


# HOW TO STAY HEALTHY

A young child with blonde hair is shown in profile, blowing bubbles. The child is wearing a blue shirt with a red collar. The background is a soft, out-of-focus green, suggesting an outdoor setting. Several bubbles are visible in the air, some near the child's mouth and others further away.

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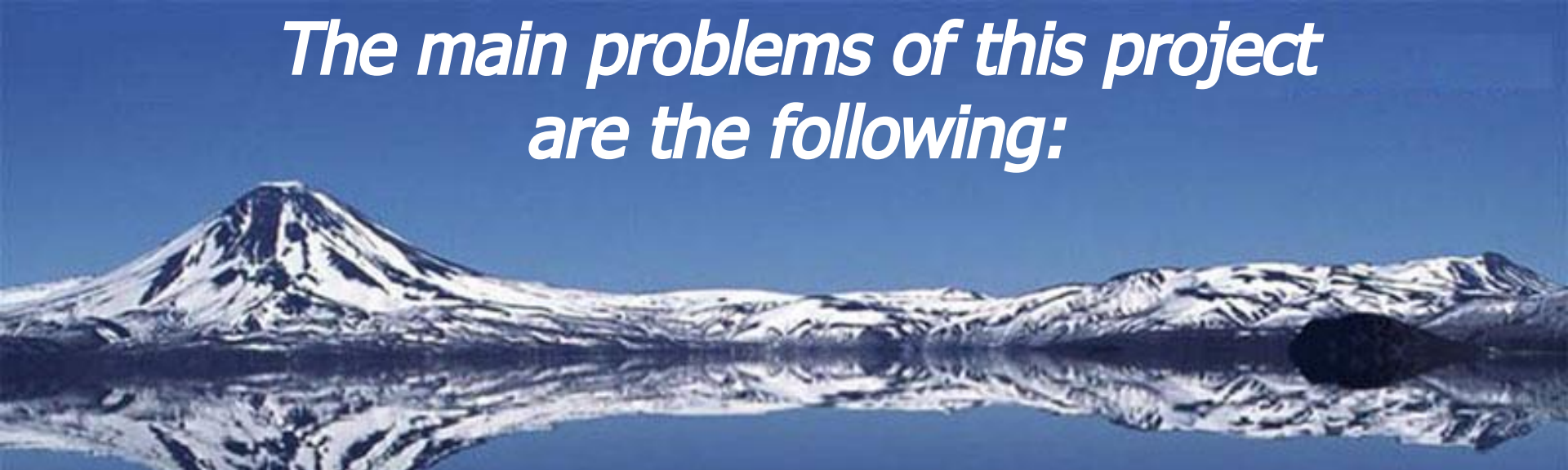
***Everyone knows that health care  
is the most important value for  
people but not everyone  
remembers it all the time...***

# ***The aim of this project***

to explore basic facts influencing on our health and ways of their solving both in developing countries like India or Tanzania and in developed countries such as Britain, Russia and Komi Republic in particular and on the level of our gymnasium as well



# *The main problems of this project are the following:*

- 
- to find the most important causes of illnesses in developed and developing countries
  - to research how the ecological situation in Komi Republic (especially in Vorkuta) influences on the health of people in our town
  - to research which health protective methods are arranged in Gymnasium №3
  - to find out the ways of being healthy especially during the cold winter months

# *Working under the project I studied*

- The main ecological problems in Russia and in Britain
- The environmental problems of Komi Republic and Vorkuta in particular
- The main health protective measures arranged in Gymnasium №3
- Studying of different causes of diseases in developed countries
- Tips how to stay healthy
- Studying of different diseases in developing countries
- Bird flu as a new kind of disease
- The results of the project

