

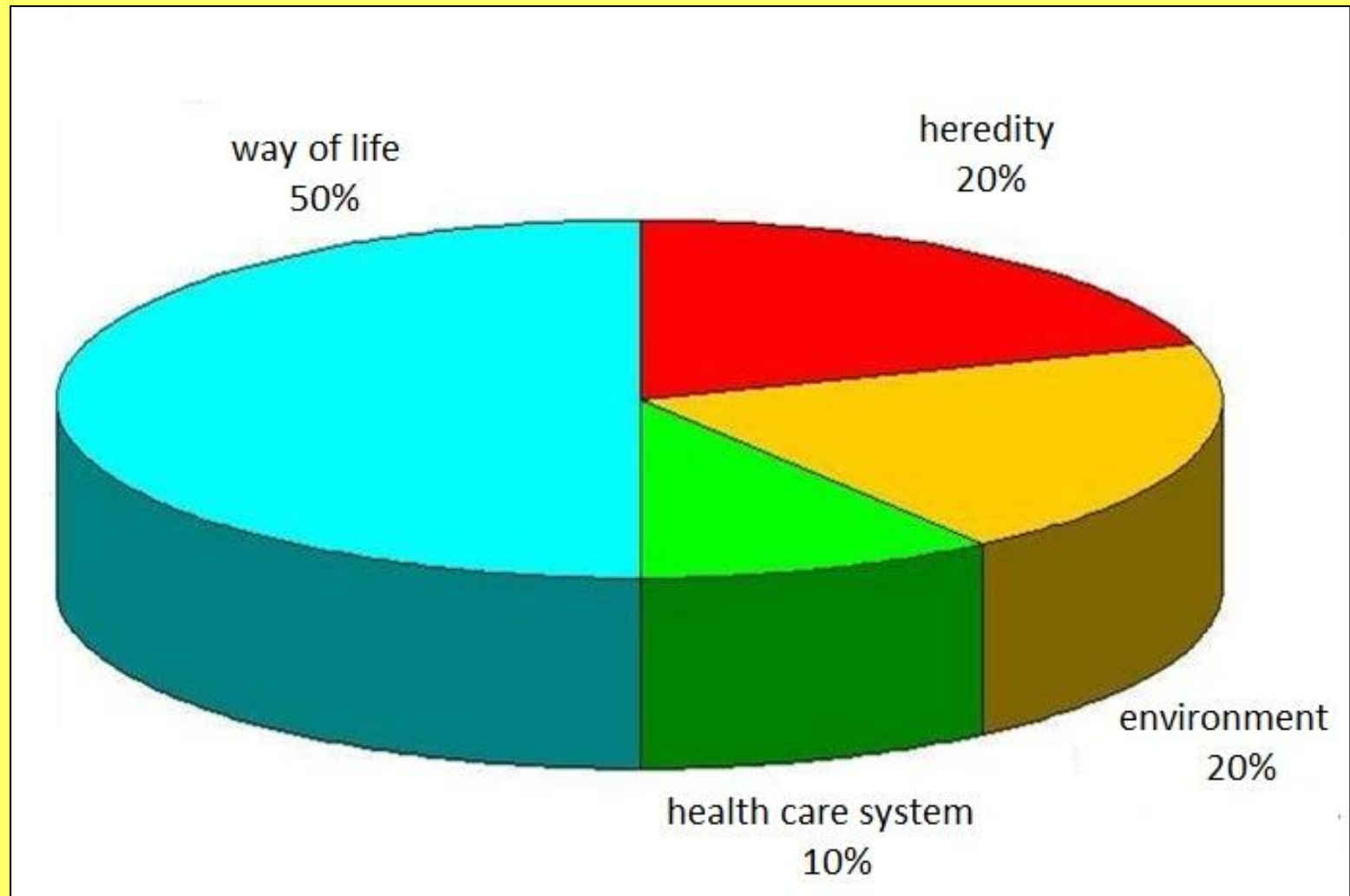
State of health of modern youth



State of health of modern youth has a direct impact on the country's human resources, its security and political stability.



Factors, which influence the health of young people





Poor environmental conditions are very harmful for children. They may have serious health problems in the future.

