

Lifestyle profile among faculty and administrative staff at a university

Perfil del estilo de vida en docentes y administrativos de una universidad

Perfil do estilo de vida em professores e administradores de uma universidade


Esperanza Cabrera-Díaz¹
Pedro León Reyes-Gaspar²
Sergio Charry-Méndez³


Abstract


Objective: To determine the behaviors of the lifestyle in teachers and administrators of a public university in Colombia. **Materials and methods:** cross-sectional descriptive quantitative research. The sample size was 178 teachers and administrators, using simple random sampling. A self-completed questionnaire was applied, consisting of a sociodemographic record and the fantastic instrument, designed by the Department of Family Medicine of the McMaster University of Canada, adjusted by the researcher Pedro Reyes Gaspar, obtaining a Cronbach's Alpha of 0.706, and a coefficient Spearman Brown $r=0.616$ and Guttman's two-half correlation $r=0.615$. The data was worked through the SPSS version 24 program, through univariate descriptive statistical analysis of frequencies and contingency tables. **Results:** 40% of the population is not physically active, more than half of teachers and administrators say they do not eat a proper diet, 26% almost never sleep well and feel rested, 29% sometimes sleep well and rest. 50% are sometimes able to cope with stress in their lives and 10% can hardly ever handle stress. Health risk was identified in teachers in the dimensions of physical activity, nutrition, sleep and stress ($p.000$) compared to administrative staff. **Conclusions:** it was found that the lifestyle profile of teachers and administrators at a public university in Colombia is characterized by physical inactivity, poor nutrition, poor stress management and sleep disorders.

Keywords: Lifestyle; Teacher; Health promotion; Chronic disease; Administrative.

Autor de correspondencia*

¹ Psychologist. Master's in Education and Community Development. Specialization and Doctorate in Bioethics. Full-time Faculty in the Medicine program at Surcolombiana University. Neiva-Colombia. Correo: cabreraesperanza@usco.edu.co  0000-0001-8868-2832.

² Medical Doctor. Universidad Central del Ecuador, Quito. Specialization in Health Services Management and Epidemiology. Doctorate in Health Sciences. Full-time Faculty in the Medicine program at Surcolombiana University. Neiva-Colombia. Correo: reyesgaspar@usco.edu.co  0000-0002-1597-409X.

³ Psychologist, Surcolombiana University. Psychologist in the Usco Saludable institutional project at Surcolombiana University. Neiva-Colombia. Correo: sergio.charry@usco.edu.co  0000-0002-0949-3791.

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Resumen

Objetivo: Determinar los comportamientos del estilo de vida en docentes y administrativos de una universidad pública de Colombia. **Materiales y métodos:** Investigación cuantitativa descriptiva de corte transversal. El tamaño de la muestra fue de 178 docentes y administrativos, mediante un muestreo aleatorio simple. Se aplicó un cuestionario auto diligenciado compuesto por una ficha sociodemográfica y el instrumento fantástico, diseñado por el Departamento de Medicina Familiar de la Universidad McMaster de Canadá, ajustado por el investigador Pedro Reyes Gaspar, obteniendo un Alfa de Cronbach, de 0,706, y un coeficiente de Spearman Brown $r=0,616$ y la correlación dos mitades de Guttman $r=0,615$. Los datos se trabajaron a través del programa SPSS versión 24, mediante análisis estadístico descriptivo

univariado de frecuencias y tablas de contingencia. **Resultados:** El 40% de la población no es activa físicamente, más de la mitad de los docentes y administrativos aseguran que no ingieren una dieta adecuada, el 26% casi nunca duermen bien y se sienten descansados, el 29% algunas veces duerme bien y descansa. El 50% algunas veces es capaz de hacer frente al estrés en sus vidas y 10% casi nunca puede manejar el estrés. Se identificó riesgo en salud en los docentes en las dimensiones de actividad física, nutrición, sueño y estrés (p.000) en comparación con los administrativos. **Conclusiones:** Se halló que el perfil de estilo de vida en docentes y administrativos de una universidad pública de Colombia se caracteriza por la inactividad física, una mala alimentación, un mal manejo del estrés y trastornos del sueño.

