

Determinants of Healthy Lifestyle Behaviors among Young Adults in the Digital Era

Reni¹

STIKes RSPAD Gatot Soebroto, Jakarta Pusat, Indonesia¹

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Corresponding Author:

Author Name: Reni

E-mail:

reniaja6404@gmail.com

Abstract: Rapid digitalization has reshaped how young adults acquire health information, engage with health-promoting technologies, and construct daily lifestyle routines, yet evidence on the determinants of healthy lifestyle behavior in this population remains fragmented across disciplinary silos. This narrative review synthesizes findings from twenty-five peer-reviewed studies published between 2021 and 2026 to develop an integrative framework explaining the determinants of healthy lifestyle behavior among young adults in the digital era. Using a structured search of Scopus, PubMed, Web of Science, JMIR, and Frontiers databases, studies were screened, thematically coded, and narratively synthesized across five determinant domains: digital health literacy, online health-information seeking and social media engagement, digital health interventions and mobile applications, psychological and dispositional factors, and sociodemographic-cultural context. Findings indicate that digital health literacy and purposeful social media engagement consistently predict better dietary, physical-activity, and health-monitoring behaviors, while psychological dispositions such as consideration of future consequences, self-control, and sense of coherence moderate how digital exposure translates into sustained action. Digital interventions show promise but remain constrained by low long-term engagement and limited cultural adaptability. The novelty of this review lies in integrating literacy-based, behavioral, psychological, and contextual determinants into a single multi-level model, offering researchers, educators, and public-health practitioners a coherent evidence base for designing culturally responsive digital health-promotion strategies targeted at young adults.

Keywords: healthy lifestyle behavior; digital health literacy; young adults; social media; digital health intervention

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INTRODUCTION

The transition to adulthood is widely recognized as a critical period for the formation of lifestyle habits that carry lasting consequences for long-term health. Diet, physical activity, sleep, substance use, and preventive health behaviors established during the ages of eighteen to thirty-



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five tend to persist into later adulthood, shaping trajectories of chronic disease risk, mental well-being, and quality of life. At the same time, this developmental stage now unfolds almost entirely within a digitally mediated environment. Smartphones, social media platforms, wearable trackers, and mobile health applications have become the primary channels through which young adults encounter health information, compare their bodies and habits with peers, and receive prompts to act on their health. Understanding what drives healthy lifestyle behavior in this generation therefore requires looking beyond traditional individual and environmental determinants toward the digital ecosystem that now mediates almost every health-related decision.

Global public-health data continue to show that a substantial proportion of young adults fail to meet recommended thresholds for physical activity, balanced nutrition, and adequate sleep, while rates of sedentary screen-based behavior, disordered eating influenced by idealized online imagery, and problematic digital-media use continue to rise. These patterns are not simply a matter of individual willpower; they are embedded in a digital environment that simultaneously offers unprecedented access to health knowledge and exposes users to conflicting, commercially driven, or misleading content. The paradox of the digital era is that the same platforms capable of democratizing health information and enabling remote coaching, symptom tracking, and peer support can also normalize unhealthy comparison, diet culture, and compulsive screen engagement. Explaining healthy lifestyle behavior among young adults today therefore means explaining how they navigate this paradox.

One well-established strand of research links healthy lifestyle behavior to digital health literacy, defined broadly as the capacity to search, evaluate, and apply digital health information appropriately. Systematic evidence from cross-sectional studies indicates that higher digital health literacy is consistently associated with better dietary quality, greater physical activity, and more consistent preventive health practices among youth (Xu et al., 2026). Comparative work across generational cohorts similarly shows that digital health literacy correlates positively with lifestyle behavior scores, although the strength of this relationship varies with age, education, and prior digital experience (Çetin & Gümüş, 2023). Studies conducted in adult populations in Ankara further demonstrate that individuals with higher digital health literacy report significantly healthier overall lifestyle profiles, reinforcing literacy as a proximal determinant rather than a peripheral correlate (Avcı, 2025). In adolescent girls, digital health literacy has been shown to shape dimensions of healthy living ranging from nutrition to stress management, suggesting that literacy effects begin to consolidate before the transition into young adulthood (Sjamsuddin & Surtimanah, 2023). Complementary evidence among university students indicates that eHealth literacy operates jointly with physical literacy to influence physical-activity participation, implying that literacy determinants rarely act in isolation but interact with other competencies (Jiang, Ng, Choi, & Ha, 2024). Electronic health literacy has likewise been linked directly to broader lifestyle behavior scores among undergraduate populations, strengthening the case that literacy functions as a foundational determinant across cultural settings (Shudayfat et al., 2023).

