

PHILOSOPHY

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Reflection on the problems of preserving children's health in Russian society

It is considered the urgent problem associated with maintaining the health of children in Russian society, since it is childhood that determines the potential of the future society, and the health of the younger generation – the health of the nation. Factors affecting the health status of the child population were identified: the state of the environment, the lifestyle of the population, the level and living conditions of the family, poor-quality goods and products, malnutrition and inactive diet, a sedentary lifestyle, dependence on gadgets, risky sexual behavior, and many others. Positive trends were noted: an improvement in infant and maternal mortality, positive dynamics in the field of protecting the health of pregnant women and newborns. Ways of solving problems to improve the indicators of the physical and mental health of children and adolescents are proposed: the creation of an effective healthcare system, a stable social environment, the organization of employment for children of any age, focused educational work, the creation of a favorable moral climate in society etc.

Key words: childhood, children, health, problems of preserving the health of children, factors affecting the state of health.

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