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ESTIMATION OF THE FREQUENCY OF THE SPREAD OF RISK FACTORS FOR CARDIOVASCULAR DISEASES AMONG THE MEDICAL STAFF

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The rates of cardiovascular morbidity and mortality in Ukraine remain high, despite the implementation of preventive and therapeutic measures. The study of cardiovascular disease (CVD) is one of the priority areas for the development of modern health care. In Ukraine, the prevalence of cardiovascular diseases significantly exceeds that in most European countries. Due to their activities, medical workers are rather widely involved in preventive examinations, but despite this, they remain a very «vulnerable» part of the population for CVD. This is due to the intensity of their work. Cardiovascular diseases among physicians have been little studied, and it is difficult to systematize them.

The aim of our study is to assess the frequency of the spread of various risk factors for cardiovascular disease (CVD) among the medical staff of MHCF «City Polyclinic № 5».

As a result of the study, the following tasks were solved: the prevalence of risk factors for cardiovascular diseases among the medical staff of the clinic number 5 in Chernivtsi has been studied; - the effect of smoking and drinking alcohol, physical activity, excessive salt intake, malnutrition on the occurrence of cardiovascular diseases has been analyzed.

The object of the study was 70 people of the medical staff of the MHCF «City Polyclinic № 5», Chernivtsi. The study did not include hospital technical staff. In the course of work, for each employee who agreed to undergo an additional examination, the blood test determined the levels of glucose, total cholesterol (CHC), high density lipoprotein (HDL) and low density lipoprotein (LDL) cholesterol. A special questionnaire was filled out for each employee - a questionnaire. Statistical data processing was carried out using the following methods: confidence criterion t, nonparametric Mann-Whitney test (U-test), $\chi 2$ criterion adjusted for Yates continuity, Fisher criterion (F-criterion). Differences were considered statistically significant with bilateral p values <0.05. The average age of the subjects was 50 ± 6.4. Among them, 25 doctors (35.7%), 45 nurses (57.1%), 5 - junior medical staff (5.7%): of which 92.8% are women. As a result of the study, the following data were obtained: increased blood pressure was detected in 28 (40%) of the subjects, taking into account those who regularly take antihypertensive drugs. Among the surveyed 52 (74.3%) employees indicated that they had never smoked. 18 (25.7%) employees smoked or had smoked previously. Lack of overweight (BMI≤25.0) was observed in 30 employees (42.8%), signs of overweight – in 33 employees (47.1%), signs of obesity – in 7 (10%) people, (BMI more than 30, 0). The frequency of other risk factors for cardiovascular diseases was as follows: low physical activity - 68%, malnutrition - 42%, hyperlipidemia - 49%. Excessive salt intake is 65%.

Considering the above, the following conclusions can be drawn: a high frequency of well-known risk factors for cardiovascular diseases, especially low physical activity, and hyperlipidemia were among the most common risk factors. The frequency of the study of group arterial hypertension, smoking, obesity was also high.

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FORMING THE BASES OF A HEALTHY LIFE: A THEORETICAL ASPECT

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Health is one of the prerequisites for a person to achieve his or her goals and challenges. Each person faces crisis, transitional conditions in this process when a person finds strength and resources to cope with them. The concept "health" cannot be considered without those specific behavioral models that enable a person to improve his or her life quality and attitude to health as a real value.

Health is defined as the dynamic status of the human body characterized by high energy potential, optimal adaptive responses to environmental changes. This condition provides a person's harmonious physical, psycho-emotional and social development, his / her active longevity, productive life, effective resistance to disease.

Attitude to the health is a system of individual elective person's connections with various objective phenomena that promote or, on the contrary, threaten people's health. Additionally, it is a certain assessment of the individual's physical and mental conditions. This is one of the elements of self-preservation behavior.

Special researches conducted at the last decades of the last century have shown that the main men's health determiners are individual behavior, his/her lifestyle combined with human biology, medical care and environmental factors.

Summing up the mentioned above, the individual health is characterized by the fullness of life, sense of life, comprehensive and long-term social activity as well as the harmonious personal development. The ability to promote healthy lifestyles and the peculiarities of professional and pedagogical activity of the modern physical education teacher are the main determining factors in the formation of readiness for professional self-improvement.

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THE BEHAVIORAL RISK FACTORS OF MAJOR NON-COMMUNICABLE DISEASES AMONG ECONOMICALLY ACTIVE POPULATION

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One of the goals for achieving the objectives of sustainable development is to reduce the mortality rate from non-communicable diseases (NCDs) at the age of 30-69 by one third by 2030. The WHO Global Conference on Issues related to NCDs in Montevideo (2017) highlighted the dependence of premature mortality on economic, environmental and social determinants. The influence on the risks of NCDs is necessary at all stages of life. The economically active population (15-69 years), which is most at risk, requires special attention.

Eight risk factors (alcohol use, tobacco use, high blood pressure, high body mass index, high cholesterol, high blood glucose, low fruit and vegetable intake, and physical inactivity) account for 61% of cardiovascular deaths. Combined, these same risk factors account for over three-quarters of ischemic heart disease: the leading cause of death worldwide. Reducing exposure to these eight risk factors would increase global life expectancy by almost 5 years.

The aim of our study was to determine the peculiarities of behavioral risk factors in certain groups of the economically active population (EAP), which can be taken into account for implementing preventive information and motivational technologies at the primary health care (PHC).

A stepwise study of the peculiarities of behavioral risk factors prevalence of major NCDs among EAP was conducted, 1252 questionnaires were selected for analysis. The sociological (survey, interviewing, observation) and statistical methods were used.

Each risk has its causes and many have their roots in a complex chain of events over time, consisting of socioeconomic factors, environmental and community conditions, and individual behaviour. The causal chain offers many entry points for intervention. Nevertheless, for each intervention, we should examine carefully regional factors and specifically define their target groups. To counteract a complex set of factors (tobacco use, inadequate physical activity, alcohol abuse, unhealthy eating) and the use of appropriate measures (taking into account gender peculiarities and the level of medical literacy), it is necessary to monitor their prevalence.

The prevalence of smoking in the EAP was 27.88%, among men - 35.99%, among women - 20.06%. It is shown that smoking increases the risk of female alcohol abuse. 35.34% men and 16.77% women ($p<0.001$) reported drinking alcohol with a frequency ranging from "daily" to "1-2 times a week". The respondents found insufficient physical activity: only $42.17 \pm 1.40\%$ were