

# A DESCRIPTIVE STUDY OF HEALTH BEHAVIORS IN TAIWAN' S SUBSTITUTE MILITARY SERVICE

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## Abstract

In Taiwan, young men are required to serve compulsory military services. In 2000, after reviewing various civilian service systems of European countries, Taiwan developed a Substitute Military Service for those compulsory soldiers who either have health problems or special family conditions. One of the criteria for entering this system is the Body Mass Index (BMI) of physical status. The influence of BMI on health status has been studied extensively. However, since the implementation of this Substitute Military System, there has been no research on the health status of this group of young men. Hence, the purpose of this study was to investigate the health behaviors of the young men in the Substitute Military System in Taiwan. This paper utilized the physical examination results of these young men to collect information on their heights and weights. In addition, a questionnaire was distributed. A total of 1,643 questionnaires were collected. BMI, morbidity, substance abuse, and self-evaluation of health were analyzed. Health behaviors, including exercise, smoking, and betel nuts chewing, and health status satisfaction were further examined. The results of this research will provide information on the health management and improvement programs.

Keyword : Health Behaviors. Taiwan' s Substitute Military Service.