

YOUTH HEALTH MANAGEMENT SPHERE

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Abstract

Introduction. Health at 10% depends on the medicine level, 20% - on the environment state, 20% - on heredity and 50% - on lifestyle. The healthy lifestyle is forming by: value awareness, conscious attitude, health support; healthy lifestyle; spirituality development; saving and promotion health life. Ukrainian adolescents' health self-assessment is lower than their peers in Europe: every five teenager consider his health mediocre or bad (27%); every third teenager has smoking experience. One in ten teenagers first smoke a cigarette at 11 or earlier, 7% smoke every day; one in seven among 11-year-old and 76% 17-year-old have alcoholic drinking experience; every nine teenagers (aged from 11 to 13 years) tries cannabis at least once. Among 12 million reported sexually transmitted diseases 3 million occur among adolescents.

Purpose. The purpose of the paper is to study the youth awareness level in the health field; to create a youth health center model.

Methodology. An extensive literary review of relevant articles and youth health research reports for the period 2009-2020, was performed using Medline, PubMed and Google databases, with the following key words: "the Ukrainian youth health state, the number of chronically ill among Ukrainian youth, the bad habits spread in the Ukrainian youth environment, youth for a healthy lifestyle". We used a descriptive cross-sectional survey with open-ended and closed-ended questions about attitude to a healthy lifestyle ($n = 688$).

Results. Youth consider the health as the most comprehensive definition, which is enshrined in the scientific literature (67,7%). Family remains the most influential social institution for young people today. Unemployment, low medical care level and high HIV/AIDS rates are the most important health concerns.

Conclusions. Influencing the safe behavior formation factors is defined, the young people attitude the healthy lifestyle and the mentioned factors have been described. The model of the Youth Health Support and Conservation Centre is presented

Keywords

Educational management, safe behavior, healthy lifestyle, the model of Health Centre, city community.

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