**The influence of various factors on lifestyle of young people**

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Healthy lifestyle - it is the individual system of human behavior, it provides physical, mental and social well-being in a real environment (natural, technological and social) and active longevity. Healthy lifestyle creates the best conditions for normal physiological and mental processes, which reduces the likelihood of various diseases and prolong life. Currently, the issue of health and healthy lifestyles is becoming increasingly important, especially among young people, as they are, despite his young age is still far fall under the pernicious influence of society, friends, colleagues, and thereby destroy themselves. It is well known that the level of human health depends on many factors - genetic, socio-economic, environmental, health system. According to WHO, health 50-55% determined by the conditions and way of life, 25% - environmental conditions, 15-20% is due to genetic factors, and only 10-15% - the health system. Thus, it is clear that the primary role in the preservation and formation of health belongs to the man, his lifestyle, values, attitudes, degree of harmonization of his inner world and relationships with the environment.

All the factors that negatively effect on human health can be divided into four groups: genetic -hereditary diseases and disorders, hereditary predisposition to disease; state of the environment- harmful conditions of life and production, adverse climatic and natural conditions, the violation of the environmental situation; medical software- the lack of permanent medical monitoring of the dynamics of health, the low level of primary prevention, poor health are; conditions and lifestyle-the lack of a rational mode of life, migration, hypo- or hyperdynamia, c social and psychological discomfort. poor diet, bad habits. As we have seen, genetic factors occupy only 15-20% of all the factors. But even with bad heredity if you lead a healthy lifestyle it is possible to increase the length and quality of life

Consequently, the formation of a healthy way of life of the youth can be implemented at three institutions of health, education, culture, social welfare, teenagers and youth clubs, associations; infrastructure-creating conditions for maintaining a healthy lifestyle in the main spheres of life (free levels: social- promoting healthy lifestyles media, conducting educational and outreach time, material resources), development of physical culture and sports organizations and institutions of leisure, care institutions (centers of medical prevention, regenerative medicine and rehabilitation), conducting environmental monitoring; provide educational, medical and other institutions and organizations with the necessary equipment; personal- the formation of value orientations of the young man, the standardization of domestic way of his life.

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