

## Practices of Healthy Habits in Nursing Students in Latin America Based on Bibliographic Review at the International and National Level

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### Abstract

**Introduction:** The World Health Organization (WHO) defines a healthy lifestyle as the result of a series of habits that allow “a state of complete physical, mental and social well-being”, which implies that this concept goes beyond the existence or not of one or the other disease. This Monograph refers to Healthy Habit Practices in Nursing Students in Latin America.

**Objective:** To determine lifestyles in Nursing students in Latin America based on bibliographic review at the International and National levels.

**Methods:** Systematic review based on PRISMA protocol in the following databases: Dialnet, Scielo, ScienceDirect.

**Results:** After having carried out a thorough search in the different databases, in the end included 21 articles which met the criteria of inclusion, according to the grouping of the results emerged 5 main topics: food, physical activity, rest, sleep, alcohol consumption, tobacco and drugs.

**Conclusion:** A few decades ago, the main concern was infectious diseases and infant mortality, at the moment there is great concern about complications related to an unhealthy lifestyle where nursing students are involved nationally and internationally these complications are reflected in cardiovascular systems (hypertension), metabolic (diabetes, obesity), kidney disease, mental illness, alteration of the sleep pattern, among others.

**Keywords:** Nursing Students; Healthy Habits; Lifestyles; Diseases

### Introduction

The World Health Organization (WHO) defines a healthy lifestyle as the result of a series of habits that allow “a state of complete physical, mental and social well-being”, which implies that this concept goes beyond the existence or not of one or the other disease [1].

Within healthy lifestyle habits it is important to mention: physical activity, eat balanced and balanced diet, sleep 7 or 8 hours a day, good hydration, do not smoke and do not consume alcohol. Adopting healthy lifestyle habits is critical for the body, this helps to decrease stress levels, lose weight, protect the immune system and improve brain performance.

According to studies, it is found that during adolescence behaviors that negatively impact health are learned and are consolidated in youth being difficult to change in adult life, therefore, incorporating healthy lifestyle habits plays a very important role in people's lives, as this knowledge allows the development of healthy behaviors.

Systematic review of articles shows that major health problems in young university students in nursing careers are related to their bad eating habits, exposing them to risks that can be discussed in a negative way.

This monograph is based on determining healthy lifestyle practices in nursing students, showing the results obtained to be taken as an example and raising awareness of the study population.

### **Problem statement**

What are the practices of healthy habits in University Students of Nursing in Latin America based on bibliographic review at the International and National level?

### **Justification**

Health has been conceptualized in various ways throughout human history, up to the current conception of health as a product or social construction, a definition that considers health in humans not to be a biological phenomenon, but an integrated and dynamic sociobiological process [2-4].

Men and women are social beings par excellence and their biological processes are in constant interaction with social processes, giving each other a transformation [5]. The above concept of health involves the rethinking of health care, for which work in disease prevention and health promotion is indispensable. The Ottawa Charter for the Promotion of Health sets out five main elements, but only two are taken:

- The development of personal skills.
- The creation of favorable environments.

The two incorporate healthy lifestyles and building a working environment that promotes the well-being of the individual.

It is undeniable that disease prevention and health promotion are two high-priority issues in public health policies and actions in today's world.

Globally, it has been shown that the lifestyles of nursing students are not appropriate, leading to diseases such as hypertension, obesity, among others, causing around 16 million deaths worldwide.

It is no surprise that people's behavior is directly related to lifestyles, defined by the World Health Organization (WHO) as follows: lifestyle understands aspects related to individual behavior; especially those patterns of behavior sustained over a relatively long period and a number of daily activities or habits such as: nutritional characteristics, hours of wakefulness and rest, smoking habit, use of alcohol and other stimulants, physical exercise and other features of the context in which individuals develop (World Health Organization 1988) Quiroga Iris [6-8].

Sleep time, eating habits, food management, body weight, recreation, physical activity, abstention or use of alcohol, tobacco and recreational drugs, among other behaviors make people prone to the disease or maintain their optimal health.

Therefore, intervening in lifestyles becomes one of the most effective actions for disease prevention and health promotion, so that it is increasingly common for doctors to recommend to their patients the modification of certain behaviors that violate their health.

