



THE HEALTH-PROMOTIVE SKILLS AS AN ELEMENT OF THE SUSTAINABLE DEVELOPMENT OF PUBLIC HEALTH

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ABSTRACT

The sustainable development of human society requires the revival of the idea of humanism and its choice as a superior criterion for progress. The sustainable development of medicine, which is undoubtedly one of the most humane and noble fields of people's activity, now is somehow put to the test to find the balance between the hardly compatible values of the humane ideas and the direction in which health care has started to develop. The medical science has to find out again its humane roots and not to give way to the slope of "the market", but step firmly on the principles of the necessity, the rationality and the moderateness. This means to find out the equilibrium between the human rights in health care, the solidarity and the market elements in the management of health resources.

Purpose of the study is to find out to which extent the examined persons have the knowledge to live a healthy lifestyle, the basic element for sustainability in medicine, and how they estimate this.

Material and methods: The survey is done by means of an anonymous sociological inquiry of 60 respondents – students and participants in post-graduate training.

Results show that only a small part of the inquired persons stick to a healthy lifestyle. Most of them only 'try'.

Key words: sustainable development, health promotion, values in medicine

INTRODUCTION

We live in the decade 2005-2014 years, declared by The United Nations Organization (UNO) for education for sustainable development. It is part of the challenge for us to accept new practices and new approaches towards our present problems of mankind, which guarantee also a more secure future. In the Declaration of UNO, related to the beginning of the new millennium is written: "the present unsustainable ways of production and consummation have to be changed". (1)

The most common definition of the concept "sustainable development" is, that it is a way of utilization of the natural resources, which simultaneously aims to satisfy the human needs and at the same time to preserve the natural balance of the environment, so that these needs could be satisfied at the present

moment as well as in the far future.(2)The sustainable development unites two main aims of society:

- a/ economical development, securing a raising standard of living;
- b/ preservation and improvement of environment for the future as well.

The sustainable development is very closely related to the moral values of society. (3, p.35) In the field of medicine and health care the challenges are not less than these in the other spheres of life. That is why it is necessary:

- To treat health as a supreme value, irreplaceable as a resource and base of everything humane;
- Keeping to the necessary, reasonable and moderate;
- Achievement of the maximum good for most possible people in the world;
- Reasonable utilization of resources, which are limited;
- Directing of human efforts to promotion of these moral values, without advertising big unreal expectations mostly with the aim of creation of needs with commercial benefits.

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According to us, mankind now is very impetuously entering into unbalance in relation to resources in medical practice. In our case under unbalance we understand every kind of “surpluses”, which not always can be morally justified. These are the fixing of different kinds of chips in the human body, all kind, or more of “novelties”, offered by the plastic and cosmetic surgery etc. As if man has been driven away from his human essence, wisdom and humbleness as well as from the acceptance of his own reality, as it is. Offered are different opportunities, which somehow take away from man the manifestation of the personal responsibility to the own health by promising to replace every human part that get broken. Suggested is the idea that contemporary medicine is in condition to “repair” every human part and replace it by a new one.

In this direction of development, as specialists in sustainability draw the graphics of balance, according to us, medicine is on the way to break balance. Sustainability requires to satisfy our needs more modestly, to keep to the moderate, the middle, reasonable, because excess is not always a source of happiness and leads to unbalance. The aim of mankind should be high quality of living, but in a mental and moral aspect, not high standard of living at any cost. (4.p. 84) It is not fair 20% of people to use 80 % of the resources of the earth and now with the globalization to strive to take control of 100 % of the planet’s resources. And when this in the other spheres of life can be expresses in expensive goods, cars, ships and palaces, in the sphere of healthcare this is the unbalance between those who alter their appearance according to their wishes and those who do not have clean water and enough food for the children.

The other idea which we should not forget are people’ rights as a factor for development. (5) Only the free, self-confident, well-educated person, able to manage his own freedom, can be a creator of goodness and kindness. Because sustainable development, as it is in the science of solving the conflicts, requires the decision I win-you win, which is very complex. The sustainable development has to take into consideration incompatible interests, which are at every step even in the relationships doctor-patient. The physician and the hospital management want always to win as much as

possible from the patient’s disease. The ill person on his hand wants to give as less as possible, but to receive more. The balance even here is not easy to find, but can serve as an illustration how difficult it is to find the balance point, so that the result be win-win.