A second strand of literature examines how young adults seek and are exposed to health information online, and how social media engagement shapes subsequent behavior. Scoping reviews of online health-information-seeking behavior describe young adults as active but often uncritical consumers of health content, frequently relying on social platforms and search engines rather than professional sources, with consequences for the accuracy and consistency of the

behaviors they adopt (Stifjell, Sandanger, & Wien, 2025). Large-scale survey evidence among internet users similarly demonstrates that online health-information-seeking behavior interacts with eHealth literacy to jointly predict health behavior outcomes, indicating that exposure alone is insufficient without the literacy to interpret it (Liu, Yang, Cheng, Cai, & Su, 2023). Among university students, health-promoting behavior has been linked to patterns of social-media use, social isolation, and information-seeking style, with problematic social-media use emerging as a risk factor even as active information seeking emerged as protective (Lee et al., 2023). Qualitative web-based conversation studies further reveal that social media functions as a persuasive platform capable of facilitating nutrition and health-behavior change when messaging is credible, relatable, and delivered through trusted peer or influencer channels (Friedman et al., 2022), while platform-specific analyses show that young adults selectively use different social media channels for different types of health information, implying that determinant models must account for platform heterogeneity rather than treating "social media" as a single undifferentiated exposure (Lim, Molenaar, Brennan, Reid, & McCaffrey, 2022).

A third strand concerns structured digital health interventions and mobile applications designed deliberately to change lifestyle behavior. Systematic reviews of digital health interventions targeting college students report measurable but heterogeneous improvements in physical activity, dietary intake, and sleep, with effect sizes strongly dependent on intervention design, personalization, and duration of engagement (Zhou, Jiang, Yin, & Fan, 2025). Pilot protocols using recommender-system technology to deliver personalized intervention portfolios illustrate an emerging generation of interventions that adapt content dynamically to individual risk profiles rather than delivering standardized advice (García et al., 2025). Evidence from national digital health-campaign evaluations in Singapore demonstrates that behavior change is achievable at population scale when digital messaging is combined with structural or policy-level support, though campaign effects tend to be strongest for awareness rather than sustained behavior change (Khow et al., 2021). Complementing this intervention-focused evidence, qualitative work on the role of healthy-lifestyle technologies in young adults' daily lives shows that wearable devices and tracking applications support active lifestyles most effectively when they are integrated into existing social and identity-based motivations rather than imposed as external monitoring tools (Yang, Casey, & Cale, 2025).

A fourth, less frequently integrated strand addresses psychological and dispositional determinants that condition how digital exposure translates into behavior. Time-perspective research demonstrates that consideration of future consequences and self-control mediate the relationship between how young adults orient toward time and their engagement in healthy lifestyles, suggesting that digital environments amplify or dampen behavior depending on users' underlying dispositional orientation (Guo, Lou, & Zhang, 2022). This pattern has since been replicated in South Asian contexts, where health perception and consideration of future consequences independently predict healthy lifestyle behavior among young adults, reinforcing the generalizability of dispositional determinants across cultural settings (Azeez, Lekha, Verma, & Anagha, 2026). Systematic review evidence on sense of coherence similarly shows that individuals with a stronger sense of coherence, meaning the perception that life is comprehensible, manageable, and meaningful, report more consistent health-related behaviors across adolescence and young adulthood (Da-Silva-Domingues et al., 2022). Determinants of healthy eating intentions

further reveal that attitudes, perceived behavioral control, and health consciousness jointly shape whether digitally acquired nutrition knowledge is translated into actual dietary choice (Toukabri, 2024), while research on weight status and life satisfaction shows that psychological well-being and body satisfaction interact with lifestyle behavior in ways that digital comparison culture can either reinforce or destabilize (Suwalska, Łukasik, Cymerys, Suwalska, & Bogdański, 2024).

