

SECTION XX. PHARMACIE ET PHARMACOTHÉRAPIE

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FORMING A HEALTHY LIFESTYLE FROM STUDENT BENCHES

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Abstract. *The article is devoted to the peculiarities of the formation of a healthy lifestyle among young people, the problem of improper food organization and ways to solve them at the level of a higher education institution. One of them is related to the lack of an adequate level of knowledge in nutrition, the main purpose of which is to form a conscious attitude of students to nutrition. and learning the skills of its correction. The appropriate skills will make it possible with your own mind not only to ensure a healthy way of life, but also to skillfully use them in practical activities. Despite the rapid progress in the social and medical spheres, the population of Ukraine, like the rest of the world, suffers from non-communicable diseases, which are getting younger over the years. The main indicators that characterize the state of health of society are not only the average life expectancy, but also the quality of life, since the incidence of endocrine diseases, metabolic disorders, a significant spread of diseases of the circulatory system, complications of diabetes has doubled over the last decade [1]. Its relevance does not decrease during the widespread spread of viral diseases, as a healthy lifestyle is one of the main components of immunity. One of the key aspects in the formation of negative trends in the field of public health, or the development of non-communicable diseases, is irrational nutrition, which leads to overweight, obesity, hypertensive disease, etc. [2]. To prevent non-communicable diseases and fight them, the WHO has developed a Global Strategy [3], which is based on a rational diet, a healthy lifestyle and physical activity. Constant violation of a healthy lifestyle and diet is characteristic of the younger generation, which is explained by a number of factors: indifferent attitude to one's health, fast pace of life, overload, and sometimes lack of funds. All these factors, to a greater or lesser extent, are characteristic of student youth, who are the basis of the development of society, its energy component [4], therefore, teaching students about proper nutrition remains relevant.*

The purpose of the work was to determine the options for learning and the emphasis on the formation of a conscious attitude to the visual way of life of students.

The boundary between the concepts of "healthy nutrition" and "nutrition and disease" is not clear, and the understanding of the role of nutrition is not always adequately assessed in young years. The problem of healthy nutrition in Ukraine is studied by many scientists, in particular Oksyutenko O.V., Oleksienko Y.I., Yaremenko O.O., Kozyk N.M., Peresichnyi M.I., Karpenko P.O., Gulich M.P. ., Hryhorenko O.M. and other.

During the student period, sufficient and balanced nutrition ensures normal growth and development of the body, determines their mental state, and improper nutrition leads not only to the development of a number of diseases, but also to mental disorders, reduced work capacity, deterioration of vision and memory, and as a result, it negatively affects the success of students [5]. The concept of quality nutrition is no less important, since inept attempts to correct the diet often become the cause of exhaustion, reduced immunity and allergic manifestations. Improper organization of nutrition is associated with the lack of an adequate level of knowledge in nutrition, which is necessary for building a healthy diet. A decrease in the quality of the diet and the formation of unhealthy eating habits among adolescents pose a significant threat to their health and the health of future generations due to the increased risk of developing chronic non-infectious diseases. A large volume of data has accumulated that poor nutrition leads to the development of chronic non-communicable diseases, therefore, in almost 30 countries, the nutritional habits of adolescents and young people and their attitude to their own health are monitored on a regular basis. If it is difficult for a teenager to understand the threat of improper nutrition, which in most cases depends on parents, then raising the level of education of student youth on healthy nutrition is one of the priority tasks in motivating a healthy lifestyle.

The question arises, who should promote and introduce a healthy lifestyle in institutions of higher education, because in most cases, students, especially in the first year of study, encounter various difficulties: self-regulation of behavior and activities, which are related to the organization of mental work, the need to learn a large volume of tasks.

Curators and mentors of student groups play a significant role in this educational process, especially in the first years of adaptation. In its activities, the curator is guided by the current legislation of Ukraine "On Higher Education", the orders of the Ministry of Education and Science, Youth and Sports of Ukraine, the main purpose of which is to improve organization, control, and use the principle of an individual approach that takes into account the personal and age characteristics of each student.

It is also important to receive information during the teaching of the discipline of the student's free choice "Pharmaceutical aspects of nutriology". The Department of Pharmaceutical Botany and Pharmacognosy of the Bukovyna State Medical University has experience in teaching the optional course "Pharmaceutical Aspects of Nutrition" for full-time and part-time students of the 4th year of the Faculty of Pharmacy. We have prepared a working program and all necessary educational and methodological materials for conducting practical, seminar classes, and materials for independent training of students. The curriculum includes theoretical material on the organization of balanced nutrition for young people in the field of mental work, issues of food safety and prevention of foodborne diseases. When studying the subject, the main attention is paid to the study of the laws of the influence of food and the process of food consumption on human health, the motives of a person's choice of food and the mechanisms of influence of this choice on health, the influence of biologically active additives on the human body, the interaction of food and drugs. As a result of studying the academic discipline, the student will be able to conduct consultations on the chemical content and energy value of food products, balanced nutrition, nutritional status, and the impact of food products on human health.

The purpose of nutritionology is not only to provide rational nutrition, capable of regulating metabolic processes and normalizing the functions of cells, individual organs and systems of a healthy person, but also to facilitate the condition and recovery of sick people, as well as to prevent diseases in persons belonging to certain risk groups. The task of the discipline is the study of food substances and components contained in food products, the rules of eating, the laws of the interaction of food, its effect on the body, optimization of nutrition with the help of dietary supplements, prevention of diseases. Actually, thanks to the study of this discipline, students will not only be able to change their vision regarding proper nutrition, but also to raise their professional level regarding the prevention and treatment of certain groups of patients.

The future pharmacist can recommend, along with therapeutic agents, also dietary supplements that can improve health during the remission period, as well as be able to evaluate the quality of nutritional supplements and conduct informational and explanatory work with the population on this issue.

The priority directions of forming a conscious attitude to the visual way of life of students are conducting valeological events in institutions of higher education. In our opinion, it is possible to improve valeological knowledge of students by studying important issues within the discipline "Aspects of Nutrition".

Therefore, promoting a healthy lifestyle among students is one of the most important tasks not only in medical or pharmaceutical institutions of higher education,

but also among the entire student body, since education and training are important components of education, which in the near future will be able to ensure high professionalism in the chosen profession, regardless of economic, social and psychological situations.

Conclusion. Taking into account the trends of the European development of higher education in Ukraine and with the aim of increasing the level of valeological education of students, appropriate subjects or courses should be introduced into the educational process of higher education institutions, which will provide an opportunity to ensure a healthy way of life with one's own mind.

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