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Kazantseva A.V., Anufrieva E.V.
**MONITORING BEHAVIORAL RISK FACTORS AND FORMATION
OF HEALTH SAVING BEHAVIOR IN ADOLESCENTS**

Department of Public health and health care
Ural State Medical University
Yekaterinburg, Russian Federation

Казанцева А.В., Ануфриева Е.В.
**МОНИТОРИНГ ФАКТОРОВ ПОВЕДЕНЧЕСКОГО РИСКА И
ФОРМИРОВАНИЕ ПОВЕДЕНИЯ ЗДОРОВОГО ОБРАЗА У
ПОДРОСТКОВ**

Кафедра общественного здоровья и здравоохранения
Уральский государственный медицинский университет
Екатеринбург, Российская Федерация

E-mail: kazantseva.anna.net@gmail.com

Annotation. The article shows the results of a comparative assessment of the health-saving behavior in adolescents studying in schools and colleges of the Sverdlovsk region according to monitoring data of 2009-2018.

Аннотация. В статье приведены результаты сравнительной оценки здоровья сберегающего поведения подростков, обучающихся в школах и колледжах Свердловской области по данным мониторинга 2009-2018 гг.

Ключевые слова: здоровье подростков, поведенческие факторы риска, уровень заболеваемости у подростков.

Key words: health of adolescents, behavioral risk factors, incidence rate in adolescents.

Introduction

According to the World Health Organization, the burden of chronic noncommunicable diseases (CND) is increasing as well as the socio-economic damage they cause. These diseases cause up to 75% of deaths at the age of 30-60 years. Two-thirds of premature deaths are the result of health behaviors that have become habitual in school and adolescence [1].

In the last decade, both in the Russian Federation and in the Sverdlovsk region, negative trends in public health have persisted. The number of adolescents within 20

years has halved, Rosstat predicts a further decrease in their number. In this situation, the preservation and improvement of the health of each child is a priority task in the country.

Protecting and promoting students' health largely depends on the organization of health care and the focus of preventive work in educational institutions. According to 273-FZ "On Education in the Russian Federation" (2012) and 323-FZ "On the Basics of Citizen Health Protection in the Russian Federation" (2011), an educational institution should be a place that ensures not only the preservation but also the improvement of students' health. The issues of creating a healthy lifestyle can be organically included in the educational process: students are an organized group of peers and spend a significant amount of time in the educational institutions, which provides opportunities for preventive interventions. In this regard, it is necessary to recognize the protection of the health of adolescent students as a priority task which requires an interdisciplinary approach [2].

The aim of the research - assess the incidence rate in adolescents and, based on monitoring the awareness of adolescent students about health risk factors, to assess the effectiveness of the implementation of preventive programs in the educational institutions in the Sverdlovsk region.

Materials and methods

Reporting data of the Ministry of Health of the Sverdlovsk region and Rospotrebnadzor.

Data from an anonymous sociological survey using international questionnaire Health Behavior of School-aged Children (HBSC) of 15-17-year-old adolescents of Sverdlovsk region: pupils of 10-11 grades of schools in three sections, 2009, 2015, 2018 and students of institutions of secondary vocational education (ISVE), 2016. The questionnaires contained blocks of questions: attitudes toward own health, harmful habits, assessment of diet and physical activity.

The methods of analytical, sociological, comparative analysis were used. The results were processed using MS Excel with the calculation of t-test.

Results and discussion

The diseases associated with the organization of the educational process and the shortcomings of the implementation of preventive approaches dominate in the structure of the incidence rate in adolescents in the Sverdlovsk region. So, over the course of 15 years, there is an increase in the level of the general (by 44.2%) and primary incidence (by 43.1%) rate in adolescents. Compared to children aged 0-14, adolescents have a higher incidence in all classes of somatic diseases, except for respiratory and infectious diseases. The growth of pathological infestation among adolescents continues in all types of educational institutions for the following classes of diseases: endocrine system, eyes, musculoskeletal system.

Since 2009, in the Sverdlovsk region, monitoring of schoolchildren awareness of risk factors and commitment to a healthy lifestyle is being implemented. In the dynamics of the answers, according to the results of the questionnaire survey of schoolchildren about self-esteem of health, there are positive trends over 9 years: the number of schoolchildren who rate their health as good and do not experience

asthenic symptoms increased by 20%. These data allow to assess how health problems subjectively perceived by young people make them seek medical advice, take medicine or miss classes.

