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# The health-oriented attitudes and lifestyles of Allied Health Professions University students



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## Aims

- To explore Allied Health Professions (AHP) students' understanding of "health".
- To explore whether AHP students' perceive the University influences their health.
- To explore AHP students' current health-promoting lifestyles.

## Methods

Survey distributed to AHP students

## Demographics

Likert Scales exploring understanding of "health" & role of the university

Health-Promoting Lifestyle Profile (HPLP-II: Walker et al. 1995)

## Results

- Females n=46 (77%); Males n=14 (23%)
- 69% (n=41) aged 18-25 years

Do you agree with the World Health Organisation definition of health?

55% agree

Do you agree that the university has a positive impact on your health?

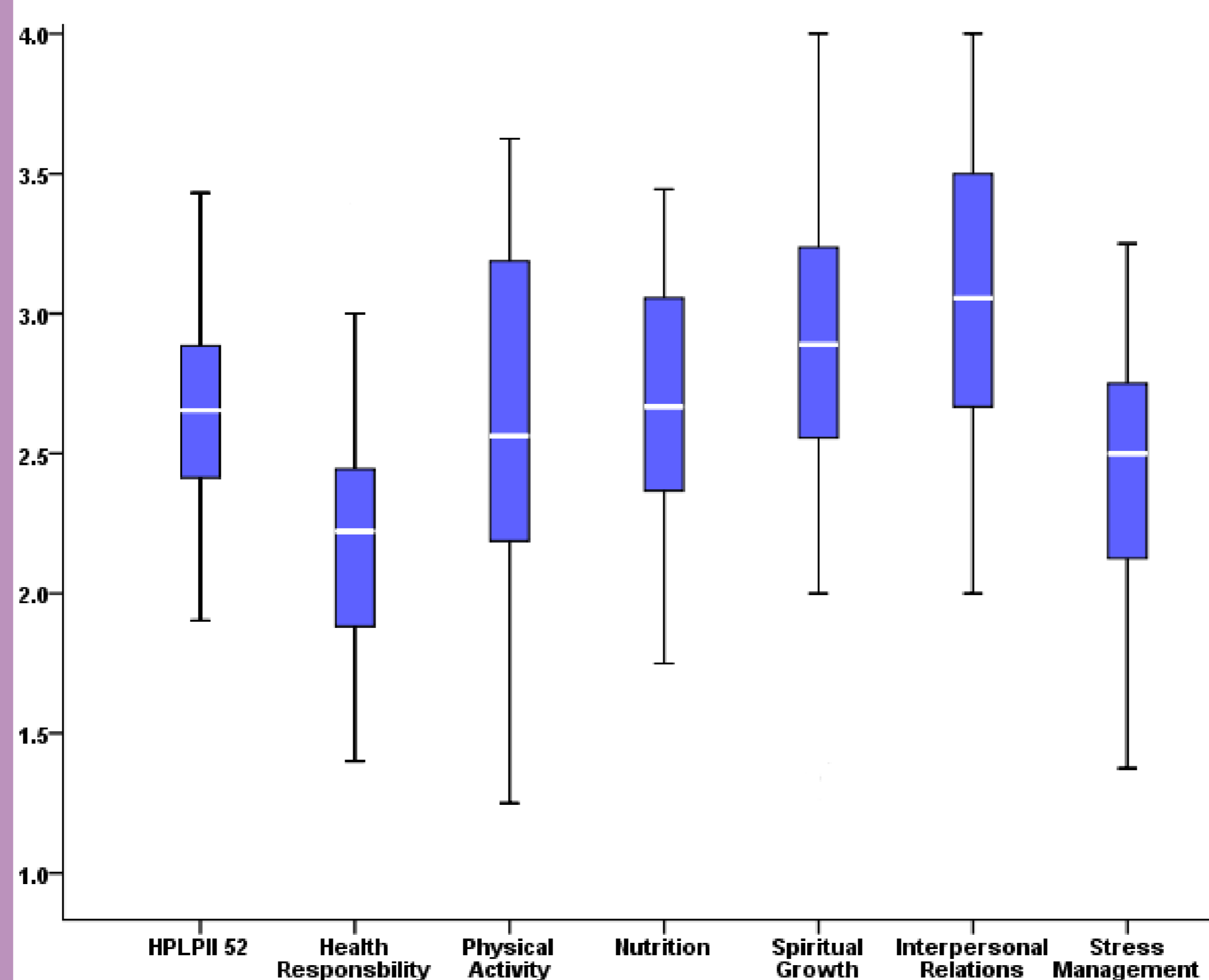
42% agree

Do you agree that the university has a role to play in supporting the health and wellbeing of students?

47% agree

- AHP students scored high for health promoting lifestyle behaviours.
- Students scored lower on health responsibility and stress management subscales (HPLP-II) than the other subscales.
- BSc Radiography and BSc Physiotherapy students had the lowest scores for healthy behaviours.

Mean scores for the HPLP-II and Six Subscales (N=60)



## Conclusions

- Health promoting activities and initiatives should continue within the University setting.
- HPLP-II scores suggest that students may benefit from opportunities to raise health concerns with appropriate individuals in the University setting.
- There is a need to explore health and health promoting lifestyles further in male students.
- Research on larger diverse samples is required to understand health promoting lifestyles in AHP and other student groups.

## Okanagan Charter 2015

- The Okanagan Charter (2015) issued calls to action for higher education institutions to:
  - embed health into all aspects of campus culture, and
  - lead health promotion action and collaboration locally and higher education, and globally.
- Universities may be well-placed to foster health promoting attitudes and behaviours among students that can enhance lifelong health and wellbeing.

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## References

Walker SN, Sechrist KR and Pender NJ (1995). Health promotion model – Instruments to measure health promoting lifestyle: Health-Promoting Lifestyle Profile [HPLP II] (Adult version).