Healthy lifestyles are of paramount importance in improving the quality of life of the population, even more so when there has been a problem in the country with the growth of chronic noncommunicable diseases (diabetes, hypertension, cancer, respiratory diseases) caused by the consumption of harmful foods, sedentary lifestyle and stress-related factors.

The realization of this monograph is based on a bibliographic review of healthy practices carried out by the study population in order to raise awareness and raise awareness of the benefit they bring to their health.

### Objective of the Study

As a general purpose was to determine lifestyles in nursing students in Latin America based on international and national literature review [9,10]. As specific objectives, three were raised, identify the habits and practices of healthy lifestyles in the study population, establish the risk factors to which nursing students are exposed day by day and publicize the possible complications generated from inadequate lifestyles.

### Methodology

#### Design

The systematic review was carried out on the basis of the PRISMA protocol using a documentary and descriptive review methodology, which took into account scientific articles and bibliographic reviews concerning healthy habit practices in nursing students in Latin America based on bibliographic review at the international and national levels [11-13].

#### Inclusion criteria

- Articles on healthy habit practices in Nursing students.
- Review of articles with no more than 10 years.
- Review of articles at national and international level.

#### Exclusion criteria

- Clinical practical guide.
- Practice resolution of healthy habits.
- Reflection articles.
- Conferences and recommendations on healthy habit practices.

#### Search

A systematic search of the literature was carried out in the databases:

- Dialnet.
- Scielo.
- ScienceDirect.

Related to healthy habits in Nursing students at the Latin American level in 2015 - 2020 [14].

#### Study selection

According to the selected articles, 200 were identified, of which 120 were excluded because they did not meet the inclusion criteria, 80 remained of which were related to the title of the work, 70 were taken for a more exhaustive review, they were excluded 49 articles for not meeting the inclusion criteria and only 21 articles that met these standards were taken according to the established criteria.

### Results

After a thorough search of the different databases, in the end 21 articles were included which met the Inclusion Criteria. In the studies included, all participants were found to be undergraduate nursing students. According to the grouping of results, 5 main topics emerged:

food, physical activity, rest, sleep, alcohol consumption, tobacco and drugs. Due to a lack of adherence to healthy lifestyles, they are exposed to chronic noncommunicable diseases (NTTDs) [15-18].