# *The main kinds of environmental problems studied in the project*

## **Russia**

1. Air & water pollution
2. Oil & natural gas waste
3. Nuclear & radioactive waste
4. Giving out toxic materials

## **The UK**

1. Air pollution
2. Nuclear waste
3. Giving out toxic materials

## **Komi Republic**

1. Air pollution
2. Water pollution



## **Vorkuta**

1. Air pollution
2. Water pollution
3. Giving out toxic materials



***After studying these kinds of environmental problems I can say that :***

Development of the technique progress



Development of the industrial technologies

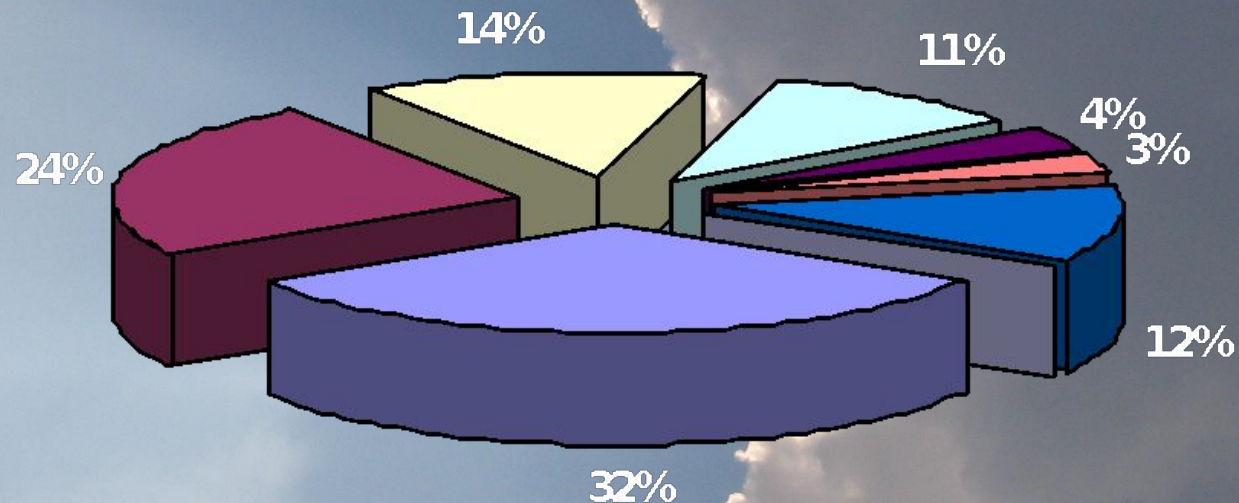


Necessity of natural resources



Serious environmental problems

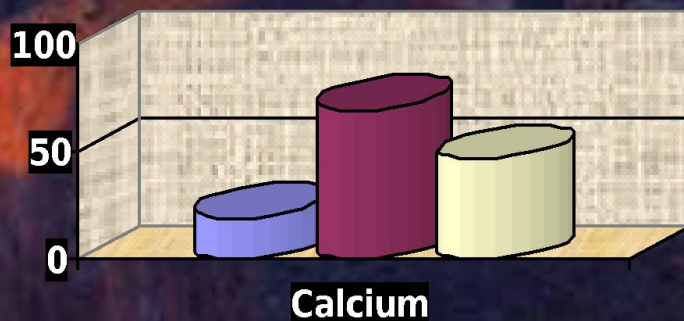
# *Influence of industry on the ecological situation*



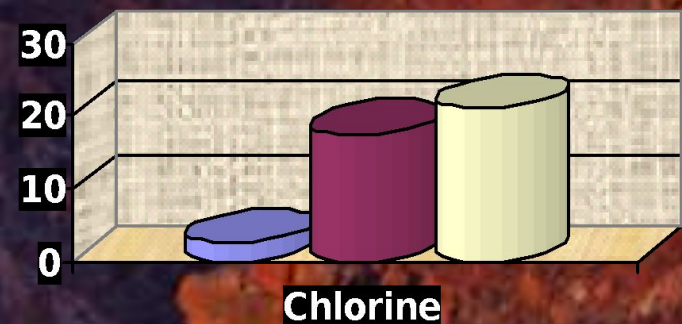


# *Studying the environmental problems of Vorkuta in particular I researched that*

- The main polluters are Heat and power plant-1 and -2 and Vorkuta mines
- The Vorkuta river is the dirtiest in Komi Republic
- The most serious problem is the quality of drinking water because of the maintenance of calcium and chlorine in it:



■ The Usa river ■ EPS-2  
■ EPS-1



■ The Usa river ■ EPS-2  
■ EPS-1

As a result such harmful ecological situation leads to the serious problems with health. Giving out toxic materials into the landfill results terrible headaches and even symptoms of asthma in our town. So I made a survey to find out the view of Vorkuta inhabitants to the following problems:

- Which is the most spread disease in Vorkuta
- What are the most evident causes of such diseases
- What health protective measures are taken for reducing the amount of illnesses
- Which is the most effective way to staying healthy

The questionnaire consisted of 6 questions and 5 different answers to be arranged by importance.

I've asked 63 people (21 students in the age of 15 to 18, 21 adults in the age of 23 to 47 and 21 medical workers in the age of 25 to 50).

With the help of this survey I also tried to research if there are any differences between the tested people's answers and what could be the reasons.



# *The results of this survey*

Tested people		Students	Adults	Medical workers
Question				
1	1	Catarrh	Catarrh	Catarrh
	2	AIDS	Asthma	Asthma
	3	Asthma	Tuberculosis	Tuberculosis
	4	AIDS	AIDS	Cancer
	5	Cancer	AIDS	AIDS
2	1	Climate	Environmental problems	Climate
	2	Environmental problems	Climate	Environmental problems
	3	Bad habits	Stresses	Bad habits
	4	Stresses	Bad habits	Innate diathesis
	5	Innate diathesis	Innate diathesis	Stresses

# *The survey and its results*

3	1	Medical examination	Vaccination	Medical examination
	2	Vaccination	Medical examination	Vaccination
	3	PE lessons	PE lessons	Providing of valuable nourishment
	4	PE lessons	Providing of valuable nourishment	PE lessons
	5	Providing of valuable nourishment	Lectures	Lectures
4	1	Yes	Yes	Yes
	2	Yes, sure	Yes, sure	Yes, sure
	3	Not sure, they are useless	Not sure, they are useless	They are useless
	4	They are harmful	—	—



# *The survey and its results*

5	1	Yes	Yes	Yes
	2	Yes, they always help me	Not sure	Not sure
	3	Not sure	Seldom	Yes, they always help me
	4	Never	Yes, they always help me, never	—
6	1	Prophylaxis	Prophylaxis	Prophylaxis
	2	Taking medicines in time	Going in for sports	Balanced nourishment
	3	Balanced nourishment	Balanced nourishment	Prophylaxis
	4	Taking medicines in time	Taking medicines in time	—
	5	Nothing	Nothing	Nothing

