



The frequency of risk factors for circulatory system diseases among the population aged 18 and over is: hypertension - 14.3%; impaired lipid metabolism - 12.7%; overweight - 19.9%; lack of physical activity - 23.3%; smoking - 54.2%. It should be noted that among patients who, on initial examination, revealed a combination of the three major risk factors, mortality rates were 31.23 per 1,000 thousand population. The risk factors for the degree of significance were distributed as follows: at the age of 40-49 years - dyslipoproteemia - smoking - diastolic hypertension, at the age of 50-59 years - systolic arterial hypertension - dyslipoproteinemia - smoking - diastolic hypertension. Traditional risk factors for circulatory system diseases are significant for mortality because of other reasons: predictors of cancer mortality are age, smoking and low cholesterol in high-density lipoproteins; for mortality from other diseases only cholesterol (feedback) is important. Predictors of premature overall mortality were age, smoking, and systolic hypertension.

Thus, the population of Chernivtsi region has a constantly high and constant risk of developing diseases of the circulatory system, which does not allow us to expect a long-term trend in changes in the dynamics of mortality rates for the population in the next decade.

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DEMOGRAPHIC SITUATION IN UKRAINE

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In recent decades, most countries in the world are trying to assess and strengthen their health systems to increase the positive impact on public health. The starting point for improving the health system at various levels is the assessment of its current state, the analysis of its effectiveness. The report of the World Health Organization (WHO) proposed measures and methodology for comparative evaluation of health systems. These measures reflect progress in achieving the three fundamental goals of health systems: 1) improving the health status of the population (both in terms of level and social equity); 2) observing the principle of equity in the allocation of financial resources, providing protection against financial risk; 3) increasing the sensitivity of the system to the expectations of the population in matters not related to health.

The aim of the paper was to analyze the current state of the demographic situation in Ukraine and the factors that affect it.

The study concludes that the demographic crisis has been observed worldwide in recent decades. Annual population decline is occurring in many countries. The governments of some countries, taking into account such a negative trend, are pursuing an appropriate migration policy, seeking compensation for migrants. The decline in the birth rate, which began in the 1950s and 1960s, was the cause of population decline in the world.

The first national All-Ukrainian Population Census took place in Ukraine on December 5, 2001 (the previous one held in 1989). According to this census, the population of Ukraine was 48 million 457 000 people. This figure was significantly less than in 1989 - 51 million 452 thousand people. These data indicate the continuation of a rapid fall in the birth rate in Ukraine. During the period between the two censuses, the total population of Ukraine decreased by 3291.2 thousand people, or by 6.3%. The largest population in Ukraine was recorded in early 1993 - 52 244.1 thousand people. Since that time and until December 5, 2001, demographic losses amounted to 3,787.0 thousand people; 72% of these losses are a natural decline in the population. According to the census, from 1989 to 2001, part of the urban residents almost did not change, more than two-thirds of the population of Ukraine live in urban areas.

In demographic terms, Ukraine has become one of the worst countries in the world. First of all, it is caused by an ineffective policy towards the least protected segments of the population. The decrease in the birth rate led to the fact that today about 30% of the population is people who get retired (people more than 65). For 14 million retirees there are 18 million working people, of which only 7 million are in the material sphere of production. If this trend continues, then there is a real



threat that by 2025 the population of Ukraine will decrease to 25-30 million. Under such circumstances, population preservation should be the main demographic strategy of the state today.

In order to improve the demographic situation, the state needs to direct socio-economic policies to address the most acute problems: stimulating fertility, increasing medical care, enhancing protection and remuneration, improving living conditions and introducing a healthy lifestyle, and creating a broad network of state and non-government social services.

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LIFE AND CARDIOVASCULAR DISEASES

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Diseases of the circulatory system are the result of negative lifestyle management, such as poor nutrition, lack of physical activity and tobacco use, which leads to metabolic disorders. It should be noted that, as a rule, these behavioral and metabolic risk factors do not exist separately, but rather often coexist in the same person. The more risk factors a person has, the greater the risk of developing complications due to diseases of the circulatory system. All risk factors should be considered when considering treatment options. Proper lifestyle change is a critical component of any comprehensive treatment plan.

The aim of the study is to analyze the main factors of risky behavior that lead to diseases of the circulatory system. The objective of the study: to analyze the main factors of risky behavior that result in diseases of the circulatory system. Methods of research: epidemiological - to study sources of obtaining statistical information; sociological - to study the most dangerous factors of diseases of the circulatory system; medical-statistical - for collecting, processing and analyzing information obtained during the research.

The increasing prevalence of obesity is a global problem that, if not resolved effectively, has the potential to reduce life expectancy worldwide. There is a worldwide prevalence of overweight and obesity. Over 1.1 billion adults are overweight and over 300 million are obese. Obesity is particularly problematic in developing countries, where the introduction of Western nutrition and sedentary lifestyles has been associated with a threefold increase in obesity over the last 2 decades.

There are an estimated 1 billion smokers worldwide. In the period from 1980 to 2018, the prevalence of tobacco use in men decreased from 41.2% to 31.1%, and in women from 10.6% to 6.2%. However, although the worldwide prevalence of smoking has declined over the last 3 decades, the world's population has increased during this time, leading to a continuous increase in the number of people who smoke daily. In 1980 there were 721 million smokers aged 15 years. In 2018, the number of smokers increased to 969 million.

One of the important causes of impaired normal functions of the body in childhood and adulthood is insufficient motor activity. The sedentary lifestyle (hypokinesia), in the first place, leads to a change in the state of the cardiovascular system, which in old age is one of the weakest parts of the body. More than a third (37%) of men and almost half (48%) of women are sedentary. With age, the prevalence of hypodynamia increases slightly, but not significantly. Even at a young age (18-24 years), every fourth man and second woman's physical activity level is defined as inadequate. Studies have shown that the lowest risk of general and coronary mortality is determined among individuals with low and moderate physical activity. Active rest more than 4 hours on weekends, moderate gardening and regular walks for 40 minutes or more per day significantly reduce overall mortality. Unfortunately, the incidence of hypodynamia in the population has doubled among men and 1.5 times among women.

Therefore, many traditional factors can be positively influenced by lifestyle changes, which can significantly reduce circulatory system diseases worldwide. Thus, unhealthy lifestyles such as poor nutrition, lack of physical activity, and tobacco, as a result, lead to physiological and metabolic disorders, including hypertension, dyslipidemia and obesity, which contribute to the development of atherosclerosis.