Palabras claves: Estilo de vida; Docente; Promoción de la salud; Enfermedad crónica; Administrativo.

Resumo

Objetivo: Determinar os comportamentos do estilo de vida em professores e administradores de uma universidade pública na Colômbia. **Materiais e métodos:** pesquisa quantitativa descritiva transversal. O tamanho da amostra foi de 178 professores e gestores, utilizando amostragem aleatória simples. Foi aplicado um questionário autopreenchido, composto por um registro sociodemográfico e o instrumento fantástico, elaborado pelo Departamento de Medicina de Família da Universidade McMaster do Canadá, ajustado pelo pesquisador Pedro Reyes Gaspar, obtendo um Alfa de Cronbach de 0,706, e um coeficiente Spearman Brown $r=0,616$ e correlação de duas metades de Guttman $r=0,615$. Os dados foram trabalhados por meio do programa SPSS versão 24, por meio de análise estatística descritiva univariada de frequências e tabelas de contingência. **Resultados:** 40% da população não é fisicamente ativa, mais da metade dos professores e gestores dizem não ter uma alimentação adequada, 26% quase nunca dormem bem e se sentem descansados, 29% às vezes dormem bem e descansam. 50% às vezes são capazes de lidar com o estresse em suas vidas e 10% dificilmente conseguem lidar com o estresse. O risco à saúde foi identificado nos professores nas dimensões atividade física, nutrição, sono e estresse (p.000) em relação aos funcionários administrativos. **Conclusões:** verificou-se que o perfil de estilo de vida de professores e administradores de uma universidade pública na Colômbia é caracterizado por inatividade física, má nutrição, má gestão do estresse e distúrbios do sono.

Palavras-chave: Estilo de vida; Professor; Promoção da saúde; Doença crônica; Administrativo.

Introduction

Lifestyles are determined by social, socioeconomic, environmental, and traditional interactions that motivate people's behaviors, guiding their way of life (1). Lifestyles are continuously aligned with the decisions made, affecting or favoring health status. Therefore, each decision made by individuals causes their behavior patterns to be not fixed but rather in transformation. Hence, these patterns can bring about profound changes in health.

Currently, the epidemiological profile of the disease

model has undergone significant changes, as seen in the decrease of infectious diseases, thanks to scientific advances, vaccine creation, medications, and prevention actions that protect the general population. However, this space has been occupied by chronic-degenerative diseases. This process has increased researchers' interest in developing studies that examine the relationship between human behaviors and the origin of diseases, leading to the evidence that the morbidity and mortality of some diseases have a constant relationship with the lifestyles of specific population groups. In this sense, it is important to highlight lifestyles as a transcendental factor in the health-disease process.

Non-communicable diseases (NCDs) are pathologies of prolonged duration, slow evolution (2), and represent a challenge for health services and public health due to their dimension, high level of mortality and morbidity, percentage of disease burden with the loss of healthy and productive years in the population, global socioeconomic impact, and high treatment costs (3, 4). Among them, there are cardiovascular diseases, chronic respiratory diseases, various types of cancer, and diabetes. NCDs are the leading cause of death in the world, accounting for 41 million deaths each year, which is 71% of the deaths recorded worldwide (5). Initially, these deaths were related to the elderly, but each year, 15 million of these deaths occur in people aged 30 to 69 years, with more than 80% of these deaths occurring in developing countries (5). For this reason, they are considered a public health problem (6). In Colombia, NCDs contribute to 110,000 deaths annually (7). According to the Ministry of Health and Social Protection, more than 75% of the morbidity recorded in the country is related to NCDs (8).

The burden of NCDs on the economically active population is concerning, with estimates suggesting that over the next two decades, the global production could incur cumulative losses of more than 46 trillion dollars as a result of cardiovascular diseases, chronic respiratory diseases, hypertension, cancer, and diabetes (9). In Latin America, data shows that 30% of deaths related to cardiovascular diseases occur in low-income individuals, while 20% occur in individuals with stable incomes (9).