# *The survey shows that*

- The most spread diseases are catarrh and asthma
- The main causes of them are the ecological problems and the climate
- Health protective measures promote the reducing of the amount of illnesses

- The opinions of the tested people are different

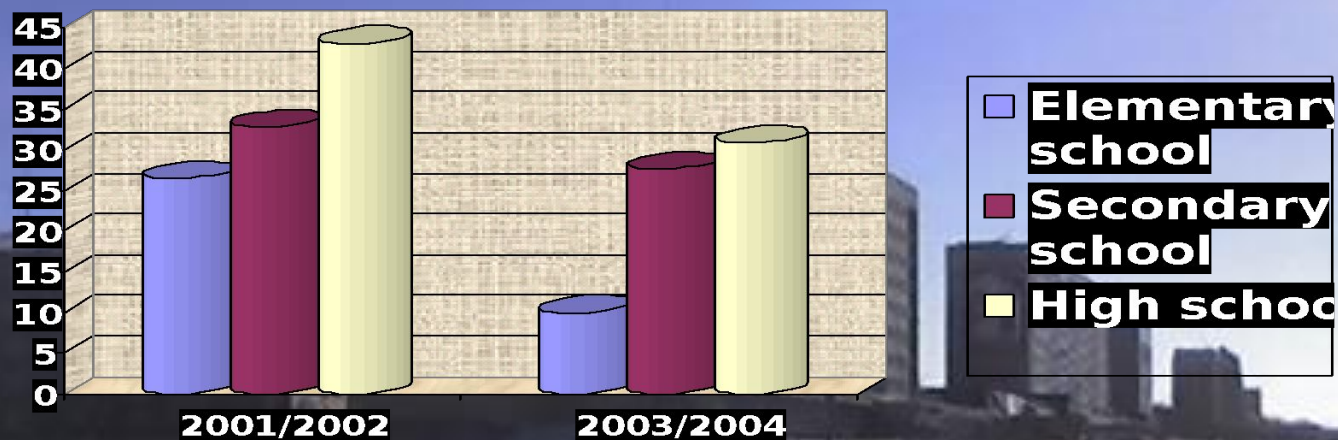
The age  
Having life experience  
Working in different spheres  
Personal health  
Different information got by mass media

- Students don't have enough information about the other diseases spread in Vorkuta



*According to survey the most spread illness in Vorkuta is catarrh. Really, there are a lot of pupils who disease from it three times and more during the school year in Gymnasium №3*

The amount of ill pupils who diseased three times and more



The amount of missed lessons because of illness

The school year	The amount of missed lessons	The amount in average
2001 - 2002	32969	55
2002 - 2003	22507	44,9
2003 - 2004	20889	45,3

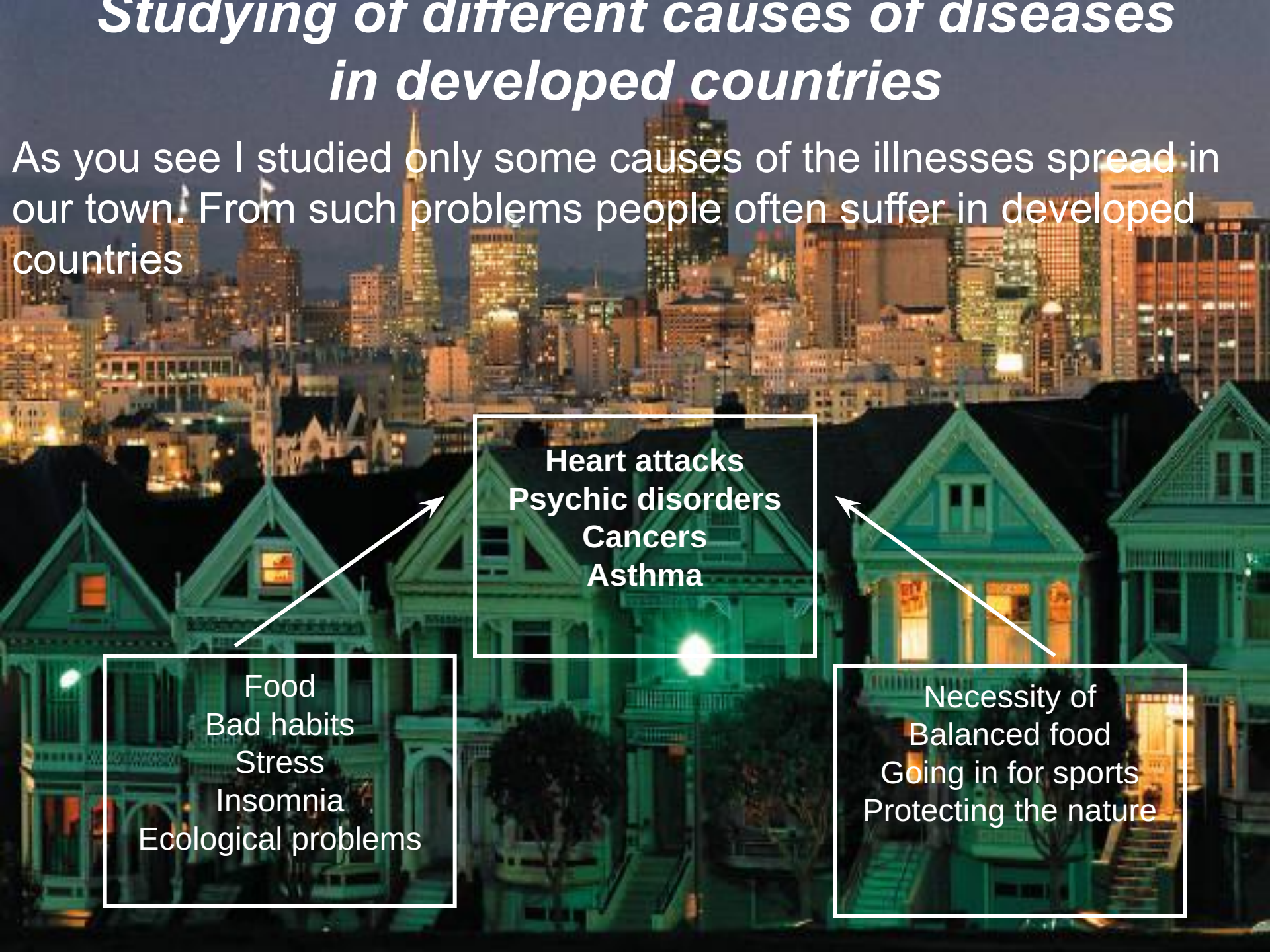
# ***The main health protective measures arranged in Gymnasium №3***

