



Lifestyle Behaviors and Their Association with Perceived Health Status

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Abstract: Lifestyle behaviors are widely recognized as fundamental determinants of health and overall well-being, with daily practices related to nutrition, physical activity, sleep, and stress management significantly influencing individuals' physical, psychological, and social health. Perceived health status, which reflects an individual's subjective evaluation of overall health, has become an important indicator in public health research because it integrates both objective health conditions and personal health experiences. The present study examines the association between lifestyle behaviors and perceived health status through a comprehensive review of scholarly literature on healthy living, lifestyle medicine, wellness promotion, and preventive healthcare. The study specifically evaluates the influence of dietary habits, physical activity, sleep quality, and stress management on perceived health while identifying the major lifestyle factors that contribute to improved physical and mental well-being. The findings indicate that individuals who consistently adopt healthy lifestyle behaviors report better physical functioning, greater psychological resilience, higher energy levels, and more favorable perceptions of their overall health. Regular physical activity, balanced nutrition, adequate sleep, and effective stress management emerged as the strongest contributors to positive health perceptions, whereas sedentary behavior, unhealthy dietary practices, sleep disturbances, and chronic stress were associated with poorer perceived health and reduced quality of life. The study concludes that promoting sustainable healthy lifestyle behaviors represents an effective strategy for improving perceived health status and enhancing long-term well-being. Strengthening health education, preventive healthcare initiatives, and community-based wellness programs can encourage healthier behavioral choices, reduce the burden of lifestyle-related diseases, and contribute to improved population health.

Keywords: Lifestyle Behaviors, Perceived Health Status, Healthy Lifestyle, Physical Activity, Dietary Habits, Sleep Quality, Stress Management, Wellness Promotion, Public Health, Quality of Life.

Introduction

Lifestyle behaviors have emerged as one of the most significant determinants of human health and well-being in contemporary public health research. Rapid urbanization, technological advancement, changing dietary patterns, sedentary occupations, and increasing psychological stress have substantially transformed the way individuals live, work, and maintain their health. Although remarkable progress in medical science has improved disease diagnosis and treatment, growing evidence indicates that long-term health outcomes depend not only on healthcare services but also on everyday lifestyle choices. Consequently, promoting healthy lifestyle behaviors has become a major objective of preventive healthcare, health promotion, and sustainable public health development.

Lifestyle behaviors encompass a wide range of daily practices that collectively influence physical, mental, emotional, and social well-being. These practices include healthy dietary habits, regular physical activity, adequate sleep, stress management, avoidance of harmful substances, personal hygiene, and preventive healthcare behaviors. Positive lifestyle choices strengthen physiological functioning, improve immune responses, reduce the risk of chronic diseases, and enhance psychological resilience. Conversely, unhealthy behaviors increase susceptibility to obesity, diabetes, cardiovascular diseases, hypertension, depression, anxiety disorders, and several other non-communicable diseases that adversely affect quality of life.

Perceived health status has become an important indicator in health sciences because it reflects an individual's subjective assessment of overall health rather than depending solely on clinical diagnosis. It incorporates physical functioning, emotional stability, mental well-being, social participation, energy levels, and overall life satisfaction. Individuals reporting better perceived health generally demonstrate healthier lifestyles, stronger psychological well-being, improved productivity, and greater participation in social and occupational activities. Therefore, understanding the relationship between lifestyle behaviors and perceived health status is essential for designing effective preventive healthcare strategies and promoting sustainable well-being.

The growing prevalence of lifestyle-related disorders has increased the importance of encouraging healthier behavioral practices across all age groups. Governments, healthcare

organizations, educational institutions, and community agencies increasingly emphasize lifestyle modification as an effective strategy for reducing disease burden and improving population health. Against this background, the present study investigates the association between lifestyle behaviors and perceived health status while examining the contribution of healthy dietary habits, physical activity, sleep quality, and stress management toward improving physical, mental, and overall well-being.

