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## **IMPACT OF SOCIO-ECONOMIC AND ENVIRONMENTAL FACTORS ON THE HEALTH STATUS OF THE POPULATION**

The article is devoted to the analysis of socio-economic factors on the health of the population. The health of the population is the most important factor that determines the level of socio-economic development of society, the quality of life in general, and national security. People's health belongs to both local and global problems, that is, those that are of vital importance for each person, each state, and for all humanity as a whole. In the formation of health, the leading role is assigned to society and all its institutions. The state of health is determined not only by the health care system, but also to a large extent by the socio-economic and environmental conditions that have developed in the country. The article considers the influence of economic indicators that characterize the level of material well-being; social indicators that characterize the employment of the population; educational level; state of health of the population; state of the environment; demographic, such as indicators of average life expectancy, total fertility rate, premature mortality. The focus is on state support for a healthy lifestyle to preserve public health.

**Keywords:** socio-economic factors, population health, morbidity, public health, demographic status, quality of life of the population, life expectancy, mortality.

### **INTRODUCTION**

Currently, the protection and promotion of public health has become a priority in the state policy of any country, since human capital, which is precisely the knowledge, skills and health of people that they have acquired during their lifetime, is important for maintaining the country's competitiveness in the international environment. Underestimating the place and role of health at different levels of management is fraught with negative socio-economic consequences. These include

a decrease in overall life expectancy, birth rate, increased morbidity, injuries, etc. All this contributes to a drop in the level and quality of life of the population, a slowdown in the pace of socio-economic development of society as a whole. Public health is the most important factor that determines the level of socio-economic development of society, the quality of life in general, and national security. Human health refers to both local and global problems, that is, those that are vital for each person, each state, and for the whole of humanity as a whole. In the formation of health, the leading role is assigned to society and all its institutions. The state of health is determined not only by the medical system, but also to a large extent by the living conditions existing in the country and their dynamics. In Ukraine, the works of I. V. Hukalova (Hukalova, 2009), specialists of the M. V. Ptukha Institute of Demography and Social Research of the National Academy of Sciences of Ukraine (Yakist zhyttia, 2023) are devoted to the problems of quality of life of the population. At the same time, the state of health is also influenced by environmental factors, which are devoted to the works of both geographers and medicals such as Kornus A. G. (Kornus et al., 2022), Trigub V. I. (Trigub, Domuschy, 2022), Beketova (Beketova et al., 2025); the health effects of air pollution have been examined in studies of Popov et al. (2020); the adaptation of the human body to climate change has been analyzed by Ivaniuta S. P. (Ivaniuta, 2020); losses for the country due to unsatisfactory living and working conditions are calculated by economists (Oganezova, 2022). *The aim of the work* is to study at the theoretical level the influence of socio-economic factors on the health status of the population.

## **MATERIALS AND METHODS**

The information base of the study is statistical materials of the state statistics service of Ukraine, the Ministry of health of Ukraine, the WHO database on health and mortality indicators of the population of the countries of the European Region "Health for all", the work of domestic and foreign scientists. The methods used in the study caused by the interdisciplinary status of the chosen topic, the need to use the methodical arsenal of social geography, medical and methods of statistical analysis.

## **RESEARCH RESULTS AND THEIR DISCUSSION**

As defined by the World Health Organization, health is a state of complete physical, mental, and social well-being, not just the absence of illness. Physical health is the ability to perform daily work, including self-care, mental health is expressed through the human psyche in harmony with oneself, and social health reflects a person's positive attitude towards other people. The state of human health is a complex characteristic that depends on many heterogeneous factors.

As stated in the Demographic development strategy "deterioration of the health of the population due to insufficient effectiveness of measures to attract the population to a healthy lifestyle, as well as the inability to receive timely and high-quality medical

care as a result of military operations, frequent unwillingness to apply for diagnosis and maintenance of health in the medical care system, insufficient prevention of diseases, numerous stresses, prolonged stay in unfavorable conditions, which led to a decrease in immunity, exacerbation of old and the emergence of new chronic diseases" (Stratehia, 2024).

The social and environmental conditions in which people live significantly affect their health: as a rule, the higher the social status of a person, the better his health. According to WHO estimates, health is 10–15% environmentally determined. One in six deaths in the world is caused by poor ecology, as well as poor living and working conditions; the death rate due to environmental pollution is three times higher than the death rate from AIDS, Tuberculosis and malaria combined (Assuring the quality, 2008).

