**Preventative health behaviors, BMI, and COVID-19 among Religiously Diverse Adults in Israel**

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**I am a senior registered nurse (specialist in infection prevention) and a lecturer at an ultra-orthodox Jewish college. My research activity focuses on exploring how culture affects lifestyle behaviors among different Jewish ultra-orthodox communities to harness this information to promote improved health. During the COVID-19 pandemic, I managed the associated challenges through the implementation of preventative health behaviors including practices like hand washing, face mask, isolation, and quarantine. Given that assimilation of preventive practices and adopting a healthy lifestyle is affected by culture, religion, and personal factors, my mission is to facilitate the health promotion process in both private and clinical settings.**

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**Contribution:**

H.V. conceived of the presented idea and developed the theory. All authors discussed the results and contributed to the final manuscript.

I.A.CH. contributed to the design and implementation of the research, and took the lead in writing the manuscript. All authors provided critical feedback and helped shape the research, analysis, and manuscript.

C.L analyzed the data and performed the measurements. All authors discussed the results and manuscript.

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