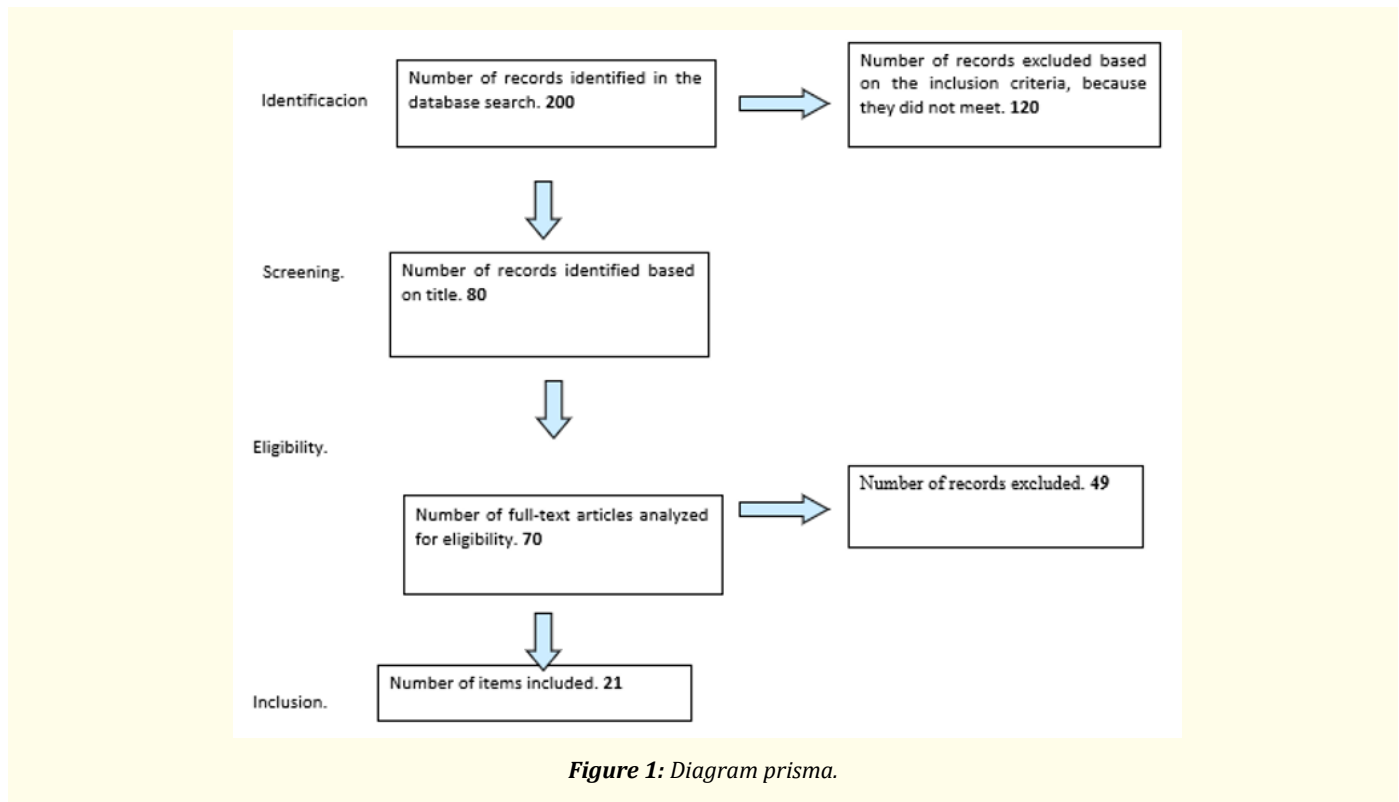


Figure 1: Diagram prisma.

Authors	Year	Country	Studio Design	Objective	Conclusion
Romero Mercedes, Silva Paola, Torres Sandra, Vargas Elsa.	2017	Venezuela	Descriptive with cross-cutting quantitative approach	Determine the main behaviors that make up the lifestyles of nursing students at a public university.	Students surveyed have healthy practices, with the exception of the dimensions of physical activity and leisure time; they are also satisfied with their lifestyles, regardless of whether or not they are healthy.
Elveny Laguado Jaimes, Gómez Díaz Martha Patricia.	2015	Colombia	Cross-sectional descriptive	Determine healthy lifestyles in Nursing students of the Cooperative University of Colombia - Bucaramanga Headquarters, using Nola Pender's SIXI instrument that has six dimensions: responsibility for health, nutrition, physical activity, stress management, interpersonal and spiritual relationships in Nursing students. M	Healthy habits are not routinely performed. They enhance risky behaviors for chronic noncommunicable diseases, which can interfere with the reduction of disability and mortality as a result of these pathologies.

Cervantes Jorge, del Toro Valencia Marcela Patricia, Chavez López Joanna Koral	2018	Mexico.	Quantitative non-experimental design of correlal descriptive scope	DL and lifestyles in students in the area of health of a public university.	There is a need for adolescents and young college students to promote practices and behaviors that constitute healthy lifestyles with particular emphasis on eating, exercise, responsibility behaviors in their stress management health.
Canova Carlos.	2017	Colombia.	Descriptive cross-section with quantitative focus	Write the behaviors associated with the lifestyles of nursing students (Santa Marta, Colombia) from the dimensions: Family and friends, Associativity and physical activity, Nutrition, Tobacco, Alcohol and other drugs, Sleep and stress, Work and personality type, Introspection, Health and sexual behavior control, and other behaviors.	A predominance of healthy practices was evident in most dimensions, with the exception of associativity and physical activity, nutrition, sleep and stress, and sexual health and behavior control.
Villavicencio Maria del Carmen, Deza Irene, Dávila Rocío del Pilar.	2020	Peru.	Cross-sectional descriptive	Determine the relationship between lifestyles and academic performance of students of the Faculty of Nursing, Hermilio Valdizán National University, in Huánuco, Peru in 2019.	The lifestyles students practice are significantly related to academic performance.
García Cleotilde, Gómez Vicenta, Morales Matiana, Chaparro Diaz Lorena, MoralesSonia.	2018	Mexico.	Quantitative descriptive and cross-sectional type	Write the healthy lifestyle of nursing students at the Autonomous University of the State of Mexico.	Risk factors in the lifestyle of nursing students can be improved by strengthening the adoption of progressive healthy practices that do not involve drastic changes but healthy transitions.
García Cleotilde, Gómez Vicenta, Morales Matiana, Chaparro Díaz Lorena, Carreño Moreno Sonia.	2019	Mexico.	Descriptive and exploratory	Describe groups of Nursing students according to a healthy lifestyle indicator.	The vast majority of Nursing students clustered in the unhealthy lifestyle cluster. Strengthening healthy lifestyle promotion actions is required in college settings.

