

## **SUMMARY**

### **The aim of the dissertation**

The aim of the study was to assess the changes in health in accordance with the classification of diseases used to categorize 19-year-old men intended for the military service in the years 1985-2017 living in the Małopolskie Voivodeship. The secular trends in BMI (body mass index), height and body mass among the population were also examined. Over the course of 32 years two different political systems, and thus economic systems, functioned in Poland. During the research period until the end of 2008 the military service was compulsory for all men, and after that time only voluntary. These factors have had an impact on the health of Poles.

### **Materials and methods**

By design, the study is of an observational and a retrospective nature. As a result, the study covered a group of 195,461 men born in: 1966, 1970, 1974, 1978, 1982, 1986, 1990, 1994 and 1998. The 19-year-old men appeared for mandatory conscription (military qualification) before the medical commissions in the Małopolskie Voivodeship, which declared them suitable for military service (health category). The selected data obtained from the Ministry of National Defense - from the IT system called SPIRALA-ZINT (Integrated System for Management of Mobilization and Supplementary Resources) were analysed.

### **Results and conclusions**

In the years 1985 to 2017, an upward trend in height, weight and BMI was observed in the population of 19-year-old men entering the conscript military service (military qualification) in the Małopolskie Voivodeship. The highest percentage of 19-year-old men with health category A occurred in 1989 and 1985, the lowest one in 1997 and 2001. In 1997 and 2001, the respondents with health category D and E constituted the largest group. The 19-year-old men entering the conscript military service with health category A were most often disqualified by the following diseases: related to the mental state (21.59%), musculoskeletal system diseases (13.83%), eyesight (13.65%), respiratory system diseases (11.68%), cardiovascular system (10.63%) and nervous system (10.30%). The obligation to perform military service had a significant impact on the separation of the group of men with health categories A and D from among the

surveyed. The place of residence of a 19-year-old man from the Małopolskie Voivodeship has an influence on their health and the military category they receive. The differences between the groups of 19-year-old men enlisted in 1985 and 1989 during communism and compulsory military service, and in 2013 and 2017 during democracy and only volunteer military service are of a high statistical significance.

Over 32 years, secular trends in height, weight, and BMI have been unfavorable. The need for promotion of health among children and young people is very important.