Abstract
Lifestyles have been studied by different disciplines such as sociology, anthropology, and epidemiology. Both the term and the greatest developments in this regard stem from the social and cultural sciences, which consider lifestyles as group behavior patterns upon which social structure has remarkable influence. Epidemiology has used the concepts of lifestyle and health extensively, but with a more restricted meaning, associating it with behaviors that people assume in a rational way and that can be hazardous for their health. In this paper we analyze some common traits of recently published studies on lifestyle in regards to the suffering of some diseases. We conclude that a shift toward contextual considerations can be observed. Such considerations overcome the strictly individual perspective regarding lifestyles and health. Nevertheless, additional insight from other disciplines, especially from the social sciences, is required. Likewise, theoretical frameworks linking individual decisions to contextual constraints or possibilities are needed.

Keywords
Health-related lifestyles, health behaviors, social conditions, life quality, health equity.