From the point of view of sustainable development in the field of public health the best thing is health promotion. As it is well known the concept is defined as: “A process of creation of opportunities for people, by means of self-regulated health behavior to improve their own health”. The health-promotive skills are capabilities of individuals to realize health promotion in practice. If the end purpose is the improvement of health status of people, the means is the promotion of health and the formation of a healthy lifestyle by acquiring of the respective health-promotive skills and habits. (6) From the point of view of resource spending and creation of goodness, it is really necessary as much possible people to be healthy, as a result of own efforts to preserve health and even improve it with the help of proper behavior and health-preserving choices.

It is well known, that the relative weight of the main factors of health /in %/ are:

- way and style of life – 48,52 %;
- biological /genetic/ factors – 18-20%;
- natural environmental factors – 20-22%;
- medical services – 10 %.

PURPOSE

With the purpose of examination whether health-promotive skills and knowledge lead to a healthy lifestyle, we examined 60 students and participants in post-graduate training courses in the Faculty of public health at Medical university-Sofia.

MATERIAL AND METHODS

The survey was carried out using the method of an anonymous sociological inquiry and further statistical and mathematical processing. Object of the survey are 60 respondents – students and participants in post-graduate training.

RESULTS AND DISCUSSION

The answers to the question “Do you lead a healthy lifestyle?” are as follows:

Yes – 20% (1), No – 15 % (2), I try – 65 % (3).

(Fig. 1.)

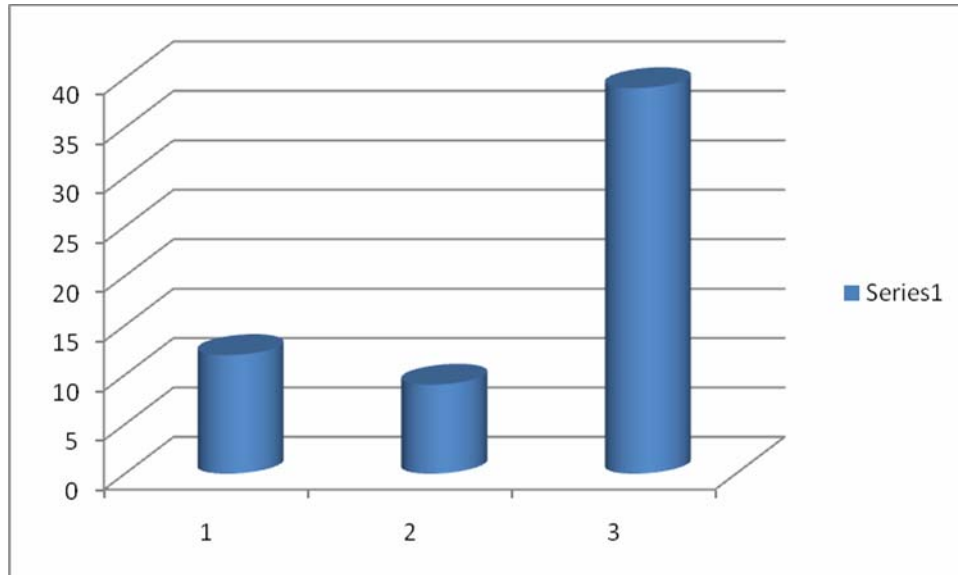


Fig.1. Answers according to lifestyle.

The answers show, that only one fifth of the surveyed have a healthy way of living. The greatest part (65 %) only try, which is disturbing.

The question “ Do you possess the knowledge to live a healthy way of living?” received the following answers: Yes – 90 % (1), No- 8,33 % (2), and not answered -1,66 % (3). **(Fig. 2)**

