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АКТУАЛЬНІ ПИТАННЯ ТЕОРЕТИЧНОЇ ТА ПРАКТИЧНОЇ МЕДИЦИНИ

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Based on the study it can be concluded that the needs of the increasing number of physicians was not, as in the period of maximum load in January - March 2011 doctors ambulatory care settings perform the regulatory function only two-thirds. The family and local doctors perform it reached 94.6% in the "narrow" specialists barely exceeded half, and in-patient medical institutions function was performed at 60.3%. Analysis of the use of hospital beds has shown that employment rates beds in recent years, is lower than the regional and national figures (in 2011 it decreased to 313.2 days., The regional rate - 319.6 days, Ukraine - 326.9 days).

Conclusion. This study confirms the validity of reforming the health sector based on the priority of primary health care through the development of family physicians.

CHILDHOOD MALNUTRITION IN NAMIBIA

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2012 Nutrition country profile. HDI ranking: 128th out of 182 countries, Life expectancy: 61 years, Life time risk of maternal death: 1 in 1702 Under-five mortality rate: 42 per 1,000 live births, Global ranking of stunting prevalence: 56th highest out of 136 countries. Over one-third of child deaths are due to under nutrition mostly from increased severity of disease. Children who are undernourished between conception and age two are at high risk for impaired cognitive development, which adversely affects the country's productivity and growth. Survey in 2012 shows 29% of children under the age of five are stunted, 17% are underweight, 8% are wasted and 16% of infants are born with a low birth weight.

Comparison with Ukraine. The most recent MICS survey in 2012 did not have data on wasting among children, but it is expected that between 2000 and 2012, the percentage of wasted children did not deteriorate substantially as economic situation in Ukraine remained approximately the same during this period, with exception of 2008-2009 crisis where there might have been a slight chance in the nutritional situation deterioration. As per the pre-crisis data, the prevalence of wasting was far below the 5% acceptable rate by WHO.

Solutions to eliminate malnutrition. Increase nutrition capacity within the Ministries of Health and Agriculture. Improve infant and young child feeding through effective education and counseling services. Implement multiple solutions to tackle anemia including deworming and multiple micronutrient sachets for young children, and iron supplementation for pregnant women. Achieve universal salt iodization. Improve dietary diversity through promoting home production of a diversity of foods and market and infrastructure development.

PUPILS' KNOWLEDGE FROM A URBAN AREA CONCERNING THE HEALTHY EATING

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Introduction: The World Health Organization considers feeding one of the main risk factors in the emergence of non-communicable diseases. We proposed to develop a study for evaluating pupils' knowledge on healthy eating.

Materials and methods: For achieving the purpose and objectives, we used analytical, descriptive, sociological and statistical research methods. The research was conducted using an questionnaire on a sample of 1455 pupils (721 boys and 734 girls) from the VIIth -XIIth grade, from 10 high school from cities Chisinau and Balti.

Discussion results: Was found that 21.2% pupils consider that for being healthy is recommended to salt food after desire and 79.8% consider that consumption of salt have been limited. A healthy eating means two meals per day, answered 2.3% pupils, three meals - 49.1%, four and more - 47.1% pupils. Most of pupils mentioned that unhealthy foods are chips and snakes (86.1%), Coca-Cola (84.1%) and hamburgers, donuts and hotdogs (83.2%), pizza (56.8%),

chocolate (22.4%) and cheese glazed with chocolate (20.7%). Pupils considered unhealthy food products: fish (8.6%), poultry meat (9.8%), milk (8.9%) and fruits (1.6%). Pupils were informed about healthy eating at school classes of: biology (61.1%), civic education (47.1%), class hour (41.1%) and other (7.5%). They claim that they were not informed about healthy eating at school 11.7% pupils. Most of pupils have indicated as information source about the healthy eating, family (78.5%), the Internet (51.8%), teachers (51.5%) and mass-media (45.4%).

Conclusion: Half of pupils considered as healthy eating four or more meals per day. Some pupils included in the group of unhealthy food products some important health food products.

Key Words: pupils, knowledge, healthy eating

ALCOHOL CONSUMPTION FEATURES AMONG PUPILS FROM TEMPORARY DISINTEGRATED FAMILIES

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Introduction: Alcohol consumption among pupils constitutes an alarming risk factor for young generation's health.

Materials and Methods: The study comprised 783 Vth - VIIIth grade pupils (358 boys and 425 girls) from 10 high schools in rural areas of Moldova. The study instrument represented a survey that included 43 questions, five of which addressed alcohol consumption among high school pupils. Study results: According to the research, 57.7 % of all pupils live with both parents, 21.7 % - with their father, 10.4 % - with their mother while 10.2 % of pupils have both of their parents gone.

Among pupils who consumed more than a sip of alcohol for at least one day in the last 30 days, 32.4 % of respondents live in complete families whereas 37.3 % - in incomplete families (38.8 % with their mother, 33.3 % with their father, 37.4 % with both parents gone).

Out of all alcoholic beverages, pupils usually consume: beer - 19.1 % of pupils from complete families and 21.9 % from incomplete families; wine - 24.4 % of pupils from complete families and 22.3 % from incomplete ones; champagne (sparkling wine) 22.8 % - from complete families and 20.2 % from incomplete families; vodka, cognac, brandy etc. - 1.5 % from complete families and 3.6 % from incomplete ones.

Conclusion: There is no significant difference in alcohol consumption among pupils from complete and incomplete families.

Keywords: pupils, alcohol, family integrity.