The Health Promotion Model (HPM) developed by Pender et al. (2011) explains the relationships among individual characteristics and experiences, behavior-specific cognitions and affect, and behavioral outcomes. There are four main assumptions underlying the use of this model. First, it is assumed that people want to control their own behavior and have a drive to do so. Engaging in a health-promoting behavior is not a passive occurrence. The second assumption is that people are constantly interacting with their environment, which has an influence on their actions and decisions. The third assumption is that healthcare professionals are a part of the interpersonal influences. The last assumption is that people must alter their environments to promote change before action can occur and be sustained (Pender et al., 2011).

The Cronbach alpha reliability coefficient for the total scale was 0.92. Factor analysis confirmed the six-dimensional structure of the HPLP-II questionnaire. Marital status, workload, overweight-obesity status and smoking have specific influence to the HPLP questionnaire values. According to the results Nurses and nursing student in Italy do not have fully acquired the importance of lifestyle for their own health as well as the role model that they should play for population. The findings from this study can also direct future research to explore the phenomenon of healthy lifestyle behaviors of nurse and nursing students. Nurses should be more aware about their role in health promotion within health care settings as well as in the whole society, thus they could have a stronger influence on individuals’ health behaviour.