

# COMPARATIVE STUDY ON MORTALITY AND MORBIDITY IN EUROPE AND ROMANIA - ASPECTS OF QUALITY OF LIFE THROUGH RECREATIONAL SPORTS - CENTRAL REGION OF ROMANIA

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**Abstract:** *Sports and leisure activities improve health and bring while social and educational benefits. There are many causes of death in the U.E some of which are major diseases and chronic diseases affecting at least 50 people in 100000. In Romania morbidity and mortality patterns have undergone major changes in recent decades to increase chronic disease and mortality.*

*Regarding recreational sports in Romania, statistics show that we stand among the last countries when it comes to moving among European countries whose inhabitants practice much sport is countries like Sweden, Finland, Denmark.*

**Key words:** *mortality, morbidity, recreational sports, quality of life.*

## 1. Mortality, morbidity, quality of life

Natural movement includes demographic event called death or death and there is a close connection between death and disease is treated, the theoretical morbidity with mortality.

Mortality means the intensity (frequency) of deaths within the population. The term is sometimes used with the meaning of index or mortality. Is determined by dividing the number of deaths in a period, the average number of people in that period [1]. Differential mortality represents deaths intensity of a specific population, constituted by certain characteristics: age, sex, religion, morbidity, etc.

Mortality is lower for intellectuals and those who live a healthy lifestyle through proper diet, balanced. Mortality is higher in rural areas compared to urban areas because the city offers superior hygiene and treatment conditions (clinics, hospitals, pharmacies, and so on). Morbidity and mortality are determined and malnutrition or malnutrition (poor nutrition, bad eating habits characterized by high share of components at the expense of vitamins and proteins carbohydrates and lipids against etc.) [2].

Currently, the UE places great emphasis on natural and herbal nutrition and organic farming tends to gain increasing importance.

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Health of the population decisive influence economic life as an employee sick or suffering from several chronic diseases, will have a low efficiency at work and will not be able innovation performance [3]/

## **2. The main causes of death in the UE:**

Major diseases and chronic diseases (affecting at least 50 people in 100 000) is the cause of over 86% of deaths in the U.E.

Among them are heart disease, cancer, mental health, diabetes, chronic respiratory diseases and musculoskeletal disorders.

Community Action Program in Public Health 2008-2013, the UE recommends combat these diseases by developing strategies and mechanisms for preventing, exchanging information and developing capacity to respond to threats of noncommunicable diseases, including product specific disease women or men. Also, given the very fact that these diseases can be avoided, it is recommended that the main activities identified in the field, focusing on raising awareness, improving knowledge and strengthening preventive measures. The U.E. is committed to support these activities through networking and information systems between Member States, which would generate a flow of information, analysis and exchange of best practices in public health. [4]

## **3. Disease-specific mortality in Romania**

In Romania, morbidity and mortality patterns have undergone significant changes in recent decades to increase the prevalence of chronic disease and mortality in the context of increasing elderly population share associated with the action of multiple risk factors biological, environmental,

behavioral and influence socio-economic and healthcare. [7].

Routine information related to NCD morbidity, long underestimate the actual level of the phenomenon. Good quality data were obtained only from health surveys conducted by the Ministry of Health Computer Center, Health Statistics and Medical Documentation. Last survey conducted took place in 2011. [5]

On the other hand, information on morbidity diseases have a much better quality as there is a functioning surveillance of communicable diseases currently in the process of restructuring.

Standardized mortality rate is 959.4 inhabitants decese/100000 in Romania, compared to 600.6 in the UE 27. Romania ranks 3, being exceeded only by Bulgaria and Lithuania.

Given the weight of chronic disease mortality structure, it appears that Romania is among the UE countries with very high mortality by chronic disease (227.4 deaths per 1 million instead. In 2007) almost double the UE average (122.4 deaths per 100000 instead. in 2007).

Evolution standardized mortality rate of chronic diseases, has about the same shape as that of all-cause mortality, with a stable trend over the last 5-6 years.

