	7.5
7000-12000 SR	81	29
12500-17000 SR	43	15.4
17500-20000 SR	36	12.9
>20000 SR	98	35.1
Total	279	100

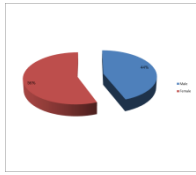


Figure 1:

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