Sosa Cardenas Maria Rebeca, Puch-Ku Eloisa Beatriz del Socorro, Rosado Alcocer Lygia.	2015	Mexico.	Quasi experimental longitudinal	To land the effect of educational support on the eating habits of students of the second semester of the Bachelor of Nursing of the Autonomous University of Yucatan (UADY).	Educational support improves students' eating habits.
Diaz Flora Martha, Ninahuaman Linda Karim, Figueroa Cabezudo María Elena.	2017	Peru.	Quantitative with a descriptive cross-sectional method	Determining eating habits and their relationship to the nutritional status of nursing students at the National University of San Luis Gonzaga de Ica" September 2015 August 2016	There is a relationship between eating habits, student nutritional status and their lifestyles.
Laura González, Cristina Carreño, Alejandro Estrada, Julia Monsalve, Luz Stella Alvarez.	2017	Santiago de Chile.	Cross-sectional descriptive	Investigate the frequency of excess weight (EP) and some of its associated factors in students of the University of Antioquia-Colombia.	A significant percentage of college students had excess weight established from BMI. However, it is important to promote university spaces that advocate for healthy lifestyles.
Núñez Guzmán Nora Angelica, Carranza Madrigal Jaime.	2012	Mexico.	Observational, prospective, cross-sectional	To land the degree of knowledge about overweight and obesity, eating habits, self-perception and the actual status of Nursing students.	The impact needed to raise awareness of the importance of caring for your diet has not been achieved.
Muñoz angel Martha, Uribe Urzola Alicia.	2013	Colombia.	Non-experimental descriptive type	Identify the lifestyle from the beliefs, as well as analyzing the socioeconomic stratum variable in the context of the university educational level.	There is a healthy lifestyle prevalence, with discrepancies between practices and beliefs, and in relation to the socioeconomic stratum, no significant differences were present.

Herazo Beltrán Yaneth, Núñez Bravo Narledis, Sánchez Guette Lilibeth, Vásquez Osorio Fermina, Lozano Ariza Angel.	2020	Colombia.	Transversal	Develop the factors that explain the healthy lifestyles of college students in order to define health promotion programs in educational institutions.	Lifestyle improvement strategies based on health promotion programs implemented by universities are imperative.
Suescún Carrero Sandra Helena, Sandoval Cuelar Carolina, Hernández Piratoba Fabian Hernán.	2017	Colombia	Cross-section descriptive	Identify healthy lifestyles in college students.	Factors such as household abandonment, change in nutritional habits, academic activities, and sleep and rest patterns interfere with an attempt to maintain a healthy life.
Varela Arévalo María Teresa, Ochoa Muñoz Andrés Felipe, Tovar Cuevas José Rafael.	2016	Colombia.	Descriptive cutting cross-section	Identify groups among young people enrolled at a private university in Cali, from eight dimensions related to their lifestyles	The typologies found will allow for targeted interventions that consider the characteristics of different types of young people, achieving better results and optimizing the available resources.
Magdalena Elizabeth, Bertoni Jasna	2014	Chile.	Descriptive	In-detail about the concept of lifestyle and lifestyles of Ibero-American university students based on available evidence	Young university students are a vulnerable population that must be investigated in a particular way, to create and evaluate intervention programmes according to their needs.
Gómez Cruz Zoila, Landeros Ramírez Patricia, Romero Velarde Enrique.	2016	Mexico.	Transversal	Identify lifestyle characteristics and health risks in students at a public university.	Cardiovascular risk exists in young college students surveyed, and health risk factors such as alcohol and tobacco use were identified
Zambrano Bermero Rosa Nury, Rivera Romero Viviana.	2020	Colombia.	Cross-section correlate	Determining lifestyles for students the technological careers of an Education Institution Superior of the Health Area.	Studying a health career is not enough for students to avoid risky behaviors and lifestyles that favor their own health.

