PUBLIC HEALTH IS A GUARANTEE OF THE WELL-BEING OF THE NATION

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To date, there is a large number of different terms of the definition of the concept of «health». Human health is determined by a complex of many factors, primarily biological and social. There is the most widespread, clear and complete definition of the concept of health. Health is the state of complete physical, spiritual and social well-being, and not just the absence of illness and physical disabilities.

The health of people is one of the issues of vital importance to both every person and the whole state. For a proper understanding of the relationship between health indicators and the interaction of environmental factors, three interrelated levels of health are identified. The public level characterizes the general state of health of the population and reveals a system of material and spiritual relations that exist in society. The next level is a group health that is conditioned by the specifics of the life of people of the given labor or family collective. The third is the individual level of health, which is formed both in the conditions of the whole society and group, and on the basis of the physiological and psychological characteristics of the individual and the way of life that each person conducts. Public health is one of the main levels characterized by demographic indicators: fertility, mortality, morbidity, average life expectancy, population growth, level of physical development, morbidity with disability, number of chronic diseases and the number of people with disabilities.

 Individual health – is considered as a vital activity of a specific person and includes such components of health as the physical, psychological and social status of a person. Let’s consider another kind of health as a biological. This is an initial health that involves the harmony of physiological processes as a consequence of the adaptation of each person. There is also such health as social, this health is a measure of social activity and human activity in society. Also, psychological health is important, it is not only the state of the organism, but also how comfortable a person feels in the seven and in society.

 Health depends on the adaptation of the organism to the factors of the environment. Adaptation of the organism consists of some levels, such as genetic level, phenotypic level, changes in metabolism, preservation of the constancy of the internal environment of the organism; immunity; adaptive unconditioned and conditionedreflex responses (adaptive behavior). Human health cannot be considered as something independent, autonomous. It is the result of the influence of social, natural and anthropogenic factors. In fact, there is a lack of awareness of the public’s awareness of the value of their own health, as well as a low level of awareness of a healthy lifestyle. It is impossible to preserve human capital without maintaining a healthy state of health. Health in general largely depends on the way people live. The public consciousness should be focused not on the fight against diseases, but on the mainte- 91 nance of health. From an economic point of view, such an approach is quite appropriate and has no alternative – prevention is much cheaper than treatment and rehabilitation. Particular importance is given to improving education and training of children and young people; Strengthening the impact of information and education programs on the introduction of healthy lifestyles and the fight against harmful habits in society. Consequently, in today’s conditions in Ukraine, priority should be given to the introduction of a healthy lifestyle in a society.

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