

HISTORICAL EXPERIENCE OF USIN PREVENTIVE MEDICINE IN PHYSICAL EDUCATION OF DIFFERENT POPULATION GROUPS

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SUMMARY

The main attention in this article is devoted to the question of the influence of generally recognized measures of preventive medicine on the process of physical education of different categories of the population in the historical aspect. In this case, such conditions ensure the effectiveness of work on physical training, mainly young people as a character and level of their physical activity, qualitative and quantitative characteristics of the diet, the presence of bad habits, and so on. The necessity of formation of the appropriate infrastructure, which will allow specialists working in the field of physical culture and sports, is substantiated, to focus on the priority directions of organization of physical activity for children and adolescents with the purpose of positive influence on their health.

Key words: preventive medicine, different categories of the population, the process of physical education.

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INTRODUCTION

Despite the known benefits of physical activity, there is a worldwide trend towards less total daily physical activity. Globally, one third of adults do not achieve the recommended levels of physical activity. In Europe, estimates indicate that more than one third of adults are insufficiently active. While there are some

continuing challenges in terms of the validity and comparability of data on levels of physical activity across Europe, recent figures from member States of the European Union (EU) indicate that six in every 10 people above 15 years of age never or seldom exercise or play a sport and more than half never or seldom engage in other kinds of physical activity, such as cycling, dancing or gardening.¹

Only 34% of European adolescents aged 13–15 years are active enough to meet the current guidelines (11). This contributes to rising rates of overweight and obesity among children in Europe, particularly among children from low socioeconomic backgrounds. Data from the WHO European Childhood Obesity Surveillance Initiative (COSI) show that, in some countries, almost 50 % of eight-year-old boys are overweight and more than 25% are obese. In most European countries, physical activity levels begin to decline significantly among young people aged 11–15 years, in particular among girls of that age group (in all WHO European Region countries that were part of the Health Behavior in School-aged Children study more than 86% of 15-year-old girls are considered physically inactive)².

The lack of physical activity is considered the fourth of the most important risk factors, which are the causes of death globally (accounting for 6% of the total number of deaths in the world). This is followed by high blood pressure (13 %), smoking (9 %) and high blood glucose (6 %). Overweight and obesity account for 5 % of the total number of deaths in the world.

It is estimated that physical inertia is the main cause of the order of 21 to 25 % of cases of breast and colon cancer, 27 % of cases of diabetes and about 30 % of cases of coronary heart disease. In addition, no communicable diseases account for almost half the burden of all diseases in the world. It is estimated that 6 out of 10 deaths are currently associated with no communicable diseases³.

OBJECT AND AIM

To conduct an analytical review of the factors those affects health and determine the motor activity of children in Ukraine.

¹ National strategy of improving motor activity in Ukraine 2025 "Motor activity - healthy lifestyle - healthy nation", 2016.

² Imas E.V., Dutchak M.V., Trachuk S.V. Strategies and recommendations for a healthy lifestyle and physical activity. Collection WHO materials. Olympic Literature, 2013.

³ Physical activity strategy for the WHO European Region 2016–2025. WHO, 2015.

METHOD

Analysis of scientific and methodological and special references, method of comparison and comparison, content analysis of statistical information on the level of physical activity and factors of a healthy lifestyle. The WHO information resources sites (www.who.int)

RESULTS AND DISCUSSION

According to the WHO (2005-2017), Ukraine lagged behind the advanced European countries in terms of the basic health indicators of the population and, especially, of the younger generation.

Most Ukrainian schoolchildren have deviations in health status, only 20% of school-age children can be considered healthy.

Compared to 2005 (9113.8 per 10 thousand of the corresponding population), adolescent morbidity increased by 19 %. Only 36 % of secondary school students have a low level of physical health, 34 % are below average, 23 % average, and 7% above average.^{4,5}

The negative trend in the phenomenon of increasing the number of persons classified as health by a special medical group in the period from 2008 (402 thousand 293) to 2010 (515 thousand 765), which is 28%.

In the first classes in special medical groups, there are 5-6 % of children, in senior classes - 30%, and among students this figure exceeds 40 %.

Only 6-10 % of secondary school graduates can be considered healthy, while more than half (52.6 %) of them have morpho-functional deviations of a different nature, and 36-40% have chronic non-infectious diseases.

In particular, eyesight deteriorates (by 3 times), hearing (in 1, 3), posture (in 4, 6), the number of cases of kidney diseases (in 1, 5), diseases of the digestive

⁴ Imas E.V., Dutchak M.V., Trachuk S.V. Strategies and recommendations for a healthy lifestyle and physical activity. Collection WHO materials. Olympic Literature, 2013.

⁵ Valuable orientations of modern Ukrainian youth. Annual report to the President of Ukraine, the Verkhovna Rada of Ukraine on the situation of youth in Ukraine (in the wake of 2015) / State. In-t of family and youth policy. Kiev, 2016.

organs (in 2, 5), nervous system (in 2), the incidence of endocrine gland diseases increases (in 2.5).

Functional abnormalities in the activity of various body systems were found in 50 %, cardiovascular system in 26.6 %, neuropsychiatric disorders in 33%, digestive system diseases in 17 %, and endocrine system diseases in 10.2% of students 15 - 17 years.

So, during the time of study in a general educational institution, schoolchildren lose at least a third of their health.⁶⁷

The level of motor activity depends in the lifestyle of people. Only 6 % of Ukrainians have a sufficient level of locomotors activity and, what is particularly upsetting, only one out of every five young people or school-age girls and every tenth student or student (some of the lowest rates in Europe).

