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How many may the healthy behaviors make quality of life and self-rated health better?

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The purpose of this study was to suggest how many health behaviors and which one could improve the quality of life and self-rated health. The three hundred eighty (380) subjects from general population participated in this study. The seven kind of health behaviors, so called sleep habit, alcohol, smoking, regular excise, snack, breakfast and appropriate weight were surveyed as health behaviors and SF 12 questionnaire and self-rated health instrument were used to evaluate participant's health state. The sufficient sleeping, regular exercise and morning meal were significant in self-rated health and the sufficient sleeping and morning meal were significant in quality of life. Three healthy behaviors or more keep self-rated health good and five healthy behaviors or more keep quality of life higher. This study suggests that health behaviors were related to quality and self-rated health and at least three health behaviors or more is recommended to keep healthy.

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