Among the economically active population, the establishment of risk factors impacting individuals' lifestyles and companies has been observed (10,11). These factors are related to modernity, scientific and technological advances that have led to the development of new habits in the population, involving alarming reductions in exercise and physical activity, excessive consumption of processed products, tobacco and alcohol consumption, low consumption of fruits and vegetables, undervaluation of medical care, and apathy towards health self-care.

There is a true understanding of the importance of faculty and administrative staff in achieving goals and outcomes in the educational framework, which represents a fundamental element in the behavior of young people in our society. The higher education institution,

besides having the obligation to educate individuals suitable for the progress of society and communities, faces a new challenge: promoting human development and quality of life for those who study and work in the institution. The university constitutes a favorable environment for promoting healthy habits among the educational community in general.

University administrative staff and faculty members, due to the nature of their roles which involve a set of demands and pressures (such as incorporating new knowledge, assessment, class preparation, handling new communication and information technologies, emotional demands, etc.), often have demanding schedules that may hinder good nutrition, involve little physical activity, and lead to anxiety and stress. This makes them a high-risk population for health and well-being deterioration (12, 13, 14). Despite the aforementioned, research on this population at regional and national levels is scarce, which makes it difficult to have an objective view of the health and well-being of the university community. Therefore, this population represents a high interest for the development of health self-care studies through health promotion, leading to a transformation of the concept of health, emphasizing the self-management of health and the economic, social, and cultural contributions it entails by faculty and administrative staff.

The university is an essential space for promoting healthy lifestyles due to the amount of time faculty and administrative staff spend there. Health promotion for university faculty and administrative staff aims to provide all the tools to achieve a healthy balance, promoting a process of health self-care that develops day by day until it becomes a habit, regardless of health or illness. For this reason, it is important for faculty and administrative staff to lead and promote a life where decisions affecting health are highlighted for each individual and therefore, for the community in which they play a role. This study will contribute to the effective approach to the prevention and management of NCDs in the economically active population, taking into account the political declaration of the United Nations General Assembly High-Level Meeting, which states that mitigating this situation will depend on adequate multisectoral management.

The importance of this research lies in obtaining clear and objective information that will allow for the impro-

vement of health and well-being through interventions aimed at enhancing the health of university faculty and administrative staff by detecting their lifestyles. Similarly, the aim is to describe their current health profile and increase efforts to reduce the risk of disease and improve the quality of life of the university community

General Objective

Determinar los comportamientos del estilo de vida en docentes y administrativos de una universidad pública de Colombia.

Materials and Methods

A descriptive cross-sectional study was conducted with faculty and administrative staff from a public university in Colombia during the 2021-A period. The sample universe consisted of 250 faculty and administrative staff members from the Faculty of Education. For sample calculation, a confidence level of 95% and a sampling error of 3.87 were used, resulting in a total of 178 subjects, including 90 administrative staff and 88 faculty members. Simple random sampling was used, utilizing lists of participants in activities from the institutional project "Usco Saludable" in its clinical-health dimension. Inclusion criteria were established as follows: being a faculty member with an appointment, administrative staff with a valid employment contract from the University, and voluntary participation in the application of the clinical-health history within the "Usco Saludable" institutional project. Exclusion criteria included being a service contractor and adjunct faculty.

Data collection was performed using a self-administered questionnaire (Clinical-health history), which allowed for the collection of descriptive data from the selected sample to determine relevant aspects of faculty and administrative staff. The first part of the questionnaire presented sociodemographic variables. The second part consisted of the "Fantástico" questionnaire for assessing lifestyle, designed by the Department of Family Medicine at McMaster University in Canada, modified by the Center for Health and Human Well-being Studies at the University of Havana, and adjusted by researcher Pedro León Reyes Gaspar (15). After conducting a pilot test with 20 subjects comprising faculty and administrative staff from Surcolombiana

University, the internal consistency was observed using Cronbach's Alpha, resulting in a correlation of 0.706, which falls within the optimal range of reliability. This indicates that the items proposed by the instrument measure the lifestyle construct effectively.