The pan-European trend is typical for Ukraine, more than a third (37 %) of men and almost half (48 %) of women lead a sedentary lifestyle.

Even at a younger age, the level of physical activity of every fourth schoolchild is characterized as insufficient.

In Ukraine there are 19 thousand 233 general educational institutions in which 4 million 194 thousand 535 schoolchildren are trained.

All kinds of physical culture and health work cover 36 % of schoolchildren, 33 % in vocational technical schools, and 35% in universities.

The relatively low activity of people participating in physical culture and sports and sports work in general educational institutions, compared to 1990, decreased (according to official statistic) almost by 78 %.

To maintain proper health, a young person must have access to an extensive infrastructure for active leisure activities.

The real situation is not comforting, there has been a negative trend in the functioning of club work at the place of study.

⁶ Dutchak M.V., Trachuk S.V. The main problems of forming a healthy lifestyle of children and young people in Ukraine // Health, physical education and sports in the present conditions. Khmelnytsky, 2012.

⁷ Physical culture as an integral part of the formation of a healthy lifestyle for young people / O.O. Yaremenko, O.D. Dubogay, R.Ya. Levin, L.V. Butska. Kiev. Ukrainian Institute of Social Studies, Kn. 6, 2005.

The general number of clubs has decreased by 38 % (in 2008 there were 714), and those attracted to physical culture and sports in 2011 are 47 % less, for example than in 2008.^{8,9}

The data from the All-Ukrainian survey show that at the beginning of the 21st century only 3% of the population aged 16 to 74 had a sufficient level of recreational motor activity (at least 4-5 lessons per week for a duration of at least 30 minutes), among the level (2 - 3 employed per week) - 6%, low level (1 - 2 employed per week) - 33% of the population.

For most of the adult population, hyperkinesias are characteristic. Among the children, the popularity of a sedentary leisure experience is growing.¹⁰

Quality of nutrition and obesity.

The problem of overweight and obesity is relevant for Ukraine. 5 % of 13-year-old boys and 3 % of girls suffer from obesity in Ukraine, while the prevalence of this disease among adults is 7% among men and 19 % among women. Excess body weight is 29.7% of Ukrainian women and 14.8 % of men.

In general, in the Ukrainian population of obesity is registered in 20.4 % of women and 11 % of men.

According to statistical data, 30 % of Ukraine's population between the ages of 25 and 30 suffer from pathology and almost 50% at the age of 45-50.

Particularly alarming is the increase in the prevalence of obesity among children. Every year, in connection with obesity, 11.9 appeals per 1000 child contingents enter the treatment and prophylactic institutions.

Tobacco smoking.

A study of attitudes toward one's health among students in schools showed that 39% of boys and 18% of girls aged 11-12 years resorted to smoking.

⁸ National strategy of improving motor activity in Ukraine 2025 "Motor activity - healthy lifestyle - healthy nation", 2016.

⁹ Dutchak M.V., Trachuk S.V. The main problems of forming a healthy lifestyle of children and young people in Ukraine // Health, physical education and sports in the present conditions. Khmelnytsky, 2012.

¹⁰ National strategy of improving motor activity in Ukraine 2025 "Motor activity - healthy lifestyle - healthy nation", 2016.

Thus, at the age of 13-15 years, about 30% of young men and women smoke. Every 4th teen smokes the first cigarette at the age of 10 years.

According to epidemiological studies, the prevalence of tobacco smoking in Ukraine reaches 45% among men and 16% among women. Among women, the highest smoking prevalence (28%) is between 25-34 years of age.

Almost half of consumers of tobacco products die prematurely; smoking contributes to the development of many chronic diseases¹¹.

Alcohol.

In the 25-35 age groups, about 80% of respondents take it with varying degrees of regularity. At least once a week, 15.5% of the interviewed adolescents aged 14-17 years, 40.6% - youth aged 18-24 years, and finally more than 39.3% - young people aged 25-35 years.

Strong alcoholic drinks are consumed by 8% of the students. With age, the frequency of consumption of alcoholic beverages, in particular strong ones, is increasing¹².

CONCLUSIONS:

Thus, historically, the role of preventive medicine measures to optimize the physical activity of the population has constantly increased, which has helped to reduce the risk of certain diseases in Ukraine.

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¹¹ Valuable orientations of modern Ukrainian youth. Annual report to the President of Ukraine, the Verkhovna Rada of Ukraine on the situation of youth in Ukraine (in the wake of 2015) / State. In-t of family and youth policy. Kiev, 2016.

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ИСТОРИЧЕСКИЙ ОПЫТ ИСПОЛЬЗОВАНИЯ ПРОФИЛАКТИЧЕСКОЙ МЕДИЦИНЫ В ФИЗИЧЕСКОМ ВОСПИТАНИИ РАЗЛИЧНЫХ ГРУПП НАСЕЛЕНИЯ

АННОТАЦИЯ

Основное внимание в статье уделено вопросу влияния общепризнанных мер профилактической медицины на процесс физического воспитания различных категорий населения в историческом аспекте. При этом такие условия обеспечивают эффективность работы по физической культуре, в основном молодежи, как характер и уровень их физической активности, качественные и количественные характеристики рациона питания, наличие вредных привычек и так далее. Обоснована необходимость формирования соответствующей инфраструктуры, которая позволит специалистам, работающим в области физической культуры и спорта, ориентироваться на приоритетные направления организации физической активности детей и подростков с целью позитивного влияния на их здоровье.

Ключевые слова: профилактическая медицина, различные категории населения, процесс физического воспитания.

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