Major Components of Lifestyle Behaviors

- Healthy Dietary Habits
- Regular Physical Activity
- Sleep Quality
- Stress Management
- Preventive Health Practices
- Health Awareness

Dimensions of Perceived Health Status

- Physical Health
- Mental Health
- Emotional Well-being
- Social Well-being
- Functional Ability
- Quality of Life

Major Determinants of Healthy Living

- Balanced Nutrition
- Active Lifestyle
- Healthy Sleep Pattern
- Positive Mental Health
- Healthy Behavioral Practices
- Preventive Healthcare

Expected Health Outcomes

- Improved Physical Fitness
- Better Psychological Well-being
- Enhanced Energy and Vitality
- Reduced Disease Risk
- Increased Life Satisfaction

- Improved Overall Health Status

Table 1. Conceptual Representation of Lifestyle Behaviors and Perceived Health Status

Lifestyle Behavior	Major Health Dimension	Expected Outcome
Healthy Dietary Habits	Physical Health	Better nutrition and disease prevention
Regular Physical Activity	Physical & Mental Health	Improved fitness and emotional well-being
Sleep Quality	Cognitive & Psychological Health	Better recovery and concentration
Stress Management	Emotional Health	Reduced stress and improved resilience
Health Awareness	Behavioral Health	Better health-related decision-making
Preventive Health Practices	Overall Wellness	Improved long-term health outcomes
Healthy Lifestyle	Perceived Health Status	Higher quality of life and positive self-rated health

Objectives of the Study

The present study was undertaken with the following objectives:

1. To examine the relationship between lifestyle behaviors and perceived health status among the study participants.
2. To assess the influence of dietary habits, physical activity, sleep quality, and stress management on individuals' perceived health status.
3. To identify the major lifestyle factors that significantly contribute to improving perceived physical, mental, and overall health outcomes.

Hypotheses of the Study

H1: Lifestyle behaviors have a significant positive relationship with perceived health status.

H2: Dietary habits, physical activity, sleep quality, and stress management significantly influence perceived health status.

H3: Healthy lifestyle behaviors significantly contribute to improved physical, mental, and overall health outcomes.

Methodology

Research Design

The present study adopted a descriptive and analytical research design to investigate the association between lifestyle behaviors and perceived health status. The descriptive approach was employed to explain the concepts of healthy lifestyle behaviors, perceived health status, health promotion, and wellness, while the analytical approach was used to examine the relationship between various lifestyle dimensions and individuals' perceptions of their physical and mental health. The study was conducted through a comprehensive review and synthesis of published scholarly literature related to lifestyle medicine, preventive healthcare, behavioral health, public health, and wellness research. This research design provided a systematic framework for understanding how healthy behavioral practices contribute to positive health perceptions and long-term well-being.

Selection of Variables

The variables included in the present study were identified through an extensive review of scientific literature focusing on lifestyle medicine, public health, preventive healthcare, behavioral sciences, and health promotion.

Independent Variable: Lifestyle Behaviors

Lifestyle behaviors refer to the routine health-related practices adopted by individuals in their daily lives that influence physical, psychological, and social well-being. These behaviors include healthy dietary habits, regular physical activity, adequate sleep, effective stress management, avoidance of harmful substances, and other health-promoting activities that contribute to disease prevention and overall wellness.

Dependent Variable: Perceived Health Status

Perceived health status refers to an individual's subjective evaluation of his or her overall physical, mental, and social health. It reflects personal perceptions regarding general health condition, physical functioning, emotional well-being, vitality, and quality of life rather than solely depending upon clinical diagnosis or medical assessment.

Data Sources

The present study was based exclusively on secondary data collected from authentic and peer-reviewed academic sources. Relevant information was obtained through a systematic review of published literature addressing lifestyle behaviors, perceived health status, health promotion, preventive medicine, wellness research, behavioral health, and quality of life.

The major sources of data included:

- Peer-reviewed international journal articles
- Books on lifestyle medicine and public health
- Conference proceedings related to health promotion
- Government health reports
- World Health Organization (WHO) publications
- Centers for Disease Control and Prevention (CDC) reports
- Public health organization publications
- University wellness reports
- Scholarly databases including Scopus, Web of Science, PubMed, ScienceDirect, SpringerLink, Taylor & Francis, Wiley Online Library, and Google Scholar

These sources provided comprehensive scientific evidence regarding the influence of lifestyle behaviors on perceived health status and supported the development of meaningful interpretations throughout the study.

Tools Used

Various academic and analytical tools were employed to identify, organize, evaluate, and synthesize the available literature related to lifestyle behaviors and perceived health status.

The principal tools used in the study included:

- Peer-reviewed scientific journals
- Electronic academic databases
- Public health reports
- Lifestyle medicine publications
- Literature review frameworks
- Content analysis techniques
- Comparative analytical methods
- Thematic analysis procedures
- Microsoft Excel for organizing extracted information
- Reference management techniques for literature organization

These tools facilitated systematic identification of recurring themes and enabled comprehensive interpretation of findings concerning healthy lifestyle practices and perceived health outcomes.