- Medical examination led by all doctors annually
- Examination by dermatologist and tuberculosis specialist
- Dentist's inspection
- Annual children's vaccination from different kinds of diseases
- Special medical groups for children attending PE lessons
- Skating and skiing during PE lessons
- Conducting of psychological tests for determining different psychological problems



# *Studying of different causes of diseases in developed countries*

As you see I studied only some causes of the illnesses spread in our town. From such problems people often suffer in developed countries



Heart attacks  
Psychic disorders  
Cancers  
Asthma

Food  
Bad habits  
Stress  
Insomnia  
Ecological problems

Necessity of  
Balanced food  
Going in for sports  
Protecting the nature



# ***Studying of different causes of diseases in developed countries***

## **A guide to daily food choices**

### **A guide to daily food choices**

**Fats, oils and  
sweets:** as little  
as possible

**Milk, meat &  
eggs:** 2-3  
servings a day

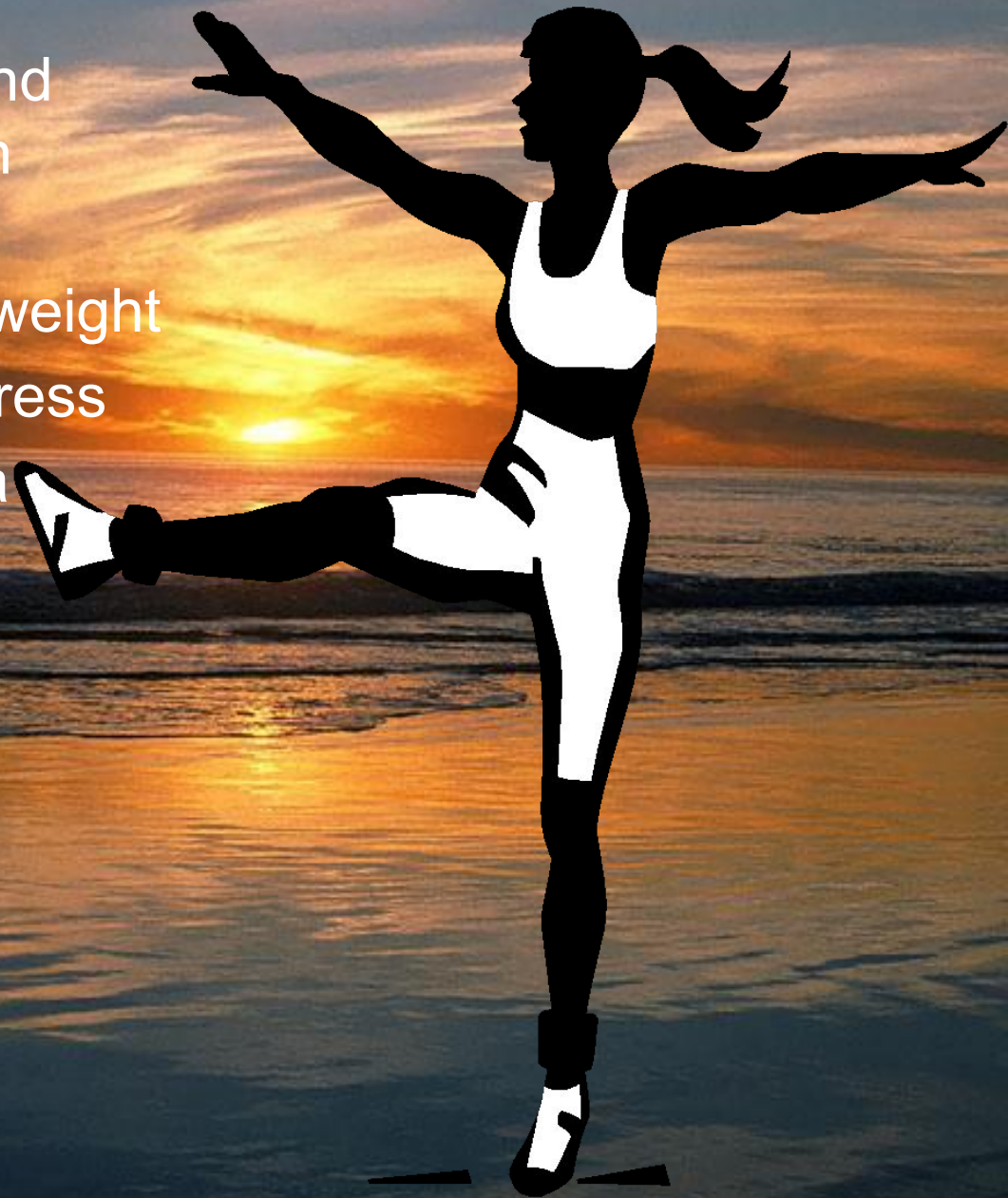
**Vegetables:**  
3-5 servings  
**Fruit:** 2-4  
servings a day