As a confirmation mechanism for the questionnaire's reliability, the Spearman Brown coefficient test ($r=0.616$) and Guttman's split-half correlation ($r=0.615$) were applied, confirming that the instrument has optimal reliability. The questionnaire allows for obtaining a general overview of lifestyle through ten dimensions. For the present research, only the following dimensions were considered: A: activity, N: nutrition, T: toxicity, A: alcohol, S: sleep and stress, C: career (work). Regarding the response option, each participant responded to each question using a Likert scale ranging from 0 to 2, where 0 equaled almost never, 1 equaled sometimes, and 2 equaled almost always. For scoring the questionnaire, the results of each column were summed, and the result was multiplied by two to obtain the final lifestyle score. Finally, the final score was placed on a scale of 0 to 100, where scores between 40 to 59 were considered poor lifestyle, 60 to 69 regular lifestyle, 70-84 good lifestyle, and 85 to 100 excellent lifestyle.

Participants were selected according to the sampling criteria guidelines. Necessary permissions were obtained from the Faculty of Education, outlining the objectives of the current research. The research protocol was submitted to the Ethics, Bioethics, and Research Committee of Surcolombiana University for approval. Once accepted through agreement 056 of 2021 PDI, the clinical area coordinator of the Usco Saludable project, along with physicians and residents, personally contacted each participant to arrange the time, place, and date for conducting the clinical-health history. Participants were informed that the procedure would take approximately one hour of their time. Initially, participants filled out the informed consent form, clarifying topics such as respect for the rights and dignity of all individuals, assurance that their identity would not be revealed, confidentiality of information, provision of answers to any questions, clarification of any doubts related to the research, and emphasizing the freedom to withdraw their consent at any time and stop participating in the study without any problem or harm.

In addition, a SPSS® version 24 database was developed for the tabulation and analysis of the data. Descrip-

tive univariate frequency statistics were applied to the data, and contingency tables were constructed to determine the strength of association between variables and establish inferential tests for the relationship between sociodemographic variables and lifestyles. A statistical significance level of 0.05 ($p < 0.05$) was established. The Cramer's V coefficient (V) was applied to identify the degree of intensity with which the variables are related. This coefficient yields results ranging from 0 to 1, where 0 and 0.2 indicate no association, 0.2 signifies weak association, between 0.2 and 0.6 denotes moderate association, and between 0.6 and 1 indicates strong association between variables.

Results

The data of 178 teachers and administrative staff from a public university were analyzed. 96% of the population is in adulthood stage (between 27 and 59 years old). The majority are female, accounting for 52% of the total. 91% are affiliated with the contributory system, followed by 7% in the special regime, and only 2% are in the subsidized regime. Regarding origin, 85% claim to be from Neiva. In terms of socioeconomic strata, 48% belong to a low stratum, 34% to the middle, and 18% to a high stratum. Regarding marital status, it was identified that 50% of the population is married, 15% cohabit in a free union, 26% are single, and 9% reported being separated. Regarding occupation, 51% have administrative duties at the higher education institution, while 49% are dedicated to teaching. (Table 1.)

Table 1. General Characteristics of Teachers and Administrative Staff at a Public University

Variable	Category	Frequency	Percentage
Age	JYouth	3	2
	Adulthood	172	96
	Elderly	3	2
Gender	Female	92	52
	Male	86	48
Social security affiliation	Contributory	161	91
	Special regime	13	7
	Subsidized	4	2
Place of origin	Outside Neiva	26	15
	Neiva	152	85
Socioeconomic stratum	Low	75	48
	Middle	60	34
	High	43	18
Marital status	Married	89	50
	Separated	16	9
	Single	46	26
	Free Union	27	15
Occupation	Administrative	90	51
	Teacher	88	49

Fuente: visor de resultado SPSS 24.