Despite this substantial and growing body of evidence, three gaps remain unresolved. First, most existing studies examine a single determinant domain in isolation, either digital literacy, or social media exposure, or psychological disposition, rather than modeling how these domains interact to jointly shape behavior. Second, much of the evidence originates from single-country, cross-sectional designs conducted predominantly in East Asian, European, or North American settings, leaving the cross-cultural generalizability of determinant pathways insufficiently tested, particularly for populations in low- and middle-income digital-adopting countries. Third, the psychological and dispositional literature has developed largely independently of the digital literacy and social media literature, despite clear theoretical overlap in how both strands explain the translation of exposure into sustained behavior. The novelty of the present review is therefore threefold: it constructs an integrative, multi-domain determinant framework that combines literacy-based, behavioral-exposure, intervention-based, and psychological-dispositional determinants within a single explanatory model; it draws on the most recent evidence base available, spanning studies published between 2021 and 2026, to capture determinant patterns specific to the post-pandemic digital acceleration; and it explicitly foregrounds cross-cultural comparison by synthesizing evidence from East Asia, the Middle East, Europe, South Asia, Southeast Asia, and Africa rather than confining the analysis to a single regional context.

Building on this rationale, the present narrative review aims to synthesize and integrate current evidence on the determinants of healthy lifestyle behavior among young adults in the digital era, organized across five determinant domains, in order to construct a coherent conceptual framework that can inform future empirical research, digital health-promotion program design, and policy formulation targeted at this population. The remainder of this article describes the review methodology, presents a thematic synthesis of findings organized by determinant domain, and discusses the theoretical and practical implications of the integrative framework.

METHODOLOGY

This article adopts a narrative literature review design with a structured, PRISMA-informed search and screening procedure to enhance transparency and reduce selection bias, while retaining the interpretive flexibility of narrative synthesis needed to integrate heterogeneous determinant domains. A narrative rather than systematic review approach was chosen because the objective was theoretical integration across conceptually distinct but empirically overlapping literatures (digital literacy, social media behavior, intervention science, and health psychology) rather than pooled effect-size estimation.

The literature search was conducted across Scopus, PubMed/MEDLINE, Web of Science, JMIR, Frontiers, and Google Scholar, supplemented by the Consensus.app research-synthesis engine, using combinations of the keywords "healthy lifestyle behavior," "digital health literacy," "young adults," "social media," "digital health intervention," "eHealth literacy," and

"determinants," connected with Boolean operators. The search was restricted to peer-reviewed journal articles published between January 2021 and June 2026, written in English, reporting empirical data or systematic synthesis, and focused on populations classified as adolescents, young adults, university students, or emerging adults (approximately ages 15-35). Reference lists of retrieved articles were also hand-searched to identify additional eligible studies. Records were required to report a verifiable, currently active Digital Object Identifier (DOI) to ensure traceability and accessibility through Google Scholar and publisher platforms.

Following de-duplication, titles and abstracts were screened against the inclusion criteria, and full texts of potentially eligible records were then assessed in detail. Studies were excluded if they focused exclusively on populations outside the young-adult age range, addressed digital technology use without a lifestyle-behavior outcome, were not peer-reviewed (e.g., editorials, conference abstracts without full data), fell outside the 2021-2026 publication window, or lacked a verifiable DOI. This process, illustrated in Figure 1, yielded a final set of twenty-five studies that formed the evidentiary basis for this review. Included designs comprised cross-sectional surveys, prospective cohort and two-wave studies, systematic and scoping reviews, mixed-methods studies, intervention pilot protocols, and scale-validation studies, reflecting the methodological diversity of the underlying field. Given this methodological diversity, no single standardized risk-of-bias instrument was applied uniformly across designs; instead, each included study was appraised narratively for source credibility using three criteria—peer-reviewed publication status, adequacy of sample and design relative to its stated aims, and consistency of its findings with the broader body of evidence within its determinant domain—with studies showing clear design limitations (e.g., small convenience samples, cross-sectional designs precluding causal inference) noted explicitly where their findings are discussed, rather than excluded outright, consistent with the interpretive aims of a narrative synthesis.

