ABSTRACT
The overall health of the population is strongly related to four health behaviors; smoking, drinking, exercise, and diet. Many conditions determine these behaviors, income and education included. Previous studies show that education correlates with income, drinking and smoking status. A cross-sectional survey of patients' health behaviors was conducted in seven family practice residency program clinics across the state of Texas where medical students surveyed 150 consecutive adults. Correlations between income and education and drinking behaviors proved to be statistically significant, while smoking, diet and exercise were not related to either income or education.

INTRODUCTION
The health of an individual is deeply influenced by personal surroundings and background. Socioeconomic status, for example, has a strong impact on all four health behaviors. Studies indicate that people with lower socioeconomic position and lower education are more likely to be smokers, over-weight, low physical activity and incur high health risk behaviors. Educated people have shown to have healthier lifestyles. Specifically, by not smoking, drinking only in moderation, exercising regularly, and watching their diet, educated people are typically healthier. Higher levels of education reduces the economic hardships that come with life, and improve the possibilities of finding a fulfilling career, thus affecting overall health. Studies have also shown that higher educated people are less likely to smoke, and have better health, economic status, and "personal/social resources". People with basic education levels are three times more likely to smoke than those with a college education or higher. In this study we examined the relationship between income and education and health behaviors of patients in seven Family Practice clinics in Texas.

RESULTS
Of 1078 respondents, 75% were women, 49% were Hispanic, and 28% were Caucasians. Ages ranged from 18 to 94, with a mean of 43 years.
Level of education was related to income. People with less than a high school education earned less than those with a high school education or higher. Most people in all income and education levels did not drink alcohol. High income and high education predicted drinking in general, and unsafe drinking in particular. At all income and education levels, most people were nonsmokers. Although not statistically significant, those with a high school education or less were more likely to be current smokers, while those with an education beyond high school were more likely to be previous smokers, but have quit since. Diet and exercise did not correlate significantly with either education or income levels.

DISCUSSION
Safe and unsafe drinking is more likely to occur in educated people with high incomes.

Diet and exercise were not related in any way with varying levels of income and education in this study. Smoking showed a modest association with education, but did not reach significance.

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