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Abstracts

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HEALTHY LIFESTYLES
(ABSTRACTS)
CONFERENCE, DECEMBER 12 - 14, 1990
Editor, S.A. Simbirtsev
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In this conference publication are abstracts written by specialists from scientific centers around the world and from medical workers. These abstracts represent solutions to healthy lifestyle problems of different populations and different countries. The text is organized into seven (7) categories:

1. The role of government and society in the promotion of healthy lifestyles;
2. The education of physicians, medical workers, psychologists and social workers in the programs of healthy lifestyles;
3. The current designs of healthy lifestyle programs for different populations (forms, methods, means and ways);
4. Role and significance of health centers, institutions, public organizations and unions in the practical promotion of programs for healthy lifestyles;
5. Prevention of alcoholism, drug addictions, substance abuse and nicotine addiction; and
6. The risk factors and their effect on an individual's health.
7. All European and American abstracts from all categories.

All these professionals are united by the humanitarian goal of preserving the health of people by means of healthy living on various levels: society, labor, family, and individual. Various aspects of these problems, as well as a variety of approaches to their solution, are illustrated. It is hoped that these abstracts will help to spread this information among the conference participants and will serve as a base for constructive discussions.

The hope is that these published abstracts and discussions of them will give new life to research and will lead to the introduction of practical programs of healthy lifestyles. This will result in the long range goal of improving the health of people in the USSR and in the world.

A HEALTH THROUGH A CULTURE

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The conceptual model of organizing the activity for an introduction of a healthy way of life is proposed, built on a fundamental principle: "A health through a culture". When speaking about a culture of a health (both in individual and social views) we mean three main aspects--physical, psychical, and spiritual--in their unity and originality.

A physical (somatic) health is provided with a body hygiene, an optimal natural physical activity, a right regime of a manual labor and a rest, sanitary and corrective physical training exercises, rational feeding and the best environment maintenance.

A psychical health preserving and strengthening is achieved by keeping psychic prophylaxis and psychic hygiene regulations, including a thought, speech and behavior hygiene, by forming the skills of a psychological self-protection and cheerful psychical and emotional mood keeping, by psychic self-control manners applying, educating in a mental work culture.

A spiritual health (the callous individual should not be considered to be healthy, of full value) directly depends on maximum opening of a person's spiritual, moral, and ethical potential, on his conscious tendency to the realization, of highlight person's characteristics and true predestination on joining the treasure house of a cultural and spiritual wealth, acquired on the evolution way.

An active education of inhabitants, according to the adequate programs in the families, various educational (of the kindergartens to the universities) and sanitary (the holiday homes, health centers) institutions would permit to work out a problem of a healthy way of life forming.