Title:
Disease Prevention with an Emphasis on the Lifestyle of Military Personnel
According to the Social Determinants of Health

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Abstract:
In recent years, the association between social factors and individuals' health status has been paid special attention to by health system researchers and policymakers. According to the WHO conceptual framework of Social Determinants of Health (SDH), lifestyle is one of the intermediary factors affecting the individuals' health and disease and is related to their individual, social and spiritual dimensions. Many of the health complications associated with lifestyle can be prevented or delayed using strategies for health promotion and prevention of disease. Preventing diseases affected by lifestyle and promoting physical and mental health requires knowledge of how life situations endanger people's health. Efforts made to improve health by enabling people to change their lifestyles should be in line with both the individual changes and social and living conditions changes which are effective in lifestyle. This review study has aimed to identify the dimensions of lifestyle, as one of the social determinants affecting health, and their role in the health and disease outcomes of the military personnel according to the World Health Organization framework.

Keywords:
Prevention, Lifestyle, Social Determinants of Health, Military Personnel

Link to the article:
https://www.civilica.com/Paper-JR_IJMR-JR_IJMR-2-2_001.html

This page contains a scientific article on disease prevention with an emphasis on the lifestyle of military personnel, according to the social determinants of health. The article discusses the association between social factors and individuals' health status and the importance of lifestyle in affecting health and disease. It highlights the need for knowledge of how life situations endanger people's health and the importance of enabling people to change their lifestyles. The study aims to identify the dimensions of lifestyle and their role in health and disease outcomes of military personnel. The keywords include prevention, lifestyle, social determinants of health, and military personnel. Link to the article is also provided.
نمایید.