## **4. Sport non-competitive as a means of improving the quality of life in Romania and the U.E.**

Romanians non-competitive sport in very small, and half of them admit that I do not move with purpose maintenance / improvement of fitness. No "effort" is not exactly effortless, but, according to studies rather social occasion. [7]

According to Eurobarometer "Sport and Physical Activity", published this spring by the European Commission [6], Romania

is in UE states to queue when it comes to sports. Bulgaria is on the last place in Europe, the criterion sport for our neighbors with a percentage of 82% of those who said that does not provide any kind of movement.

Among European countries, whose people practice sports regularly, are Sweden and Finland (both 72%), while the third, are Denmark (64%). Pretty good stay and Ireland (58%), the Netherlands (56%), Slovenia (52%) and Luxembourg with 51%.

Also, UE citizens have different preferences regarding place of physical activity: 83% of Slovenians prefer outdoor exercise, 76% in Finland and 67% in Estonia. Outdoor exercises are preferred by only 27% of respondents in Greece, 28% in Malta and 29% in Romania. [7]

According to Eurobarometer, 40% of EU citizens play sport at least once a week and 65% practice some form of exercise. In contrast, 25% are almost completely inactive.

Sports and leisure activities improve health and make the same time, social and educational benefits.

In July 2007, the UE adopted a policy paper follows on strategies for promoting physical activity and health (set in the 2007 White Paper on health aspects related to nutrition, overweight and obesity).

Although "Sport for All" (S.P.T.) is an activity of national interest, of utmost importance in any civilized society in Romania still fails basic objectives established under the National Sports Agency Strategy and National Program "Sport for All" and namely:

- Ensuring free access of any person to engage in recreational sports physical activities;
- Formation of positive attitudes, positive attitudes and active at all levels;

- Ensuring the necessary conditions - human resources, material resources, managed and better service for practicing recreational sports physical activities in an organized or independently, in a clean and safe environment;

- Transition from centralized planning and supply in programs based on local traditions, needs and preferences.

In Romania, currently operating National Sports Agency, government bodies, specialized body of central government that is Government policy in sport, develop and monitor the implementation of the national strategy for the organization and development of sport.

Role in the execution and organization of the "Sport for All" is the Romanian Federation "Sport for All" (S.P.T.) in cooperation with sports federations by industry and through specialized territorial structures. [4].

#### **4.1. National Strategy "Sport for All" 2009 - 2012, objectives and organizational strategies**

One of the objectives must also promote Romanian Federation "Sport for All" (S.P.T.) is transforming consumer occasionally sports a frequent consumer of sport, acknowledging it at the individual level, the necessity of practicing sport to maintain health and a better ability to adapt to the external environment.

The advantage is F.R.S.P.T. to professional sports is that it can address all individuals, regardless of their material, psycho-somatic condition or membership of a particular social group. Thereby promoting "Sport for All" is the notion of movement, motion group, socialization, teamwork, knowing that sport is based on honesty, cooperation and your attempt to overcome some limitations [3].

FRSPT goals are merely to meet individual, it means to:

- To discover the need to practice a form of sport;
- To find ways in which to practice a form of sport;
- To move from passive consumption of sport (watching various sports programs on television) sports in active use;
- Create the necessary atmosphere for group collaboration in organizing and conducting sports activities;
- To educate in the spirit of family leisure activities, etc. in a way.

### 5. Reference population in Romania - Central Region

Central Region are allocated to six counties: Mures, Brasov, Sibiu, Alba, Harghita and Covasna.

Belonged in the Central Region, on July 1, 2007, approximately 2,523,904 inhabitants. Central Region population comes in 55.13% of the urban environment, and 44.87% in rural areas. Residents in the Central Region are, in a proportion of 55.05% female, and 48, 95% are male.

From the existing data, we noticed that the number of people appearing in the statistics, we could identify a very small number of sports activities programmed to maintain / improve fitness and / or quality of life.

In Table 1 are presented: the number of sports activities conducted, participants in these activities, the number of inhabitants / county and percentage values on recreational sport activities.

