

# Some health behaviours of final year students at the College of Medicine of the University of Lagos (CMUL), Lagos, Nigeria

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Conflictos de interés: Los autores declaran no tener conflictos de interés alguno.

## Abstract

**Background:** Health behavior can be described as behaviors expressed by individuals to protect, maintain or promote health status. For example, proper diet and appropriate exercise are activities perceived to influence health status. High-risk behaviors can significantly impact the lives of youth and those around them; hence parents, educators and other concerned adults should be aware of the prevalence of these behaviors, the factors that increase their likelihood, and what can be done to abate or prevent those risks [CDC, 2006; Eaton et al., 2006]. The students at the College of Medicine, University of Lagos (CMUL) are youths and also future health providers that will be involved in health promotion hence the need to determine their risk behavior. **Purpose:** This study was to assess the health behavior of final year students in CMUL.

**Study/Intervention Design:** Cross-sectional and descriptive

**Methods:** The study was a descriptive cross-sectional survey. Self-administered questionnaires were used to assess the health behaviors of 190 students. The questionnaire which was adapted from Centers for Disease Control and Prevention Youth Risk Behavior Surveillance System (YRBSS) had 7 sections: biodata, safety measures, alcohol intake, eating habits, physical activity, smoking and general hygiene. Analysis of data obtained was done using the EpiInfo for Windows. **Results:** Only 34.2% of the respondents mostly wore a helmet when riding on a motor bicycle. Less than half (42.3%) of the respondents always used a seatbelt when driving. About 4.2% drive after taking alcohol once in a week and 5.3% text or mail while driving. More than half (53.7%) ate fruits or vegetables (52.15%), 1-3 times in the past 7 days. Only 25.3% of the respondents were physically active in the past 7 days. The majority of respondents (88.4%) have never smoked cigarettes daily and 82.1% have never tried using marijuana. The majority (56.3%) of the respondents brush their teeth once daily while 35.3% brush their teeth two times daily. More than

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half of the respondents (55.6%) take a bath two times daily while 36.8% bathe once daily.

Conclusion: High risk behavior is not common among students of CMUL, hence they are most likely to contribute positively to health promotion in future. The few that are involved in risky behaviors should be counselled for a change in behavior.