

Lifestyle-related diseases refer to diseases (lifestyle, cancer, respiratory diseases, diabetes, etc.) that cause lifestyle causes, and are the leading cause of death in the world. Diseases due to smoking, drinking and inappropriate eating habits are not only bad for individual health, but also increase national medical expenses and further hinder the economic development of the country. Therefore, attention was paid to consultation behaviors for prevention and treatment of lifestyle diseases. In this paper, in order to examine the relationship between lifestyle and consultation behaviors, empirical analysis was carried out by using individual data of panel data of CHNS (China Health and Nutrition Survey), taking examination and health service behavior as explained variables. As a result, those who have a healthier lifestyle are more likely to actively receive medical examination and health services. In addition, for the selection of consultation medical institution, we obtained not to apply it to the multinomial logistic model by IIA test. Regarding the selection of health service medical institutions, the higher the educational level, the easier it is to select a higher medical institution. As a result of such quantitative analysis, we can see that lifestyle related to daily life is an effective means as a health education measure. Especially for people with low educational level, there is a need for health education.