The analysis of lifestyle dimensions among teachers and administrative staff revealed that 40% are almost never physically active, followed by 20% who sometimes engage in physical activity, while 40% consider themselves physically active. In terms of nutrition dimension, 51% of teachers and administrative staff stated that they sometimes consume an adequate diet, 41% claimed that their diet is almost always adequate, and only 8% reported that they almost never consume an adequate diet. Regarding the frequent consumption of excess sugar, fat, salt, and snacks, 21% indicated consuming all of these, 43% reported consuming some of these, while 36% reported consuming none. In the variable "I am at my ideal weight," 54% believe they are 10 kilograms above their ideal weight. Regarding cigarette consumption, 54% reported not having smoked in the past year, 40% reported not having smoked in the past five years, and 6% claimed to have smoked

last year. Regarding daily cigarette consumption, 67% declared that their consumption is in the range of 0 to 10 cigarettes, while 26% said they do not smoke any cigarettes daily. 80% of teachers and administrative staff stated that they consume between 0 to 7 beers per week, and half of the population (50%) reported occasionally consuming more than 4 beers on each occasion or gathering. In the sleep and stress dimension, 26% almost never sleep well and feel rested, 29% sometimes sleep well and rest, while 45% reported almost always resting and sleeping well. 50% of respondents stated that they are sometimes able to cope with stress in their lives, while 10% almost never can handle stress situations. 86% of respondents are satisfied with their current job (Table 2).

Table 2. Descriptive of Lifestyle among Teachers and Administrative Staff at a Public University.

Variable	Category	Frequency	Percentage
Physical Activity			
I am physically active (I work in the garden, go up and down stairs, walk)	rarely	71	40
	Sometimes	35	20
	most of the time	72	40
Nutrición			
Ingiero una dieta adecuada	rarely	14	8
	Sometimes	91	51
	most of the time	73	41
Como a menudo exceso de azúcar, grasa, sal y chucherías	All	37	21
	Some	76	43
	None	65	36
Estoy en mi peso ideal	More than 10k	33	19
	10k	97	54
	5kg	48	27
Toxico			
Fumo	I smoked last year	11	6
	Not in the last year	96	54
	Not in the last 5 years	71	40
Fuma habitualmente # de cigarrillos diarios	More than 10	11	7
	0-10	120	67
	None	47	26

Alcohol			
Number of beers per week	Más de 14	2	1
	8 A 13	33	19
	0 A 7	143	80
I drink more than 4 beers on each occasion	Very often	8	5
	Occasionally	89	50
	Never	81	45
Sleep and Stress			
I sleep well and feel rested	Rarely	46	26
	Sometimes	53	29
	most of the time	79	45
I am able to cope with stress in my life	Rarely	18	10
	Sometimes	88	50
	most of the time	72	40
Career or Work			
I am satisfied with my job	Rarely	6	3
	Sometimes	20	11
	most of the time	152	86

Source: SPSS 24 result viewer.

The results obtained for health-related lifestyles in the general population showed that 12% of teachers and administrative staff have a poor lifestyle, 25% have a

regular lifestyle, 42% have a good lifestyle, and 21% have an excellent lifestyle (Table 3).

Table 3. Lifestyle among Teachers and Administrative Staff at a Public University

Variable	Frequency	Percentage
Poor Lifestyle	20	12
Regular Lifestyle	45	25
Good Lifestyle	75	42
Excellent Lifestyle	38	21

Source: SPSS 24 result viewer

Regarding the association between lifestyles and general characteristics among teachers and administrative staff at a public university, it is firstly noted that the physical activity dimension shows a significant relationship ($p=.000$) and a strong intensity (V.604) with the occupation variable (Teachers-Administrative). It was observed that a higher percentage of administrative staff (68%) claimed to be physically active almost always compared to teachers, where 65% stated they are almost never physically active. Concerning the variable "I ingest a proper diet" in the nutrition dimension, a significant association with the occupation va-

riable ($p=.000$) was identified, revealing that 77% of administrative staff claim to consume an adequate diet, while 82% of teachers stated they sometimes have an adequate diet. This association has a strong intensity (V.734). Regarding the sleep and stress dimension, a strong intensity (V.852) and a significant association ($p=.000$) with the occupation variable were evidenced. 86% of administrative staff stated they almost always sleep well and feel rested, compared to teachers, who reported with 51% almost never sleeping well and resting (Table 4).

