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**Family and community factors influencing the utilization of healthy lifestyle centers**

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**Background:** Healthy Lifestyle Centers (HLCs) in Sri Lanka, a service for screening for risk factors of non-communicable diseases and lifestyle modification targeting healthy adults >35 years of age, encourages self-referral. Global literature indicates that family and community factors of the target population can be associated with the decision on whether to undergo screening for diseases.

**Objective:** This study aimed to determine the family and community factors associated with the utilization of HLCs by its target population in two Districts of Sri Lanka.

**Method:** A community-based cross-sectional study was conducted in Gampaha and Kalutara Districts among 1727 adults recruited using multi-stage cluster sampling. A prior qualitative study was used to identify probable family and community factors. Data were obtained using an interviewer-administered questionnaire inhouse and analyzed using logistic regression analysis.

**Results:** Multivariate analysis using logistic regression revealed that there was an increase in HLC utilization with higher perceived family support [OR=1.08 (95% CI:1.06-1.09)] and a higher level of community networking in the formal settings [OR=1.08 (95% CI:1.06-1.11)] while the association between acceptance of gender norms and utilization of HLCs was negative [OR=0.98, (95% CI:0.97-0.99)]. There was a positive association between respondents' perceived availability of peer support and HLC utilization. The respondents with peer support were 2.80 [95%, CI:2.01-3.89] times more likely to utilize HLCs than the respondents without peer support.

**Conclusion:** It will be beneficial to address identified family and community factors of the respondents in interventions designed to improve utilization of the HLCs.