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Factors affecting the formation of public health in Ukraine (literature review)

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The health of the population is one of the greatest values of mankind and a necessary condition for the social and economic development of each country. To realize the potential of each person throughout life, it is necessary to create optimal conditions aimed at preserving health and ensuring a full life - the most important goals of the world community [12]. These are the most important global goals that were reflected in the principles of the European policy "Health 2020: the foundations of European policy in support of the actions of the state and society for health and well-being".

Healthcare is a complex of national and regional, interagency and intersectoral activities aimed at preventing the occurrence of diseases, preserving and strengthening human health [1, 6, 10, 12, 14].

To strengthen public health, prevent diseases, increase the duration of active and working age, promote healthy lifestyles and implement this European policy at the state level, the country needs a set of tools, procedures and activities that would be implemented by state and non-state institutions through the combined efforts of the whole society [3; 4; 12]. The public health system is aimed at ensuring the well-coordinated work of the corresponding complex (the Concept for the development of the public health system, approved by the decree of the Cabinet of Ministers of Ukraine of November 30, 2016 No. 1002-r).

Public health is the care of one's own health and the health of the entire Ukrainian people [2, 11, 20]. According to WHO definition, public health is the science and practice of preventing diseases, increasing life expectancy and promoting health through organized efforts of society [4]. Preventive medicine, vaccination are those tools that will help prevent illnesses, rather than treat them and complications after them. People take care of their health, get sick less, live better, feel good and save money for treatment in the future [7, 8].

The focus of public health is improving health and quality of life through the prevention and treatment of diseases, as well as other physical and mental conditions [12, 18]. This is done through the epidemiological surveillance of their cases and monitoring of health indicators, as well as by promoting a healthy lifestyle. Examples of such general public health measures include the promotion of hand washing, breastfeeding, vaccination, the use of condoms to combat the spread of sexually transmitted diseases, etc. [9, 13].

Modern public health is the work of multidisciplinary teams, including doctors, microbiologists, pharmacists, dentists, nutritionists, sociologists, communication experts, bioethics specialists, etc. [14, 15]

Public health is characterized by a complex impact of social, genetic, behavioral, biological, geophysical and other factors. Most of them can be defined as risk factors for diseases [5, 16].

Risk factors are potentially dangerous for the health factors of behavioral, biological, genetic, environmental, social, environmental and production environments, which increase the likelihood of disease development, their progression and adverse outcome [5, 16, 17]. It is these factors that determine public health. They, as a rule, are united in the following groups:

- socio-economic (working conditions, housing conditions, material well-being, level and quality of food, rest, etc.);
- socio-biological (age, sex, propensity to hereditary diseases, etc.);
- ecological and natural-climatic (pollution of the environment, average annual temperature, extreme natural and climatic phenomena, etc.);

- organizational or medical (provision of the population with medical and social assistance, its quality and accessibility, etc.) [5, 17, 19].

Other groupings and classifications are also proposed.

One of the most common is the identification of major or significant risk factors. For example, in relation to cardiovascular diseases: smoking, hypokinesia, overweight, unbalanced diet, hypertension, psychoemotional stress, alcohol. Most of these risk factors depend on people themselves, their behavior and lifestyle.

By nature, risk factors are divided into primary and secondary:

- primary - smoking, alcohol abuse, malaise, hypokinesia, psychoemotional stress;
- secondary - diabetes, arterial hypertension, cholesterolemia, rheumatism, allergies, immunodeficiencies, etc. [1, 5, 6, 10, 11, 14, 16, 17, 19].

Are allocated so-called risk groups, consisting of a part of the population that in a greater degree, than others, is inclined to various diseases. They are children, old people, pregnant women, migrants, homeless people, people with deviant behavior, busy in harmful conditions, etc.

By giving a description of the health of the population, experts also state its social conditioning. The social conditioning of health means the paramount in its importance, and sometimes decisive, the impact on it of social risk factors. Their influence on health leads to a violation of the compensatory-adaptive mechanisms of the human body and, thereby, contributes to the development of pathology [1, 5, 6, 10, 11, 14, 16, 17, 19].

Mediation of health (diseases) occurs through social conditions and social factors, that is, specific forms of manifestation, a reflection of the image of social production, of its productive forces and production relations, of the socio-political and economic structure of society [1, 7, 9, 10, 11; 14; 16; 17; 19]. The latter are theoretical, abstract concepts. It is the specific conditions of life (work, life, food, housing, rest, education, upbringing, cultural needs, etc.) that are social conditions and factors.

In modern society there is a differentiation that is characterized by the formation of a new social structure and the stratification of the population, which requires more in-depth studies, primarily in terms of assessing the impact on the health status of the population in various social groups [3, 4, 7, 13, 15, 18; 20].

