



Lecture:

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**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.**





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**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

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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.



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## *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%/**



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*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;



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- **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;**



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**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%.**



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**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.**





<b>Favorable factors</b>	<b>Unfavorable factors ( risk factors)</b>
<ol style="list-style-type: none"><li>1.Clean water, air and land;</li><li>2.Optimum motor activity;</li><li>3. Hardening;</li><li>4. Balanced diet;</li><li>5.Proper day regimen;</li><li>6.</li></ol>	<ol style="list-style-type: none"><li>1.Polluted water, air and land;</li><li>2. Insufficient or excess motor activity;</li><li>3.Improper day regimen;</li><li>4. Malnutrition;</li><li>5.Unfavorable psychological picture in the family.</li></ol>

**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**



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

**In is derived from English word “*inherit*”.**



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*It can be calculated using the following equation:*

$$I = \frac{\text{total number of diseases of the relatives}}{\text{total number of relatives}}$$

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



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## **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.**

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### **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.**

THANK YOU!

