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500 - LIFESTYLE-RELATED DETERMINANTS OF HUMAN FLOURISHING: EVIDENCE FROM THE SUN COHORT

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Resumen

Background/Objectives: Human flourishing reflects a paradigm shift in public health, moving beyond disease absence toward well-being. Healthy lifestyles, structured around six pillars, provide an actionable framework, but their relation to flourishing remains underexplored. This study assessed the association between these pillars and optimal human flourishing.

Methods: We performed a cross-sectional analysis using data from the 24-year follow-up of the SUN cohort. Human flourishing was measured with the Harvard Secure Human Flourishing Measure (HsHFM, 0-120). Participants scoring above the 75th percentile were classified as having optimal flourishing. Logistic regression evaluated associations between six lifestyle pillars (healthy nutrition, physical activity, adequate sleep, stress management, social relationships, and avoidance of harmful behaviors) and optimal flourishing, mutually adjusted for each pillar and other sociodemographic factors.

Results: Among participants who completed the 24-year follow-up questionnaire until January 2026 (n = 2,557), a total of 2,476 individuals with available HsHFM data (96.8%) were included in the analysis (63% women; mean age 60.0 years, SD 10.3; HsHFM score 92.2, SD 12.6). Moderate physical activity (adjusted OR = 1.42; 95%CI: 1.11-1.82), attending religious ceremonies ≥ 2/week (as a proxy of social and spiritual

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engagement) (OR = 1.98; 95%CI: 1.37-2.85), and competitive stress-coping traits (OR = 1.19; 95%CI: 1.12-1.26) were positively associated with optimal flourishing. Current smoking (OR = 0.72; 95%CI: 0.54-0.96) and tense stress-related traits (OR = 0.92; 95%CI: 0.88-0.96) were inversely associated. Sleep, Mediterranean diet adherence, alcohol intake, socializing with friends, and dependent traits showed no significant associations.

Conclusions/Recommendations: Modifiable lifestyle pillars, particularly psychosocial and stress-related dimensions, influence human flourishing. Targeting these areas may enhance public health strategies to improve population well-being.

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