Accepted Manuscript

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Kelsey Elise Ufholz, Lisa L. Harlow

80091-7435(17)30283-9
doi: 10.1016/j.ypmed.2017.08.003
YPMED 5115
Preventive Medicine
11 January 2017
12 July 2017
2 August 2017



Please cite this article as: Kelsey Elise Ufholz, Lisa L. Harlow, Modeling multiple health behaviors and general health, *Preventive Medicine* (2017), doi: 10.1016/j.ypmed.2017.08.003

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ACCEPTED MANUSCRIPT

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Kelsey Elise Ufholz and Lisa L. Harlow

University of Rhode Island

Author Note

Kelsey Elise Ufholz, Department of Psychology, University of Rhode Island; Lisa L. Harlow, Department of Psychology, University of Rhode Island.

Kelsey Ufholz is now at the Grand Forks Human Nutrition Research Center, US Department of Agriculture—Agricultural Research Service, Grand Forks, North Dakota.

The authors have no conflict of interest to report. The authors would like to thank Joseph Rossi for his help in preparation of this manuscript. Lisa Harlow also extends thanks to the National Institutes of Health grant G20RR030883. The contents of this publication do not necessarily reflect the views or policies of the United States Department of Agriculture or the Agricultural Research Service, nor does mention of trade names, commercial products, or organizations imply endorsement from the U.S. government. USDA is an equal opportunity provider and employer.

Correspondence concerning this article should be addressed to Kelsey Ufholz, Grand Forks Human Nutrition Research Center, USDA-ARS-NPA, 2420 2nd Ave. North, Grand Forks, ND 58203.

Email: Kelsey.Ufholz@usda.ars.gov

Abstract

Multiple Health Behavior Change assumes health behaviors are related to one another, although research evidence is mixed. More research is needed to understand which behaviors are most closely related and how they collectively predict health. Principle component analysis and structural equation modeling were used to establish a model showing relations between health behaviors, including

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