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ASSESSMENT OF NON-COMMUNICABLE DISEASE RISK FACTORS AMONG EDUCATORS DURING THE STAGE OF PROFESSIONAL DEVELOPMENT

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It is known that 75% of global mortality cases are caused by non-communicable diseases (NCDs), which include cardiovascular, bronchopulmonary, endocrine, and oncological pathologies [1]. Global risk factors for NCD mortality include: low physical activity, obesity and overweight, alcohol and tobacco consumption, as well as elevated blood pressure, cholesterol, and blood sugar levels [2]. The causes of these factors depend on both socio-economic and environmental conditions, as well as individual behavior [3]. Consequently, health promotion and NCD prevention require monitoring of factors considering various target groups, particularly among educators at the stage of professional development.

The **aim of the study** is to assess NCD factors among educators at the stage of professional development through subjective evaluation. To achieve this goal, a survey of 64 educators at the stage of professional development was conducted on the Google Forms platform, considering the informed consent of the respondents, using a modified "Assessment of Non-Communicable Disease Factors" questionnaire in 2004.

The analysis of combined NCD risk factors allowed for the establishment of the factor structure: 1.56% of educators have two factors, 17.19% – three factors, 43.75% – four factors, 28.13% – five factors, and 9.38% – six factors. The established structure indicates a predominance of educators with five NCD factors. During the analysis of the components of combined NCD factors, the following were established: the presence of the overweight and obesity factor in 23.44% of educators; the factor of low awareness of blood pressure indicators in 65.63% of educators; the factor of elevated cholesterol levels in 3.3% of educators; the factor

of elevated glucose levels in 1.6% of educators; the "smoker" factor in 100% of educators (smoking a wide range of tobacco products, tobacco heating systems, electronic cigarettes, and hookah); the factor of alcohol consumption in 60.9% of educators; the factor of consuming less than five servings of fruits and vegetables per day in 45.31% of educators; the factor of insufficient physical activity was established in 29.69% of educators.

Conclusions. As a result of the assessment of NCD factors among educators at the stage of professional development, a predominance of four combined factors (43.75%) was established. Behavioral factors, namely low physical activity, smoking, alcohol consumption, and nutritional disorders, draw attention. The established features prove the necessity of developing health promotion measures directed specifically at behavioral factors, and thus at modifiable ones.

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