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**THE MODERN LIFESTYLE AND ITS EFFECTS ON PUBLIC HEALTH, IS THERE A WAY OUT?**

**Aim:** to study the change brought aboutby the modern lifestyle**,** its effects on the public health and ways to improve the general health of the population.

**Materials and method:** this study includes a survey of 58 people between the age of 18–45 years old whose life patterns and habits were studied as well as the effect of their lifestyle on their health.

**Results:** 80% of persons studied in this survey presented with different levels of disorders due to their habits and lifestyle which was connected to the modern way of life.

**Discussion:** lifestyle is the way of life of an individual which includes his/her habits, interests, thoughts, beliefs, culture and ethnicity, behavioral pattern etc. The modern lifestyle until recent years was not a thing to talk about talk less of having effects on the health of the population but in recent times it has become a thing of worry as its effects on the human health which are more negative than positive have caused conditions and disorders that are becoming a threat to the health of the population at large. According to the world health organization, about 60% of factors that affect life of individuals can be linked to their lifestyles. These modern lifestyle practices ranging from increased use of technology, to the lack of exercise, eating of unhealthy foods/poor diet, multiple sexual partners, smoking and drinking, drug abuse and increased stress, when constantly repeated becomes an unhealthy lifestyle which in return causes severe damages to the body and causes several disorders as we see in the present day. Diseases like cardiovascular disease, diabetes, obesity, joints disorders, respiratory disorders, mental disorders or psychological disturbances can be seen in such cases with obesity and cardiovascular disease usually topping the chart. Increased use of technology includes the use of social media and telephones which have become difficult to put away and also the increased production and watching of movies, activities which are common in the younger population leaves no time for any other activity or spending time on things or with people that matter or that we love. In the long run this can lead to mental health disturbances like depression, anxiety and mental stress. Lack of exercise causes sedentary lifestyle which could affect physical health and when combined with a poor diet this could lead to obesity one of the leading causes of mortality in the population. Obesity if taken as a case study can be due to a lot of factors like the reduced walking and more use of vehicles and escalators, ῾the grab and go’ or rush way of life, processed foods, the increased use of many machines which are intended to make life easierbut in return reduces the activities of man that will help burn calories and help with all-round wellness all of which are due to modernization of lifestyle. Cardiovascular disease which includes and is not limited to heart failure, stroke, arrhythmias and cardiomyopathies is another main cause of mortality in the population which can be caused by sedentary lifestyle, poor diet and foods high in sodium, excessive drug abuse, alcohol intake and smoking, stressful environment all of which can be linked to the modern lifestyle of the present day. The effect of these diseases on the health of the population is that asides the battle against communicable diseases and different infectious diseases there is also an upraise in the incidence of non-communicable diseases in the general population. Also, among the younger population, there is a rise in high blood pressure, stroke, obesity, depression etc. and these creates an imbalance in the health statistics of the population and increases the task of the board in control of health matters. To curb the incessant increase of an unhealthy population the diseases have to be studied along with their causes with the plan of eradicating them. To achieve this, the population should be sensitized and educated about the effects of the modern lifestyle on them, a healthy lifestyle with increased physical activity should be increased and this can start from health sectors as little as doctors creating an awareness for their patients, organizations creating boot camps for their workers where they get to engage in physical activities and the government regulating the food sector as much as they are able to. People should be made aware of their poor choices and how it may affect their lives and even lead to death.

**Conclusion:** urbanization and modernization of the world at large though of great value has also brought about increasing health disorders which if not controlled will spiral into an epidemic of its own type which although it can easily be avoided can also likewise easily spread like wildfire. To prevent such from happening, steps should be made/taken so as to increase the value of life such as 1. A healthy diet 2. Increase in physical activity 3. Lesser use of phones, internet and ant technology related devices 4. Reduce strenuous activities 5. Rest and sleep more 6. Following health preserving rules 7. Practicing good habits.