**Bread, cereal,  
rice and  
pasta:** 8-11  
servings a day

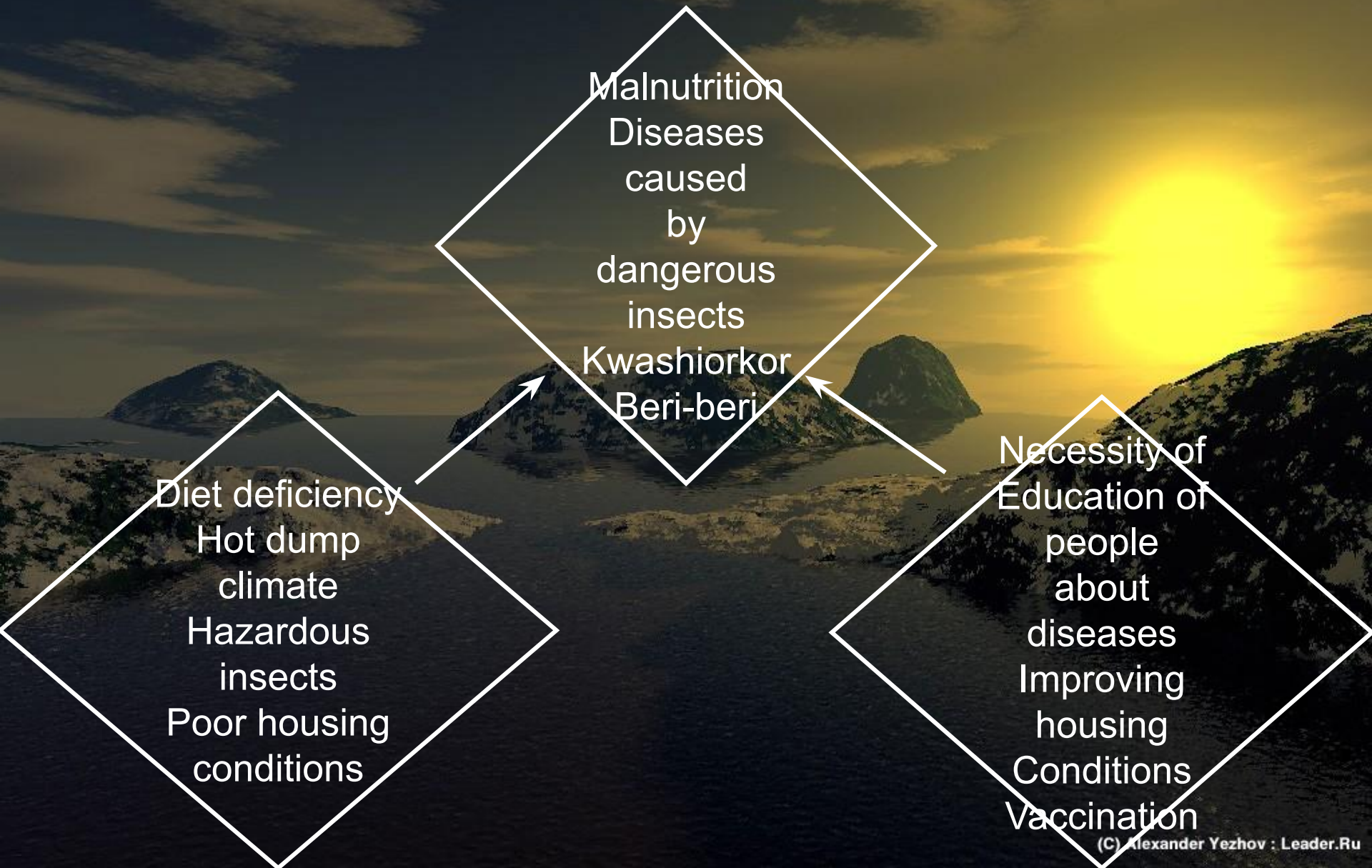


# ***Tips how to stay healthy***

- How to choose balanced and nourishing food (in winter in particular)
- How to maintain a healthy weight
- Methods for fighting with stress
- Measures against insomnia
- How to give up smoking



