

HEALTH AND REPRODUCTIVE PROBLEMS IN BELARUS POPULATION (ANTHROPOLOGICAL VIEW)

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Health is a great value for every human and society as well. Knowledge of health is multidisciplinary, and takes a great part in different areas of contemporary science. This knowledge concerns not just medicine, but the range of biological and humanitarian sciences, including demography, psychology, sociology, and ecology as well. Anthropology is in the front row as a science, integrating biological and social knowledge about humans. Anthropology also covers the complex mechanisms in health support by adaptation, homeostasis. It also uses data of somatotype, physiology and biochemistry. Methods of health quantitative evaluation were produced by anthropology on the basis of those criteria. Anthropological researches of Belarusian population health status are held through decades by the staff of the Department of Anthropology and Ecology, Institute of History, NAS of Belarus. Relevance of those studies even increased after the Chernobyl disaster, which had a substantial influence on the economics as well as on individual and public health. State and national efforts were directed to minimize the effects of Chernobyl disaster through the 25-year period, past after it. Radioactive nuclides contamination of the territory was registered in every region. But Gomel, Mogilev and Brest regions suffered most. A number of 2402 settlements, with 1,141,272 inhabitants are now situated in the zones of radioactive contamination. Environmental damage has its negative influence on health and biological status of the population. It caused local changes in morbidity situation, physical development and processes of growth in children. Health decline is marked in the last decades as is evidenced by increasing morbidity in children and teen-agers, illnesses in newborns, reproductive health decline. That contributes to negative population growth. Difference in male and female lifespan also shows poor health state of the population, which is 12 years in the Republic. A new national Belarusian demographic security program for 2011–2015 was approved in the context of public and individual health decline.

Key words: *health, physical development, ability, morbidity, life span*

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THE RELATION BETWEEN NEWBORNS' BODY WEIGHT, POPULATION INCOME AND NUTRITION IN RUSSIAN REGIONAL STATISTICS

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We analyzed regional average body weight at birth, monetary income and food related data in 42 regions of the Russian Federation for the period 2006–2010. The regional statistics were obtained from the database of the Social Insurance Fund of the Russian Federation (annual average body weight at birth), and the Federal State Statistics Service (income and food related data). The regions where the percentage of ethnic Russians exceeded 85% were chosen to participate in the study. Despite the economic indicators (monetary income, level of inflation and total food expenditure) and food composition had been changing during the study period, the national average weight at birth had remained stable. The regional statistics do not reveal any connection of birth weight with either per-capita monetary income, total calorie intake, or the daily consumption of each of the major nutrients. We suppose, that is natural under the conditions when dietary energy supply is sufficient in general. Birth weight, however, significantly correlates ($p < 0.05$) to the proportion of the animal-derived proteins, fats and dietary energy ($r = 0.52, 0.4$ and 0.5 , respectively). The fact testifies that, even when caloric intake is sufficient, the quality of nutrition, and in particular, the proportion of foods of animal origin, is essential for the status of the newborn. Supported by 026-F grant of the Perm State Pedagogical University.

Key words: *birth weight, income, nutrition, diet, animal-derived foods*

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