



دانشگاه علوم پزشکی شهید بهشتی

# Title: Survey of health – promoting lifestyles and related factors in pregnant women reffering to health centers of Urmia in 2015

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**Background & Aim:** Health-promoting lifestyle during pregnancy is one of the most important situations. This study investigated to evaluate health – promoting lifestyle and related factors in pregnant women reffering to health centers of Urmia in 2015.

**Methods:** A cross-sectional descriptive design was adopted. By convenient sampling the data of 411 pregnant women, according to our criterias, were collected from women who regularly attended health centers for prenatal care, from urban and rural areas of Urmia, by using Socio demographic questionnaire, and Health-Promoting Lifestyle Profile 2nd edition questionnaire, perceived health status and health behaviors. Data were analyzed applying descriptive statistics, t-tests, one-way ANOVA, Pearson’s correlation coefficient. P-values less than 0.05 were considered significant.

**Results:** The mean age of the pregnant women was  $27.90 \pm 6.03$  years. Total score of health promoting lifestyles was  $127.95 \pm 19.18$ . The lowest score was for “physical activity” and the highest score was for “spiritual growth”. There were significant differences in the total scores of the HPLP among subjects with different educational level, socioeconomic status, and perceived health status. In addition, there were significant differences among health-promoting lifestyle scores and perceived health status and health behaviors.

**Conclusions:** According to these results, educating pregnant women about all aspects of health promoting life style, especially physical activity, during routine prenatal care, is necessary.

**Key words:** health promoting lifestyle, Perceived health status, Health behaviors, Women, Pregnancy