# ***Studying of different diseases in developing countries***





# *The daily intake of food in the UK and Tanzania*

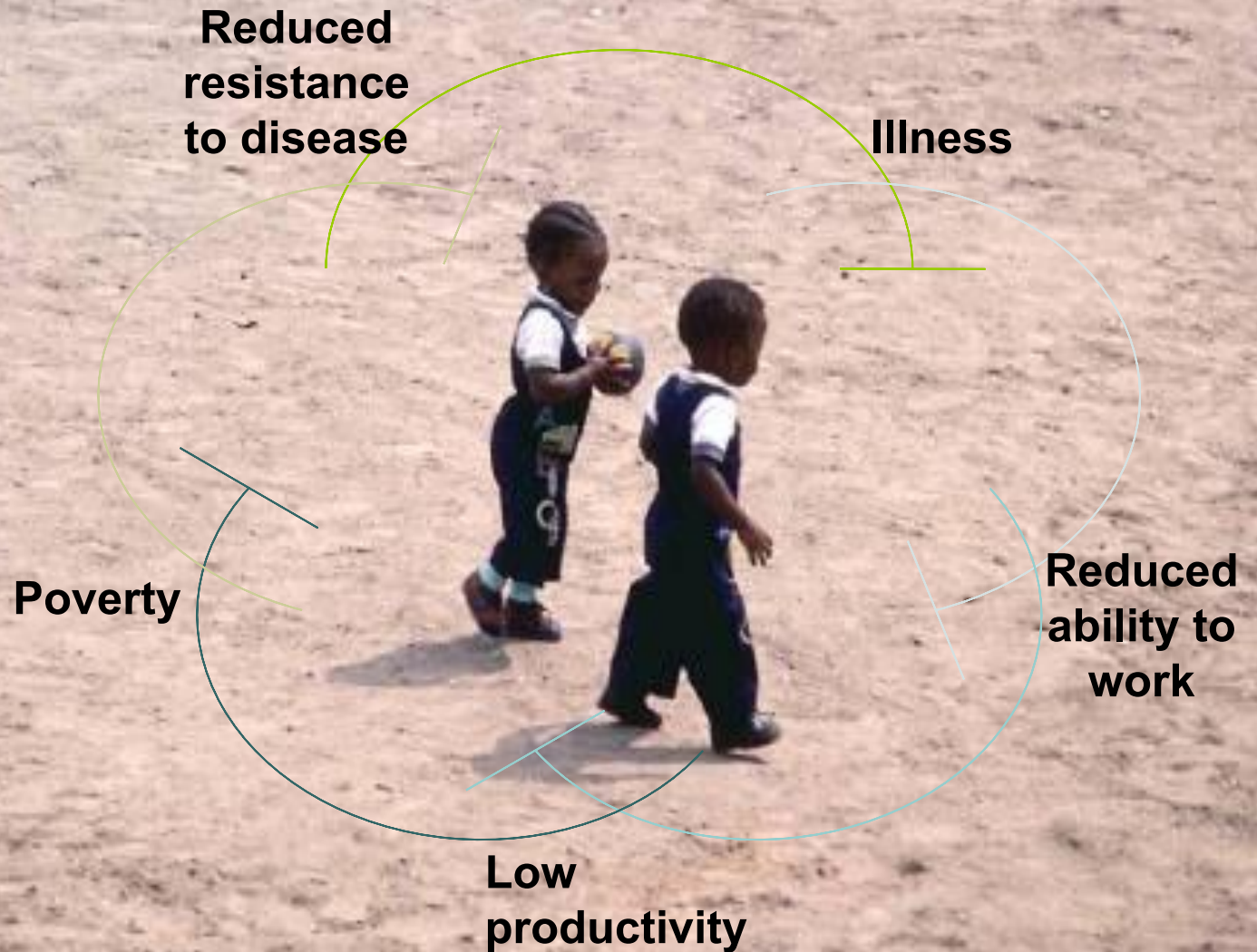


# ***The daily diets of two workers, one in the UK and one in Tanzania***

	United Kingdom, a factory worker in West Midlands, England	East Africa, a villager working on coffee plantation in Tanzania
<b>Breakfast</b>	Breakfast cereal with milk and sugar, boiled egg, toast with butter and marmalade, tea with sugar and milk	Children may have ugali (a maize porridge) with leafy vegetables and flavourings
<b>Lunch</b>	Fish and chips, peas, yoghurt and ice-cream	Ugali stewed meat with vegetables, herbs and seasonings
<b>Evening meal</b>	Steak kidney pie, vegetables, apple pie and custard, tea or coffee	Ugali, locust beans, vegetables
<b>Extras</b>	Sweets, chocolate, fruit, tea, coffee, cake, biscuits, beer, crisps	Fruit, nuts, seeds, honey