*Table summarizing the percentage of the population and recreational sports* Table 1

Country	Number of activities	Number of participants	Number of inhabitants	Percentage activities sports practiced
Alba	7	2600	342336	0, 75%
Braşov	8	11056	597439	1, 85%
Covasna	12	5340	222449	2, 40%
Harghita	11	6300	326222	1, 93%
Mureş	7	4900	580851	0, 84%
Sibiu	7	3456	421724	0, 81%
<b>Total</b>	<b>59</b>	<b>33652</b>	<b>2491021</b>	<b>8, 58%</b>

#### 5.1. Evidence of illness and disease analysis report - participation in recreational sports

Evidence of different types of chronic diseases extracted from current statistical situation [8], is shown in Table 2.

Also, the available data, we attempted to achieve a way of bridging the number of people, who suffer chronic diseases part of the target population and percentage values of sport in which they participate, the percentage of cases reported disease [3]. (Table 3).

*Major chronic diseases reported in Romania - Central Region*

Table 2

Groups of illnesses	Alba	Braşov	Covasna	Harghita	Mureş	Sibiu
Diabetes	14621	26816	4676	9213	12390	15387
Hypertensive disease	47993	78400	22219	24000	49876	33321
Mental illness	5328	12581	1352	387	6432	4539
Ulcer disease	7496	10862	3081	5146	7892	6345
Cerebrovascular disease	5244	7351	2671	2313	5553	4435
<b>Total</b>	<b>86437</b>	<b>143999</b>	<b>36474</b>	<b>44239</b>	<b>138821</b>	<b>89480</b>

Table 3

*Summary - (illness / counties) with the percentages of chronic diseases / county / region center and sporting activities identified / country*

Nr. Criterion	Country	Number of inhabitants	Percentage activities practiced	Total disease	Percent disease
1.	Braşov	597439	1.85%	143999	24,1%
2.	Covasna	222449	2,40%	36474	16,39%
3.	Alba	342336	0,75%	86437	25,24%
4.	Harghita	326222	1,93%	44239	13,56%
5.	Mureş	580851	0,84%	138821	23,89%
6.	Sibiu	421724	0,81%	89480	21,10%
7.	<b>TOTAL</b>	<b>2491021-Loc.cent.</b>	<b>8,58%</b>	<b>469450</b>	<b>20,71%</b>

## Conclusions

From the data presented, based on the following: the number of sports activities practiced in the center of Romania, are very low (8.58%), this leading - perhaps - a rather high percentage of chronic diseases (20.71%). Covasna ranks first place on recreational sports (2.40%) and hence health (percentage of cases of disease being 16.39%), while the last, is Alba, with a very low participation in sports (0.75%) and the percentage values indicating lower health status compared with other counties (percentage 25.24% disease). [9], [10], [11],[12], [13].

Analysis of the Romanian population health in terms of specific indicators and the information accessed revealed a worse health state of the Romanian population, compared to the U.E.27.

Through the dominant component of chronic disease, mortality Romanians

above average, both overall and in different causes of disease. Regarding health services, in Romania there is less infrastructure and less qualified than other EU countries.

Regarding the practice of recreational physical activity and maintenance, Romania is among the last U.E. country than Ireland and Nordic countries, considering the data submitted, considers movement in general, as a prerequisite for health and thus the determining factor for quality improvement life.

Central Region of Romania there is a low rate of recreational sport activities and poor health status of the population, which leads to the necessity of developing a coherent strategy - national and regional - of leisure sports as a way obtaining wellbeing. In this context, we note that there are currently several strategies and programs developed in Romania, but it proved too little viable. Thus, contracts of

MTS / ANS as: sub-recreational sports action, sub Ethni Sport, Sport Rural sub, sub Pronatura, Old Sport subprogram, subprogram, etc. Actively promote Health., Sounds nice on paper, looks good sites but impact, given the number of people actually interested in driving engagement in different activities is insignificant and ineffective.

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