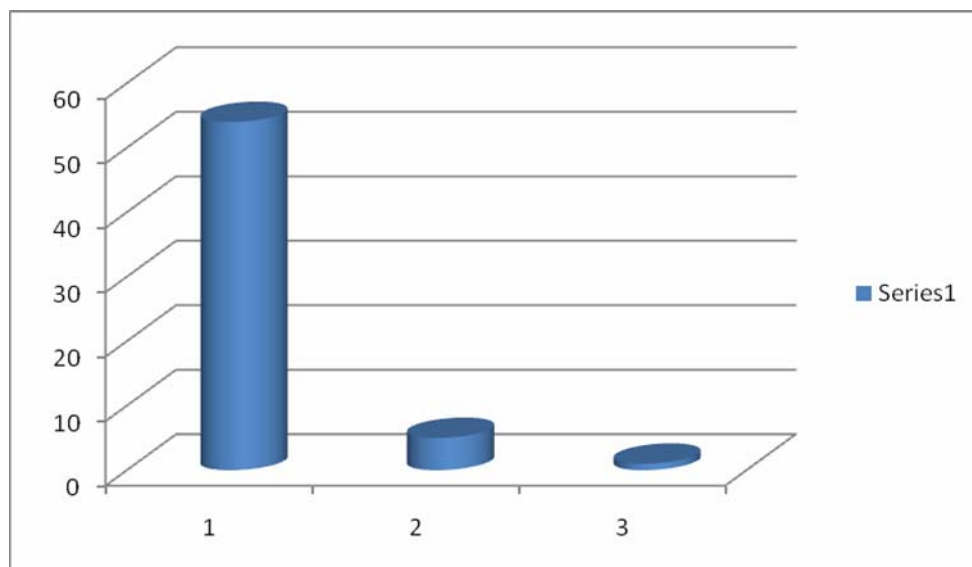


Fig.2: Knowledge to lead a healthy lifestyle.

The results show, that the majority of the participants know the basic principles of the healthy lifestyle.

following answers: Yes – 78,33% (1), No – 18,33 % (2), To a certain extent 1,66 % (3), without answer – 1,66 % (4). **(Fig. 3)**

In relation to this whether the respondents have skills to lead a healthy lifestyle we received the

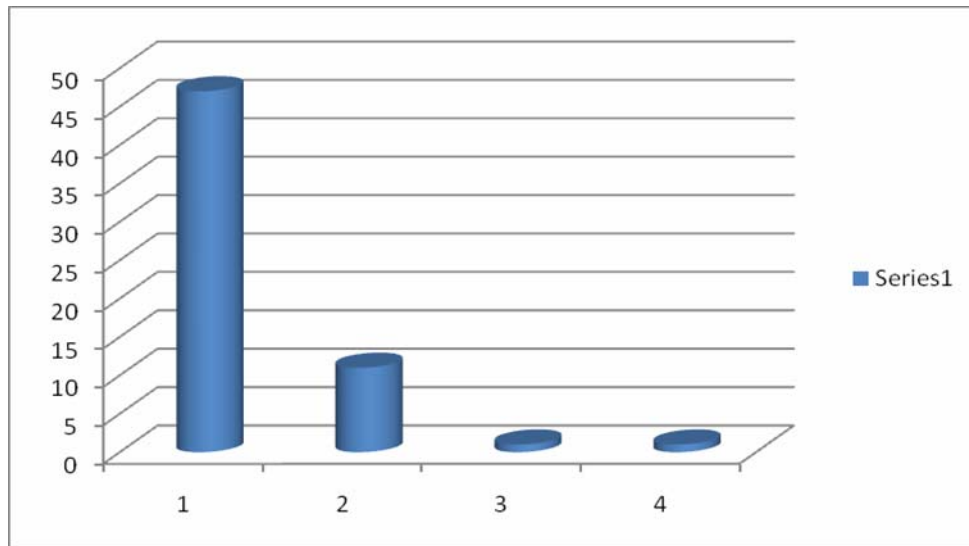


Fig. 3. Skills to lead a healthy lifestyle.

The great majority (78,33%) of the surveyed report that they have skill to live in a healthy way, 18,33% that they do not. These results are not satisfactory from the point of view of the conception for sustainable development.

CONCLUSION

From this survey we can draw the following conclusions:

1. Only 20 % of the surveyed persons estimate that they have a healthy lifestyle, 15 % - do not, and 65 % - only try. This is not enough, especially from the point of view of the sustainable development, because this does not guarantee the preservation of the health of the majority of the population.
2. 90% of the surveyed point out, that they have the knowledge to stick to a healthy lifestyle, but skills to do this have 78,33 % of them. This requires more efforts in this direction from institutions and society.
3. It has to be known, that the limits of resources in the healthcare system will never be overcome, the problem will even deepen. This means that the efforts to form health-promotive skills in more people have to be acknowledged and increased.

4. The reasonable sufficiency has to become the base of the logic of the development of the healthcare sphere, if people want to preserve their health, the environment and everything that is a prerequisite for man's existence.

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