

World Health Day

On April 7, 1948, the constitution of the World Health Organization (hereinafter referred to as WHO) came into force. This date is considered the organization's "birthday" and is celebrated annually as **World Health Day**.

Health, according to the WHO, is a state of complete physical, mental and social well-being.

Health is a prerequisite for an active and normal human life. Serious disruptions in this area lead to changes in habitual lifestyle, established relationships with the outside world, and the potential loss of professional ability. Therefore, health is unconditionally considered a top priority among human values.

According to the WHO, human health is determined 50% by lifestyle, 20% by environmental factors, 20% by genetic factors, and only 10% by the healthcare system (the health formula). Thus, lifestyle is the primary factor influencing human health.

Lifestyle is the daily activities of people in the production and non-production spheres, their work, everyday life, leisure, everyday interests and concerns, morals and customs, communication and moral and psychological attitudes.

A healthy lifestyle is a set of general hygienic, moral, ethical and health-improving measures that contribute to the preservation and strengthening of health, increased productivity and active longevity.

The set of norms of behavior provided for by a healthy lifestyle includes:

- regular, balanced, rational nutrition;
- maintaining an optimal physical activity regime taking into account age, gender and physiological characteristics;
- cessation of self-destructive behavior: cessation of smoking, use of psychoactive substances, and alcohol abuse;
- compliance with the rules of personal and public hygiene;
- compliance with the rules of mental hygiene and psychoprophylaxis;
- increasing the level of medical knowledge, mastering self-help skills and self-monitoring of health;
- healthy sexual behavior.

Every year, World Health Day is dedicated to global challenges facing the planet's health and is celebrated under different slogans.

The theme for World Health Day 2026 is "**Together for Health. Together with Science** ." The campaign focuses on scientific progress and multilateral collaboration to translate scientific evidence into practice.

Campaign objectives:

- demonstrate support for science by using objective data, facts and evidence-based recommendations to protect health;
- restore trust in science and public health;
- support the implementation of scientifically proven solutions in the interests of building a healthier future.

Health is the foundation of a fulfilling life, helping to build a prosperous and happy future. Even small steps toward developing new healthy habits can lead to improved health.

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