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Problems of public health in the 21st century, measures to prevent diseases caused by an unhealthy lifestyle

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Abstract: This article talks about measures to eliminate various diseases by creating a healthy lifestyle among the population.

Key words: Renaissance, mass sports, inactivity, physical activity, non-communicable diseases, health, healthy lifestyle

There is no price for health in the eyes of a person, because without health, there is neither pleasure nor luxury. Health is such a blessing of life that a healthy person is a thousand times happier than a truly sick king. nine percent depends on our health.

Honorable President Shavkat Mirziyoyev, in his address to the Oliy Majlis and the Uzbek people at the end of 2022, said: "We have set ourselves the great goal of building the foundations of the Third Renaissance in our country, and for this, the new Khorezms, Berunis, Ibn Sinos, Ulugbeks , we need to create the environment and conditions that will educate Navoi and Babur. In this, first of all, development of education and training, establishment of a healthy lifestyle, advancement of science and innovation should serve as the main pillars of our national idea," he said.

After all, the saying "A healthy body is a healthy mind" is not spoken for nothing in our nation. Therefore, in order to live a healthy life, a person should, of course, regularly engage in physical education. Because physical activity improves the functioning of the human body. When the body is healthy, the thinking of a person is also good. A healthy people and a healthy nation can do great things.

It is no secret to anyone that health and human development, which is one of the universal problems at the world level, is the first and most important problem among the universal problems, which is more important and more important today than every day. Everyone can see the terrible consequences of the coronavirus that covers the population of the world. saw with his own eyes. In fact, there is nothing more important for society than peace and health. As our respected President said: "Peace and health are a great blessing that cannot be measured by anything for each person and the entire population. We all understand that only a healthy person and a healthy nation are capable of unprecedented things. Health "Every man is capable of good deeds for his country."

Our great ancestor Abu Ali inb Sina, who is the leader of these two worlds, realized the need to save the world and liven up the world by achieving physical and material health and

spiritual and spiritual maturity, and started to fight for this in his own age. According to the book "Laws of Medicine", in order to be healthy, a person must strictly follow seven balances in his body. These are:

1) Body (organism) proportion;
2) Choice of food and drink;
3) Freeing the body from excess (overweight);
4) Maintaining the correctness and proportionality of the arrangement of body parts;
5) Making the air drawn into the nose sufficient and good;
6) Choose the clothes to be worn according to the environment;
7) Moderation of physical and spiritual actions.

According to the analysis of the World Health Organization, among the factors affecting human health, medical care accounts for 10 percent, genetic factors for 15 percent, and environmental conditions for 20 percent. The most important thing is that a person's lifestyle, i.e., physical activity, diet, and bad habits have a 55% impact on his health. So, what is a healthy lifestyle? A healthy lifestyle means that a person follows a daily schedule, trains the body based on active activities, engages in sports, eats proper and high-quality food, follows hygienic rules, and refrains from harmful habits. Activity naturally stimulates the organism. That is why energetic and restless people are energetic and enthusiastic even when they get old. Unfortunately, in the current urbanization conditions, it is noticeable that physical activity has decreased significantly among the general public and our youth. Therefore, it is becoming more and more important to create a healthy lifestyle in society, fight against inactivity, protect people's high physical and mental work capacity, and attract large sections of the population, especially young people, to regularly engage in sports. Unhealthy lifestyle and physical inactivity causes a number of non-communicable diseases such as cardiovascular disease, stroke, malignant tumors, chronic inflammation of the respiratory organs, diabetes, and disability and premature death worldwide. is one of the leading causes of diseases. According to the World Health Organization, in 2015 alone, overweight and non-communicable diseases claimed the lives of 40 million people, which accounted for 70% of all deaths worldwide. is enough. No matter how terrible it is, this is the truth. So, what is the situation in Uzbekistan in this regard?

Unfortunately, non-communicable diseases caused by unhealthy lifestyle and overweight are the cause of 78% of all deaths in our country every year. In 2017, in the structure of standardized causes of death by gender and age, circulatory system diseases, including ischemic heart disease, arterial hypertension and its complications (myocardial infarction, stroke, etc.) take the first place (69 percent). They were followed by malignant tumors (8 percent), diabetes (3 percent), and respiratory diseases (3 percent). In order to prevent such unfortunate situations, the head of state announced on April 1, 2021, to ensure public health in the country. held a meeting dedicated to the discussion of increasing the

efficiency of the system.

As noted at the meeting, more attention was paid to the treatment of diseases than to their prevention in the country's healthcare system. For 25 years, we have been treating diseases instead of preventing them, and our people are also dissatisfied with this system. "Village medical centers only deliver medicine and give injections, and there is no disease warning system," said President Shavkat Mirziyoyev.

In fact, the most economical and effective way to prevent diseases is to follow a healthy lifestyle and a culture of healthy eating, as well as constant physical activity. Unfortunately, due to inactivity and improper nutrition, half of the population of Uzbekistan is overweight, 46 percent have cholesterol in their blood, and 31 percent have high blood pressure.

As a result of my personal observations, it became clear to me that the majority of patients who come to family polyclinics with complaints about their health suffer from the above-mentioned non-communicable diseases, and unfortunately, our compatriots do not know why such dangerous diseases appear and they do not know the measures to prevent it. And they believe that the solution is only in such and such paid steroids and drugs. In fact, all these diseases are caused by an unhealthy lifestyle and physical inactivity. Therefore, the wide promotion of mass sports among our population and the mass fight against inactivity are the first priority of the experts in the field. is an important and important function of the gal.

On February 13, 2023, the President of our country received leaders responsible for social spheres. Priority tasks in areas such as the quality of education and medicine, the development of science and culture, and the life of young people were discussed there. Today, 56% of the population is overweight, and 30% have chronic diseases. Therefore, it was announced that the nationwide movement "Proper nutrition and healthy lifestyle" will be launched in Uzbekistan. The first project I want to present in this regard is that the physical fitness of each person, the state of the body and the daily diet to create a platform called "Active life" that determines to what extent it is correct. Through this platform, our compatriots can create their daily schedule correctly, determine the amount of protein, carbohydrates, vitamins and amino acids in the food they consume during the day, learn the balance of the energy they spend during movement and the energy entering the body through food. can be installed. Through this, every person can establish a healthy lifestyle in his life, having complete information about his body, his organism and health. In order to increase the convenience of this platform We are planning to introduce it in three languages: Uzbek, Russian and English, and create it in a convenient and unique design in order to cover the population of all age groups. Because if we serve our entire people through this "Active life" platform, this is our achievement. My second project called "Bir Safdamiz" consists in the fact that family polyclinics and physical education workers in the neighborhoods work together and provide patients with medical treatment and physical

activity, along with medicines, to improve their health, treatment and prevention of diseases. I believe that it would be appropriate to involve more women, young people and the elderly in this project, and to implement this project during the specified weekdays, and through this we will achieve the development of mass sports. if we start it on the basis of voluntary efforts together with talented and enterprising students of the faculty of physical culture, and if we later expand our activities, we will certainly achieve high results. After all, only physically and mentally mature people can build a great country.

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