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THE DEPENDENCE OF HEALTH ON ENVIRONMENTAL FACTORS AND THE FORMATION OF HEALTHY LIFESTYLE HABITS

Грибан В. Г., Хмель-Дунай Г. М., Хмель О. С., Грібан М. В. Залежність здоров'я від чинників середовища та формування звичок здорового життя
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In Ukraine, in recent decades, there has been a general trend towards disruption of behavior and deterioration in the health of the population in general and children and youth in particular. Today in Ukraine only every tenth child is born conditionally healthy, in addition, due to a number of unfavorable factors, the birth rate has sharply decreased. As a result of negative demographic trends, our population is decreasing by almost half a million people every year. Ukraine occupies one of the last places in Europe, according to the health status of adults and children. Low life expectancy, high mortality, a large percentage of deviations

in physical and mental development, diseases of children and youth. This is facilitated by an ecological catastrophe, social tension, a low level of medical care, and the lack of educational work in the educational process of a modern school.

Of particular concern is the state of health of children, school and student youth. An analysis of statistical data shows that only 5 % of school graduates are practically healthy, 40 % of schoolchildren are chronically ill, 50 % have morphological and functional abnormalities, and up to 80 % suffer from various neuropsychiatric disorders. Only 5 % of young men of pre-conscription age have no medical contraindications to military service. 75 % of children have one or more diseases, only 15 % of babies are born absolutely healthy.

Great attention in all educational institutions should be given to the health of members of the teaching staff. If the teacher has a satisfactory state of health, is in good humor, comes to the lesson with kindness, love, joy, then it is he who will create psychological comfort that will not harm either his health or the health of the child.

The health of the population is influenced by the characteristics of demographic actions in the country, the characteristics of the physical development of the younger generation, the trends in changes in the nature of the pathology of the population, and the way of life. A healthy lifestyle as an active activity of the subject is motivated by motives that determine its focus, in this case, on the preservation and increase of health.

The integrity of human culture must be reproduced as a symbol of each person. Accordingly, the system of interrelated culture-repeating symbols «health - a healthy lifestyle» should maintain the integrity of culture through its reproduction in each individual person.

So, summing up the above, we can conclude that the observance of a healthy lifestyle is an indicator of the level of knowledge of the culture of personal health, and the latter is the main indicator of readiness for successful activities in various areas of life.