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Factors affecting human health in the modern world

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Abstract

Introduction: The physical well-being of man and society as a whole depends on many interrelated factors. Recently, increased interest in health and its determinants is a response to the growing pace of people's lives. Increasingly, society puts health first, which makes us a community of health. Lifestyle accounts for about 60% of health potential. The broadly understood human lifestyle, and, consequently, the state of health conditioned by it, is determined by many factors that can be subject to various modifications and changes. They usually include procedures, stimuli, and responses obtained during socialization.

Objective: The goal was to present and characterize factors that directly and indirectly affect human health in the modern world. These factors cause a favorable or unfavorable state of human health.

Material and methods: The literature has been analyzed. Books and magazine articles were used.

Conclusions: A way of providing healthcare using the ward for its internal state, physical activity, and then create very important health behaviors. An effective method of minimizing health disparities is health education, and the role is to invest in the evolution of health values

in the modern world. Do not respect the contract related to a healthy lifestyle, i.e. any negative action, contributes to the risk of civilian disease.

Keywords: health, health determinants, health behaviors, lifestyle.

Introduction

According to the definition of the World Health Organization (WHO), health is a state of full, physical, mental and social well-being, and not just no illness or the presence of a disability. In recent years, this terminology has been expanded to include the ability to lead an effective social and economic life, as well as spiritual scope [1].

The 21st century is a great advance in the fight against diseases and epidemics that have plagued our humanity for a long time. We owe this to the fight against infectious diseases such as tuberculosis and typhoid, to reduce the scale of infections and to reduce infant mortality. These achievements are attributed to medicine and medical biotechnology since both events took place at the same time. Probably the mass introduction of vaccines and antibiotics in medicine meant that many living things were saved thanks to them. However, more inquisitive studies have shown that the improvement of the health situation was associated with increased awareness of hygiene and sanitation of the population, i.e. the creation of water treatment plants or sewage systems. The increasingly spectacular successes of medicine have been partnering with the belief that they form the primary key to health and longevity. Transplants, dialysis, genetic engineering or computer diagnostics have shown a different path in the fight against various diseases [2].

However, our health is also conditioned by the effects of a group of complex and various factors that can be classified as exogenous (external environmental influences) and endogenous (genetic). Among the most frequently mentioned factors are lifestyle, environmental and social factors, health behaviors and many others [3].

Impact of lifestyle on human health

Lifestyle, defined as the choice of categories and forms of conduct, determines 60% of human medical capabilities. They contain modifiable and verifiable factors that determine human health and society as a whole. Lifestyle is, therefore, a fundamental issue for health and conditioning physical well-being. Choosing the right lifestyle can be achieved when a person has the appropriate knowledge of this sphere and significance [4].

Many illnesses and diseases will not occur with the use of appropriate pro-health measures. Shaped all life helps us stay healthy as long as possible. Health behaviors include factors that support health, such as physical activity, healthy eating, stress avoidance, proper personal hygiene, and screening. At the same time, it is important to remember the factors that damage our physical well-being: smoking, drinking alcohol, using psychogenic substances, episodic sexual contacts - are of great importance and threaten health [5].

The most important and publicity for the place currently occupied in the field of human health by lifestyle is probably the Lalonde report from 1978. It has been proved in it that in developed countries it is possible to distinguish four groups of determinants determining human "health fields", which are: biological (genetic) components, factors of the external environment, components related to lifestyle and results of medical activities. What's

more, the presented factors were tested, and then classified and obtained the following results: lifestyle occupies over 50%, which means that it is most responsible for our health. Then, 21% is assigned to environmental factors, followed by biological components to 16%, and healthcare, i.e. health care in the field of health oscillates within 10% [6].

