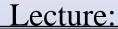
The Volgograd State Medical University The Chair of hygiene and ecology



Hygiene of children and adolescents, the main problems of hygiene in children and adolescents. Factors shaping children's health, affecting growth and development. Health indicators and groups.





The Hygiene of children and adolescents is a branch of preventive medicine studying the conditions of living and the ongoing activities of the children, their effect on the health, functional state and physical development of the growing organisms.



The factors which contribute to the formation of the health of a child

- 1. The biological factors
- The health of the parents;
- The age of the parents;
- The factors which accompany the course of the pregnancy and the delivery
 - 2. The social factors;
 - 4. The lifestyle of a child.



The health of the parents

If one of the parents is in poor health, the risk of having a child with poor health is very high: approximately 50%;

If both parents are not in good health, the risk rises up to 80%/



The factors which accompany the course of the pregnancy and the delivery:

- Frequent toxicoses (especially in the 1 st part of the pregnancy;
- Diseases in the course of the pregnancy;
- Of drugs
- Work in unfavorable conditions

2. The social factors;



- Living conditions of a child;
- The level of education of the parents;
- The level of education of the parents;
- Cultural status of the family;
- Bad habits of the parents;
- Sanitary and hygienic characteristic of the family;



The percentage of the school factors which have a negative effect on the Schoolchildren of the elementary school is 12,5%, before living school is 20,7%.



The percentage of the environmental factors, which have an effect on the health of the children amounts to 30%, 20% of which fall on the environmental pollution and another 10% - on the natural and climatic conditions.



Unfavorable factors (risk factors) 1.Clean water, air and land; 1.Polluted water, air and land;

- 2. Optimum motor activity;
- 3. Hardening;
- 4. Balanced diet;
- 5. Proper day regimen;
- 6.

- 2. Insufficient or excess motor activity;
- 3.Improper day regimen;
- 4. Malnutrition;
- 5.Unfavorable psychological picture in the family.

The evaluation of the health of the children is carried out on

the basis of the health criteria.

- 1. Peculiarities of ontogenesis (i.e. genealogical, biological, social anamnesis);
- 2. Physical development of the child;
- 3. Mental development of the child;
- 4. The extend of the child's resistance;
- 5. The extend of the child's functional development;
- 6. Presence or absence of chronic diseases or congenital defects of development



For screening assessment of the family history of a child the inherited burden index should be used.

In is derived from English word "inherit".



It can be calculated using the following equation:

total number of diseases of the relatives

 $oldsymbol{I} =$ ------

total number of relatives

If the inherited index is more than 0,7 one can conclude that it is burdened and the proband is quite susceptible to diseases.



Age criteria for the assessment of the children who often fall ill:

- 1 year 4 acute diseases per year;
- -2 3 years 6 acute diseases per year;
- -4-6 years -5 acute diseases per year;
- over 6 years 3 acute diseases per year



According to these criteria, the children can fit five health groups.

1 st group

The children who do not suffer from any chronic diseases and whose physical and mental development correspond to their age.

2 nd group

The children who have a higher risk of developing a disease; these children are characterized by some abnormalities of functional, mental and physical development, they have decreased resistance,

but they do not develop any symptoms of chronic disease.

3 rd group

The children who suffer from some chronic diseases or who have congenital defects of development at the stage of compensation. and whose physical and mental development correspond to their age.

4 th group

Children with chronic diseases and congenital defects of development at the stage of subcompensation.

5 th group

Children with chronic diseases and congenital defects of development at the stage of decompensation.

