

SECTION OF PUBLIC HEALTH AND PREVENTIVE MEDICINE

СЕКЦІЯ ГРОМАДСЬКОГО ЗДОРОВ'Я ТА ПРОФІЛАКТИЧНОЇ МЕДИЦИНИ

IDENTIFICATION OF MAJOR RISK FACTORS FOR CIRCULATORY SYSTEM DISEASES AMONG KAMPALA (UGANDA) ADULTS AND THEIR COMPARISON WITH SIMILAR DATA IN POLTAVA (UKRAINE)

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Relevance. The problem of noncommunicable morbidity, and especially of cardiovascular disease, is one of the major problems for any country's healthcare system. Considering the main trends of the present day, the public health system plays a big role in the successful fight against these weeds: development of adequate and timely prevention of risk factors (mainly behavioral ones), health protection and promotion of healthy lifestyles.

The aim of the research. Identify the main risk factors for cardiovascular disease in the population of Kampala (Uganda) and compare these data with data from Poltava (Ukraine).

Materials and methods. The risk factor data were examined by questioning the population of Kampala (Uganda) using a typical questionnaire. The obtained data were analyzed by using of statistical methods - odds ratio and regression analysis, as a result, significant risk factors for circulatory system diseases among the population of Kampala were identified. The obtained data were compared with similar ones in Poltava.

Results. The analysis identified the risk factors that had a significant increase in the risk of circulatory system disease among the population of Kampala: age over 40 (odds ratio = 7.892, $p = 0.001$), male gender (odds ratio = 4.642, $p = 0.017$), overweight (BMI over 25) (odds ratio = 2.128, $p = 0.034$), smoking (ratio chances = 2,122, $p = 0,043$), pork (odds ratio = 2,243, $p = 0.02$), lard (odds ratio = 2,091, $p = 0,044$), sweets (odds ratio = 2,433, $p = 0.02$), low physical activity (odds ratio = 2.450, $p = 0.03$), stress (odds ratio = 4.214, $p = 0.009$), working conditions (odds ratio = 2.194, $p = 0.041$). The factors of protection were: sufficient fruit consumption (odds ratio = 0.188, $p = 0.008$), vegetables (odds ratio = 0.135, $p = 0.037$), fish (odds ratio = 0.394, $p = 0.008$), poultry meat (odds ratio = 0.466, $p = 0.031$). Following a multiple regression, an indicative model for prevention of circulatory system diseases among the population of Kampala was constructed – special preventive activities require the following: age, gender, overweight, frequent use of lard and sweets, hard working conditions. At the same time, similar prevention model in the city of Poltava (Ukraine) focus prevention activities on the following factors: age, gender, anamnesis, BMI, smoking, pork and salt consumption, relationships in the family.

Conclusions. As a result of a study of risk factors for circulatory system diseases among the population of Kampala (Uganda) and Poltava (Ukraine), it has been determined that, despite virtually similar risk factors (by the odds ratio), there are differences in prevention models - there is a difference between the more influential risk factors (according to multiple regression analysis).

AWARENESS OF FOREIGN STUDENTS OF UMSA ON THE SAFE USE OF CHEWING GUM

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Actuality. Today chewing gum has become an integral attribute of the modern man who leads a dynamic lifestyle. Worldwide, it is particularly popular with children and young people, including students. The stereotype of the positive effect of chewing gum on oral hygiene, its ability to quench hunger and stress, is common. However, it is important for future physicians to formulate an informed position on the use of chewing gum, taking into account the known beneficial and harmful aspects of its impact on health.

Aim of the research. To investigate future physicians' awareness of the medical aspects of chewing gum use and to formulate appropriate hygienic recommendations for them.

Materials and methods. Analysis, systematization and generalization of literary sources on the problem, questionnaires, statistical data processing. The survey was conducted among 112 first-year students of the Faculty of Foreign Studies.

Research results. The expected minority among the respondents (24, or 21.4%) is students who never use chewing gum or use it very rarely. The rest of the respondents (88, or 78.6%) use chewing gum quite often. Most of them chew gum several times a week (38.6%) or once a day (27.3%), while regular use once a week (21.6%) and several times a day (12.5%) is less common. Among the motives for chewing gum, the highest priority is pleasure (45.5%), which is consistently inferior to maintaining oral hygiene (26.1%), stimulating mental activity (17.0%) and overcoming stress (11.4%). Regarding the average duration of the chewing gum process, the answers were as follows: «5–10 minutes» and «more than 20 minutes» – 35.2% each, «10–20 minutes» – 20.5%, «less than 5 minutes» – 9.1%. The vast majority of respondents consider chewing gum an effective oral hygiene tool (69.3%) and are not accustomed to using it before eating (94.3%) or during classes (81.8%). Similarly, most respondents (68.2%) demonstrate selectivity to the type or brand of a gum. At the same time, only a small proportion of students are interested in the chemical composition of chewing gum (18.2%) and can assume its negative impact on human health (13.6%).

