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**ASSESSMENT OF HEALTHY LIFESTYLE BEHAVIORS IN WOMEN BETWEEN THE 18-64 AGE
GROUPS: SAMPLE OF TURKEY PROVINCE**

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Background: Healthy lifestyle is one of the determinants of health and are intended to reduce and eliminate behavioral risk factors. Improvement of women's health plays a vital role not only on women's health but also on welfare of their families and society.

Objective: The aim of the this study was to determine healthy lifestyle behaviors and affecting factors between the ages of 18-64 women.

Material-Method: This descriptive and cross-sectional study was performed in October 2013 in the two family health centers in province of Corum. The population of study was consisted of 310 women. Survey was performed with 249 women who agreed to participation in the study without sample selection. Achievement rate was 80.3%. Socio-demographic questionnaire form (20 items) and Healthy Lifestyle Behaviors Scale (HPLP-48 items) was used. The data was analyzed by SPSS 17.0 program with independent t test and One-Way ANOVA (Post-hoc Tukey) test. $P < 0.05$ and $p < 0.001$ was considered as the statistically significant values.

Results: In this study we found HPLP total score as 115.78 ± 36.20 with a high level. Ages, work status, BMI, physical activity, smoking habits, clinical breast examination, mammography, measurement of blood sugar, cholesterol and bone density in last one year, general health status were the effective independent variables on the HPLP scores.

Conclusions: It would be useful increasing the levels of women's education, integrating the programs carried out at national level into primary health care services for the promotion and protection of women's health in our country.

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