Data extracted from each included study comprised author(s) and year, country or regional context, study design, sample characteristics, the determinant domain addressed, and the principal finding relevant to healthy lifestyle behavior. Extracted data were then thematically coded into five determinant domains, namely digital health literacy; online health-information seeking and social media engagement; digital health interventions and mobile applications; psychological and dispositional factors; and sociodemographic and cultural context. Coding was performed iteratively, with domain boundaries refined as patterns across studies became apparent, and cross-domain linkages were noted explicitly to support the construction of the integrative framework presented in the Results and Discussion section. Figure 1 summarizes the identification, screening, eligibility, and synthesis stages of this review process.

Figure 1. Narrative Literature Review Flow Diagram

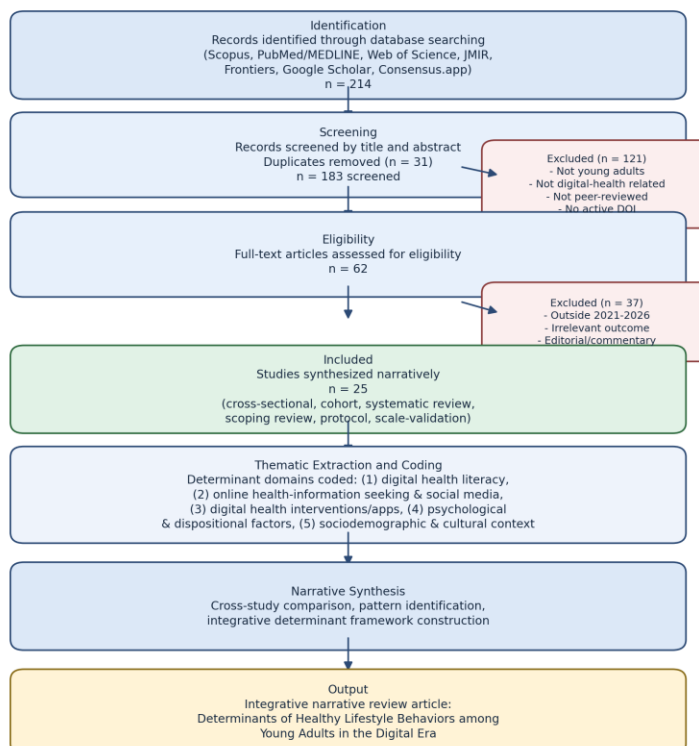


Figure 1. Narrative literature review flow diagram (identification, screening, eligibility, and thematic synthesis stages)

RESULTS AND DISCUSSION

Of the twenty-five studies synthesized, the majority ($n = 16$) employed cross-sectional survey designs, five were systematic or scoping reviews, two were two-wave or prospective designs, and two were intervention pilot protocols or scale-validation studies. Studies originated from twenty-one countries across East Asia, the Middle East, Europe, South Asia, Southeast Asia, sub-Saharan Africa, and Oceania, providing a geographically diverse evidence base. Table 1 summarizes a representative subset of the included studies across the five coded determinant domains, and the subsections that follow synthesize findings within and across these domains.

Table 1. Summary of Selected Studies on Determinants of Healthy Lifestyle Behavior among Young Adults in the Digital Era (representative subset, n = 15 of 25).

