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Two or more combined risky health behaviors have been shown to result in much higher risks for developing chronic diseases, such as cardiovascular diseases or various cancers, than can be expected by the sum of the separate effects of the risky behaviors. These findings also suggest that it is more beneficial to design and implement multiple health behavior interventions addressing more than two risky behaviors simultaneously.

Dr. Seung Hee Choi’s research focuses on risky smoking behavior and the impact of health behaviors on survival and health-related quality of life. Preliminary research reveals that the majority of smokers simultaneously engage in at least one additional risky health behavior such as problem drinking or physical inactivity. These findings support the idea of “Bundled Health Behaviors” presented in the 2009 NIH meeting on the Science of Behavior Change that risky health behaviors often bundle together.

When designing multiple health behavior interventions, smoking should be considered the main target behavior since smoking has the most consistent relationship with other risky health behaviors.

The long-term goal of Dr. Choi’s research is to develop multiple health behavior interventions targeting not only smoking but also other risky health behaviors simultaneously. Effective multiple health behavior interventions will not only reduce morbidity and mortality of chronic diseases but also improve health-related quality of life.