ABSTRACT
The sample consisted of 25% male and 75% female of which any gender differences in health behaviors such as drinking, correlations between gender and drinking, smoking, and physical activity were significant. (p<.001) BMI and diet did not differ by gender. The results are seen in the tables below. Overall, males were more active, drank more, and smoked more than women. Investigators observed that some pregnant women in this sample reported drinking alcohol. When analyzing the interactions between marital status and gender, investigators observed that unmarried men were more active than married men, but women, married or not, reported about the same level of physical activity. Unmarried men and women smoked more and drank more than married men and women.

RESULTS

INTRODUCTION
Gender Differences In Smoking

CONCLUSIONS
Overall the data show that men smoke and drink more than women. They tend to engage in more physical activity than women, but many are interested in changing their habits. On the other hand, this study does not fully support prior research that suggests that marriage or partnership increases healthier behavior. While married men and women smoke less and drank less alcohol, unmarried men were the most physically active.

METHODS
This cross-sectional survey of patients’ health behaviors was conducted in seven family medicine residency program clinics across the state of Texas. At each site, medical students surveyed 150 consecutive adult patients who presented for routine outpatient care, for a total of 1078 respondents. Surveys addressed four health behaviors (tobacco and alcohol use, physical activity, and diet), stage of behavioral change, health status including BMI and chronic conditions, and demographic characteristics.

REFERENCES

Gender Differences In Drinking

Gender Differences In Physical Activity

Gender Differences In Smoking

Gender Differences In Health Behaviors
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