

THE FORMING OF HEALTH-CONSCIOUSNESS COMPETENCY:
FROM STRATEGY TO TACTICS.

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Global strategy concerning nutrition, physical activity and health; national and regional leading principles as for physical activity, health-consciousness, levels of physical activity.

The paper analyzes international documents on health-consciousness issues. Tactical steps as for forming health-consciousness competency of student youth are proposed on the basis of the global strategy concerning nutrition, physical activity and health. The authors also present the levels of physical activity which are recommended for young people at the age of 18-28.

It is pointed out that Global strategy for the best of health based on research and facts, are comprehensive, such as incorporating policies and actions aimed at forming health-consciousness competence, multisectoral, involving long-term and participation of all segments of society, multidisciplinary accordance with the principles contained in the Ottawa Charter on health Promotion and recognizing complex forms of interaction between personal choice, social norms and economic factors as well as environmental factors. It is stated that at the national level tactics may differ, but it is necessary at different levels (international, national, regional, etc.) to encourage the development and use of existing regional and global programs on issues of health, such as "Mega-country», CINDI, CARMEN so as instruments implementing the global strategy of physical activity and healthy eating. It is necessary to develop the use of international web pages for the purpose of implementing the global strategy of healthy eating and physical activity.