Conclusions. Thus, the survey showed that the majority of students surveyed have a habit of regularly using chewing gum to achieve a positive effect on their body. However, they are little aware of the potential negative effects of this product on human health and tend to underestimate the probable danger. According to literary sources it was found that

the beneficial and harmful effects of chewing gum on the human body are due to both the process of chewing and the components of their chemical composition. On this basis, practical recommendations were made on the safe use of chewing gum and brought to the attention of surveyed students.

ANALYSIS OF PREVALENCE OF BEHAVIORAL RISK FACTORS OF NONCOMMUNICABLE DISEASES IN THE ADULT POPULATION OF THE KAMPALA CITY (UGANDA)

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Relevance. Nowadays, the problem of noncommunicable diseases (NCDs) is one of the major medical problems. The problem of NCDs is present in both countries with high levels of economic development (USA, Western Europe), and in countries with low levels of economic development and developing countries (Uganda, Ukraine), as NCDs are the main causes of disability (reduced quality of life) and mortality (irreversible human losses) of the able-bodied population.

The Aim of the research. The aim of this study was to investigate the prevalence of risk factors (primarily behavioral ones) in non-communicable (primarily cardiovascular) diseases among adult population of Kampala city (Uganda).

Materials and methods. The study was conducted in a cross-sectional design. There were 140 people (45% male and 55% female) over the age of 25: 26% of respondents under 40 and 74% over 40 years interviewed by anonymous questioning with the help of a special pre-designed questionnaire with open and closed questions. The answers were summarized in statistical tables and the prevalence of risk factors was determined by frequency analysis.

Results. The survey found that by level of education of respondents were evenly distributed: 48% with higher education and 52% without higher education. It is found that 64% of the respondents are overweight or obese in varying degrees of severity. The prevalence of smoking is 35%, with frequent and excessive alcohol consumption observed in 46% of respondents. Insufficient consumption of fruits and vegetables is rare enough - 9.3% and 4.3% respectively. Frequent dietary intake is observed for pork (57%), sausages and smoked meats (75%) and sweets (32%), while low food intake is observed for dairy products (27%), fish (43%), poultry meat (37%) and beef (32%). Disorders of quality and duration of night sleep are observed in 23% and 35% respectively. Analyzing the nature of physical activity, it is determined that 26% of respondents have an insufficient level of physical activity during daily activity, and that 59% of respondents have a passive nature of rest (days off). The prevalence of stress is 16% in the private sphere (personal life) and 31% in the social sphere. An aggravated family history of circulatory system diseases was identified in 48% of respondents.

Conclusions. The study found that the population of Kampala has a high prevalence of NCD risk factors such as low levels of education, overweight, tobacco smoking, excessive alcohol consumption, over-consumption of pork and smoked foods and low levels of dairy and fish consumption, nighttime sleep, high levels of hypodynamia, especially during free time.

ОСОБЛИВОСТІ ХАРЧУВАННЯ СТУДЕНТІВ У НІМЕЧЧИНІ ТА В УКРАЇНІ, ЇХ ВПЛИВ НА ЗДОРОВ'Я EATING FEATURES AMONG STUDENTS IN GERMANY AND IN UKRAINE, THEIR IMPACT ON HEALTH

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Актуальність. Раціональне харчування, як доведено численними світовими науковими дослідженнями, є фундаментом профілактики багатьох захворювань. Неприпустимо низьким є рівень освіти студентів як в Україні, так і в Німеччині, з питань здорового та раціонального харчування. Під час процесу навчання, організму потрібно велика кількість речовин, щодо успішного сприйняття інформації.

Мета роботи. Вивчення стану, тенденцій та медико-соціальних аспектів проблеми харчування студентів Німеччини та України.

Матеріали та методи. Було здійснено аналіз вітчизняної та зарубіжної літератури з проблеми харчування, джерельною базою слугували матеріали ВООЗ та ЄРБ ВООЗ, статистичні інформаційні бази даних «Здоров'я для всіх» та анкетування.

Результати досліджень. Аналіз сучасного стану харчування студентів України протягом 2015-2020рр. свідчить про наявність негативних тенденцій у стані харчування, що може викликати порушення діяльності нервової системи, обмінних процесів, негативно впливати на фізичний розвиток, зниження імунітету та комплексно спричинювати розвиток аліментарно зумовлених хвороб. Результати аналізу показали, що на стан харчування студентів особливо впливає брак часу через зобов'язання університету та екологічні бар'єри (наприклад, відсутність дешевих та здорових страв в їдальні). Аналіз стану харчування студентів Німеччини протягом 2015-2020рр. показав, що нездорові звички харчування (наприклад, високий рівень споживання фаст-фуду) є поширеним серед студентів. Таким чином, представляється необхідним розробити стратегії профілактики для поліпшення звичок харчування студентів.

В останнє десятиліття серед населення Європейських країн спостерігається виразна тенденція до набирання зайвої маси тіла та поширення ожиріння. Це пов'язано не тільки з тим, що у більшості населення раціон харчування складається з некорисної їжі, а й з порушеннями гормонального та неврологічного генезу.