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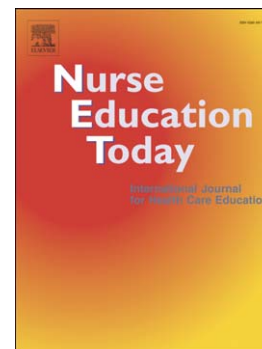
What works to encourage student nurses to adopt healthier lifestyles? Findings from an intervention study

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What works to encourage student nurses to adopt healthier lifestyles?

Findings from an intervention study.

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Background

Given the rising prevalence of preventable diseases caused in part by lifestyle choices, encouraging people to think about their health, whatever their profession, is important. Nurses are the largest occupational group within health services and student nurses who are the next generation of health promoters are said in many countries to be obese and have a poor diet (Blake, Malik, Mo, & Pisano, 2011), are smokers (Baron-Epel, Josephsohn, & Ehrenfeld, 2004; Fernandez, Martin, Molina, & De Luis, 2010), are not active enough to benefit their health (Irazusta et al., 2006), and drink in excess of recommended levels (Rabanales Sotos et al., 2015). Epidemiological and observational studies of nurses are limited (aside from the longitudinal Nurses' Health Study in the US). Studies of student nurses' health have tended to focus on specific behaviours and are not consistent, but do indicate that levels of health risk factors amongst students as well as registered nurses are at

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