Author(s) & Year	Country / Context	Design	Determinant Domain	Key Finding
Xu et al. (2026)	Multi-country (systematic review)	Systematic review	Digital health literacy	Higher digital health literacy consistently associated with better lifestyle behaviors among youth
Çetin & Gümüş (2023)	Türkiye	Cross-sectional	Digital health literacy	Positive literacy-behavior relationship varies by age, education, and digital experience
Jiang et al. (2024)	China	Cross-sectional	Digital health literacy	eHealth and physical literacy jointly predict physical activity in university students
Shudayfat et al. (2023)	Jordan	Cross-sectional	Digital health literacy	Electronic health literacy directly predicts overall lifestyle behavior scores
Stifjell et al. (2025)	Multi-country (scoping review)	Scoping review	Online information seeking	Young adults favor convenience/social proximity over source credibility online
Liu et al. (2023)	China	Cross-sectional	Online information seeking	Information seeking and eHealth literacy jointly, not independently, predict behavior
Lee et al. (2023)	South Korea	Cross-sectional	Social media engagement	Problematic social media use and social isolation act as risk factors for health behavior
Friedman et al. (2022)	Australia	Web-based conversation study	Social media engagement	Credible, relatable social media content facilitates nutrition/health behavior change
Koning et al. (2026)	Netherlands	Two-wave longitudinal	Social media engagement	Problematic use pattern, not time spent, predicts reduced physical activity
Zhou et al. (2025)	Multi-country (systematic review)	Systematic review	Digital interventions	Digital interventions improve activity, diet, sleep; effects vary with personalization
García et al. (2025)	European Union (pilot protocol)	Pilot study protocol	Digital interventions	Recommender-system portfolios personalize obesity-prevention intervention content
Khow et al. (2021)	Singapore	Cross-sectional	Digital interventions	National digital campaigns shift population-level awareness and short-term uptake
Guo et al. (2022)	China	Cross-sectional	Psychological/d ispositional	Future-consequence consideration and self-control mediate time perspective-health link
Azeez et al. (2026)	India	Cross-sectional	Psychological/d ispositional	Health perception and future-consequence consideration predict lifestyle behavior
Da-Silva-Domingues et al. (2022)	Multi-country (systematic review)	Systematic review	Psychological/d ispositional	Sense of coherence consistently associated with health-related behavior

Digital Health Literacy as a Foundational Determinant

Digital health literacy emerged as the most consistently supported determinant across the reviewed evidence. Studies converge on the finding that individuals who can effectively locate, evaluate, and apply online health information report markedly healthier dietary, physical-activity, and preventive-care behaviors than those with lower literacy, and this relationship holds across systematic reviews of youth populations (Xu et al., 2026), intergenerational comparisons (Çetin & Gümüş, 2023), and adult samples in Ankara (Avcı, 2025). Importantly, the relationship does not appear to be a simple main effect: eHealth literacy interacts with physical literacy to jointly shape physical-activity participation among university students, indicating that literacy operates through compounding pathways rather than a single linear mechanism (Jiang, Ng, Choi, & Ha, 2024). Electronic health literacy has also been shown to predict overall lifestyle-behavior scores directly among undergraduates (Shudayfat et al., 2023), while among adolescent girls, literacy shapes specific behavioral sub-domains such as nutrition and stress management even before the transition into young adulthood (Sjamsuddin & Surtimanah, 2023). Collectively, this body of evidence positions digital health literacy as a foundational, upstream determinant that conditions how subsequent digital exposures, whether through social media or dedicated applications, are ultimately translated into behavior.