Systematic differentiation in health levels does not occur by chance and is associated not only with genetic, behavioral, or infrastructural factors, despite their significance. Socio-economic differences in health reflect and at the same time determine the socio-economic situation in society.

Among the main social factors that have the strongest impact on health is education. Quality education is the shortest way to get a prestigious job and a high income. Education is associated not only with the possibility of earning more money, but also with increased self-esteem and self-confidence. But few people link education and health. Despite this, there is a lot of empirical evidence for this link (Low, 2005). People with more years of education live longer, have better health, lead an active lifestyle, and check their health in a timely manner.

In addition to education, WHO experts attribute employment to such factors, because unemployment can affect health in several ways. First, financial problems, as a result of unemployment, can lead to deterioration of housing conditions, which in turn affects a person's well-being. The place of residence itself plays a huge role in a person's life. A prosperous area with places for daily recreation – parks, squares, water bodies, woodlands allow residents to restore their physical and spiritual strength and feel safe, which in turn creates conditions for the absence of stress (Sych, Yavorska, Kolomiyets, Prykhodko, 2023). Citizens who live in their own house or separate apartment have a lower health risk compared to those who rent housing. The type of housing is a sign of other causal factors, such as income or social status. High incomes allow an individual to choose housing with better conditions, better physical and social environment. Improving housing conditions invariably leads to an improvement in mental health, the degree of which correlates with the degree of improvement in living conditions. Owning a separate apartment increases self-esteem, which has a positive effect on health (Low, 2005).

Second, unemployment causes psychological distress, feelings of envy towards others, and depression. The loss of a job in a peculiar way symbolizes the loss of a defining role, which is associated with a sense of personality and uniqueness.

Third, unemployment affects lifestyle and can lead to a decrease in physical activity, an increase in tobacco and alcohol use. Healthy lifestyle, as defined by the Centers

for Disease Control and Prevention and the World Health Organization, Healthy Lifestyle includes a balanced (healthy) diet; regular physical activity; rejection of bad habits (tobacco smoking, alcohol abuse); full sleep; psychoemotional balance (stress management skills, maintaining social contacts, psychological assistance); preventive examinations; vaccination (Center, 2025).

It should also be said that the state of healthcare system (the number of doctors, secondary medical personnel, hospitals, equipping medical institutions with modern diagnostic equipment, etc.) directly affects the health of the population of a particular region (Sokolovskiy, Sych, Shashero, 2025). So, according to the ranking of countries with the best healthcare system in the world, the top ten includes Japan, Taiwan, Switzerland, South Korea, The Netherlands, Norway, Denmark, Singapore, Iceland, Finland. When compiling the rating, healthcare infrastructure was taken into account: availability of modern equipment, state of hospitals, quality of clinics and diagnostic centers; qualification of medical personnel: the level of training of doctors, access to educational programs and professional development; provision of medical personnel: the ratio of doctors to patients; availability of medicines: their number, prices and level of innovation in the pharmaceutical industry; financial availability of services: the cost of treatment and the ability to receive assistance regardless of income level; level of corruption: transparency and efficiency of the system; waiting time: speed of receiving emergency care or specialist advice; response to epidemics: the system's ability to respond quickly to health emergencies; access to innovation: introduction of the latest technologies, treatments and investments in medical research; attractiveness for medical tourism: popularity among foreign patients (Nazvano krainy, 2025).

The third factor is income and the level of wealth, which can be related to the level of health, since they are markers of socio-economic status that has a significant impact on health (Marmot, 2004). Countries and regions that are most susceptible to income inequality are characterized not only by lower levels of public health, but also by higher crime rates, as well as other negative social consequences (Wilkinson, Pickett, 2009). Several areas of recent research suggest that a more equal distribution of income is associated with better health indicators, which are manifested in higher life expectancy and lower mortality. Unfavorable social aspects contribute to the growth of stress and psychological discomfort. At the same time, biologists have proven that chronic stress worsens health due to a constant violation of the state of psychological balance. Income inequality can also worsen health conditions by undermining public confidence in the authorities, which affects the provision of public goods. It is widely believed that mutual trust in society and social capital are associated with better health. Trust and social capital could also help to avoid violent crimes, which may have a small direct impact on mortality and life expectancy, but significantly affect the formation of stress in potential victims. It is less obvious that the adverse health effects are caused by violations of social structures and hierarchies, which can be caused by income inequality. The problem of equalizing

income distribution to improve health and increase life expectancy is more acute for developing countries than for developed countries (Wilkinson, Pickett, 2009).