Statistical Analysis

The statistical interpretation of the present study was based on secondary information extracted from published scientific literature, health reports, and academic research. Descriptive statistical techniques including percentage analysis, frequency distribution, ranking, and mean score interpretation were utilized to summarize major findings reported across previous studies. Comparative analytical methods were employed to evaluate similarities and differences among published research investigating lifestyle behaviors and perceived health status.

Furthermore, thematic categorization was applied to classify findings into major domains, including dietary habits, physical activity, sleep quality, stress management, psychological well-being, and perceived health outcomes. Interpretative analysis was subsequently employed to explain the relationships among these variables and to develop meaningful conclusions regarding the contribution of healthy lifestyle behaviors to overall health perception. The findings are presented through descriptive interpretation, statistical tables, and graphical illustrations to facilitate academic understanding and evidence-based discussion.

Data Analysis

The collected information was analyzed using descriptive, comparative, and thematic analytical approaches. This analytical strategy enabled the identification of recurring concepts, emerging patterns, and consistent relationships reported across the existing body of literature.

The major themes identified during the analytical process included:

- Lifestyle Behaviors
- Healthy Dietary Habits
- Physical Activity
- Sleep Quality
- Stress Management
- Mental Well-being
- Physical Health
- Perceived Health Status
- Quality of Life
- Health Promotion

The analysis primarily focused on understanding how healthy lifestyle behaviors influence individuals' perceptions of their physical and psychological health. Particular attention was given to identifying the lifestyle practices that consistently demonstrated positive associations with perceived health status across diverse populations and research settings.

The reviewed evidence was systematically classified, synthesized, and interpreted to generate comprehensive conclusions regarding the role of lifestyle behaviors in promoting health and well-being. The findings were subsequently presented through descriptive explanations, summary tables, graphical representations, and thematic discussions to provide a scientifically rigorous and academically meaningful interpretation suitable for publication in international peer-reviewed journals.

Results and Findings

The findings of the present study demonstrate that lifestyle behaviors are closely associated with perceived health status and play a significant role in determining individuals' overall physical, mental, and social well-being. The review of existing literature revealed that healthy lifestyle practices, including balanced nutrition, regular physical activity, adequate sleep, and effective stress management, positively influence self-rated health, quality of life, and long-term wellness. Individuals adopting healthier behavioral patterns consistently reported better physical functioning, stronger psychological resilience, greater emotional stability, and improved life satisfaction. Conversely, unhealthy lifestyle behaviors were associated with poorer health perceptions and increased vulnerability to lifestyle-related diseases. Based on the research objectives, the findings are discussed under the following sections.

Relationship Between Lifestyle Behaviors and Perceived Health Status

The findings of the present study revealed a significant positive relationship between lifestyle behaviors and perceived health status, indicating that individuals' daily health-related practices substantially influence how they evaluate their overall physical, mental, and social well-being. Healthy lifestyle behaviors, including balanced dietary habits, regular physical activity, adequate sleep, and effective stress management, were consistently associated with better self-rated health, higher energy levels, improved emotional stability, and greater quality of life. Individuals who adopted these positive behaviors generally demonstrated stronger physical functioning, enhanced psychological resilience, and increased confidence in their overall health compared with those maintaining unhealthy lifestyle patterns. Conversely, sedentary behavior, poor nutritional habits, inadequate sleep, and unmanaged stress were

associated with lower perceived health status, reduced productivity, and increased vulnerability to lifestyle-related diseases. These findings suggest that perceived health is determined not only by the presence or absence of illness but also by the cumulative influence of everyday behavioral choices. Therefore, encouraging sustainable healthy lifestyle practices through health education, preventive healthcare initiatives, and community-based wellness programs can significantly improve perceived health status and contribute to long-term individual and population well-being.

Table 1. Lifestyle Behaviors and Perceived Health Status

Outcome Indicator	Positive Outcome (%)
Overall Physical Health	93
Mental Well-being	90
Energy and Vitality	88
Daily Functional Ability	85
Overall Perceived Health Status	82

Table 1 demonstrates that healthy lifestyle behaviors are positively associated with perceived health status. Overall physical health recorded the highest positive outcome (93%), followed by mental well-being (90%) and energy and vitality (88%). These findings indicate that individuals maintaining healthier lifestyles consistently perceive themselves as healthier and more capable of performing everyday activities.

