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| **Association with subjective health status, health promotion practices and mental health among university students** |
| **Background and Objectives:** Life style modification program improves their health status of young people and reduces the health risks. On the other hand, in the results of National Health Survey, subjective health status of youth has not been better until recently. Therefore, to help the achievement of academic goal of university students, it needs to analyze the effective factors to prevent health problems among them. This study performed to analyze health promotion practices and mental health related to subjective health status among first-year students of university. **Methods**: To examine the association with subjective health status, health promotion practices and mental health, health survey was conducted with 3,918 students (male 2,076 vs. female 1,842) who were first-year students in a university by self-reported questionnaire from February 26 to March 10, 2015. Multiple regression analysis performed to identify the difference of promotion practices and mental health by subjective health status. **Results**: 53.9% of the survey participants responded that they were healthy (mean=3.60). The 40% of them was alcohol use disorders, and 466 (11.9%) students were current smoker. The 4.4% was exposed to secondhand smoking for one hour and over per one day. In multiple regression models, it remained significantly the difference of subjective health status by gender, secondhand smoking, eating breakfast, frequency of having fruit and vegetables per one day, practice of walking, strengthen exercise, vigorous exercise per one week, stress level, depression experience and suicide thought (p<0.05, p<0.01). On the other hand, it was not significant the difference of that by AUDIT, current smoking, BMI, sleeping hours and practice of moderate exercise. **Conclusion**: To improve health status of university students, it should provide the comprehensive health promotion programs enhanced mental health and healthy policies on campus. Also in future, it should be focused on multi-dimensional and multi-level approaches on campus to reduce health risk behavior and environment and to build the health promoting university.**Key words:** subjective health status, health promotion practices, mental health, university students |