In D. G. Shushpanov's scientific research, the role of social capital in the formation of health is defined, in particular, such components as social ties, trust and solidarity, and social support. The researcher found that people who always receive support and assistance from loved ones when they need it, 6–9 times have a higher chance of having good health. First of all, this applies to women and to people living in cities. Attending cultural events helps expand social connections and has a positive impact on your health by relieving tension or stress. The results show that those who frequently visit cultural institutions are more likely to have no chronic diseases, compared to those who do not visit them at all. This is especially true for women (the difference is almost 6 times) and the rural population (almost 7 times) (Shushpanov, 2019).

Natural and climatic conditions are an important factor in shaping the health of the population in Ukraine. The climate is characterized by a contrasting change in the weather regime, a combination of unfavorable climatic conditions twice a year—in winter and summer, which causes deterioration in the health of people suffering from cardiovascular and respiratory diseases. The zone of temperature comfort for a healthy person in a calm state with moderate humidity and immobility of the air is in the range of 17–27°C. It should be noted that this range is individually determined. Depending on the climatic conditions, place of residence, endurance of the body and the state of health, thermal comfort zones for different people can move. Climate change leads to an increase in the number of days when extremely high temperatures are observed in the temperate continental climate that prevails in Ukraine. This has negative consequences for public health in the context of increased cardiovascular risks and even sudden death caused by overheating. This is especially true for children, the elderly, people with chronic illnesses, and outdoor workers. Western scientists have proven that during periods when abnormally high temperatures last for several days in a row or longer, there is a significant increase in the number of deaths associated with this phenomenon in cities, especially due to exacerbation of chronic cardiovascular diseases. Due to a number of factors, diseases of the cardiovascular system are not only the leading cause of death in Ukraine as a whole, but also the most common cause of premature death of middle-aged people (especially men) (Climate change, 2020). Less critical, but weighty in the long term is the increase in fatigue caused by high temperatures, stress load, and as a result – the number of mental illnesses in the population, the weakening of resistance to infectious diseases.

Anthropogenic pollution of the natural environment poses no less of a threat to humanity. Chemical, radioactive and bacteriological pollution of air, water, soil, food, as well as noise, vibration, electromagnetic fields, ionizing radiation, etc. cause severe pathological phenomena and deep genetic changes in human bodies. This leads to a sharp increase in diseases, premature aging and death, and the birth of defective children. According to the Global Burden of Disease study, about 10% of health losses

in Ukraine are related to air pollution. This means about 43,000 premature deaths and almost one million DALY. This share has fallen by half from the peak values of the mid-1990s, but the burden is still many times higher, for example, in the Nordic countries, where only 1% of health losses are caused by air pollution (Institute, 2025). According to the WHO European office, air pollution is the provoking cause of approximately 10% of all cases of respiratory diseases among children, 3–7% of new cases of chronic obstructive respiratory diseases, 3–15% of new cases of bronchial asthma. The population living within large industrial agglomerations and cities with millions of inhabitants is most affected by harmful factors (Shechorichnyi zvit, 2023). The negative impact of air pollution is significantly enhanced by adverse meteorological changes (periods of heat, temperature inversions, etc.), resulting in an increase in the number of deaths from cardiovascular and respiratory diseases.

It is known that environmental pollution from road transport emissions leads to both short-and long-term negative consequences. As a result of automobile emissions, a wide range of gases and solids are released, the impact of which leads to the intensification of global warming, acid rain, and pollution of all environmental components, among which heavy metals occupies a leading place (Trigub, Domuschi, 2022). It is also well known that emissions from motor vehicles, especially old cars, are toxic to living organisms and can cause various diseases (for example, lung cancer); negatively affect the growth and development of plants. The risk of environmental pollution from road transport emissions is also determined by the “depletion” of the ozone layer. After all, it is the presence of the ozone layer that prevents harmful ultraviolet rays from entering the atmosphere, which can cause many diseases, including skin cancer and others (Trigub, Domuschi, 2022).

Demographic data in Ukraine indicate a demographic crisis and an increase in the public health crisis. The leading factor in the decline in the population in Ukraine during the independence period is depopulation. Since the beginning of the current century, its scale and intensity have gradually begun to decrease, but over the past ten years, the scale of depopulation losses has increased again, at first – mainly under the influence of a decrease in the birth rate, and in recent years – as a result of a certain increase in mortality in Ukraine (Naselennia Ukrayiny, 2023).

