

Medical and social aspects of a healthy lifestyle in Ukraine

Medyczne i społeczne aspekty zdrowego stylu życia na Ukrainie

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Omówienie medyczno-społecznych problemów w prowadzeniu zdrowego stylu życia na Ukrainie oraz sposoby na ich przezwyciężenie.

Słowa kluczowe: zdrowy styl życia, zdrowie, duchowość

Highlights of the medico-social problems of healthy lifestyle in Ukraine and ways to overcome them.

Key words: *healthy lifestyles, health, spirituality*

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Public health – one of the main elements of the national wealth of each state. A large share of responsibility for the preservation and increase of the wealth entrusted to the medicine. However, as evidenced by official sources, medicine in recent years do not manage it or manage partly [1].

Ukraine took place in 79 in terms of health, it said in a recent report by the World Health Organization (WHO) [2]. However, responsible for public health in medicine without the participation of the population itself from the outset doomed to failure.

Lifestyle is the leading factor that determines health. According to calculations of scientists, its contribution to health is 50-55%. Negative lifestyle factors more than others, contribute to disability and premature death of a person.

We believe a healthy lifestyle – a life with minimal impact of negative factors in its body by the will of man.

The main harmful lifestyle factors affecting health include: psycho-social stress, poor nutrition, alcohol abuse, smoking, physical inactivity, drug use, low levels of spirituality.

Factors that influence the health of the population can be divided into two groups. The first group harmful factors that affect human health but independent from it: electromagnetic fields, radiation, environmental pollution by industrial emissions and so on. Modern man is constantly under pressure factors of urbanization,

by constantly reloading psychoemotional and radically changes the usual rhythm and character of the food, which over centuries. Not less exposed to influence our normal microflora, especially the skin, respiratory and gastrointestinal tract. Factors and agents that can cause violations of Microbial Ecology gastrointestinal tract, very many, among them: antibiotics and antiseptic agents, antitumor drugs, some antidepressants, technological supplements that we take up to 20-30 grams a day, heavy metal salts, some Industrial environmental pollutants, pesticides and other chemical, physical, biological stress factors and agents and their combinations [3].

Samples of water in major cities in North America have found the contents in it 56 pharmaceutical products including antibiotics, hormones and other substances made by man [3].

It should be noted that according to the WHO every fourth bed in hospitals of the planet occupied by patients who are sick because of poor water use.

The second group – the harmful factors by which a person knowingly exposes themselves and can always avoid them at her request: smoking, alcohol, physical inactivity, drug use, HIV infection, especially among consumers injection drug psychoemotional stress, more.

In 2009, smoking prevalence among men in Ukraine reached 67%, including occasional smokers and was the highest in the WHO European region, and the prevalence of smoking among women 20%

(including occasional smokers) was the highest in Russian and Ukraine. Prevalence of smoking among the population over 15 years in Ukraine is 41%.

According to epidemiological surveys of that undertaken by the Institute of Cardiology of the Academy of Medical Sciences of Ukraine for 25 years the proportion of women who smoke, in the city tripled, and in the village – nearly 17 times [5].

Experts of the World Health Organization surveyed 200 thousand pupils of 5-11 classes regarding their use of alcohol and did a very disappointing conclusion. Ukraine on the list of four dozen countries took the first place.

The vast majority of urban school children first try alcohol beverages in age from 10 to 14 years (70,2%). „Peak” involving alcohol accounted for age 13-14 years: at this age are introduced to alcohol 41% of teenagers.

The first test of alcoholic beverages in the majority of students (42,5%) occurs in the family for the holidays, family celebrations. A quarter (25,2%) surveyed teenagers try alcohol out of curiosity.

All these facts indicate that not all young people are counting the health of one of the main values of life – in these studies was only 8%. This self-assessment of health from 13% to 44% of respondents consider themselves not very healthy.

Graduates of schools have poor understanding of the components of a healthy lifestyle, their content and value for health care, that dictates the need for reorientation of psychosocial stereotypes not only students, but also teachers, parents, school doctors [4].

In our view create a basis of healthy lifestyle is necessary from childhood years, it actually so we form a habit in man to lead a healthy lifestyle.

Children of preschool and school age must be ensured by right forming of personality – but the main learning process involved in a child should sports section, art and music groups, to enable her to feel that the quality of life depending upon what she puts into it. The availability and wide network of sports schools different directions will improve children’s physical body. School to culture of healthy lifestyle, nutrition. In schools should implement the days of social development – to museums, theaters, cinemas,

local history lessons, holding charity events. In the end grows highly spiritual, fully developed personality with a fully developed understanding of healthy lifestyles. All this does not requires investment, but will form a healthy future generation of high spiritual and intellectual development.

In Ukraine, one of the most important issues is the question of spiritual revival. It is natural, because the spiritual inhabitants of Ukraine, as in other Commonwealth of Independent States (CIS) countries was destroy many years. Spirituality – the foundation of any civilization and destruction of spirituality, its destruction always leads to death of the nation. Ukraine are in a situation where society is in disarray spiritual state population. Hope people and ideals that they preach is not justified. As a consequence, spirituality has come to standstill. Outstanding therapist M. Mudrov argued that some people suffering from physical causes, and others – from emotional disturbances [5]. At last such a spiritual degradation lead to the rise of alcoholism, drug distribution and consequently increase patients with, tuberculosis, AIDS.

In this state of spirituality all laws and regulations aimed at community development, improving medical care and treatment of patients with TB, AIDS, drug addiction, alcoholism would be ineffective.

Conclusions

1. Reduction number of diseases, general health of the population, are impossible without a healthy lifestyle for all ages and social groups.
2. Basic aspects of healthy lifestyles are formed the same community and area health services can only correct this process.
3. Outlines of medicine maintain proper health of population, conduct extensive outreach and prevention work, improve the quality of specialized care.
4. Principle a healthy lifestyle should be held after the baby is born, primarily focusing on the spiritual education of children through personal example of parents. This will extend its life in its full harmony and avoid possible illnesses and make full use of that human capacity and reserve forces, which is inherent in human nature at its birth.

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