# ***The vicious cycle of malnutrition***



# ***Kwashiorkor child***

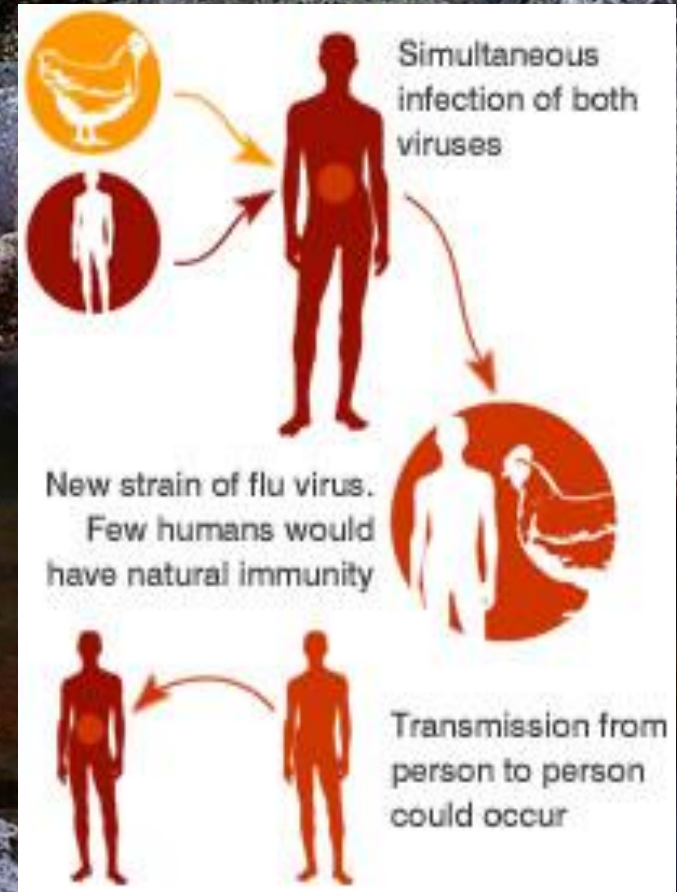
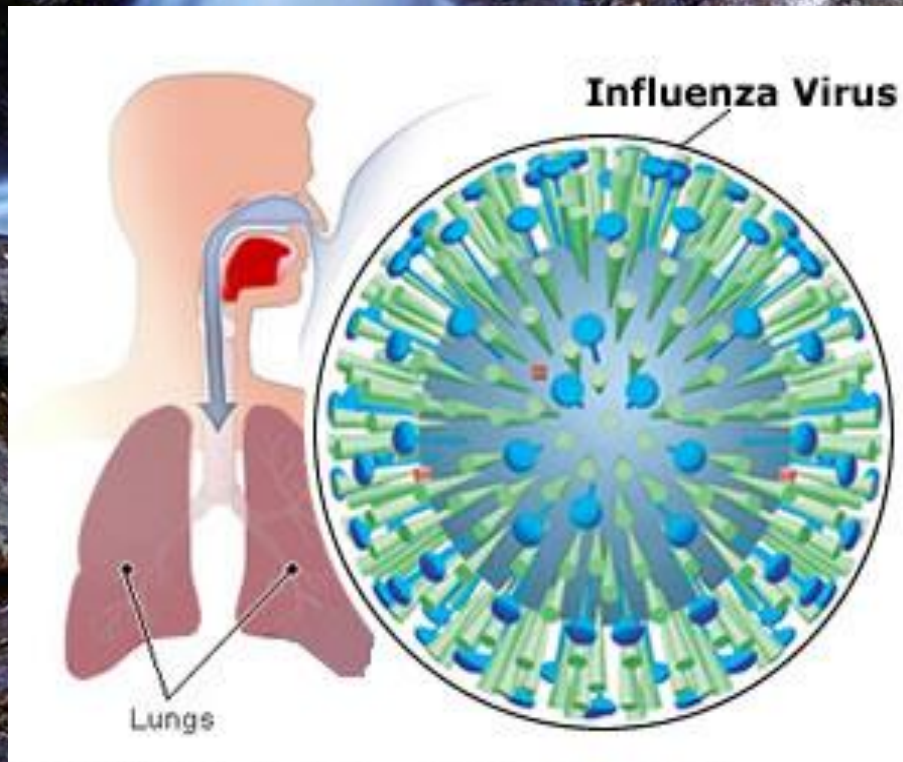


- Occurs in children in their second and third year
- Resulted from changes in diet and deficiency of protein
- Can affect physical and mental development



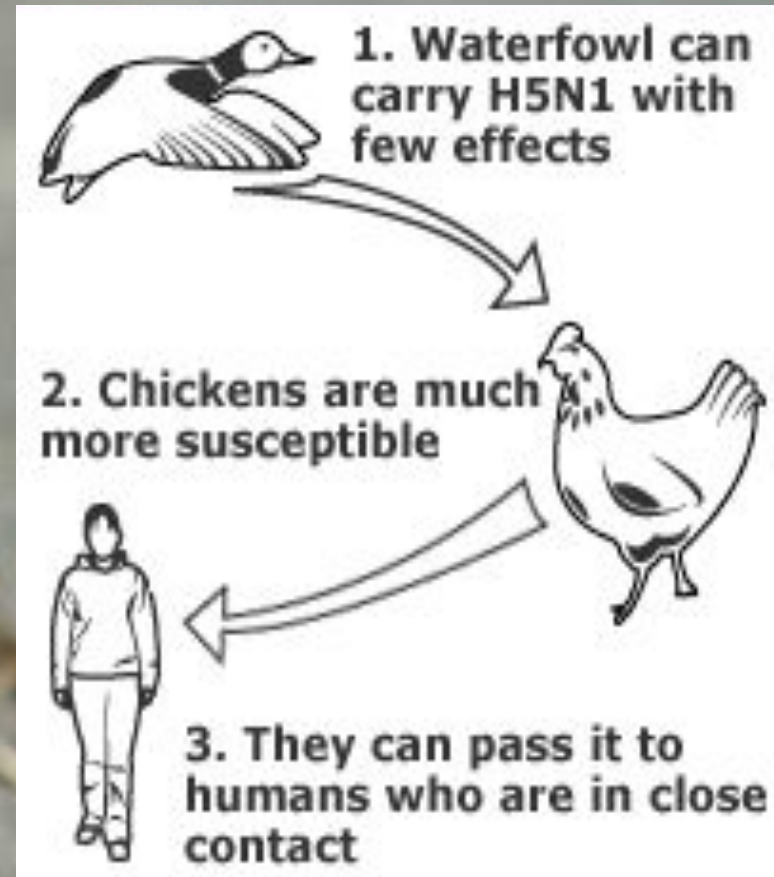
# ***A new kind of disease spread both in developed and developing countries (bird flu)***

