Effect of parity on Women` s health promoting lifestyle at the first year after childbirth

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Abstract:

Background: Health-promoting lifestyle not only prevents diseases or discomfort but also improves the individual’s general health and well-being. Global burden of women’s problem in the postpartum period is enormous while few studies have been undertaken to examine the role of parity difference in women's lifestyle.

Objective: The aim of this study was to assess the effect of parity on health promoting lifestyle among women in the first year after childbirth.

Method/Design: This cross-sectional study was performed in governmental health centers, Zanjan, IRAN, 2016. This study was conducted with 310 women. A proportionate stratified random sampling technique was used to select participants. The questionnaire consisted of two parts; the first part consisted of questions that assessed the socio-demographic and obstetric characteristics, and the second part was the “Health Promotion Lifestyle Profile 2” (HPLP2). The data were analyzed using SPSS software version 22. Data analysis included percentage, arithmetic average, and ANOVA tests.

Results: The results showed that 53.9% of the women had one parity, 36.1% had two parities, and 10% had three and above parities. The mean total HPLP2 was 131.28±15.37 (interpersonal relationships domain, 24.32±4.04; nutrition domain, 23.90±3.09; spiritual growth domain, 25.64±4.50; stress management domain, 17.15±3.73; health responsibility domain, 24.59±4.42; and physical activity domain, 14.68±3.41). Women who had two parities...
had a higher score in health responsibility, 25.63±4.39; and physical activity, 15.41±3.66 domains than the other groups.

**Conclusions:** The health behavior of women was moderate. A statistically significant correlation was found between the number of parities and the health responsibility and physical activity, which are the domains of the HPLP2 scale.

**Keywords:** parity, lifestyle, postpartum