



REQUIREMENTS FOR A HEALTHY LIFESTYLE

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Annotation

In this article, the author analyzes the concept of a healthy lifestyle in terms of current problems, the factors affecting the health of the population and especially human health, the elements of a healthy lifestyle as a system in maintaining public health.

Keywords: Exaggeration, analyzes, human history, Negative emotions.

Relevance

There have been many plagues in human history, and it was during this period that great works were created. That is, it is a time of self-realization, of observation. Society is thinking today! Earlier, only 6-7% of people had the ability to observe and write down their opinions, but today, due to the development of social networks, this figure has increased significantly, "said Sherzodkhon Kudratkhodjaev, chairman of the International Press Club (1).

It is no exaggeration to say that humanity has never faced such a big problem as the coronavirus. It is true that there have been two world wars before, diseases that have killed 50 million people, but in some ways human beings are approaching perfection as individuals.

At such a time, the greatest burden falls on the heads of state, the people who pursue the policies of their country. Citizens can sit at home and wait for the disease to pass, but state leaders are forced to worry about taking the country out of a difficult situation, while taking care of their own lives. In such a crisis, the only question facing them is: should people be rescued first or the economy?

Just like now, in 1918, people were encouraged not to leave their homes, wearing masks was mandatory, and factories were closed. Even then, there were those who did not pay attention to quarantine measures. It was later revealed that it was not the economies that won, but the countries that rushed to save their people.

In the beginning, it was difficult for everyone, but as the flu passed, states that focused on saving people by limiting physical contact and paying attention to hygiene got to their feet faster.

"Although cities that took drastic measures to prevent the spread of the disease were damaged during the epidemic, they later grew faster than the rest," said a joint study by economists from the U.S. Federal Reserve and the Massachusetts Institute of Technology.

From the above evidence, it can be concluded that quarantine measures should never be considered as a factor that harms the economy (2).

Indeed, at a time when the main topic in the media today is the coronavirus pandemic, it is time to rethink issues such as human health, its lifestyle, the hygienic literacy of the population.

Today, the strengthening of human health and, for this purpose, the formation of skills to lead a healthy lifestyle, increase valeogenic literacy, become a priority policy of any developing country.



Today, the work on promoting a healthy lifestyle and strengthening the health of the population continues to develop at a new pace: President of the Republic of Uzbekistan "On measures to prevent noncommunicable diseases, support a healthy lifestyle and increase physical activity" dated December 18, 2018 Resolution No. PQ-4063 has been adopted and the tasks set in this resolution are being actively implemented. The "Concept of prevention of non-communicable diseases, support of healthy lifestyles and increasing the level of physical activity of the population in 2019-2022", adopted in the framework of the Resolution No. PQ-4063, provides for the implementation of the following main tasks:

1. Forming and disseminating initiatives among the public on creating the right environment and making the right choice in favor of a healthy lifestyle.
2. Strengthening the role of the non-governmental sector in creating a healthy environment in education, medicine, sports, enterprises, organizations and public places.
3. Introduction of mechanisms of public-private partnership in the field of prevention of non-communicable diseases and formation of a healthy lifestyle among the population and expansion of its opportunities.
4. Sustainable financing of measures for the prevention and control of non-communicable diseases at the expense of the State Budget of the Republic of Uzbekistan, international financial institutions and organizations, soft loans of commercial banks, grants and other sources not prohibited by law.
5. Improving information and awareness-raising activities on the prevention of non-communicable diseases and the formation of a healthy lifestyle among the population;
6. Establishment of a national integrated epidemiological surveillance information system for non-communicable diseases, including a system for assessing and monitoring the achievement of targets for risk factors and major non-communicable diseases.
7. Improving the system of prevention, treatment and counseling with a special focus on early detection and control of risk factors in patients with at-risk and non-communicable diseases.
8. Development of human resources and research capacity of all sectors involved in the prevention of non-communicable diseases and the formation of a healthy lifestyle among the population (3).

According to the analysis of the World Health Organization, among the factors affecting human health, medical supply is 10 percent, hereditary factors are 15 percent, and the state of the environment is 20 percent. Most importantly, a person's lifestyle (physical activity, diet, bad habits) can affect up to 55% of his or her health.

The contribution of individual factors of different nature to health indicators depends on a person's age, sex and individual-typological characteristics. The content of health factors can be determined as follows (Table 1).



Table 1. Factors affecting human health

Scope of factors	Factors	
	Health-promoting factors	Factors that worsen health
Hereditary factors (15%)	Healthy heredity. Absence of morpho-functional conditions for the occurrence of diseases	Hereditary diseases. Hereditary predisposition to disease
The state of the environment (20%)	Proper living and working conditions, favorable climate and environmental conditions, environmentally friendly living environment	Harmful living and working conditions, unfavorable climate and natural conditions, deterioration of the ecological situation
Medical supplies (10%)	Medical examination, high-level preventive measures, timely and complete medical care	Lack of constant medical control over the dynamics of health, low level of primary prevention, poor quality care
Human lifestyle (55%)	Rational organization of life activities, sedentary lifestyle, adequate physical activity, social and psychological comfort, complete and rational nutrition, absence of bad habits, valeological education, etc.	Lack of rational mode of life activities, migration processes, hypo- or hyperdynamics, social and psychological disorders, malnutrition, bad habits, lack of valeological knowledge.

The formation of a lifestyle that promotes the health of the population is carried out at three levels:

- social: propaganda, information and educational work;
- Infrastructure: specific conditions in the main areas of human activity (leisure, availability of material resources), prevention facilities, environmental control;
- personal: system of human values, standardization of daily life.

Promoting a healthy lifestyle means a number of activities aimed at promoting it, including educational and mobile programs, advertising in the media (radio, television, Internet).

Conclusion. As a system, the three main elements of a healthy lifestyle are interdependent and interchangeable: the culture of nutrition, the culture of movement and the culture of emotions.

Food culture. Eating a healthy lifestyle is a key element in shaping the system because it has a positive effect on physical activity and emotional stability. Proper nutrition corresponds to the technology of natural assimilation of nutrients that emerged during evolution.

Culture of action. Under natural conditions, aerobic exercise (walking, running, swimming, working in the garden, etc.) has a healing effect. At the same time, sun and air baths, washing and hardening are done through water treatments.

Culture of emotions. Negative emotions (jealousy, anger, fear, etc.) have a great destructive power, positive emotions (laughter, joy, gratitude, etc.) maintain health and contribute to success.

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Academica Globe: Inderscience Research

ISSN: 2776-1010 Volume 2, Issue 5, May, 2021

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