Influenza Virus and the way new strain appears



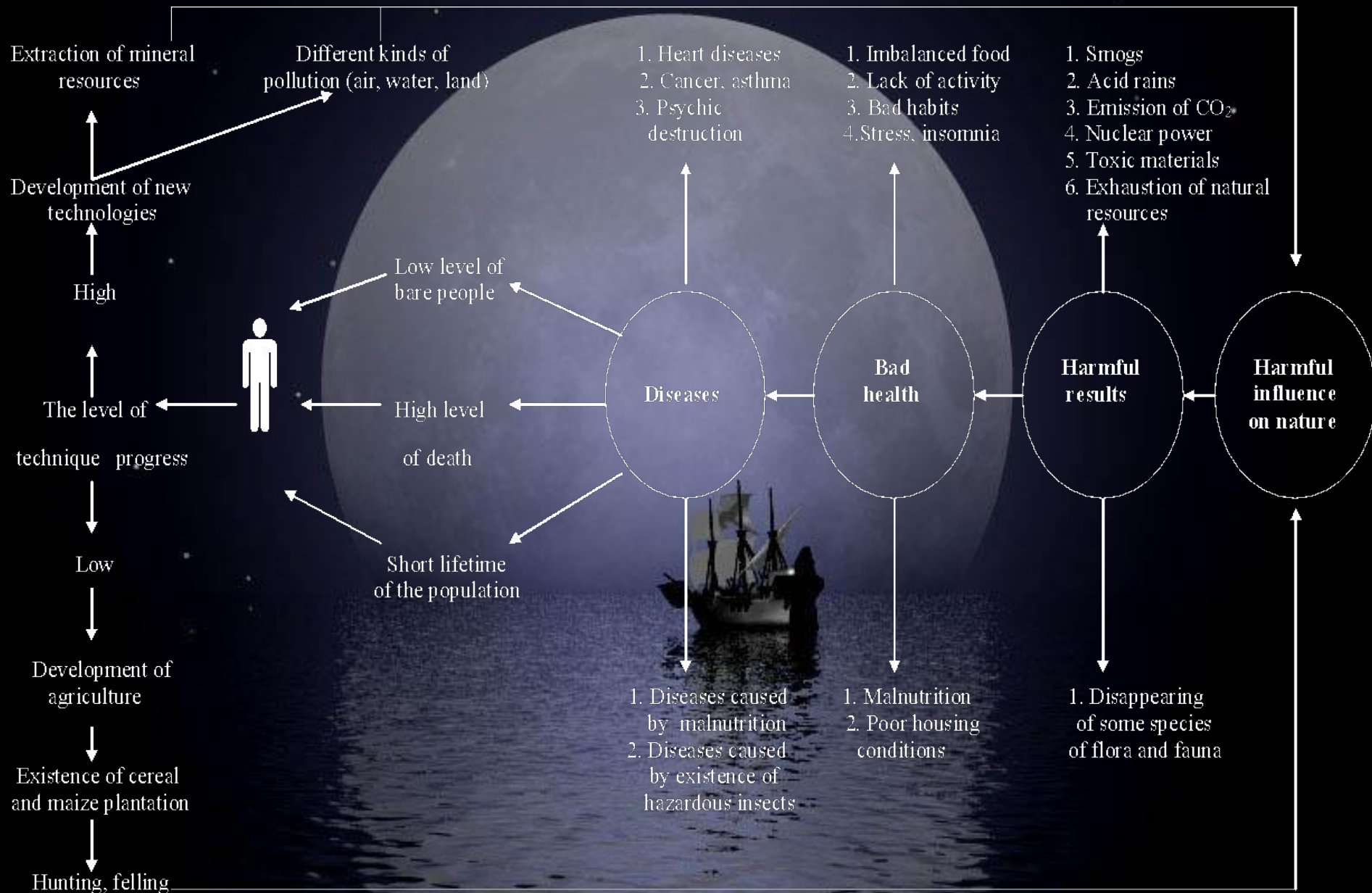


# ***How bird flu spreads to humans***





# The results of the project



*Think about the future...*

*about your children...*





***Breathing in fresh air...***

***Drinking clean  
water...***

***Living in  
beautiful  
surroundings...***

***What can be better  
staying healthy?..  
for happiness  
and...***