Determinants of a healthy lifestyle

An active lifestyle brings a lot of advantages. People who play sports are athletic and slim, they also have better memory and are able to focus better due to the greater amount of oxygen supplied to the brain. Regular physical activity is the most effective and the cheapest means of preventing many somatic diseases, it also has a positive effect on mental health because it copes well with fatigue and stress reduction. Physical activity should be practiced according to the 3 x 30 x 130 rule, which means that you should exercise at least 3 times a week after 30 minutes of training, and your heart rate reaches 130 beats per minute. Properly tailored activity to personal needs has a positive effect on people of all ages. In children, it promotes normal development and growth, while in older people it slows down the aging process. In connection with falling physical movement among the society, from a preventive point of view, all physical exercises performed throughout the day are crucial, not just organized exercises or training [7].

In addition to physical activity, an important factor that is important for physical well-being is proper nutrition. Inadequate nutrition can cause the progression of many diseases, e.g. atherosclerosis, tooth decay or diabetes. There are a lot of concepts about the type of diet, as well as many opinions about what every day, balanced food should look like. It is currently claimed that a person should consume five meals at the same time every day. It is not suitable to eat snacks between main meals and drink plenty of water while eating. You should eat fruit and vegetables at least three times a day and drink plenty of mineral water, preferably still 1.5 liters, each day. Salt and sugar should not often be present on our tables. It is also recommended to comply with the so-called food pyramid, which reminds us of what food products and how often they should be eaten by us [8].

The next activity that is not indifferent to health is the right quality and amount of sleep. Sleep allows the entire body to rest, and most of all brain cells, constantly stimulated during the day, through various stimuli sent through the sense organ. Other organs and systems that are still functioning relax to a lesser extent. The right dose of sleep is an individual thing. The need for sleep is automatically normalized by the body. However, it depends on: age, nature of work and personal requirements regarding a health condition. Adults should rest 6 to 8 hours a day, and take the last meal 2-3 hours before bedtime, avoiding heavy foods. Sleep deficit results in daytime drowsiness, reduced reflexes, difficulty in making decisions and causes mistakes, as a result of which people are exhausted for a long time and do not have vital force in them [9].

A lot of influence on maintaining a healthy lifestyle is the avoidance of stimulants. The most commonly used and therefore the most dangerous toxins for the human body are alcohol and nicotine, which disorganize the activity of almost all organs and are also the cause of many diseases. They also lead to addiction and related psychological and social consequences. The abuse of psychoactive substances that cause risk behavior syndrome is also increasing. It is argued that issues regarding nicotinic, alcoholism and drugs are already

being discussed together. Despite the dangers to health, these risky behaviors are popularized and very difficult to exclude completely [10].

A group of psychological factors affecting a healthy lifestyle is defined as "resistance to stress", it defines the ability to deal with stressors, perceive stressful situations as a test, a sense of self-control, positive thinking, awareness of consistency and maintaining proper contact with social space. The factors that cause stress (stressors) are many: mental, physical or social, which is why they need to be combined and considered. Effective coping with stress allows you to reduce or avoid its harmful effects on the human body. Lack of stress discharge can cause accumulation and imbalance, which causes hormones to affect the functioning of individual organs. All forms of pressure relief are designed to divert thoughts from disturbing circumstances and focus them on something else, e.g. on something that we associate well with. This will bring us rest and relaxation, the physical activity works best here [11].

Physical environment and environmental health

The environment is one of the ingredients of conditioning human health. Environmental factors do not affect physical well-being as much as lifestyle, but they can cause many diseases. Environmental health is a term that takes into account those dimensions of human health, as well as the quality of life, which are determined by chemical, mental, biological, physical and social factors. They also relate to theoretical concepts and practice in the assessment, exclusion, and prevention of the occurrence in the environment of those elements that adversely affect the health of the present and the next generation causing environmental diseases [12].

Man, while maintaining certain relationships with environmental factors (surroundings), influences them, and at the same time is subject to these activities and is their component. The relationships that exist between environmental components are known as interactions, while the consequences associated with them are dependencies. The structure among these elements in the environment is energetic, combined into a certain system, forming a single whole. The relationship between the environment and the individual in this distribution is varied. It depends on where the human will be - inside the environment or outside, it determines the differences in the perception of these elements and their different influence [13].

