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THE INFLUENCE OF ECOLOGICAL FACTORS ON PRESERVING
POPULATION HEALTH: ANALYSIS AND CONCLUSION

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Annotation: This article analyzes the impact of environmental factors on the health of the population. The direct impact of air, water and soil pollution, industrial waste, harmful emissions from transport, chemicals, as well as radiation and urban pollution on the normal functioning of the human body is considered. Studies show that the impact of environmental hazards on health is complex and multifaceted, inextricably linked to the socio-economic situation, nutritional culture, living conditions and the adoption of a healthy lifestyle. The article also covers strategies for reducing environmental risk factors, implementing preventive measures, and harmonizing the environmental policies of state and non-governmental organizations. The results of the study demonstrate the importance of an integrated approach aimed at forming a healthy lifestyle of the population and reducing the risk of diseases.

Keywords: Population health; environmental factors; air pollution; water quality; soil pollution; industrial waste; urban pollution; radiation; prevention; healthy lifestyle; environmental monitoring; disease risk.

Environmental factors play a fundamental and direct role in the formation and maintenance of population health. Air, water, soil quality, industrial waste, transport pollution, radiation, as well as chemicals and industrial-chemical poisoning significantly affect the normal functioning of the human body. In recent years, negative changes in the environmental environment in cities and industrial zones have led not only to the development of chronic diseases, allergies, respiratory and cardiovascular diseases, but also to the development of oncological diseases. This situation is an additional burden on the healthcare system and negatively affects the quality of life and life expectancy of the population.

Studies show that the relationship between environmental factors and population health is complex and multifaceted. For example, polluted air causes an increase in diseases such as respiratory diseases, bronchitis and asthma, poor water quality leads to the development of gastrointestinal diseases and infections, and soil and food pollution lead to chronic diseases related to nutrition, toxicological disorders and vitamin and mineral deficiencies. At the same time, socio-economic status, nutritional culture, living conditions and the adoption of a healthy lifestyle can significantly reduce or increase the impact of environmental risk factors on health.



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Therefore, an integrated approach is needed to ensure a healthy lifestyle of the population, reduce environmental risks and implement preventive measures. This approach includes state policy, environmental strategies of non-governmental organizations, international cooperation, promotion of a healthy lifestyle, preventive campaigns and monitoring systems.

This article analyzes environmental factors and their impact on public health, identifies the main sources of risks and highlights effective strategies for their elimination. Practical recommendations for reducing environmental risks and forming a healthy lifestyle of the population are also discussed.

Studies have confirmed the importance and direct importance of environmental factors in maintaining and improving the health of the population. Air, water and soil pollution, industrial waste, harmful emissions from transport, the spread of chemicals and other environmental hazards lead to the development of various chronic diseases, allergic reactions, diseases of the respiratory and cardiovascular systems, as well as oncological pathologies in the human body. At the same time, the impact of environmental hazards on health is inextricably linked to socio-economic factors, nutrition, living conditions and the adoption of a healthy lifestyle.

It is necessary to introduce comprehensive measures to protect the health of the population and reduce environmental risks. These measures include: environmental monitoring and control, waste reduction, clean water and air supply, improvement of living conditions, promotion of a healthy lifestyle, as well as environmental policy and preventive programs of state and non-governmental organizations. At the same time, the impact of environmental hazards on health can be minimized by conducting campaigns to educate the population about environmental issues and promote a conscious lifestyle.

In conclusion, controlling environmental factors and creating a positive ecological environment are of paramount importance for ensuring a healthy life for the population, reducing the risk of diseases and achieving long-term sustainable development. An integrated approach - combining ecology, health policy, socio-economic strategies and preventive measures - creates the most effective strategy for maintaining the health of the population and protecting it from environmental risks.

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