



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.