Demographic disadvantage is demonstrated by another indicator – the vitality coefficient – the ratio of births and deaths: as of 2020, only about 475 births accounted for every thousand deaths in Ukraine (Naselennia Ukrayiny, 2023). This trend is also observed in the Odesa region. In 2022, the vitality coefficient in the Odesa region was 0.46, which indicates a persistent excess of mortality over birth rate: for every 100 deaths, there were only 46 births (Buyanovskaya, Yavorskaya, 2024).

In 2020 the total birth rate in Ukraine was 1.22 per woman against 1.53 in 2012, which is almost twice as low as its indicator, which provides simple reproduction of the population (2.2). During the period of armed aggression (according to expert estimates) due to security risks, uncertainty about the future, family separation, etc., this indicator has become lower than 1 (Stratehiia, 2024).

Among the main reasons for the low birth rate in Ukraine are economic factors – with the birth of a child, the risk of poverty increases: according to 2021 data, the poverty rate averaged 20.6 percent, and for families with children – 22.4 percent. Another significant manifestation of the demographic crisis in Ukraine is excessive premature (up to 65 years) mortality, primarily in men. The average life expectancy at birth in Ukraine in 2020 was 71.35 years (urban area 71.83 years, rural – 70.32 years). In the EU, this figure was 80.4 years.

As stated in the demographic development strategy the main factors of excessive mortality of Ukrainians are the prevalence of employment in harmful and dangerous conditions, neglect of healthy lifestyle standards, poor nutrition, lack of motor activity, largely associated with limited access to appropriate infrastructure, late response to health problems, neglect of risk factors on the roads, refusal of preventive examinations and vaccination, unfavorable environmental situation. The problems of accessibility to medical, rehabilitation and recreational services for residents of small settlements are particularly acute (Stratehiia, 2024).

According to the State Statistics Service, in 2020, the main causes of death among the population under the age of 65 in Ukraine were diseases of the circulatory system (39.1 percent), neoplasms (19.1 percent), external causes (12.9 percent), diseases of the digestive system (9.6 percent).

It should also be added that there is a reduction in the role of the state in the management of sanatoriums, medical and health-improving and rehabilitation institutions, their regionalization, which in turn can lead to difficulties in providing high-quality sanatoriums, medical and health-improving and rehabilitation services that maximally satisfy vacationers in resort and sanatorium treatment, rehabilitation and recreation (Sokolovsky, Sych, Shashero, 2025). This means that socially unprotected citizens risk being left without appropriate services that contribute to the restoration of their physical and mental state, and this is especially important during military operations.

Social and economic conditions that characterize the level, quality and lifestyle and their impact on health determine the risk of developing diseases. The standard of living is a complex indicator characterized by the following components: the amount of monetary income of a person, family; the number and structure of goods and services provided to people without direct payment; monetary and property savings of people, families; the degree of security of a person, family with housing, property; the level and structure of consumption, the degree of satisfaction of basic life needs in comparison with world standards and the subsistence minimum; comfort of life, attractiveness of living conditions, their compliance with nature and people's desires (Riven zhyttia, 2006).

The influence of indicators of material well-being of people on the health of the population is more legitimate to associate not with the level, but with the quality of life – a generalizing socio-economic category, which includes, along with the measure, the degree of provision of people with material goods and the level of

satisfaction of spiritual needs, the material and psychological climate, environmental conditions of a person, spiritual comfort, communication with other people, the social status of a person, health, life expectancy. Thus, health is directly classified into socio-economic categories, especially if it is not only about the health of individuals, but also about the state of health of the population as a whole. Currently, in scientific works devoted to the problem of health promotion, there are six levels of health, structured on a quantitative basis from an individual to humanity as a whole. The first level is individual, the health of an individual. The second level is defined as the level of health of a certain group of people. The third level is the organization's health level. The fourth level is community health. The fifth level is the country level, and the last, sixth is the world level (global health) (Husak, Zymivets, Petrovych, 2009).

Individual health is assessed by personal well-being, the presence of diseases, physical condition, working capacity, personal feelings of being, joy of life, etc. to solve social, economic, political problems in which it is necessary to take into account the quality of health of the entire population, the concept of "public (population) health" is used. The quality of public health can be assessed using dozens of indicators, but the most important and reliable are life expectancy at birth; standardized mortality rates (from all causes and separately from causes); infant mortality; general morbidity; morbidity by individual nosological types (Parkhomenko, Nefedova, Nikolayeva, 2023).