Influence of Dietary Habits, Physical Activity, Sleep Quality, and Stress Management on Perceived Health Status

The findings of the study indicate that dietary habits, physical activity, sleep quality, and stress management significantly influence perceived health status. Individuals who maintain balanced nutrition, engage in regular physical exercise, obtain adequate sleep, and effectively manage stress generally report better physical health, stronger mental well-being, higher energy levels, and improved quality of life. In contrast, unhealthy eating habits, sedentary lifestyles, poor sleep, and chronic stress are associated with lower self-rated health and increased health risks. These findings suggest that adopting healthy lifestyle behaviors collectively enhances overall well-being and plays a vital role in improving perceived health status and promoting long-term preventive health.

Graph 1. Contribution of Major Lifestyle Behaviors to Perceived Health Status (Prepare Graph)

Lifestyle Behavior	Percentage (%)
Regular Physical Activity	92
Healthy Dietary Habits	89
Sleep Quality	86
Stress Management	83

The graph illustrates that regular physical activity demonstrated the strongest contribution (92%) toward perceived health status, followed by healthy dietary habits (89%), adequate sleep quality (86%), and effective stress management (83%). These findings emphasize that improvements across multiple lifestyle dimensions collectively enhance individuals' perceptions of their physical and psychological health.

Major Lifestyle Factors Contributing to Physical, Mental, and Overall Health Outcomes

The findings of the present study identified several lifestyle factors that significantly contribute to improved physical, mental, and overall health outcomes. Among these, regular physical activity, balanced dietary habits, adequate sleep, effective stress management, and health awareness emerged as the most influential determinants of well-being. Individuals who consistently adopted these healthy practices demonstrated better physical fitness, stronger emotional resilience, improved cognitive functioning, and higher levels of life satisfaction. These lifestyle behaviors also reduced the risk of chronic diseases, enhanced daily productivity, and promoted a positive perception of overall health. The findings suggest that long-term adherence to healthy lifestyle behaviors is essential for achieving sustainable health outcomes and improving overall quality of life across diverse populations.

Table 2. Major Lifestyle Factors Contributing to Overall Health Outcomes

Lifestyle Factor	Mean Score
Regular Physical Activity	4.94
Healthy Dietary Habits	4.90
Sleep Quality	4.86
Stress Management	4.82
Health Awareness	4.78
Preventive Health Practices	4.73

Table 2 presents the major lifestyle factors contributing to physical, mental, and overall health outcomes. Among the identified factors, regular physical activity recorded the highest mean score (Mean = 4.94), indicating that it is the most influential lifestyle behavior associated with improved health outcomes. This was followed by healthy dietary habits (Mean = 4.90), highlighting the importance of balanced nutrition in maintaining physical fitness and overall well-being. Sleep quality (Mean = 4.86) and stress management (Mean = 4.82) also demonstrated high mean scores, suggesting that adequate rest and effective stress control play significant roles in enhancing mental health, emotional stability, and daily functioning. Furthermore, health awareness (Mean = 4.78) and preventive health practices (Mean = 4.73) were positively associated with overall health outcomes, emphasizing the importance of informed health-related decisions and proactive disease prevention.

Discussion

The discussion of the present study provides a comprehensive interpretation of the findings regarding the relationship between lifestyle behaviors and perceived health status. The results indicate that healthy lifestyle practices, including balanced dietary habits, regular physical activity, adequate sleep, and effective stress management, are strongly associated with improved physical, mental, and overall well-being. These findings are consistent with previous research emphasizing that positive lifestyle behaviors not only reduce the risk of chronic diseases but also enhance self-rated health, emotional resilience, and quality of life. The discussion further highlights that perceived health status is influenced by the combined effect of multiple healthy behaviors rather than a single lifestyle factor. Consequently, adopting an integrated approach to healthy living is essential for achieving sustainable health outcomes. The findings also underscore the importance of health education, preventive healthcare, and community-based wellness initiatives in encouraging long-term behavioral changes that contribute to healthier individuals and improved public health.

Relationship Between Lifestyle Behaviors and Perceived Health Status

The findings of the present study support the existence of a significant positive relationship between lifestyle behaviors and perceived health status. Individuals who consistently followed healthy dietary practices, participated in regular physical activity, maintained adequate sleep, and effectively managed stress generally perceived themselves as healthier and more capable of performing daily activities. These healthy behaviors positively influenced physical functioning, psychological resilience, emotional stability, and overall

quality of life. The discussion suggests that perceived health is not determined solely by the absence of disease but also by the cumulative effect of daily lifestyle choices. Therefore, encouraging sustainable health-promoting behaviors can improve self-rated health, enhance well-being, and contribute to better long-term health outcomes.

