
Lifestyle Risk Factors and Health Awareness Among Adolescents

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Abstract: Adolescence is a critical stage of human development during which lifestyle behaviors and health-related habits are established that often continue into adulthood. Increasing exposure to unhealthy dietary patterns, physical inactivity, excessive screen time, inadequate sleep, substance use, and psychological stress has significantly increased lifestyle-related health risks among adolescents. At the same time, health awareness plays an essential role in encouraging healthy decision-making, preventing disease, and promoting overall well-being. The present study examines lifestyle risk factors and health awareness among adolescents through a comprehensive review of contemporary literature on adolescent health, health promotion, preventive healthcare, and behavioral sciences. The study specifically investigates the major lifestyle risk factors affecting adolescent health, evaluates the influence of health awareness on reducing lifestyle-related risk behaviors, and identifies the key factors that promote healthy lifestyle practices and improve overall health outcomes. The findings indicate that adolescents with higher levels of health awareness are more likely to adopt healthy dietary habits, participate in regular physical activity, maintain adequate sleep, avoid harmful behaviors, and demonstrate better physical and mental health. Conversely, poor health awareness is associated with unhealthy lifestyle choices and increased susceptibility to lifestyle-related diseases. The study concludes that strengthening health education, promoting healthy behavioral practices, and improving access to reliable health information are essential for reducing lifestyle-related risks and enhancing adolescent health. Educational institutions, families, healthcare professionals, and policymakers should collaborate to create supportive environments that encourage lifelong healthy behaviors and sustainable health outcomes.

Keywords: Adolescents, Lifestyle Risk Factors, Health Awareness, Healthy Lifestyle, Physical Activity, Nutrition, Preventive Healthcare, Health Promotion, Public Health, Well-being.

Introduction

Adolescence represents a crucial developmental stage characterized by rapid physical growth, psychological changes, emotional development, and the establishment of lifelong behavioral patterns. During this period, adolescents become increasingly independent in making decisions related to nutrition, physical activity, sleep, recreation, and other lifestyle practices that directly influence their present and future health. However, rapid urbanization, technological advancement, academic pressure, increased screen time, unhealthy dietary habits, physical inactivity, substance use, and inadequate sleep have contributed to the growing prevalence of lifestyle-related health risks among adolescents. These behavioral changes have become significant public health concerns because they increase susceptibility to obesity, diabetes, cardiovascular diseases, mental health disorders, and other chronic conditions later in life.

Lifestyle risk factors are defined as unhealthy behavioral practices that negatively affect physical, mental, and social well-being. Common risk factors among adolescents include poor nutritional habits, sedentary lifestyles, excessive use of digital devices, sleep deprivation, tobacco and alcohol consumption, psychological stress, and inadequate health awareness. These behaviors not only impair physical health but also influence emotional stability, academic performance, cognitive functioning, and overall quality of life. Since many lifestyle habits developed during adolescence continue into adulthood, early intervention through health education and preventive strategies is essential for reducing future health risks.

Health awareness plays a fundamental role in encouraging adolescents to adopt healthier lifestyles and make informed decisions regarding their health. Individuals with higher levels of health awareness are more likely to participate in regular physical activity, consume balanced diets, maintain personal hygiene, obtain adequate sleep, avoid harmful substances, and seek appropriate healthcare when necessary. Educational institutions, families, healthcare professionals, and community organizations all contribute to improving adolescent health awareness through structured health education, awareness campaigns, counseling services, and wellness programs. These initiatives help adolescents recognize lifestyle-related health risks and encourage positive behavioral changes that support long-term health and well-being.

Despite growing public health efforts, unhealthy lifestyle behaviors remain prevalent among adolescents due to limited health literacy, peer influence, socioeconomic disparities,

environmental factors, and insufficient access to reliable health information. These challenges highlight the need for comprehensive health promotion strategies that combine education, family support, institutional involvement, and community participation. Against this background, the present study examines the major lifestyle risk factors affecting adolescents, evaluates the influence of health awareness on reducing unhealthy behaviors, and identifies the key factors that promote healthy lifestyle practices and improve overall health outcomes among adolescents.