Table 4. Association of Lifestyle and General Characteristics.

Occupation	Category	Physical Activity	Percentage	P	V		
Teacher	Hardly Ever	57	65%	,000	,604		
	Sometimes	21	24%				
	Most of the time	10	11%				
Administrative	Hardly Ever	14	16%				
	Sometimes	14	16%				
	Most of the time	62	68%				
Nutrición							
Teacher	Hardly Ever	12	14%				
	Sometimes	72	82%				
	Most of the time	4	4%				
Administrative	Hardly Ever	2	2%	,000	,734		
	Sometimes	19	21%				
	Most of the time	69	77%				
Sueño y Estrés							
Teacher	Hardly Ever	45	51%				
	Sometimes	41	47%				
	Most of the time	2	2%				
Administrative	Hardly Ever	1	1%	,000	,852		
	Sometimes	12	13%				
	Most of the time	77	86%				

Source: SPSS 24 result viewer

Discussion

The present study aimed to determine the lifestyle behaviors in teachers and administrators of a public university in Colombia. Unhealthy lifestyles among university teachers and administrators are becoming increasingly common, due to the responsibilities and activities (Academic, administrative, student guidance, use of technology, long hours of reading, user attention) that demand unconditional commitment from staff. This requires dedicating long periods of time to little movement, unbalanced diet, and insufficient rest, which increase health difficulties in this population (13,16).

The above demonstrates that more than half of the teachers and administrators rarely or sometimes engage

in physical activity, meaning they lead a sedentary lifestyle. The reasons for not practicing physical activity in this population are related to technological advancements, lack of time, and excessive obligations and work (17). Similar results were found in various studies (10, 18,19). Physical activity is recognized as a practical tool that contributes to enhancing and repairing health status, making it a protective factor with the ability to neutralize the negative effects of risk behaviors (20, 21). Regarding this aspect, the present research identified a significant association between the dimension of physical activity and occupation (teachers-administrators), which allows us to see that administrators engage in more physical activity compared to teachers.

This result does not agree with what was observed by Rodríguez-Salazar et al., (22) where they found that administrators had higher levels of sedentary behavior

and teachers were more physically active. In this sense, physical activity is influenced by motivations for its practice, where it is often done only as a routine or pastime and not as a promoter of physical, biological, and mental health (14).

From the nutrition dimension, it was found that more than half of the population considers that they do not consume an adequate diet, they overconsume unhealthy foods, and they are overweight by at least 10 kilos. This coincides with other studies (23, 24) where inadequate dietary habits are evident among teachers and administrators. In this dimension, a significant association was found between consuming an adequate diet and occupation, where 77% of administrators report consuming an adequate diet. This is not consistent with other research where it is revealed that university administrative staff are at higher risk of developing non-communicable chronic diseases due to inappropriate behaviors such as poor diet and sedentary lifestyle (25).

Regarding the dimension of toxic history, it was observed that there is low daily and habitual cigarette and alcohol consumption in the population. This is consistent with other research where only 5% of teachers and 7% of administrators reported smoking, while 9.7% consume alcohol (16, 26). However, in the adult population in Colombia, there is a significant and dependent tobacco consumption rate of around 49.2% (27). The reasons for low consumption in this population could be attributed to knowledge about the negative effects, such as the risk of dependency and adverse health outcomes (26).

In this study, it was identified that more than half of the teachers and administrators (55%) reported rarely or sometimes not sleeping well, feeling tired, and lacking the tools to cope with the daily stress they experience. These results are consistent with other research where the prevalence of stress among teachers and administrators is 67% and 44.6% respectively (28, 29, 30).