Low physical activity among young people

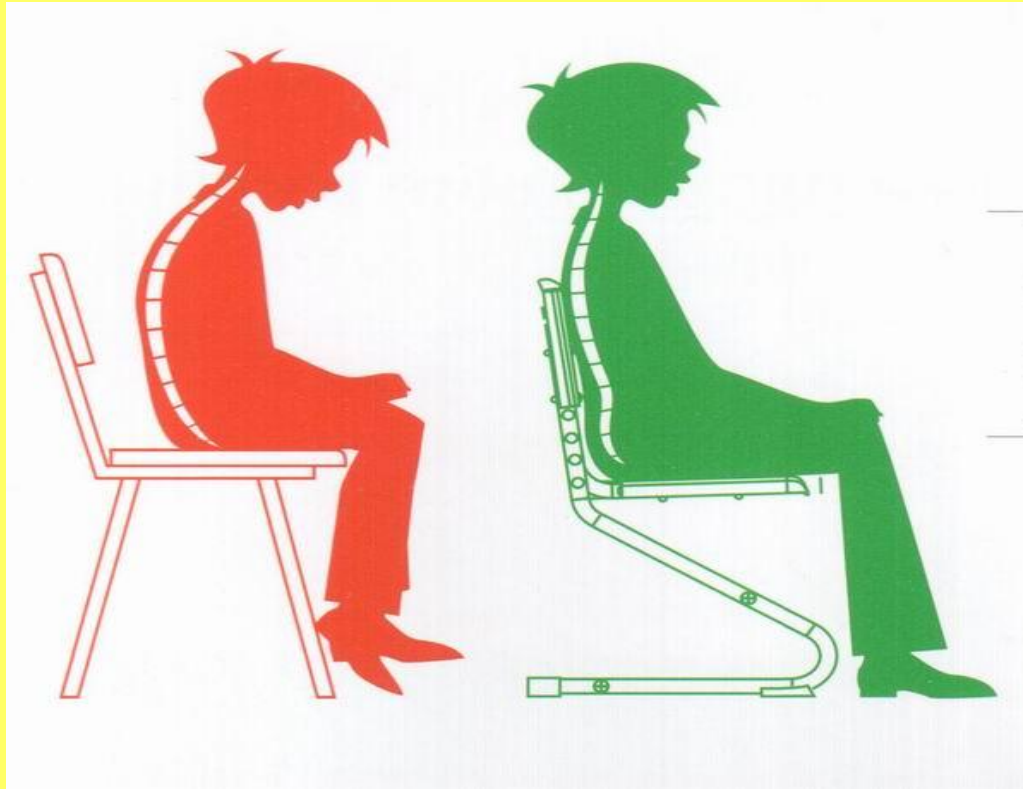
One of the serious problems is - low physical activity among young people. In modern world it is considered to be a social disease.



Children are paying a huge amount of time to computers or mobile phones, but not to education and sport.