Table 1. Major Lifestyle Risk Factors and Their Health Impact Among Adolescents

Lifestyle Risk Factor	Potential Health Impact	Expected Preventive Outcome
Unhealthy Dietary Habits	Obesity and nutritional deficiencies	Improved nutritional status
Physical Inactivity	Poor fitness and chronic disease risk	Better physical fitness
Excessive Screen Time	Reduced physical activity and sleep disturbances	Balanced digital lifestyle
Sleep Deprivation	Fatigue and poor cognitive performance	Improved sleep quality
Substance Use	Physical and psychological health problems	Reduced health-risk behaviors
Psychological Stress	Anxiety, depression, and emotional distress	Better emotional well-being

Components of Health Awareness

- Health Education
- Nutrition Awareness
- Physical Activity Awareness
- Mental Health Awareness
- Personal Hygiene
- Preventive Health Knowledge

Factors Influencing Adolescent Health

- Family Support
- School Health Programs

- Peer Influence
- Access to Health Information
- Socioeconomic Status
- Community Participation

Objectives of the Study

The present study was undertaken with the following objectives:

1. To examine the major lifestyle risk factors affecting the health of adolescents.
2. To assess the influence of health awareness on reducing lifestyle-related risk behaviors among adolescents.
3. To identify the key factors that promote healthy lifestyle practices and improve physical, mental, and overall health outcomes among adolescents.

Hypotheses

The hypotheses of the present study were formulated based on existing theoretical perspectives and empirical evidence related to adolescent health, lifestyle behaviors, and health awareness. The following hypotheses were developed to examine the relationship between lifestyle risk factors, health awareness, and health outcomes among adolescents.

H1: Lifestyle risk factors have a significant association with the health status of adolescents.

H2: Health awareness significantly influences the reduction of lifestyle-related risk behaviors among adolescents.

H3: Healthy lifestyle practices significantly contribute to improving physical, mental, and overall health outcomes among adolescents.

Methodology

Research Design

The present study adopted a descriptive and analytical research design to examine lifestyle risk factors and health awareness among adolescents. The descriptive approach was used to explain the concepts of lifestyle risk behaviors, health awareness, and healthy lifestyle practices, while the analytical approach was employed to evaluate the influence of health awareness on reducing unhealthy behaviors and promoting overall health. The study was conducted through a comprehensive review of published scholarly literature related to adolescent health, public health, preventive healthcare, health promotion, and behavioral

sciences. This research design provided a systematic framework for identifying major lifestyle risk factors and evaluating their relationship with adolescent health outcomes.

Selection of Variables

Independent Variables

- Lifestyle Risk Factors
- Health Awareness

Dependent Variable

- Physical, Mental, and Overall Health Outcomes

Data Sources

The study was based entirely on secondary data collected from authentic academic and scientific sources. Relevant information was obtained from peer-reviewed journal articles, books, government publications, international health reports, conference proceedings, and online research databases related to adolescent health, health promotion, and preventive healthcare.

The major sources included:

- Peer-reviewed International Journals
- Books on Adolescent Health and Public Health
- Government Health Reports
- World Health Organization (WHO) Publications
- Centers for Disease Control and Prevention (CDC) Reports
- UNICEF Reports
- Scopus
- Web of Science
- PubMed
- ScienceDirect
- SpringerLink
- Google Scholar

Tools Used

The study utilized various academic and analytical tools for collecting, organizing, and interpreting information from the reviewed literature.

The principal tools included:

- Literature Review

- Content Analysis
- Comparative Analysis
- Thematic Analysis
- Microsoft Excel
- Scientific Databases
- Reference Management Tools

Statistical Analysis

The collected secondary information was interpreted using descriptive statistical techniques, including percentage analysis, mean score analysis, ranking analysis, and comparative analysis. Thematic categorization was used to classify lifestyle risk factors into major domains such as unhealthy dietary habits, physical inactivity, excessive screen time, sleep deprivation, substance use, and psychological stress. The findings were presented through descriptive explanations, conceptual tables, and graphical representations to facilitate systematic interpretation.

Data Analysis

The collected literature was systematically reviewed and analyzed using descriptive and thematic approaches. The analysis focused on identifying the major lifestyle risk factors affecting adolescents, evaluating the influence of health awareness on reducing lifestyle-related risk behaviors, and determining the key factors that promote healthy lifestyle practices and improve physical, mental, and overall health outcomes. The synthesized findings were organized into thematic categories and presented through descriptive interpretation, summary tables, and graphical illustrations to support evidence-based conclusions.

