

Effect of health behaviors on presentation and condition of the skin – a preliminary report

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ABSTRACT

Introduction: Skin condition is determined by multiple factors, among them some which are beyond human control. However, it can be also indirectly modulated by positive health behaviors and cosmetic procedures.

Objective: To analyze health behaviors and knowledge of factors determining skin condition among Polish university students.

Materials and methods: The diagnostic survey, based on a questionnaire developed by the authors, included a total of 75 respondents.

Results: The largest proportion of the study participants evaluated condition of their skin as moderate (41.3%). According to most respondents, skin condition is positively affected by balanced diet (78.7%), physical activity (68%), collagen (68%), calcium (41.3%) and diet rich in vegetables, fruits, fish, rice and grits. Up to 60% of the study subjects

declared present or past intake of dietary supplements, 44% used dedicated cosmetics for facial skincare, and 58.7% consumed 1-2 liters of fluids per day. Sweetened beverages, alcohol, excess of coffee, tea and herbal infusions were considered unfavorable for skin health, similar to stimulants, such as cigarettes, alcohol, drugs and coffee. Up to 38.7% of the respondents declared a sedentary lifestyle. In the participants' opinion, stimulants (85.3%), lack of hygiene (76%), inappropriate fluid repletion (68%) and too low physical activity (62.7%) are the most harmful factors for skin health.

Conclusions: The study participants had basic knowledge of health behaviors and their beneficial or detrimental effects on the condition of human skin. The majority of the respondents used skincare cosmetics dedicated to a given body area.

Keywords: Skin, health behaviors, knowledge

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