

STATE POLICY ON THE HEALTH AND HEALTHY LIFESTYLES FOR CHILDREN AND YOUTH IN UKRAINE

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The legal documents and social and pedagogical approaches that are aimed at formation of a healthy lifestyle of pupils and youth are analyzed and summarized in this paper.

Keywords: health, lifestyle, physical culture, motivation, pupils, students, law, public policy.

ГОСУДАРСТВЕННАЯ ПОЛИТИКА ПО ФОРМИРОВАНИЮ ЗДОРОВЬЯ И ЗДОРОВОГО ОБРАЗА ЖИЗНИ ДЕТЕЙ И МОЛОДЕЖИ В УКРАИНЕ

В статье проанализированы и обобщены нормативно-правовые документы и социально-педагогические подходы, направленные на формирование здорового образа жизни детей и молодежи.

Ключевые слова: здоровье, образ жизни, физическая культура, мотивация, ученики, студенты, закон, государственная политика.

The prospect of becoming a successful Ukrainian nation is connected with the search of the optimal solution to the problem of preservation and promotion of health of the population, particularly children and youth [6, 8].

The aim is the analysis of legal documents and generalization of social and pedagogical approaches that are aimed at forming a healthy lifestyle of pupils and students.

The fact that the formation of the healthy lifestyle is a social problem, where medical component is in the organic unit with the legal, psychological, educational, economic and political and its parts, is emphasized in this paper [7].

The analysis of the legal documents affirms that the activity of the formation of the healthy lifestyle of children and youth was significantly activated only in 1998-2005, when a number of ministries and departments were involved to the work. The basic strategy of public policy in this period was aimed at negative phenomena among youth and promoted a healthy lifestyle at the place of study or residence.

Its implementation was regulated by a number of legal documents, including the National Programme on HIV prevention, care and treatment of HIV- infected and AIDS patients, the State programme of implementing of the state policy against illicit drug trafficking, psychotropic substances and precursors in 2003-2010, the State programme of development of physical culture and sports, Interdisciplinary comprehensive programme "Health of the Nation", National program of patriotic education of the population, the formation of the healthy lifestyle, spiritual development and strengthen of the moral foundations of a society. An implementation of the project of the European Office of WHO "European network of schools promoting health", UNAIDS Programme "Promotion of educational work" equal to equal " among the youth of Ukraine concerning the healthy lifestyle", Ukrainian - Canadian projects "Youth for Health" and "Youth for Health -2" [3, 5, 7].

The project of National Programme "Health 2020: Ukrainian Dimension" of 2012-2020 years according to the programme of economic reforms of 2010-2014 "Prosperous Society, Competitive Economy, Effective State" and the new European health strategy "Health 2020" was worked out by Ministry of health of Ukraine.

The Resolution of Cabinet of Ministry of Ukraine "On approval of the health care of students of secondary schools" was adopted on December, the 8th 2009, where the procedure of health care of pupils of secondary schools was outlined and it was stated that the mandatory medical preventive examinations of pupils of educational institutions are held by health workers in the presence of parents every year.

The fact that in some areas of secondary and vocational schools resumed forgotten forms of work using the school day: gymnastics before classes, physical minutes, organized sports breaks, deserves special attention [2].

To solve the problems of physical fitness of pupils and students since January, the 1st 2011 the new version of the Law of Ukraine "On Physical Culture and Sports" has entered into force [1]. Another important legal document aimed at creating conditions for sports and recreation activities among people in the community, was the creation and development of a network of physical health "Sport for All". In the process of working of the network modern sports facilities are created, the recovery of playgrounds at the residence of

young people is performed and there is provision of health services. At the end of 2010, the network of physical health centers "Sport for all" consisted of 194 organizations in all regions of Ukraine, while in 2005 they were operating only 133, indicating the effectiveness of the network and its popularity among the population. The most active users of the network are families with children and youth [4, 5].

For strengthening and promoting healthy lifestyle, prevention from negative manifestations among children and youth, identifying and support talented adolescents the regulation. About the carrying out the annual Ukrainian festival competition "Youth Chooses Health" was approved.

The work concerning the development of healthy lifestyle, within its competence, is realized in each individual case. However, the total work is not systematic. General results, taking into account the figures on morbidity, the use of alcohol and tobacco by the youth, motor activity limitations do not give hope for a healthy generation. Therefore, the problem is to be addressed to more effective coordination of different subjects both at the national and regional levels [3, 7, 9].

In our country today there is a situation when the implementation of many programs related to the conservation of health, is aimed at realization of medical, but not sequential, systematic, purposeful, comprehensive preventive actions.

It should also be noted that there are secondary and higher education institutions that are aimed at transference of knowledge and development of various skills are the ideal social institutions for regular and systematic study of their impact on the health of children, adolescents and youth. The successful solution of this problem is also possible by operating conditions of all of the institution as a center of the formation of healthy lifestyle, schools of health, and the widespread usage of health saving technology in education [10].

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