

Toward Health Promotion: Physical and Social Behaviors in Complete Health

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Objective: To examine the effects of physical and social behaviors on “complete health.” **Methods:** “Complete health” was constructed from measures of physical and mental health collected through the National Survey of Midlife Development in the United States (MIDUS; n=3032). Multinomial regression models examined the association of complete health with physical and social behaviors. **Results:** The odds of complete health were greatest

among those who exercised, never smoked, attended church regularly, and had frequent contact with friends. Some “social” behaviors exerted effects comparable to “physical” behaviors. **Conclusions:** Interventions targeting social behaviors may yield similar gains to complete health as physical behaviors.

Key words: complete health, lifestyle, optimal health, health behaviors, social behaviors

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