4.2: Cultural Factors Affecting Health and Disease

In order to improve the health behaviors of the community, cultural factors affecting health behavior and health care services need to be clearly recognized [12, 13].

The individuals’ beliefs about health, attitudes and behaviors, past experiences, treatment practices, in short their culture, play a vital role in improving health, preventing and treating diseases [14].

Cultural variables can be motivational factors in health-disease relationships, [9].

Cultural factors/variables can be listed as in the following list

1. Socioeconomic status
2. Family pattern
3. Gender roles and responsibilities
4. Marriage patterns
5. Sexual behavior
6. Preventive patterns
7. Population policy
8. Pregnancy and birth practices
9. Body
10. Nutrition
11. Dressing/wearing
12. Personal hygiene
13. Housing arrangements
14. General health regulations
15. Professions
16. Religion
17. Habits
18. Culture-induced stress
19. Status of immigrants
20. Substance use
21. Leisure time habits of
22. Pets and birds
23. Self-healing strategies and therapies [8].