

important. Strengthening of physical health is actual in modern conditions of biological danger of Covid-19.

Of course, among young students, methods of physical and social distancing are becoming commonplace to stop the spread of the virus. The closure of gyms, sports facilities and stadiums, swimming pools, dance studios and playgrounds means that many of us cannot take an active part in individual or group sport or physical activities. But that doesn't mean we should stop being physically active. We should not lose touch with our coaches, teammates, instructors and fans who help us stay in good physical condition and be socially active.

The aim of the study is to determine students' physical activity during Covid-19 pandemic. The task of the study is to analyze the frequency of physical activity of students during Covid-19 pandemic. Research methods: epidemiological - to study the sources of statistical information; medical and statistical - for the collection, processing and analysis of the information obtained during the study.

As a part of our study, we assessed the types of physical activity of students during the COVID-19 pandemic using a survey. It has been found that more than half of the surveyed students on self-isolation perform simple physical exercises for less than 30 minutes a day. Only a third of students perform physical activity for more than 60 minutes a day. Only 34% of respondents spend more than an hour outdoors. Among the applied by students types of physical activity, the largest percentage (57%) is a general course of exercises to improve health. And as for the frequency of physical activity during the week, 46% of respondents exercise less than 2 times a week. During quarantine and distance learning, 36% of surveyed students have gained weight, 22% haven't gained weight, 24% have lost weight. Only 7% of respondents spend less than 5 hours on a computer, and more than 90% spend more than 9 hours before a computer screen.

So, physical activity of students today is very important and necessary for them to maintain their own health. Students need to be actively involved in various sports marathons, provided recommendations for certain exercises, motivated and encouraged to follow a healthy lifestyle. Distance physical education classes help to form a more voluminous theoretical knowledge, contribute to the preservation of health, motivate for a healthy lifestyle under the condition of conscious self-organization of a student.

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MORBIDITY AND MORTALITY FROM TUBERCULOSIS AMONG THE POPULATION

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Every year there are 7-10 million people in the world with tuberculosis. The total number of TB patients in the world reaches 50-60 million. In 2019, there were 10.4 million new TB cases and 1.7 million deaths related to the disease worldwide. The state of the environment, geographical and environmental factors also play an important role in the prevalence of tuberculosis. Overcrowding and time of contact with patients are key factors in tuberculosis infection. The situation with tuberculosis in Ukraine is quite complicated. Tuberculosis is not just a medical problem. This is a social problem that reflects the socio-economic condition of the country, the cultural and educational level and well-being of the population, the degree of development of health care, including tuberculosis.

The aim of the study was to compare morbidity and mortality from tuberculosis among the population of Ukraine and Europe. The study was conducted on the basis of personalized information from the database of the report on Global Tuberculosis 2012-2020 analytical and statistical guide "Tuberculosis in Ukraine" 2013-2019 and on the basis of anti-tuberculosis dispensaries of Chernivtsi region.

The national incidence of TB ranges from less than 5 to more than 500 new case and recurrences per 100,000 population per year. In 2019, 54 countries had a low incidence of TB (<10 cases per 100,000 population per year), mainly in the United States and the WHO European Region.

Worldwide, the incidence of tuberculosis is declining, but not fast enough to reach the limit of 2020 - a decrease of 20% between 2015 and 2020. The overall incidence reduction from 2015 to 2019 was 9% (from 142 to 130 new cases per 100,000 population), including a decrease of 2.3% between 2018 and 2019. The WHO European Region achieved the most positive results, reducing the incidence of TB by 19% between 2015 and 2019. Globally, the incidence of tuberculosis is declining by about 2% per year. In order to achieve the targets set by the TB Elimination Strategy, these rates of decline need to be accelerated to 4-5% per year. In Ukraine, the incidence of tuberculosis is significantly declining. According to WHO estimates, the incidence of TB in 2018 was 80 new cases and relapses per 100,000 population. The average annual reduction in the estimated incidence of TB over the last five years was about 4.0%, which is lower than the observed average annual reduction in the incidence of TB in 5.6 priority countries in the WHO European Region over the same period.

Worldwide, the leading cause of death among infectious diseases is TB, which is also one of 10 most common causes of death in general. In 2019, TB caused 1.4 million deaths, including 208,000 among HIV-positive people. The annual number of TB deaths is declining worldwide, but not fast enough to reach the first phase of the End TB Strategy; i.e. a reduction of 35% between 2015 and 2020. The cumulative reduction between 2015 and 2019 was only 14%, which is less than half the way to reach this limit. From 2015 to 2019, the WHO European Region achieved significant results towards reaching this limit, reducing TB mortality by 31%. According to WHO estimates, in 2000 the TB mortality rate (excluding TB / HIV deaths) was estimated at 23 cases per 100,000 population. Over the past five years, Ukraine has maintained a steady trend towards a gradual reduction in TB mortality by an average of 8% per year, from 10.8 per 100,000 population in 2015 to 8.8 per 100,000 population in 2019. To implement the TB strategy by 2035, the mortality rate must be reduced by 95% compared to 2015 (from 10.8 to 0.5 per 100,000 population).

Thus, the high level of morbidity and mortality on TB at the present stage is associated with the socio-economic crisis both in Ukraine and in the world as a whole, shortcomings in the health care system, increasing proportion of multidrug-resistant strains of the *M. tuberculosis* complex, the HIV epidemic, and low effectiveness of TB control measures among vulnerable groups.

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INCIDENCE AND MORTALITY FROM GASTRIC CANCER AMONG MEN AND WOMEN IN UKRAINE

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Gastric cancer is an important contributor to the global burden of cancer, and less than a century ago it was the most common type of cancer in the world. Ukraine is one of the countries with a high level of cancer and is among the top ten countries in the world in this regard. Moreover, according to scientists, by 2020 the number of people in Ukraine who got cancer for the first time exceeded 200 thousand people. Ukraine ranks 8-9 in the list of 49 countries with registered cancer (incidence of men - 39.5 per 100 thousand population, women - 22.4), annually the country registers 16-17 thousand new cases.

The aim is to study the ten-year trends in morbidity and mortality due to malignant neoplasms of the stomach in Europe and Ukraine. Analyzed the database of the National Cancer Registry of Ukraine for 2010-2019 and Global cancer statistics 2018, used methods: epidemiological, medical and statistical.

There are significant regional differences in current GC incidence and mortality. The highest rates are observed in East Asia, Eastern and Central Europe and South and Central America. Gastric cancer rates are also significantly lower in more economically developed regions of the world than in less developed ones (age-standardized incidence rate [ASIR] per 100,000: men = 15.6 vs. 18.1; ASIR women = 6.7 vs. 7.8 Age-standardized mortality rate [ASMR] per 100,000: men = 9.2 vs. 14.4; ASMR women 4.2 vs. 6.5) [9]. More developed countries, as defined by the UN, include all regions of Europe plus North America, Australia / New Zealand and Japan; less developed