Regular physical activity can significantly improve the quality of life and school performance. According to the survey, schoolchildren more often began to engage in intense physical activity for more than 2 hours a week by 10%. The number of children spending more than 3 hours a day in the open air increased by one third.

A rational and balanced diet in adolescence contributes to physical and mental development and has a significant impact on health throughout life. Over the past 9 years, the number of schoolchildren on a balanced diet increased by a quarter (up to 52%), the number of schoolchildren using fruits and vegetables doubled daily (up to 60%).

The smoking habit is usually formed during adolescence. The focus on communication contributes to start smoking and alcohol consumption, and self-doubt encourages adolescents to assert themselves in this way. For 9 years, there are positive trends, the frequency of smoking has decreased to 11%, alcohol consumption to 32%, but further propagandistic work is required in this direction.

When comparing the answers of adolescent schoolchildren and their peers studying at the ISVE, the latter assess their health as good 3 times less. The indicators of preventive activity among students are lower: they make preventive vaccinations more rarely by 35.5%, they control their nutrition less often by a quarter, and vitamins are taken 2 times less. Only in 23% of cases adolescents say that they go to a doctor when feeling sick.

Social factors have a major impact on actual nutrition in adolescence. The process of asserting one's identity often involves negating family values and is accompanied by the growing influence of peers.

This is especially evident in college students: an irrational diet in 38% of students, and only 36% of students eat fruit and vegetables daily. Students have an excess of smoking prevalence rates several times. More than 50% of students tried to smoke and 42% smoke at present. College students smoke daily 7 times more often, compared with schoolchildren. Virtually all the students at the ISVE have tried and more than 50% use alcohol regularly. These figures also significantly exceed the responses of teenagers-students. The prevalence rates of drugs use among college students are also higher; they also more often contact people who use drugs. 57.2% of ISVE students have a negative attitude towards drug use, but the awareness of adolescents about the dangers of using drugs is extremely low.

For the development of preventive campaign, it is important to note that for schoolchildren the main sources of knowledge are parents (73.1%), medical workers (45.8%), and for students these are media (65.5%), teachers (34.2%) and friends (25%).

The data obtained convincingly demonstrate the need to improve prevention work among adolescents.

Improving awareness among schoolchildren in most positions indicates the effectiveness of ongoing prevention programs in the region. A lower level of awareness of college students compared with schoolchildren was revealed, which may be due to a mix of age groups of students studying in the ISVE (adolescents and adults), adolescents living separately from relatives, more effective preventive work in schools.

In the region, special attention is paid to school health. Since 2009, the concept of “Improving the organization of medical care for students of educational institutions of the Sverdlovsk region for the period up to 2025” has been implemented, and in 2017, the educational program “Schoolchildren Health” was launched. These programs practically do not cover adolescents in ISVE. In 2016 the city center of medical prevention in Yekaterinburg developed and launched a pilot project “Healthy student”, aimed at raising awareness about risk factors, the orientation on a healthy lifestyle.

For the successful implementation of prevention programs among adolescent students, an interdepartmental approach and continuity at all stages of the formation of a healthy lifestyle (family, school, vocational, informal associations) are necessary.

When creating programs for the formation of a healthy lifestyle, age, gender differences, trends in behavioral risk factors that change over time should be taken into account. To evaluate the effectiveness, it is necessary to systematically introduce universal monitoring of risk factors among students, which will allow differentiated approaches to prevention.

Conclusion

For the effectiveness of preventive interventions, it is necessary to develop and implement comprehensive programs aimed at reducing the prevalence of behavioral risk factors, and the formation of attitudes towards adolescents' healthy lifestyle with coordinated interdepartmental participation: Ministries and departments in the field of health, education, youth policy, culture and sports, teachers, medical workers.

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Хасанова Д.Г., Васянина А.К.

**РЕГИОНАЛЬНЫЕ ОСОБЕННОСТИ ЗАБОЛЕВАЕМОСТИ
КОСТНО-МЫШЕЧНОЙ СИСТЕМЫ СРЕДИ ДЕТСКОГО НАСЕЛЕНИЯ**

Кафедра общественного здоровья и здравоохранения