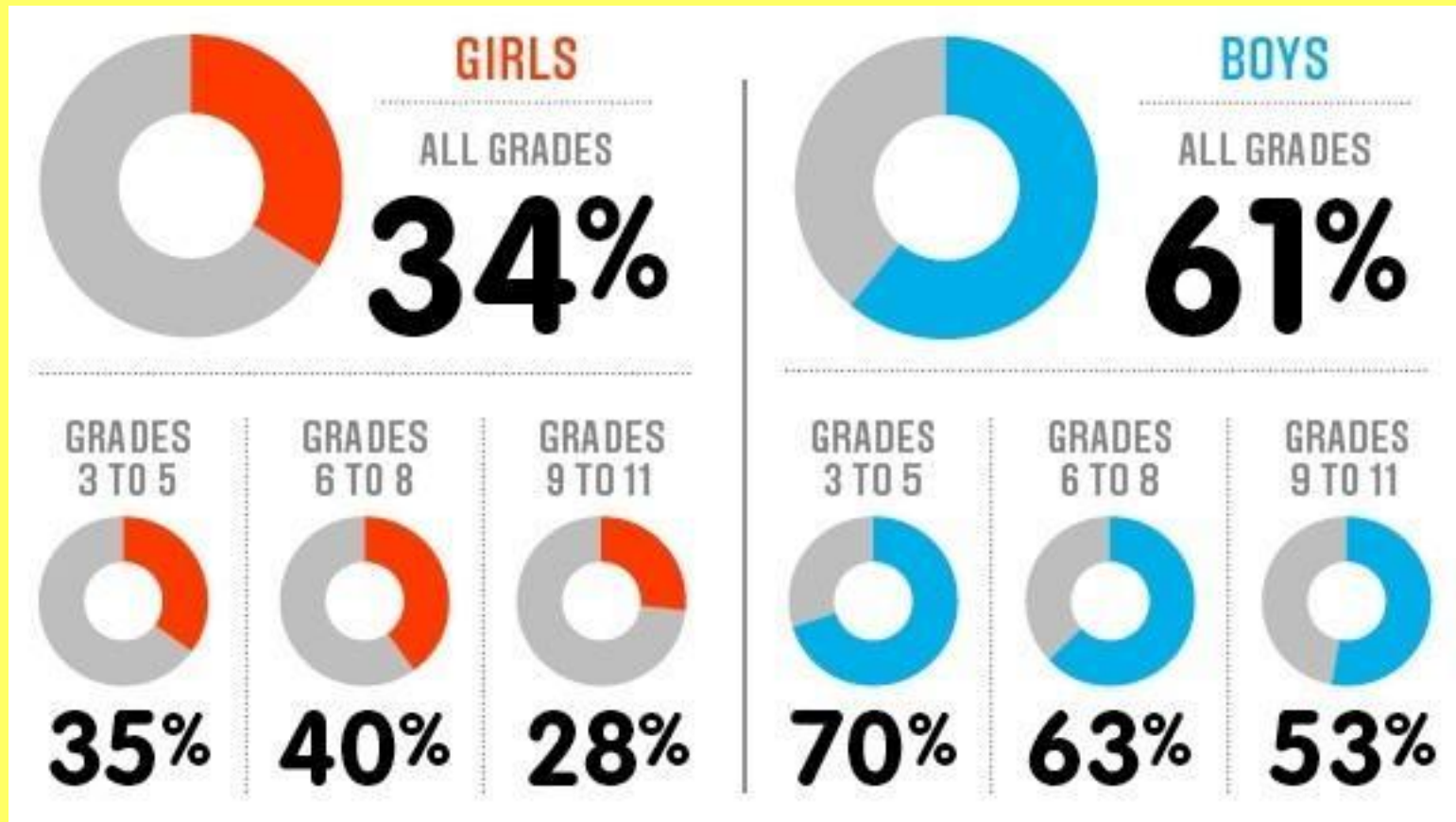


Long sitting at the desk at school may cause slouch and spinal deformity.

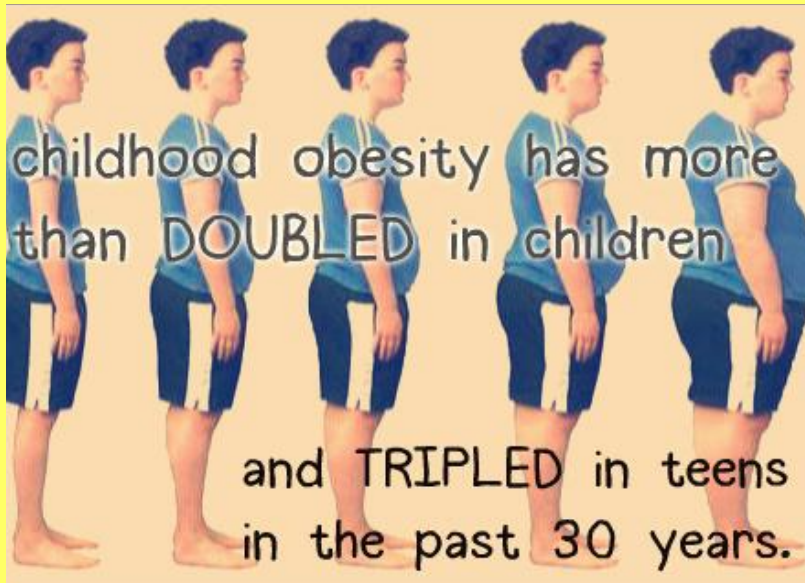


STATISTICS

Percentage of students who say they are engaged in sports.



High level of overweight and obesity among children



The main cause of obesity is high-calorie food, because it contains a lot of sugar and fat.

Many parents do not consider it as a disease.



Overweight and obesity are major risk factors for a number of chronic diseases.

METABOLIC SYNDROME:

- lack of exercise
- Irregular meals/unbalanced diet
- smoking/drinking
- stress

PERIODONTAL (GUM) DISEASE:

- smoking
- alcohol
- lack of dental care

OBESITY:

- large waistline/pot belly
- shrinking muscles / lack of exercise
- accumulation of bodyfat

DIABETES:

- high-calorie high-protein diet
- irregular meals

HIGH CHOLESTEROL:

- high-calorie
- lack of exercise
- smoking/unbalanced diet

HIGH BLOOD PRESSURE:

- obesity
- high intake of salt
- drinking / smoking / stress

CHRONIC FATIGUE SYNDROME:

- inactivity
- stress
- insufficient rest/sleep

OSTEOPOROSIS:

- calcium deficiency
- onset of menopause
- limited exposure to sunlight

GOUT:

- high alcohol intake
- high-calorie, high-protein diet
- obesity

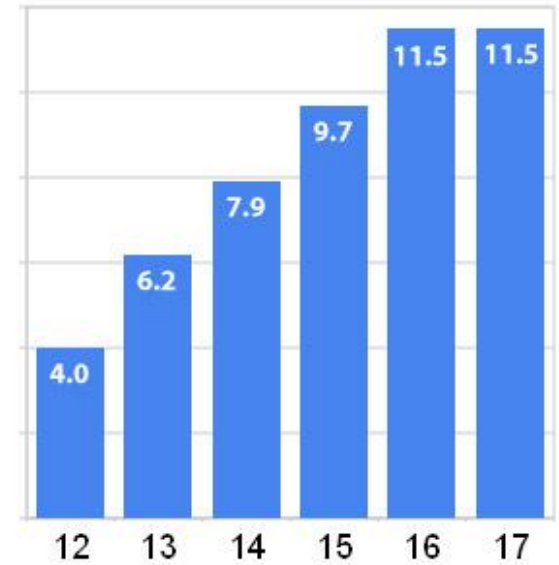


Depression

The main reason of depression is excessive emotional load.

It may occur because of problems at school, exams, quarrels with parents, teachers and friends.

Percentages of Teens (12 to 17) Having a Major Depressive Episode



Bad habits

The main reasons of smoking are:

- imitation of adults and other teenagers,
- a sense of something new and interesting,
- desire to appear older and independent.



Nowadays, more than half of the students in the upper grades drink alcohol regularly.

We must educate the culture of healthy lifestyle in our children.





The health of future generations is in our hands.

Thank you for your attention