

Table 1) Health promoting behaviors in terms of demographic characteristics of subjects (n=465)

Variables		Number (Percentage)	Mean (±Standard Deviation)	Significance Level
Gender	Female	221(47.5)	1.71±0.37	0.011
	Male	244(52.5)	1.86±0.41	
Age (Year)	60-69	262(56.3)	1.86±0.39	0.008
	70-79	168(36.1)	1.72±0.41	
	80-89	35(7.5)	1.59±0.44	
Marital Status	Married	326(70.1)	1.86±0.44	0.212
	Widow/Widower	122(26.2)	1.71±0.39	
	Divorced	17(3.7)	1.78±0.51	
Occupation Statuses	Retired	282(60.6)	1.80±0.41	0.184
	Employed	141(30.3)	1.79±0.35	
	Unemployed	42(9.1)	1.72±0.36	
Education Level	Elementary School	198(42.6)	1.67±0.39	p<0.001
	Junior High School	173(37.2)	1.72±0.40	
	Diploma and Higher	94(20.2)	2.17±0.31	
Economic Status	Good	73(15.7)	2.06±0.35	p<0.001
	Moderate	201(43.2)	1.84±0.39	
	Bad	143(30.8)	1.68±0.53	
	Very Bad	48(10.3)	1.50±0.42	

Table 2) Results of regression analysis to predict health promoting self-care behaviors

Model Variables	Regression Coefficient	Slope (β)	t Value	Level of significance	Explaining Factor (R^2)
Perceived Barriers	-0.233	-0.311	-3.211	0.001	37%
PerceivedSelf-Efficacy	0.198	0.251	2.995	0.001	
Perceived Severity	0.121	0.199	2.332	0.001	
Constant Value	0.745		2.112	0.001	