With the accumulation of knowledge about the laws of the individual development of the human body, it becomes clear that the development process is the realization under certain conditions of the environment of a genetic program inherited by the individual from their

parents. So, any anomalies of development must be considered as a violation of the implementation of the genetic program in various units [1; 2; 3; 6; 8; 10; 11; 14; 16].

Current trends in the change in the structure of morbidity indicate an increase in genetically determined diseases in human pathology. According to world statistics, about 5% of all newborns are born with genetically determined defects [1; 2; 3; 6; 8; 10; 11; 14; 16].

Progress in understanding the etiology and pathogenesis of a number of common diseases - coronary heart disease, peptic ulcer and duodenal ulcer, a group of neuropsychic diseases, a number of oncological diseases, etc. - indicates the significant importance of the hereditary predisposition in the occurrence of such forms of pathology, as these diseases are referred to diseases with hereditary predisposition. Also mention should be made of chromosomal and genealogy diseases, as well as those that arise under the influence of external factors [1; 2; 3; 6; 8; 10; 11; 14; 16].

Therefore, of great practical importance is understanding questions of social genetic conditionality of health when rendering assistance to the appropriate group of clients by social workers. Especially in the case when such a situation is directly or indirectly related to health problems.

Thus, many factors influence human health, the main of which can be conditionally divided into four groups: lifestyle, heredity, the state of the environment, the quality and accessibility of medical care [1, 2, 3, 6, 8, 10, 11, 14; 16].

Numerous studies, including those in our country, indicate that the lifestyle has the greatest impact on health. The share of the latter factors exceeds 50%. Approximately 20% are occupied by hereditary factors and the state of the environment. About 10% is in the level of development of health care [1, 2, 3, 6, 8, 10, 11, 14, 16].

The most important social conditions for building a modern strategy for improving public health in Ukraine is the development of effective measures and means to combat:

- stresses that lead to a number of pathological conditions (diabetes, hypertension, heart attack, stroke, depression, aggression, suicide, etc.);
- harmful working conditions for violations of sanitary and hygienic working conditions of employed citizens;
- inappropriate psychological climate;
- dangerous factors that adversely affect health and life;
- the consequences of unemployment (among unemployed people and their families the risk of morbidity and premature death substantially increases);

Groups of risk factors:

Risk factors categories	Risk factors examples	Part, %
Lifestyle	Smoking Alcohol consumption Unbalanced nutrition Stressful situations Harmful working conditions Hypodinamy Low physical activity Drug use Drug Abuse Tense family relationships Tense psychoemotional relationships at work Low cultural and educational level	50-57 %
Environment	Air pollution by carcinogens and other harmful substances Water pollution by carcinogens and other harmful substances Soil contamination Sharp changes in the atmosphere Elevated heliocosmic, radioactive, magnetic, etc. radiation	20-25%
Hereditary factors	Propensity to hereditary diseases Hereditary predisposition to those or other diseases	15-20%
Health care	Ineffectiveness of preventive activities Low quality and untimely medical care	10-15%

- low level of social support (low level of social capital leads to stress, premature death, cardiovascular diseases, violence, etc.);

- harmful habits among people with a low level of education [13, 15; 18; 20].

Priority areas of the society's activities on the formation of public health today must be:

- study of the processes of public health formation taking into account the influence of environmental and social factors;

- development and improvement of legislative, regulatory and methodological and organizational and administrative documents for the preservation and strengthening of public health, improvement of living conditions;

- improving the system of monitoring the health of the population and the factors that affect its formation;

- study and analysis of cause-effect relationships of morbidity and mortality of the population in conditions of exposure to harmful factors;

- studying the role of lifestyle, educational, upbringing processes and living conditions in the development of children's health;

- development of theoretical and methodological foundations for the identification of harmful environmental factors (physical, chemical, biological) and health risks from their action to address issues of environmental quality management;

- improving the methodology of hygienic assessment of the quality of food, drinking water, medicines, determining effective methods for their control, taking into account the requirements of European legislation;

- scientific substantiation of the methodology for determining the dangers to the health of the population and future generations of social and economic changes in the society associated with crisis emergency situations, including ATO and in certain territories;

- improvement of the foundations of preventive medicine in matters of co-actions to health and prevention of disease development [4, 7, 12, 13, 15, 18].

Thus, today we need to continue the process of developing social conditions and reforming the healthcare system of our citizens for the prevention of disease and premature mortality.

Conclusions:

1. The leading role in influencing the level of public health belongs to socio-economic factors, people's lifestyles, the state of the environment and heredity [1, 2, 3, 6, 8, 10, 11, 14, 16].

2. One of the most effective ways to improve the health of the population is the development of a way of life that would allow each person to maintain and improve their own health, that is, the formation of a healthy lifestyle [4, 7, 12, 13, 15, 18].

3. The following scheme should form the basis for the formation of public health: health care - public health - social conditions - education - self-preservation of health [4; 7; 13; 15; 18; 20].

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