

## **INFORMING PRESCHOOLERS ABOUT THE HEALTH RISKS**

**Bal L. V., Vladimirova T.V.<sup>1</sup>, Petrova Ju.V.<sup>1</sup>, Potapova T.V.<sup>2</sup>**

Scientific Research Institute of Public Health and Health Management, Sechenov Moscow Medical Academy, Laboratory of the health care management functions and methods, Russia, Moscow, 37/1 Zubovsky blvd.

<sup>1</sup> State educational institution kindergarten of combined type №1820 119192 Russia, Moscow, 11-1 Vinnitskata str. Phone/fax +7(495)9321174; e-mail: Julivp77@gmail.com

<sup>2</sup> Lomonosov Moscow State University, Belozersky Institute of Physico-Chemical Biology, the Department of Mathematical Methods in Biology 119992 Russia, Moscow, Vorobyovy Gory, MSU Phone: +7(495)939-55-06, fax: +7(495)939-31-81, e-mail: potapova@genebee.msu.ru

Health awareness of the modern children is a very dynamic process. In the Moscow Western Administrative District and South Administrative District had been conducted a survey among the random group of 102 6-7 year old children from the general education schools and kindergartens. Children were asked to think of and draw (or write down with the teacher's help) as many healthy things and actions as possible, and on the other side of the page – things that are harmful or dangerous for the health. Children's knowledge appeared to be limited by the most basic assumptions of the healthiness of physical activities and "healthy" foods – mostly fruits and vegetables. In comparison to the similar research from several years ago, knowledge about unhealthy habits begins to show at the earlier age. 6-7 year old children demonstrated negative attitude towards smoking, all kinds of alcohol consumption, drugs and "fashionable" foods, computers and television. At the same time there was a survey among adults (random selection of 103 families of the 6-7 year old children from the general education schools and kindergartens). Survey forms included questions about sociobiological factors and parents' educational level, living conditions and financial well-being, as well as questions concerning the usage of the digital means of communication, spending time with the children, psychological climate in the family and sources of information about health and healthy lifestyle. According to the survey results, lifestyle in the families of the preschool children in a modern metropolis is far from being healthy. It concerns all aspects of the healthy lifestyle. For example, 76.5% of the families have a television in the kitchen and almost never turn it off during the day, which means insufficient physical activity for children and everyday lasting exposure to large amounts of information. At the same time, most of the parents consider their lifestyle a good example for their children. The collected data allows us to say that it is a responsibility of the family and its lifestyle to inform the children about the possible health risks. Teachers and parents must look for the opportunities to combine their efforts in order to protect children from the negative information overload.