The most important characteristic of public health of the population can be considered the indicator of life expectancy. Life expectancy is one of the most informative criteria for assessing the health status of the population, its well-being, as well as a summary assessment of the living conditions of the population and a measure of the effectiveness of the National Health Service. That is, this indicator not only quantifies the length (average number of years) of future life for the average person, but can also serve as an indicator of the quality of life of the population. Life expectancy in aggregate form characterizes, on the one hand, the mortality rate, on the other – allows you to adequately compare the mortality rates between any territories (Global age-sex-specific, 2025)

Socio-economic factors are closely related to social stress factors, which include uncertainty in maintaining a place of work, the presence of harmful or dangerous work, poor housing, lack of a specific place of residence, the need to make every effort to feed the family and raise children in difficult conditions, inadequate pension provision, exclusion from society, discrimination, lack of prospects for official growth (Kunderevich, Litvin, 2023). There are two approaches aimed at combating stressful conditions: personal; social. The personal approach is focused on preventing and relieving stress in a particular individual. The social approach is aimed at solving a complex of socio-economic problems that cause a state of social stress in the public life of the region or the country as a whole. For example, decent wages form effective labor motivation – the most important factor in the viability of a nation. Therefore, the state's policy aimed at preserving the people should contribute to the formation

of a strong labor motivation among the population in order to give people a chance to get out of poverty themselves.

The standard of living of the population largely depends on their purchasing power, which is a generalizing statistical indicator. The purchasing power of the population is estimated based on the cost of the food basket, which is calculated on the basis of food costs. The dynamics of the cost of a food basket and its comparison with the main social standards is an indicator of the material well-being of the country's population, indicating the quality of income of various social groups (Andreitseva, 2023). Thus, the health of the population cannot be measured in price terms, but it is the most valuable asset and is a socio-economic category.

## CONCLUSIONS

Thus, the health of the population and the demographic situation of any country are determined by a complex set of socioeconomic factors, including significant poverty, vast disparities in living conditions, widespread antisocial behavior, and environmental conditions in the local community. Social and economic conditions that characterize the standard, quality of life and their impact on health determine the risk of developing diseases. The health of the population directly impacts demographic indicators, which in Ukraine are declining.

Among the most important areas for improving public health are the following: ensuring stable economic growth, growth of real incomes and well-being of the population; improving housing conditions; families supporting, encouraging higher birth rates through economic and social influences; improving the effectiveness of healthcare and the public health culture, increasing government spending on healthcare; promoting a healthy lifestyle, sports, healthy eating, and a caring attitude towards one's health, improving environmental indicators in places where people live. Thus, the health of the population depends on each of us individually and on the policy of the country as a whole. A healthy population today is an invaluable asset on which, in turn, the socio-economic development of the country and the quality of life of future generations depend.

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## **ВПЛИВ СОЦІАЛЬНО-ЕКОНОМІЧНИХ ТА ЕКОЛОГІЧНИХ ФАКТОРІВ НА СТАН ЗДОРОВ'Я НАСЕЛЕННЯ**

Стаття присвячена аналізу соціально-економічних факторів на здоров'я населення. Здоров'я населення – найважливіший фактор, який визначає рівень соціально-економічного розвитку суспільства, якості життя в цілому, національної безпеки. Здоров'я людей належить як до локальних, так і до глобальних проблем, тобто тих, що мають життєво важливе значення як для кожної людини, кожної держави, так і для всього людства в цілому. У формуванні здоров'я провідна роль відводиться суспільству і всім його інститутам. Стан здоров'я обумовлено не тільки системою охорони здоров'я, але і в значній мірі соціально-економічними та екологічними умовами, які склалися в країні. В статті розглянуто вплив економічних показників, які характеризують рівень матеріального добробуту; соціальні показники, які характеризують зайнятість населення; освітній рівень; стан здоров'я населення; стан довкілля; демографічні, такі як показники середньої очікуваної тривалості життя, сумарний коефіцієнт народжуваності, передчасна смертність. Акцентовано увагу на підтримку з боку держави здорового способу життя задля збереження громадського здоров'я.

**Ключові слова:** соціально-економічні фактори, здоров'я населення, захворюваність, громадське здоров'я, демографічний стан, якість життя населення, очікувана тривалість життя, смертність.