Sanabria Pablo Alfonso, González Luis, Urrego Diana.	2017	Colombia.	Correlal descriptive study	And establish the frequency of healthy behaviors in a sample of Colombian health professionals and establish if there is any relationship between their level according to the biomedical model and their lifestyle. To this end, the Questionnaire of Practices and Beliefs on Lifestyles, taken from Salazar and Arrivillaga (1)	It was concluded that this situation may be inducing professionals, in addition to poor health in the future, an attitude that does not favor the promotion of healthy habits in their patients and the practice of a more healing than preventive medicine.
Rodríguez Rodríguez Fernando Javier, Espinosa Oteiza Luis Rene, Gálvez Carvajal Jorge.	2013	Chile	Descriptive, quantitative and cross-cutting	To land nutritional status and some lifestyle-defining components in this group of students.	The main components of the healthy lifestyle are deteriorated and could project a worsening of these factors, transforming the “university cycle” into a transition period that influences the development of Chronic Noncommunicable Diseases.
Martha Ligia Velandia Galvis, Jean Carlos Arenas Parra, Nohora Ortega Ortega.	2015	Colombia.	Quantitative, descriptive and transversal	Determine the main behaviors that make up the lifestyles of nursing students at a public university	The students surveyed have healthy practices, with the exception of the dimensions of physical activity and leisure time; they are also satisfied with their lifestyles, regardless of whether or not they are healthy.

**Table 1:** Summary of studies included in the systematic review.

## Discussion

According to the revised literature, the behaviors of nursing students versus healthy lifestyles are evident:

- **Gender:** Gender prevalence, compared to the studies analyzed, denotes those healthy lifestyles mostly affect women, with 90% more affected population, leading to the implementing of unhealthy eating such as (Junk Food) [19].
- **Age:** In terms of ages, the average is 19 - 35 years, with this population group being 80% the most who face poor practices of healthy habits.
- **Academic level:** A large number of people who participated in the various studies showed that they were in the semesters ahead (55%). This states that students in higher semesters did not have much time for healthy habit development due to high school days and training practices.
- **Extensive study hours:** Late study is a major factor when talking about healthy habits, as this incidence enables misconduct when implementing optimal diet and lifestyle.



- **Eating habits:** Due to poor food practices most students consume junk foods, refined sugars, frying and this means increasing chronic noncommunicable diseases (TSDs) [20].
- **Sleep pattern and restore:** Due to the academic burden required by the career, the individual tends to rest less than the established hours where mental and physical exhaustion is reflected by lack of rest even affecting the integrity of health, concentration and academic performance.
- **Physical activity:** Most students do not perform physical activity, due to the lack of time due to high days of study, for personal or work reasons, being reflected in their physical, psychological aspect.
- **Stress:** The high requirement of study according to the number of subjects that the career has added to the independent study that involves the development of activities and the deepening of these topics, students present an over-load that are difficult to manager since they do not distribute academic activities as a priority.

## Conclusion

According to the bibliographical review carried out on the lifestyles of nursing students at national and international level it can be concluded that:

1. As for healthy practices, it was identified that nursing students have knowledge about these practices as their goal is to obtain a health benefit, more however some of these students do not carry them out.
1. With regard to risk factors, the risk is increased by sedentary lifestyle, excessive fat consumption, poor fiber consumption in the diet, excessive consumption of fast food, carbonated beverages, alcohol, which leads to students developing cardiovascular diseases such as hypertension and hypercholesterolemia; metabolic diseases such as diabetes; mental health-affecting diseases such as depression, including others [21,22].
2. A few decades ago, the main concern was infectious diseases and infant mortality, at the moment there is a great concern about complications related to an unhealthy lifestyle where nursing students are involved nationally and internationally these complications are reflected in cardiovascular systems (hypertension), metabolic (diabetes, obesity), kidney disease, mental illness, alteration of the sleep pattern, among others.

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