

HEALTH PRESERVATION AND ENHANCEMENT POLICY-MAKING CREATION IN LITHUANIA AS AN IMPERATIVE OF THE MODERN SOCIETY

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Annotation. The study aims. The aim is to analyze and present the assumptions and conceptual direction of Lithuania's healthy lifestyle and health sustainability policy formulation and implementation.

Key words: healthy lifestyle, health-saving policies

Introduction. According to the World Health Organization's definitions of health: „Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity“, and “it is the science and art of organized public efforts to prevent illness, prolong life and strengthen physical and mental health, caring for the environment, teaching individual hygiene, organizing medical and nursing services, early diagnosis and treatment of illnesses, developing social services that guarantee that each individual's living standards will enable him/her to strengthen health, and thus give him/her the right to health and long life ”

Purpose of the study. In this research the tasks have been made to find out what evidence is based on and what assumptions are used in Lithuania to formulate and implement a healthy lifestyle and health preservation policy.

Results of the study and discussion. In Lithuania, from the very beginning of independence, the aim is to initiate a new policy of healthy lifestyle, health preservation and strengthening, to identify the key directions of policies in this area and to set strategic goals. These tasks were established by the highest legislative authority — the Seimas of the Republic of Lithuania Resolution of 15 May, 2012, that approved “Lithuania's Progress Strategy „Lithuania 2030“. The ultimate goal considered by this strategy states that: “Health is valued as the greatest asset and it is important for the well-being of both the individual and society, so a healthy lifestyle is consistently developed from a very early age and special attention is given to disease prevention and health preservation” [3].

The same provisions are laid down in the Lithuanian Health Strategy for 2014–2025, approved by the Seimas Resolution of 26 June, 2014. It sets out a strategic objective: “Health must be a top priority or one of the most important concerns of the state” and its main principle is “Health in all policy areas” and “Health in all Sustainable Development Goals” [4].

The Seimas of the Republic of Lithuania, responding to the imperative of society and seeking to implement in a coordinated and rational manner the objectives of public welfare set out in the Lithuanian Progress Strategy “Lithuania 2030” [3], in order to encourage

the United Nations Sustainable Development Agenda „Transforming our World. The Sustainable Development Agenda for 2030“ accepted in 25 September, 2015, named one of the 17 objectives: “Ensuring a healthy life and promoting the well-being of all ages”, has raised the objective of strengthening a healthy lifestyle and health preservation policy and its implementation, and has therefore drawn up „Guidelines for the Adoption of Guidelines for Health Promotion and Strengthening Policies“ (hereinafter — „the Guidelines“) [5].

The Ottawa Charter (1986), as a key health enhancement document, states that health promotion is much wider than health care, that the health care system should focus on health promotion rather than on health services alone. The Charter also states: “Improving health is the process of empowering people to have more their own possibilities on health care and improving it”. In the Charter, there are positively assessed political, economic, social, cultural, environmental, behavioral and biological factors, and health promotion policies are linked to different but complementary spheres, such as legislation, finance, taxes and organizational structures for maintaining good health condition [1].

Good health of citizens is a sign of a strong state that can protect its citizens from internal and external threats. Therefore, the goals of healthy lifestyle and health preservation are set in the National Security Strategy (Resolution of the Seimas of the Republic of Lithuania of 28 May 2002) [2].

The Guidelines discussed in the Seimas and the society state that the policy of healthy lifestyle and health preservation must be formulated and implemented purposefully and consistently by all state institutions — the President, the Seimas, the Government (ministries), municipalities, other institutions, business entities, science and education institutions. All of those need to focus their efforts on realizing the fundamental changes in this area and achieving the strategic goals of state development. It is important that the health enhancement system does not function as a separate economic sector (area), but as an integral part of the state’s education, social, environmental, economic, agricultural, transport, information technology and innovation policies.

3. The state documents establish that all state institutions are concentrated on the sustainable development of personality and society, and that the person must be given an incentive if he or she chooses a healthy lifestyle.

4. To consolidate the sphere of health preservation and strengthening as the priority of implementation of the State long-term development strategy.

5. From the documents analyzed in the study it can be established that a healthy lifestyle and health policy is implemented according to the principles agreed in the society: 1) consistency and regulation; 2) coherence between national, regional and local actions to make them more conducive to health promotion and strengthening; 3) sharing responsibilities: responsibility and costs for health preservation and strengthening are subject not just for public, private, non-governmental institutions and individuals; 4) information and participation of the public (community): to ensure the rights of the population to receive information on health promotion and enhancement measures, to promote education and to raise public/community awareness and competence on health promotion and strengthening, to inform citizens about nutrition, work, living environment, the impact of inadequate physical activity, harmful habits on their health; 5) creation of suitable conditions for health promotion at various stages of the life cycle: meeting the needs of the population, reduction of social exclusion; 6) democracy:

empowering people from all areas of healthy lifestyles to strengthen the health of the population; 7) scientific, knowledge and technological advancement: health promotion and enhancement policies would be developed, evaluated and implemented on the basis of state of the art knowledge, scientifically, economically feasible, effective, and validated empirically.

6. To ensure the development of a modern, open to innovation, scientific advancement (natural and folk medicine), capable of teaching a healthy life doctor (and educator), continuous improvement of his qualification.

Conclusions.

1. Documents adopted in the state confirm the principle that a healthy lifestyle and health policy, a person's sporting and physical activity are important factors in creating a welfare state, ensuring economic, environmental, social and informational security, respect for human and citizen's rights and freedoms.

2. Formation and implementation of a healthy lifestyle and health policy is guided by principles that are agreed in society and shall be incorporated in the law.

3. The Government shall foresee funds for the implementation of this policy in the state budget and report to the Parliament (Seimas) on the implementation of this policy on an annual basis.

4. At regional level, to implement the policy of healthy lifestyle and health preservation "To preserve and strengthen the health of the population, to implement the prevention of diseases" the financing sources of the European Union funds and, accordingly, the funds of the municipalities shall be used.

List of information sources.

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