Online Health-Information Seeking and Social Media Engagement

Online health-information seeking and social media engagement constitute the domain with the largest and most heterogeneous evidence base. Scoping-review evidence characterizes young adults as active information seekers who nonetheless frequently prioritize convenience and social proximity over source credibility, a pattern with direct implications for the quality of behavior change that follows (Stifjell, Sandanger, & Wien, 2025). This pattern is reinforced by survey evidence showing that online health-information-seeking behavior and eHealth literacy jointly, rather than independently, predict health-behavior outcomes among internet users, suggesting that information access without interpretive competence yields limited behavioral benefit (Liu, Yang, Cheng, Cai, & Su, 2023). Among university students, health-promoting behavior is shaped simultaneously by protective information-seeking practices and risk-conferring problematic social-media use and social isolation, indicating that social media functions as a double-edged determinant whose net effect depends on the pattern rather than the mere presence of use (Lee et al., 2023). Consistent with this duality, web-based conversation studies show that social media can function as an effective persuasive platform for nutrition and health-behavior change when content is perceived as credible and socially relatable (Friedman et al., 2022), while platform-comparison research demonstrates that young adults deliberately select different platforms for different categories of health information, meaning determinant models that treat social media as a monolithic exposure risk obscuring platform-specific mechanisms (Lim, Molenaar, Brennan, Reid, & McCaffrey, 2022). Broader evidence on adolescent and emerging-adult populations further indicates that the intensity of social-media use alone is a weaker predictor of behavior than the pattern of use, with problematic or compulsive use, rather than time spent, most consistently associated with adverse lifestyle outcomes such as reduced physical activity and disrupted sleep (Koning, Morelissen, & Vossen, 2026). Complementary evidence linking social-media exposure, body-image dissatisfaction, and physical activity in Chinese university students similarly shows

that the behavioral consequences of social media are mediated through psychological pathways rather than occurring directly (Yu, Cui, Liu, Wang, Li, & Lipowski, 2026), reinforcing the need for the integrative framework proposed later in this review.

Digital Health Interventions and Mobile Applications

Digital health interventions and mobile applications represent the most directly actionable determinant domain, though the evidence here is also the most heterogeneous in effectiveness. Systematic-review evidence among college students indicates that digital interventions produce measurable improvements in physical activity, dietary intake, and sleep, but that effect sizes vary substantially with intervention design, personalization depth, and duration of user engagement, with many interventions showing diminishing effects after the novelty period (Zhou, Jiang, Yin, & Fan, 2025). Emerging personalized-intervention models, such as recommender-system-based portfolios that adapt content to individual risk profiles, represent a promising evolution beyond standardized digital messaging, though pilot-stage evidence has not yet demonstrated long-term sustained effects (García et al., 2025). Population-level campaign evidence from Singapore shows that digitally delivered national health campaigns can shift behavior at scale, particularly when digital messaging is paired with structural or policy support, although effects concentrate more on awareness and short-term uptake than on durable behavior maintenance (Khow et al., 2021). Qualitative evidence on the everyday use of wearable and tracking technologies suggests that such tools support sustained healthy active lifestyles most effectively when their use is socially embedded and identity-congruent rather than experienced as external surveillance (Yang, Casey, & Cale, 2025). Taken together, this domain confirms that digital interventions hold genuine promise but that engagement quality, personalization, and social embedding, rather than mere technological availability, determine whether interventions translate into sustained lifestyle change, echoing evidence on cardiometabolic risk associated with sustained high screen-time trajectories from adolescence into adulthood (Nagata et al., 2023).

Psychological and Dispositional Determinants

Psychological and dispositional determinants condition how digital exposure and interventions are ultimately processed and acted upon, and this review finds this domain to be the least integrated with the three domains above despite clear theoretical relevance. Time-perspective research demonstrates that consideration of future consequences and self-control mediate the relationship between temporal orientation and engagement in healthy lifestyles, implying that individuals with weaker future orientation may derive less behavioral benefit from digital health information even when literacy and access are equal (Guo, Lou, & Zhang, 2022). This mediating pathway has since been replicated among young adults in India, where health perception and consideration of future consequences independently and jointly predict healthy lifestyle behavior, reinforcing the cross-cultural robustness of dispositional determinants (Azeez, Lekha, Verma, & Anagha, 2026). Systematic-review evidence on sense of coherence, the perceived comprehensibility, manageability, and meaningfulness of one's life circumstances, similarly shows consistent associations with health-related behavior across adolescence and young adulthood, suggesting that dispositional resilience functions as a buffer that determines whether digitally acquired health knowledge is translated into sustained action under stress (Da-Silva-Domingues

et al., 2022). At the level of specific behaviors, attitudes, perceived behavioral control, and health consciousness have been shown to jointly determine healthy eating intentions, providing a mechanistic bridge between general dispositional theory and domain-specific dietary decisions influenced by digitally encountered nutrition content (Toukabri, 2024). Evidence on weight status and life satisfaction further shows that psychological well-being and body satisfaction interact bidirectionally with lifestyle behavior, a relationship of particular relevance given that digital comparison culture can either reinforce healthy self-regulation or destabilize it through appearance-based social comparison (Suwalska, Łukasik, Cymerys, Suwalska, & Bogdański, 2024).