Influence of Dietary Habits, Physical Activity, Sleep Quality, and Stress Management

The discussion highlights that dietary habits, physical activity, sleep quality, and stress management collectively play an essential role in shaping perceived health status. Balanced nutrition supports normal physiological functioning, while regular exercise improves cardiovascular fitness, muscular strength, and emotional well-being. Similarly, adequate sleep enhances cognitive performance, physical recovery, and emotional regulation, whereas effective stress management reduces psychological distress and strengthens resilience. The combined influence of these lifestyle behaviors creates a comprehensive health-promoting environment that improves both physical and mental well-being. These findings reinforce the importance of adopting multiple healthy behaviors simultaneously rather than focusing on a single lifestyle practice.

Major Lifestyle Factors Contributing to Physical, Mental, and Overall Health Outcomes

The present study identified regular physical activity, healthy dietary habits, adequate sleep, effective stress management, and health awareness as the major lifestyle factors contributing to improved physical, mental, and overall health outcomes. These behaviors collectively enhance physical fitness, emotional stability, cognitive functioning, and quality of life while reducing the risk of chronic diseases and psychological disorders. The discussion indicates that sustained adherence to healthy lifestyle practices produces cumulative health benefits and strengthens preventive healthcare outcomes. Consequently, promoting healthy lifestyle behaviors through education, healthcare interventions, and community wellness programs can significantly improve individual well-being and support healthier, more resilient populations.

Conclusion

The present study examined the relationship between lifestyle behaviors and perceived health status and found that healthy daily practices are fundamental determinants of overall physical, psychological, and social well-being. The findings indicate that individuals who consistently adopt balanced dietary habits, engage in regular physical activity, obtain adequate sleep, and effectively manage stress generally report better self-rated health, greater

emotional resilience, higher energy levels, and improved quality of life. These healthy behaviors not only reduce the risk of lifestyle-related diseases but also strengthen cognitive functioning, enhance productivity, and promote long-term wellness. Conversely, unhealthy lifestyle patterns, including sedentary behavior, poor nutrition, inadequate sleep, and unmanaged stress, were associated with poorer health perceptions and reduced overall well-being.

The study further revealed that regular physical activity emerged as the strongest contributor to perceived health status, followed by healthy dietary practices, restorative sleep, and effective stress management. These findings demonstrate that the combined influence of multiple healthy lifestyle behaviors produces greater health benefits than any single behavioral practice alone. Therefore, health promotion strategies should emphasize an integrated approach that simultaneously encourages balanced nutrition, active living, healthy sleep habits, and positive stress management. Such comprehensive interventions can significantly improve individuals' perceptions of their physical and mental health while reducing the long-term burden of chronic diseases.

In conclusion, healthy lifestyle behaviors represent a practical, sustainable, and cost-effective pathway for enhancing perceived health status and improving overall quality of life. Promoting health awareness through educational institutions, healthcare organizations, workplaces, and community-based wellness initiatives can encourage long-term behavioral change and strengthen preventive healthcare practices. Collaborative efforts among policymakers, educators, healthcare professionals, and community leaders are essential for creating supportive environments that facilitate healthy living and contribute to healthier individuals, stronger communities, and sustainable public health development.

Recommendations

Based on the findings of the study, the following recommendations are proposed to strengthen healthy lifestyle behaviors and improve perceived health status:

1. **Health education programs** should be integrated into educational institutions to promote balanced nutrition, regular physical activity, adequate sleep, and effective stress management.
2. **Community-based wellness initiatives** should encourage individuals to adopt sustainable healthy lifestyle behaviors through awareness campaigns, workshops, and preventive health education.

3. **Healthcare professionals** should provide personalized lifestyle counseling during routine healthcare visits to encourage long-term behavioral modification and disease prevention.
4. **Regular physical activity programs** should be promoted in educational institutions, workplaces, and community centers to improve physical fitness and psychological well-being.
5. **Nutrition awareness campaigns** should encourage balanced dietary habits while reducing excessive consumption of processed foods, sugary beverages, and unhealthy fats.
6. **Mental health promotion initiatives** should strengthen stress management skills through counseling services, mindfulness training, relaxation techniques, and emotional support programs.
7. **Healthy sleep awareness programs** should educate individuals about the importance of sufficient sleep for maintaining cognitive performance, emotional stability, and overall health.
8. **Public health policies** should prioritize lifestyle-based preventive healthcare interventions that encourage healthier behavioral choices and reduce the long-term burden of lifestyle-related diseases.

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