The environment is a relatively durable structure of fragments of the human area, crucial for its existence and preservation. We distinguish the cultural, natural and social environment. The social environment is a community of people who interact with each other, e.g. living, studying, working or local. Currently, over 50% of the population lives in large cities and agglomerations. Demographers estimate that by 2030 this number will increase to 60%. From the point of view of environmental health, today's cities are accumulating problems associated with the increased industry, population density, waste accumulation and urban transport poisoning the atmosphere. Fewer and fewer people can commune with natural nature without pollution. Environmental health is also determined by the residents' access to health care and treatments occurring there. The still – unsolved difficulty is the scarcity of the sewage networks, especially in smaller cities and villages, as well as difficulties in accessing mass media, especially the Internet [14].

The social dimension of health and disease

Health procedures are largely determined by both the social and cultural situations that shape or demarcate personal choices. People's specific health practices are often not the result of intentional activities. Objective perspectives for performing specific behaviors are determined by social position and macro-structural determinants that create barriers to making the intended choices. The multidimensional nature of creating pro-health proceedings is becoming more and more noticeable through the worldview of health promotion, showing the direction of the indispensable partnership of social policy with social and economic life institutions in creating criteria for achieving healthy life choices [15].

Despite the entire range of pro-health proceedings, it is the recognition of social risk determinants of the most dangerous diseases today, as well as the specification and preparation of healthy lifestyle tips, create the greatest opportunities for significantly improving the health situation of the entire population. The experiments of the countries that managed to implement them show significant results of these actions. The concept of implementing healthy lifestyles as an opportunity to increase the health of the population is very desirable and beneficial. This was the case of coronary artery disease in the United States. Within 10 years, the mortality of this disease decreased by 25%, while in Finland a drop of 32% was achieved in 20 years. In Japan, on the other hand, lethality due to stroke was reduced by 75% [16].

In countries that are well-developed, stable and saturated with medical services, which are characterized by a high level of health worldwide, moving away from the model of corrective medicine was undermining its further choices in the field of public health, increasing expenses, as well as iatrogenic nature. The public economic effort is associated with the search for new sources, which increases the relatively high health potential [17].

Health behaviors

Health behaviors include various activities related to the area of health, and therefore proceedings, which in the light of current medical knowledge usually cause definite (beneficial or unfavorable) health consequences. They can be related to life expectancy, gender, economic conditions or the education of the individual. They also depend on cultural circumstances, i.e. culture or family habits. All health behaviors are shaped throughout their lives and are created in their childhood and youth, under the influence of information and examples from parents, peers, school, mass media and, medical care workers [18].

Behaviors correlated with physical health are personal hygiene, physical activity, a balanced diet or sleep. Behaviors associated especially with psychosocial health include using and providing social support, avoiding stressors and dealing with difficulties. On the other hand, preventive behaviors include self-monitoring and self-examination of your health, use of screening tests, reasonable conduct in everyday life (mainly in traffic and in the workplace) and safety maintained during sexual contact [19].

It should be remembered that a person should beware of dangerous behavior, e.g. smoking, drinking alcohol, taking medications without consulting a doctor or pharmacists, taking various psychoactive substances. The largest inventory of these behaviors was taken into account by the European Health and Behavior Research Survey. To undertake and support changes in behavior related to health, motivation is required - the intention by which a

change is achievable, i.e. starting health-promoting behaviors, planning these efforts at individual stages of health and maintaining a new provision [20].

Conclusion

Nowadays, both medicine and health sciences deal with physical well-being as a phenomenon and importance. Each of these areas ascribes to itself a different meaning and functioning of health. Health is one of the fundamental and most important values in the life of every individual. It is a multidimensional phenomenon that includes mutually dependent social, physical and mental approaches. Regardless of the way we understand this definition, it is constantly considered as a human attribute, it is a positive value that everyone should aim at. Such value in the existence of a given individual is an important decision-making component, on the basis of which a selection of behaviors and lifestyle components is carried out, if it is placed in the high rank of the hierarchy of values for individual individuals or social groups. The concept of the essence and value of health, as well as placing it in the right place is a huge role in everyone's life. This ground for shaping attitudes towards health needs and proves our participation in the extension or blocking of the large potential of psychophysical features irreplaceable in life.

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