These occupations (teachers-administrators) demand total commitment from individuals, which translates into a heavy workload that causes psychological distress and low levels of job satisfaction when compared to other activities or professions. Similarly, all psychological distress and job dissatisfaction lead to negative emotional and physical states in the staff, influencing their work productivity (31, 32). In this area, a signifi-

cant association was found where almost all administrators claimed to sleep well and feel rested compared to teachers, where only 2% reported sleeping well and feeling rested. These findings are consistent with those of Soriano-Tumbaco (33), who found no presence of work-related stress in the administrative staff of a state university. This condition is associated with administrative work being mostly carried out by teams, which impacts the integration and personal growth of the workers (34), while teaching staff carry out their workload mostly individually (lesson planning, organizing activities, developing and improving curriculum, managing extracurricular activities, class supervision), generating a greater impact on their personal development, which in turn represents a stress and anxiety-inducing opportunity (28).

According to the study findings, the majority (86%) of teachers and administrators are satisfied with their jobs, despite facing difficulties in resting and sleeping well among teaching staff, a situation related to stress. This is similar to findings in other studies, where a high level of job satisfaction was observed among teachers and administrators at a university (33, 35, 36, 37).

Regarding the high job satisfaction reported by teachers, this may be influenced by opportunities for advancement within the institution, interpersonal relationships with colleagues, and the level of remuneration received. However, the latter tends to be a more satisfying variable in studies involving private universities compared to public higher education institutions (33). As for administrators, this condition is often related to their type of employment relationship with the institution. In this study, all staff were directly employed by the university, meaning they were permanent employees with seniority (36). High job satisfaction among administrative staff is linked to the nature of their tasks and their relationships with colleagues and superiors (38).

In terms of the overall assessment of the population's lifestyle, it was found that more than half of the teachers and administrators exhibit good to excellent lifestyles. However, processes of support and follow-up must be implemented to establish a health-promoting culture that solidifies a better quality of life within the university community. These results align with those detailed in previous studies (17, 39).

In terms of relevance, the research will enable the university to have clear and objective information for the creation of health promotion strategies and programs (e.g., Usco Saludable) tailored to local needs and specific capabilities. Active participation in health promotion involves creating favorable environments that foster rewarding, pleasant, safe, and stimulating living conditions. Similarly, from the university environment, providing the means for administrators and teachers to exert greater control over their own health and facilitating anything that promotes it is essential.

This study contributes to academia by providing a research and theoretical framework on the lifestyle profile of teachers and administrators, a topic that is currently underexplored. Additionally, it proposes protective factors against non-communicable diseases (NCDs) in this population, as NCDs constitute a public health issue, and it highlights the role of workers and universities as health promoters. This, in turn, enables the provision of valid responses that serve as alternative solutions to the adverse circumstances experienced in the Colombian university environment and beyond.

Conclusiones

- The sociodemographic profile of the teachers and administrators studied reflects a population that is predominantly female, affiliated with the contributory healthcare system, originating from the city of Neiva, predominantly married, belonging to lower and middle socioeconomic strata, and in the adult

hood stage, with ages ranging between 27 and 59 years respectively.

- Upon concluding the research, it was identified that health behaviors posing a risk for teachers and administrators include physical activity, healthy eating, and proper stress management. This reality impacts the occupational variable (Teachers-Administrators) of the study population, as significant associations were found, indicating a higher risk among teachers in relation to their lifestyle. Similarly, these areas constitute the most influential risk factors in the prevention and promotion of non-communicable diseases (NCDs) worldwide. With the information acquired in this study, the university is capable of developing human resource management policies for teachers that encourage a culture of self-care and overall well-being.
- This study has demonstrated that the most appropriate lifestyle dimensions for teachers and administrators are related to cigarette and alcohol consumption and job satisfaction. The higher education institution is urged to develop programs and activities that promote and foster these favorable behaviors among teaching and administrative staff to establish a culture of health self-care

Conflicto de intereses

Los autores declaran no tener ningun conflicto de intereses

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