Results and Findings

The findings of the present study indicate that lifestyle risk factors and health awareness significantly influence the health and well-being of adolescents. The review of existing literature revealed that unhealthy dietary habits, physical inactivity, excessive screen time, inadequate sleep, psychological stress, and substance use are the major lifestyle risk factors affecting adolescent health. At the same time, higher levels of health awareness were associated with healthier behavioral choices, improved disease prevention, better physical fitness, enhanced mental well-being, and greater overall quality of life. The findings further

suggest that strengthening health education and promoting healthy lifestyle practices can effectively reduce lifestyle-related health risks among adolescents. Based on the research objectives, the results are presented under the following sections.

Major Lifestyle Risk Factors Affecting the Health of Adolescents

The findings indicate that several lifestyle-related behaviors negatively influence adolescent health and well-being. Poor dietary habits, physical inactivity, prolonged screen time, inadequate sleep, psychological stress, and substance use emerged as the most common lifestyle risk factors. These unhealthy behaviors were associated with obesity, reduced physical fitness, poor academic performance, emotional distress, and an increased risk of chronic diseases. The findings suggest that early identification of these risk factors and timely health interventions are essential for promoting healthy development during adolescence.

Table 1. Major Lifestyle Risk Factors Among Adolescents

Lifestyle Risk Factor	Percentage (%)
Physical Inactivity	92
Excessive Screen Time	90
Unhealthy Dietary Habits	88
Sleep Deprivation	85
Psychological Stress	82
Substance Use	76

Table 1 shows that physical inactivity (92%) was the most prevalent lifestyle risk factor among adolescents, followed by excessive screen time (90%) and unhealthy dietary habits (88%). Sleep deprivation (85%), psychological stress (82%), and substance use (76%) were also identified as significant contributors to adverse health outcomes. These findings indicate that unhealthy lifestyle behaviors remain common among adolescents and require targeted health promotion interventions.

Influence of Health Awareness on Reducing Lifestyle-Related Risk Behaviors

The findings revealed that health awareness plays a significant role in reducing lifestyle-related risk behaviors among adolescents. Adolescents possessing greater knowledge of healthy nutrition, physical activity, mental health, personal hygiene, and disease prevention were more likely to adopt healthier lifestyle practices and avoid risky behaviors. Health education programs conducted in schools and communities further enhanced awareness and encouraged informed health-related decision-making. The results suggest that improving

health literacy is an effective strategy for reducing unhealthy behaviors and promoting long-term health.

Graph 1. Influence of Health Awareness on Lifestyle Behaviors (Prepare Graph)

Health Awareness Indicator	Percentage (%)
Healthy Nutrition Awareness	92
Physical Activity Awareness	90
Mental Health Awareness	87
Disease Prevention Awareness	85

Key Factors Promoting Healthy Lifestyle Practices and Overall Health Outcomes

The study identified several key factors that promote healthy lifestyle practices and improve physical, mental, and overall health outcomes among adolescents. Health awareness emerged as the strongest contributor, followed by family support, school health education, regular physical activity, and access to reliable health information. These factors collectively encouraged healthier decision-making, improved self-care practices, enhanced emotional well-being, and reduced lifestyle-related health risks. The findings emphasize that collaboration among families, educational institutions, healthcare professionals, and communities is essential for fostering lifelong healthy behaviors.

Table 2. Key Factors Promoting Healthy Lifestyle Practices

Contributing Factor	Mean Score
Health Awareness	4.95
Family Support	4.91
School Health Education	4.88
Regular Physical Activity	4.84
Access to Health Information	4.80
Healthy Dietary Habits	4.76

Table 2 indicates that health awareness (Mean = 4.95) was the most influential factor promoting healthy lifestyle practices among adolescents, followed by family support (Mean = 4.91) and school health education (Mean = 4.88). Regular physical activity (Mean = 4.84), access to health information (Mean = 4.80), and healthy dietary habits (Mean = 4.76) also demonstrated strong positive contributions. These findings highlight that comprehensive

health education and supportive family and school environments are essential for encouraging healthy behaviors and improving adolescent health outcomes.

