

EGÉSZSÉGI ÁLLAPOT, EGÉSZSÉGVÉDŐ ÉS  
KOCKÁZATOS EGÉSZSÉGMAGATARTÁSI SZOKÁSOK  
VIZSGÁLATA ERDÉLYI FELNŐTT POPULÁCIÓBAN A  
DAGANATOS MEGBETEGEDÉS RIZIKÓJA  
SZEMPONTJÁBÓL

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**Abstract:** Health on macro - global, regional and country - level is marked by the epidemiological transition (from communicable diseases to non-communicable diseases) and by the Central-Eastern European health paradox. On micro individual level health status is related to health promoting and risk behaviors, out of which smoking and alcohol consumption are particularly decisive in cancer initiation. Our survey assessed health status, health behavior from the perspective of oncological risk in a random sample of adult Hungarians (N=416). Results underscore persistent need for health education and cancer prevention as more than half self-reported medium or bad health, the gross of population is not actively involved in health promoting activities and the prevalence of smoking and alcohol consumption is high. Our data also revealed significant associations, correlations between health-related behavior and other research variables which conclude characteristics of the study population and specific intervention opportunities.

**Keywords:** health status, health-promoting and risk behavior, oncological risk, adult population