

- gpt&nrm=iso"&HYPERLINK "http://pepsic.bvsalud.org/scielo.php?script=sci_arttext&pid=S0034-96902007000200006&lng=pt&nrm=iso"pid=S0034-96902007000200006HYPERLINK "http://pepsic.bvsalud.org/scielo.php?script=sci_arttext&pid=S0034-96902007000200006&lng=pt&nrm=iso"&HYPERLINK "http://pepsic.bvsalud.org/scielo.php?script=sci_arttext&pid=S0034-96902007000200006&lng=pt&nrm=iso"lng=ptHYPERLINK "http://pepsic.bvsalud.org/scielo.php?script=sci_arttext&pid=S0034-96902007000200006&lng=pt&nrm=iso"&HYPERLINK "http://pepsic.bvsalud.org/scielo.php?script=sci_arttext&pid=S0034-96902007000200006&lng=pt&nrm=iso"nrm=iso
23. Honduras. Secretaría de Salud . Programas de la Secretaría de Salud para la prevención y control de las principales enfermedades de Honduras: El Programa Nacional de Promoción de la Salud [en Internet]; 2010:1-16. Disponible en: <http://saludpublica101.files.wordpress.com/2012/03/programas-de-salud-pc3babclica-de-honduras.pdf>
24. Sánchez PH, Alonso JD, Sevillano PL, González MDE, Valle MI, López GM, et al. Prevalencia de obesidad y sobrepeso en adolescentes canarios. Relación con el desayuno y la actividad física. Medicina Clínica [Revista en Internet]. 2008 [citado Junio 2013];130(16):606-10. Disponible en: <http://www.sciencedirect.com/science/article/pii/S0025775308715227>.
25. Fernández-Ramírez A, Moncada-Jiménez J. Obesidad y sobrepeso en la población estudiantil costarricense entre los 8 y 17 años. Rev costarric cienc méd. [Revista en Internet]. 2003 [citado 6 julio 2013];24(3-4):95-113. Disponible en: http://www.scielo.sa.cr/scielo.php?script=sci_arttextHYPERLINK "http://www.scielo.sa.cr/scielo.php?script=sci_arttext&pid=S0253-29482003000200003&lng=es"&HYPERLINK "http://www.scielo.sa.cr/scielo.php?script=sci_arttext&pid=S0253-29482003000200003&lng=es"pid=S0253-29482003000200003HYPERLINK "http://www.scielo.sa.cr/scielo.php?script=sci_arttext&pid=S0253-29482003000200003&lng=es"&HYPERLINK "http://www.scielo.sa.cr/scielo.php?script=sci_arttext&pid=S0253-29482003000200003&lng=es"lng=es.
26. DeNegri NL, Distefano AE, Galarza LJA, Ojeda NK. Estudio epidemiológico de hipertensión arterial en el C.A.P.S. N° vii de Laguna brava en corrientes capital. Rev Posgrado Vía Cátedra Med. [Revista en Internet]. 2009 [citado Junio 2013];140:18-21. Disponible en: <http://med.unne.edu.ar/revista/revista140/hta.pdf>.
27. Suarez Cobas L, Rodríguez Constantín A, Tamayo Velásquez JL, Rodríguez Beyrís RP. Prevalence of hypertension in adolescents aged between 15 and 17 years. MEDISAN [Internet]. 2009 [citado Junio 2013];13(6). Disponible en: http://www.bvs.sld.cu/revistas/san/vol13_6_09/san07609.pdf
28. Troost JP, Raferty AP, Luo Z, Reeves MJ. Temporal and Regional Trends in the Prevalence of Healthy Lifestyle Characteristics: United States, 1994–2007. Am J Public Health. 2012; 102(7): 1392-1398.

ABSTRACT. Background: In Honduras there are limited publications about healthy lifestyles. The WHO considers non transmitted chronic diseases the leading cause of death and disability worldwide. Many of these diseases have their origin in teenagers by the adoption of unhealthy lifestyles and risk behaviors. The objective of this study is to determine unhealthy lifestyles and associated factors to these diseases in a group of students. **Population and Method:** A transversal descriptive study was performed in 240 highschool students in urban-rural area at La Esperanza, Intibuca towns during June 2012-2013. A survey that collected social, demographic and lifestyle information with personal and familiar pathologic backgrounds was applied. Vital signs and anthropometry were measured. **Results:** 162/240 (77.5%) students were teenagers, 33.3%(80/240) students among 12 and 24 years old had sex during the last year of which 43.5%(35/80) had more than 1 couple and 18%(15/80) did not use a birth control method. In relation to healthy lifestyles, 20.4%(49/240) walked less than 30 min/day, 14.5%(10/69) smoked and 12.1%(29/240) are overweighted. The most frequently family background found were arterial hypertension and diabetes, 40.4%(97/240) and 19.6%(47/240) respectively. **Discussion:** Non transmitted chronic diseases are now an epidemic, identify and intervene on the preventable risk factors affecting them, can reduce the burden to health care systems. This group of students, especially teenagers, had at least 2 or more risk factors in their lifestyle conditioning them to non transmitted chronic diseases and sexually transmitted infections.

Keywords: Healthy behavior, healthy lifestyle, obesity, risk factors, sedentary.