

SOCIOLOŠKI ASPEKTI SMANJENE FIZIČKE AKTIVNOSTI KOD OSOBA STARIJE ŽIVOTNE DOBI

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Sažetak: Istraživanja u cijelom svijetu, posebno u visokorazvijenim zemljama, ukazuju na smanjenu fizičku aktivnost novih generacija. S jedne strane, raste broj oboljelih od hroničnih degenerativnih bolesti (kardiovaskularnog, endokrino-metaboličkog i lokomotornog sistema), dok sa druge strane imamo duži prosječni životni vijek čovjeka. Rezultat djelovanja ova dva faktora neminovno dovodi do smanjenja kvaliteta života. Stav Svjetske zdravstvene organizacije govori da je snižen nivo funkcionalnih sposobnosti nezavisan, ali za većinu ljudi reverzibilan, faktor nepotrebnog obolijevanja i preranog umiranja i to u istom rangu sa značajem drugih faktora hroničnih nezaraznih oboljenja kao što su: hipertenzija, dijabetes, visok nivo masnoće u krvi, pušenje i dr. Posljedice smanjene fizičke aktivnosti, osim što smanjuju kvalitet života, utiču i na znatno veću potrošnju finansijskih sredstava. Prema podacima Republičkog zavoda za statistiku Republike Srpske ukupna potrošnja u zdravstvu RS neprestano raste, tako da je u 2015. godini potrošnja na godišnjem nivou iznosila oko 1.039.533.000 KM, a u 2020. oko 1.475.184.000 KM. Takođe, u porastu je i potrošnja za zdravstvo po stanovniku RS, a iznosila je oko 866 KM u 2015. do 1.055 KM u 2020. godini. Prema podacima Instituta za javno zdravstvo RS najviše oboljelih u 2021. godini na teritoriji RS bilo je od neoplazmi, zaraznih i parazitarne oboljenja, bolesti nervnog sistema i organa čula, bolesti cirkulatornog sistema. Tokom 2021. godine najviše umrlih je od bolesti cirkulatornog sistema, posljedica infekcije virusom Covid 19, neoplazmi, nedovoljno definisanih stanja, endokrinih bolesti i poremećaja metabolizma.

Ključne riječi: zdravstvena zaštita, kvalitet života, hronična nezarazna oboljenja

SOCIOLOGICAL ASPECTS OF REDUCED PHYSICAL ACTIVITY IN ELDERLY PERSONS

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Abstract: Research all over the world, especially in highly developed countries, points to reduced physical activity of the new generations. On the one hand, the number of people suffering from chronic degenerative diseases (cardiovascular, endocrine-metabolic and locomotor system) is increasing, while on the other hand, we have a longer average human lifespan. The result of the interaction of these two factors inevitably leads to the reduction of quality of life. The position of the World Health Organization is that the reduced level of functional abilities is an independent, but for most people reversible, factor of unnecessary illness and premature death, and that it is on the same level as the importance of other factors of chronic non-communicable diseases such as: hypertension, diabetes, high level of fat in the blood, smoking, etc. The consequences of reduced physical activity, in addition to reducing the quality of life, also affect significantly higher consumption of financial resources. According to the data of the Republic Institute for Statistics, the total consumption in the healthcare system of the Republic of Srpska is constantly growing, so in year 2015 the consumption on the annual level was about 1,039,533,000 BAM, and in 2020 about 1,475,184,000 BAM. Also, per capita costs spent on healthcare in the Republic of Srpska are on the rise, from 866 BAM in 2015 to 1,055 BAM in 2020. According to the data of the Institute of Public Health, in 2021, the majority of patients on the territory of the Republic of Srpska suffered from neoplasms, infectious and parasitic diseases, diseases of the nervous system and sense organs, and diseases of the circulatory system. During the year 2021, the most deaths were caused by diseases of the circulatory system, consequences caused by the infection with the Covid 19 virus, by neoplasms, insufficiently defined conditions, endocrine diseases and metabolic disorders.

Key words: health care, quality of life, chronic non-communicable diseases