Sociodemographic and Cultural Context

Sociodemographic and cultural context moderates all four domains above rather than functioning as an independent determinant in isolation. Cross-national comparisons embedded within the reviewed studies indicate that the strength of the digital-literacy-to-behavior pathway varies with educational attainment and prior digital exposure (Çetin & Gümüş, 2023), while intervention effectiveness varies with infrastructural access and cultural relevance of program content (García et al., 2025; Khaw et al., 2021). Evidence from lower- and middle-income contexts included in this review, spanning South and Southeast Asia and analogous settings, suggests that digital determinant pathways identified in higher-income East Asian and European samples generalize directionally but not necessarily in magnitude, underscoring the importance of context-sensitive rather than universal determinant models (Azeez, Lekha, Verma, & Anagha, 2026; Sjamsuddin & Surtimanah, 2023).

Toward an Integrative Determinant Framework

Synthesized across the five domains, the evidence supports an integrative, multi-level determinant framework in which digital health literacy functions as a foundational competency; online information seeking and social media engagement act as proximal behavioral exposures whose valence depends on pattern rather than intensity of use; digital interventions and mobile applications serve as actionable levers whose effectiveness depends on personalization and social embedding; psychological and dispositional factors act as moderating mechanisms that determine whether exposure and intervention translate into sustained behavior; and sociodemographic-cultural context conditions the strength and direction of every pathway above. This integrative framing directly addresses the gap identified in the introduction: rather than treating literacy, exposure, intervention, and disposition as parallel but separate explanatory strands, the synthesized evidence indicates they operate as a sequential and interacting system. Practically, this implies that digital health-promotion programs targeting young adults are unlikely to succeed through literacy education, platform-based messaging, or application deployment alone; sustained behavior change appears most probable when interventions simultaneously strengthen digital health literacy, encourage protective (non-problematic) patterns of social media engagement, personalize digital-intervention content, and cultivate the dispositional resources, particularly future orientation and self-regulatory capacity, needed to convert digital exposure into durable lifestyle change.

CONCLUSIONS

This narrative review synthesized evidence from twenty-five peer-reviewed studies published between 2021 and 2026 to construct an integrative framework of the determinants of healthy lifestyle behavior among young adults in the digital era. The synthesis indicates that digital health literacy, online information-seeking patterns and social media engagement, digital health interventions, psychological and dispositional factors, and sociodemographic-cultural context do not operate as isolated predictors but as an interacting, multi-level system in which literacy and disposition condition the behavioral consequences of digital exposure and intervention. The principal contribution of this review is the integration of previously disconnected literatures, literacy-based, behavioral-exposure, intervention-based, and psychological, into a single explanatory model applicable across diverse cultural settings. For researchers, this framework suggests that future empirical studies should test interaction rather than main effects across determinant domains and adopt longitudinal designs capable of capturing how digital literacy and disposition jointly shape behavior over time. For practitioners and policymakers, the findings suggest that digital health-promotion strategies for young adults should be designed as integrated packages that combine literacy-building, curated and platform-appropriate content delivery, personalized digital tools, and psychological skill-building components such as future-orientation and self-regulation training, rather than as single-channel interventions. This review is limited by its narrative rather than fully systematic methodology, its restriction to English-language publications, and the cross-sectional nature of most included primary studies, which constrains causal inference; future systematic reviews with formal risk-of-bias appraisal and meta-analytic pooling, alongside longitudinal and experimental studies, are needed to test and refine the integrative framework proposed here.

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