



The aim of the study was to examine the prevalence of behavioral risk factors among students and their impact on health. A total of 82 students aged 19-21 were examined. The prevalence of behavioral risk factors was studied using a unified WHO questionnaire. The state of health of students was assessed by physical development and indicators of the cardiovascular and respiratory systems.

The analysis of the survey showed that one third of the surveyed contingent smokes. The prevalence of smoking has no gender differences and occurs almost equally often among both boys and girls (30% and 26.93%, respectively).

Cardiovascular and respiratory systems limit a person's physical capabilities, providing transport of gases at rest and during exercise. The most common method of determining the functional state of the body is to measure blood pressure. The difference between systolic and diastolic pressure, which is called pulse pressure (PP), objectively reflects the state of the body's health. In the cohort we examined, the PP rate was changed in 24.19% of students. More often these changes were found in boys (40%) than in girls (21.15%). At the same time, changes in PP were more often observed in young men who smoke than non-smokers (66.67% and 28.57%, respectively). In girls, the opposite trend was observed: changes in PT were more common in non-smokers (26.32% vs. 7.14%).

For a detailed description of external respiration, a number of tests and indices are involved, which allow the most correct analysis of its reserve capabilities. Among them is VL. 40% of surveyed students had unsatisfactory indicators of VL: girls more often (41.18%) than boys (33.33%). The decrease in VL did not depend on smoking and was more common among non-smokers, both boys and girls.

The most sensitive parameter, which has a rapid dynamics of change due to the occurrence of pathological conditions or eating disorders, is the physical development of man. According to WHO experts, the body mass index (BMI) is used to assess physical development. BMI calculations showed that 12.9% of surveyed students have deviations from the norm of this indicator. Moreover, both BMIs above normal and below normal were equally common. BMI abnormalities are also gender-specific: they are more common in boys (30%) than in girls (9.62%). At the same time, BMI below the norm is more typical for men who smoke (33.33% vs. 14.29%), and above the norm - for non-smokers (14.29% vs. 0%). In girls, only non-smokers had BMI deviations in one direction or another.

The study showed that about a third of students have behavioral risk factors that adversely affect the health of future professionals. Gender differences in the prevalence of behavioral risk factors and the state of health of young people were identified. In this regard, it is necessary to form in students a stable motivation to lead a healthy lifestyle and maintain their own health.

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LIFESTYLE AND NUTRITION IN DIABETES MELLITUS

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Diabetes has reached a global epidemic, as the WHO estimates that the disease affects 347 million people worldwide, and by 2030 the number could rise by another 183 million. Diabetes is one of the leading causes of premature death, as it often leads to limb amputations, vision loss, renal failure and cardiovascular disease.

The aim of the study is to analyze the lifestyle and diet in diabetes. Objectives of the study: to analyze the lifestyle and diet in diabetes. Research methods: epidemiological - to study the sources of statistical information; medical and statistical - for the collection, processing and analysis of information obtained during the study.

According to official data, 1.3 million people in Ukraine suffer from diabetes, but according to endocrinologists, there are actually 2-2.5 times more patients. The fact is that most people do not even know their diagnosis until serious complications begin to develop.



Nutrition in type I diabetes. Usually there are no restrictions on the caloric content of the diet, provided the patient has a normal body weight. Given that type I diabetes is more common in children and young people, nutrition should be complete. The main attention should be paid not so much to the choice of products as to the amount consumed, because the dose of insulin for adequate insulin therapy directly depends on this. Carbohydrate foods need to be controlled by so-called bread units. Bread unit - a conditional indicator of the amount of product, which contains 10-12 g of carbohydrates. One bread raises blood glucose levels by 1.5-2 mmol/liter. In order for a cell to receive one unit of bread, 0.5 to 4 units of insulin are required. With type I and II diabetes it is important: not to miss meals; control body weight; limit salt intake to normalize blood pressure; consume enough fluids - at least 1.5 liters per day; regularly perform sets of physical exercises; consciously choose foods and their quantity for food.

Therefore, the basic principle of nutrition of patients with diabetes is an appropriate regime. With type I and II diabetes, it is recommended to follow a small diet (4-6 times a day), with a break between meals should not exceed 3-5 hours. First of all, we are talking about the rules of nutrition, exercise and recreation. After all, this way of life should be followed even by healthy people.

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EPIDEMIOLOGICAL ASPECTS OF VIRAL HEPATITIS DEPENDING ON SEX, AGE OF PATIENTS AND WAYS OF INFECTION

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Viral hepatitis, both worldwide and in Ukraine, is a global problem in medical science and practical health care. Over the last decade, viral hepatitis has become pandemic, which in combination with long, expensive and not always effective treatment gives this nosology a socially significant approach to consideration. Chronic viral hepatitis among the general structure of the incidence by type of hepatitis occupy 50.5%. According to WHO experts, hepatitis B virus infects 1 billion people in the world, about 400 million people suffer from the chronic form, and 500 to 700 thousand people die each year from this infection. Chronic viral hepatitis B and C cause 57% of cases of liver cirrhosis and 78% of cases of primary liver cancer.

The aim of our study was to analyze the course of viral hepatitis depending on gender, age of patients and routes of infection.

The study solved the following tasks: analysis of risk factors for viral hepatitis, as well as a comparative analysis of groups of patients with CVH by sex, age, route of infection and found statistically significant differences.

The following materials and methods were used in the study: the study materials were 30 patients with CVH who were on outpatient treatment, the average age of patients was (52.54 ± 2.88) years. Among those surveyed, men slightly prevailed (52%). The average age of infected women was (48.3 ± 2.88) years, men - (60.2 ± 2.88). The following methods were used: epidemiological - to study the sources of statistical information; sociological - to study the most dangerous factors of viral hepatitis; medical and statistical - for the collection, processing and analysis of information obtained during the study.

According to the results of this study, the following was obtained: it was found that men suffer from chronic hepatitis more often. The age of the disease is more than 5 years, alcohol abuse and nicotine dependence, violation of the recommended diet in liver disease are prognostically unfavorable factors for both CHB and CHC. Of the 30 patients monitored, 20 had risk factors for blood contact. The possible route of infection - parenteral - was 87% (the route of infection was not detected in 69%), blood transfusion was performed in 2% of people. The study of the quality of life of patients with CVH in different age groups showed that significantly ($p < 0.05$) lower rates are observed in the older age group - more than 50 years than in patients aged 18 to 29 years, and depending on gender we did not significant differences in quality of life in men and women. But it should be noted that according to the questionnaire in CVH, higher rates were observed in men