



Influence of Family Lifestyle, Medical-Biological and Socio-Hygienic Factors in the Formation of Children's Health

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Abstract: This paper analyzes the risk factors that affect the health of these children. Risk factors are analyzed and divided into exogenous (lifestyle, living environment, nutrition, rest, work) and endogenous (genetic). Family life style, medical and biological factors, and social and hygienic factors are also analyzed. Knowledge of the various risk factors that influence the development of diseases in children will enable more effective implementation of preventive and health promotion measures to protect their health.

Keywords: children's health, children's risk factors, family lifestyle, living conditions.

The concept of "risk" has become part of our attitude towards disease prevention. The concept of risk in maintaining public health refers to the probability of change in health (health indicators) under the influence of a certain risk factor. Risk factors can be conditionally divided into 2 groups: exogenous (lifestyle, living conditions, nutrition, rest, labor) and endogenous (generational) types. An example of the endogenous type of risk factors is diseases associated with certain genes. Examples of the exogenous type of risk factors can be triggers of infections, pharmacological drugs, toxins or factors related to lifestyle: smoking tobacco, excessive alcohol consumption, improper diet, failure to organize work and rest, irregular sex life.

One of the main components of risk, lifestyle and family, needs to be reliably assessed for its role in the formation of children's health. This is because, despite the large amount of documentation on the direct and indirect impact of family lifestyle on child health indicators, they change over the course of historical progress, which means that their impact and influence will change [20, 21].

Of all populations, mothers and children are most susceptible to the effects of various home environments and lifestyles, so pediatricians must first study the home, the child's environment, whose role in raising healthy children is becoming increasingly critical [23, 29]. Another thing to note is that the influence of certain factors begins to affect the health of a child long before his or her birth. Of course, each factor is not strictly isolated, but rather works in complex visual cooperation with other factors to influence the child's health.

In recent years, several studies have been conducted on the health status of babies [16, 24, 28, 25, 26, 27]. At the same time, a relationship has been found between the health levels of newborns and infants and their birth weight [10, 23, 35]. When the incidence in babies is studied to depend on their nutritional properties, some researchers suggest that breastfed children are less likely to be sick than mixed and artificially fed children [2, 19, 20, 24]. The positive effects of breastfeeding continue for the next 2-3 years of life after the baby is separated from the breast [3,30, 34].

According to some authors, when analyzing the quality of nutrition in the families in which the study was carried out, it was found that in more than 80% of cases, families eat in the same way, during the winter period, children eat less wet fruits and greens, and juices are drunk in some cases. In many families, it turned out that children eat very little dairy products in the form of cottage cheese, as well as eggs, meat values [29, 35, 36].

It is established that there is also a direct relationship between the age of the mother at the moment of birth and the state of health of the child in the later years of his life [20,21, 35]. It has been found that eating patterns and rest disorders, low physical activity of children, the presence of harmful habits in parents negatively affect the occurrence and course of a number of diseases in children [3, 20].

The influence of the socio-hygienic conditions of life and the peculiarities of raising a child in the family on the health of the child begins to manifest itself as early as the first days of life. At the same time, in the first year of a child's life, the strong influence of the family lifestyle on the health and morbidity of the child is clearly manifested. In particular, it was found that the incidence rate of children in exemplary families in all categories of children's age is lower than that of family children with social risk factors [15,20].

At the same time, children who are provided with a diet, sleep, walks and temperance regimen are less sick, but on the contrary, in a group of children who are not provided with such a regimen, there are a large number of people who are sick and often sick [20,32].

Many authors argue that maternal care is of great importance in the lives of infants, in which it has been established that the more caring a mother cares for her child, the better her health [13,15].

Some authors have attempted to develop criteria for the quality of maternal care, taking into account the conditions, customs and traditions of the peoples of Central Asia, while studying the impact of maternal education and care on the diseases of children in the first year of life [20, 21].

The number of pregnancies, the order of birth of the child, the interval between births and the presence of abortions in the Anamnesis are very important factors affecting the rate and certain forms of perenatal and infant mortality [1, 14, 23,38].

The influence of the level of education, social status of the mother on the indicators of infant mortality has also been determined [1]. It was noted that the growth of the general and sanitary culture of the population contributes to a decrease in the number of cases in children under the influence of exogenous factors [4].

A clear relationship is established between the living conditions of children and their morbidity and mortality [2, 3]. The lowest mortality and morbidity indicators were observed in children in the most comfortable living conditions; their worsening increases the risk of morbidity and mortality by 1.9-2.2 times [3.5].

Medical activity, that is, human activity aimed at improving one's own health and the health of family members, is considered an important social problem [20, 22].

Assessment of parental awareness of certain child trauma prevention issues, the rules for medical care in injuries and accidents, indicates that parents do not have adequate information about child trauma, and that their vigilance is weak in preventing child trauma and unfortunate rules [31, 39]. Some researchers have found that children of working mothers and children from dysfunctional families have a higher injury rate, as well as an increase in the level of general and sanitary culture of the population leads to a decrease in the number of cases of children dying from exogenous factors.

It has also been established that there is a clear relationship between the degree of morbidity and mortality of children and their living conditions. It has also been shown that mortality and morbidity are lower among children who live in conditions that are financially and domestically comfortable, that is, in cases where conditions worsen, the risk of morbidity and mortality increases by 1.9-2.2 times [8, 13, 20, 23].

Medical activism, an activity aimed at strengthening a person's own health and the health of family members, is considered a problem. According to some authors, most families with children under one year of age need regular hygienic training and training in primary care skills. Usually in families with children for the first time, parents are considered to have a greater need for this, since they have no experience in caring for and raising a child [6, 17, 18, 22]. Prevention of child abuse provides opportunities to increase parental knowledge and prevent injury and accidents in children under the rules for providing medical care in cases of injury and accidents.

In human population, the most sensitive to living conditions, the influence of environmental factors is the children's organism, and as a result of the fact that they have a low adaptive capacity, pathological manifestations of various types occur. The child is influenced by a complex (complex) of negative factors of the habitat environment through the mother-placenta-fetus system, as well as genetic, as well as social peculiarities of parents, which make it possible to disrupt the development of the fetus and newborn at intra-abdominal time [22,40].

Thus, as a result of the analysis of the literature, it became possible to determine the important importance of studying the risk factors that affect the development of a particular pathology in children. From them, as a result of the influence of family autonomy, medical-biological, lifestyle, socio – hygienic factors, the incidence of various diseases in children increases.

Knowledge of various risk factors affecting the development of diseases in children makes it possible to more effectively plan and carry out primary preventive and wellness measures for the protection of children's health.

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