Incompatibility of health and bad habits
Health - a state of complete physical, mental and social well-being, which accompanied by the virtual absence of disease and deficiencies.

To be healthy means not to have problems with well-being, to be physically and spiritually developed.
Human health depends on:

- The level of development of medical care – 10%
- Environmental conditions – 20%
- Heredity – 20%
- Way of life of a person – 50%
What contributes to the preservation and promotion of health:

- proper nutrition
- hardening
- compliance with ethe working and rest regime
- mental and emotional stability
- optimal level of moving activity
- safe behavior at home, on the street, at work
- healthy sexual behavior
- personal hygiene
- rejection of self-destructive behavior
Bad habits are the established ways of destructive (self-destructive) behavior, the realization of which in certain situations acquires the character of need.

**Bad habits can:**

- Be formed spontaneously
- be a by-product of directional education and training
- change into stable character traits
- acquire the features of automatism
- be socially conditioned
What is the basis of the processes of bad habits formation?

A person strives to replace natural feelings and emotions for specific social situations, avoid stress by using those or other means (substances).
Bad habits

- smoking
- foul language
- alcohol consumption
- drug addiction
Daily smoking men and women (percentage):
The effect of tobacco on organism:

- strokes
- cancer of the lips, oral cavity, throat and larynx
- increased risk of heart attack
- lungs' cancer
- liver cancer
- ulcer and cancer of the stomach, pancreas
- infertility
- gangrene caused by occlusion of blood vessels
Do you know that:

- tobacco annually takes 5 million lives
- it is 13.5 thousand daily
- smokers constitute 96 - 100% of all lung cancer patients
- up to 90% of oncological diseases caused by smoking
- if cigarettes rise in price by only 10%, in the world will be 40 million smokers less
Consumption of alcohol in European and Central Asian countries
(in terms of liters of pure alcohol per adult):

<table>
<thead>
<tr>
<th>Category</th>
<th>Countries</th>
</tr>
</thead>
<tbody>
<tr>
<td>More than 10 liters</td>
<td>Germany, Denmark, Moldova, Russia, Ukraine, France</td>
</tr>
<tr>
<td>5-10 liters</td>
<td>Austria, Belarus, Bulgaria, Poland, Norway, Switzerland</td>
</tr>
<tr>
<td>Less than 5 liters</td>
<td>Azerbaijan, Turkey, Kyrgyzstan</td>
</tr>
</tbody>
</table>
## Time of action of alcoholic beverages

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Time of action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Champagne</td>
<td>1 h.</td>
</tr>
<tr>
<td>Beer</td>
<td>1-2 h.</td>
</tr>
<tr>
<td>Wine</td>
<td>2 h.</td>
</tr>
<tr>
<td>Liqueur</td>
<td>4-4.5 h.</td>
</tr>
<tr>
<td>Cognac</td>
<td>4-4.5 h.</td>
</tr>
<tr>
<td>Vodka</td>
<td>5 h.</td>
</tr>
<tr>
<td>Alcohol</td>
<td>14-16 h.</td>
</tr>
</tbody>
</table>
The results of the questioning of children
Habits that most irritate you in others?

- Nail biting: 68.2%
- Spitting: 54.5%
- Clicking joints: 50%
- Smoking: 18%
- Drinking: 9%
What are your bad habits?

- foul language: 58
- laziness: 32
- smoking: 18
- a computer: 13.6
- other: 9

Total: 131.6
How often do you use foul language?

- Often: 77
- Seldom: 23
- Never: 0
At what age did you first smoke?
Who most strongly influences the style of your communication and behavior?
Often give a positive example, refusing the proposed cigarette ...

Do sports with us...

Tempered ...

rest with soul ...

Think...