



PUBLIC HEALTH

The health of the population is of substantial importance for economic development. Improvements in health status, and increases in life expectancy and in healthy life-years, lead to a longer and more productive working life.

Human health is fundamental to sustainable development because it impacts the quality of life and well-being. Although genetic factors are very significant, lifestyle and environmental factors affect the state of health. Right nutrition and physical activity have an influence on whether or not a person is overweight. On the other hand, being overweight, together with smoking and drinking habits, contribute to the risk of developing chronic diseases.

Worsened health influences the health care expenditures, the absence from the working place and decreases productivity. On the other hand, better health care can result in a greater number of elderly persons who are economically dependent on the working-age population.

The state of health and the trends of the population's health status are formed and assessed depending on the demographic processes, morbidity, risk factors, ability and self-perceived health estimation.

The indicators included in this theme are as follows:

- 1. Life expectancy at birth, by gender - key indicator**
2. Death rate due to chronic diseases
3. Percentage of regular smokers
4. Relative share of overweight people
5. Self-perceived health
6. Practicing physicians.