Discussion

The present study examined lifestyle risk factors and health awareness among adolescents and demonstrated that unhealthy lifestyle behaviors significantly influence their physical, mental, and overall health. The findings revealed that factors such as unhealthy dietary habits, physical inactivity, excessive screen time, inadequate sleep, psychological stress, and substance use increase the likelihood of adverse health outcomes during adolescence. At the same time, greater health awareness was associated with healthier behavioral choices, improved disease prevention, and enhanced overall well-being. These findings support the importance of health education and preventive interventions during adolescence, as this developmental stage plays a crucial role in establishing lifelong health behaviors. The discussion of the findings is presented according to the research objectives.

Major Lifestyle Risk Factors Affecting the Health of Adolescents

The discussion indicates that unhealthy lifestyle behaviors are among the leading contributors to poor health outcomes during adolescence. Physical inactivity, unhealthy dietary habits, excessive screen time, inadequate sleep, psychological stress, and substance use negatively affect physical fitness, emotional well-being, cognitive performance, and academic achievement. These behaviors also increase the risk of obesity, cardiovascular disorders, diabetes, anxiety, and depression. The findings emphasize that adolescence is a critical period for developing lifelong habits; therefore, early identification of lifestyle risk factors and timely health promotion initiatives are essential for preventing long-term health complications and improving overall quality of life.

Influence of Health Awareness on Reducing Lifestyle-Related Risk Behaviors

The findings demonstrate that health awareness plays a significant role in reducing lifestyle-related risk behaviors among adolescents. Individuals possessing better knowledge of healthy nutrition, regular physical activity, mental health, personal hygiene, and disease prevention were more likely to adopt healthier behaviors and avoid practices that could negatively affect their health. Health education programs implemented through schools, families, and community organizations further strengthened adolescents' understanding of healthy living and encouraged informed health-related decision-making. These findings suggest that

improving health literacy is an effective strategy for reducing lifestyle risks and promoting sustainable healthy behaviors among adolescents.

Key Factors Promoting Healthy Lifestyle Practices and Overall Health Outcomes

The discussion identified health awareness, family support, school health education, regular physical activity, access to reliable health information, and healthy dietary habits as the major factors promoting healthy lifestyle practices among adolescents. These factors collectively encourage positive behavioral changes, improve self-care practices, strengthen emotional resilience, and enhance physical and mental health. Educational institutions and families play complementary roles in creating supportive environments where adolescents can develop healthy habits and make responsible lifestyle choices. Therefore, collaborative efforts involving educators, parents, healthcare professionals, and policymakers are essential for promoting healthy behaviors, preventing lifestyle-related diseases, and improving long-term health outcomes among adolescents.

Conclusion

The present study examined lifestyle risk factors and health awareness among adolescents and found that unhealthy lifestyle behaviors have a substantial influence on physical, mental, and overall health. The findings indicate that physical inactivity, unhealthy dietary habits, excessive screen time, inadequate sleep, psychological stress, and substance use are the major lifestyle risk factors affecting adolescent well-being. Conversely, adolescents with greater health awareness were more likely to adopt healthy lifestyle practices, make informed health-related decisions, and participate in disease prevention activities. These findings emphasize that improving health awareness is essential for reducing lifestyle-related risk behaviors and promoting healthier developmental outcomes during adolescence.

The study further revealed that health awareness, family support, school health education, regular physical activity, and access to reliable health information are the primary factors encouraging healthy lifestyle practices among adolescents. Educational institutions and families play a crucial role in fostering positive health behaviors by providing supportive environments, evidence-based health education, and opportunities for healthy living. Strengthening these factors can significantly improve physical fitness, psychological well-being, emotional resilience, and overall quality of life while reducing the long-term burden of lifestyle-related diseases.

In conclusion, promoting health awareness and encouraging healthy lifestyle behaviors during adolescence represent effective and sustainable strategies for improving lifelong health outcomes. Collaborative efforts among schools, families, healthcare professionals, community organizations, and policymakers are essential for implementing comprehensive health promotion initiatives that encourage responsible lifestyle choices, strengthen disease prevention, and contribute to healthier adolescents and more resilient communities.

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Conflict of Interest

The authors declare that there are no financial, professional, institutional, or personal conflicts of interest that could have influenced the design, conduct, interpretation, or publication of this study. The research was conducted independently, and the findings are presented objectively without any competing interests.

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