



## THE ROLE OF A HEALTHY LIFESTYLE IN THE ORIGIN OF THE DISEASE

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### ABSTRACT:

This article brings information about one of the most relevant topics, Health and a healthy lifestyle, and the existing problems are partially solved. The great blessing of Health is the duty of an individual to preserve it, to lead a healthy lifestyle with the people, to tag them, the word is mentioned, the Sanalogy is the doctrine of Health, teaches the health of society, health tasks and ways to implement them.

**Keywords:** The interpretation of a healthy lifestyle, the mirror of the future of a healthy lifestyle, rational nutrition, the role of physical movement in a healthy lifestyle

We can say that maintaining a balance between physical culture and health will be a great barrier to the origin of the sick.

Organization of marriage Tour, living conditions (level of housing provision) good health, the level of education and culture of family members, the behavior and harmful habits of the individual in the family (as well as alcohol consumption, smoking,

drug use), over-the-norm drug use status, hypodynamia, adinamia cases, loneliness, unemployment, and various stressful situations resulting from these are at the forefront of disease origin. To reduce and prevent diseases, there is a pre - existing lifestyle

it is necessary to improve, and the role of nurses in this regard is incomparable. They should also teach the ways of forming it, as well as promoting a healthy lifestyle among the population. To improve your lifestyle, the following conditions must be met:



Organization of feeding round. Prevention of hypodynamia (movement and health).

Organization of the day and work on the basis of biological plans. Organization (creation) of a comprehensive family circle. Normalization of mutual relations. Abstinance from harmful habits. Compliance with cleaning and cleaning issues. The following negzts lie in our conduct of research and explanatory work in public health and profilactic work. Carrying out explanatory work on a healthy lifestyle from childhood, adolescence, school and preschool educational institutions causes an end to the factors that contribute to the origin of diseases.

**Sport is the solution to everything** Sport is essential to keep our body in perfect condition. Scientists have proven that a sports lifestyle slows down the aging process at the DNC level: daily exercise prevents cell death and slows down this process. A low-risk lifestyle causes obesity, cardiovascular and immune system diseases, and many other diseases.

Physical activity provides a person with longevity, health, a healthy nervous system, good health and maintaining young skin. Also, sports give strength and good mood throughout the day. If you are not a passionate athlete, start with a simple walk or run, sometimes changing the car for a bike, you will feel a big change in your well-being and prolong your health for many years.

**Healthy eating** Healthy food is the key to our longevity. High-quality and timely consumption of food strengthens and improves our health, gives us physical and spiritual strength, prevents various diseases. Nutritionists say that the secret to longevity lies precisely in a healthy and nutritious diet, the correct consumption of food. At this time, we receive all vital energy, from biologically important nutrients for the development of the body, for active life, for the maintenance and strengthening of immunity. A healthy diet is not only endless diets and weight control, but also a complete diet, which should include all the substances necessary for our health - proteins, carbohydrates, fats, water, minerals, vitamins.

**We will put an end to the legend. Uzbek cuisine is not harmful!** Despite the fact that Uzbek cuisine is very tasty and rich in calories, most nutritionists do not recommend traditional Uzbek cuisine. The main drawback of our dishes is the abundance of flour products. Often, well-ground flour, a large amount of oil and spices negatively affect our body. But human nature is regulated in such a way



that it must consume products that are suitable for its habitat and climate. In Uzbek families, from childhood, nutritionists are taught to eat certain foods, fats and dairy products that they do not like so that the body is strong and stable. Considering each ingredient used in our kitchen separately, the traditional dish is rich in vitamins, proteins, fats and carbohydrates - meat, a large amount of vegetables, greens and spices are also present.

**Want to be healthy-turn the pedal on it!** Scientists from Purdue University (USA) have proven that regular cycling reduces the risk of heart disease by 50 percent. According to the British Heart Foundation, about 10,000 heart attacks can be prevented every year if people are healthy. Cycling several tens of kilometers a week will double the risk of heart disease. The regular functioning of the spinal apparatus causes a decrease in lactic acid between muscles and ligaments and, in combination, the development of the hormone of happiness.

• **The main aspects of a healthy lifestyle:**

- balance between health-promoting lifestyle, physical and mental strain;
- harmonious relationship between people;
- personal hygiene and responsible hygienic behavior in work and lifestyle;
- negative attitude towards bad habits.

• • **Indicates effectiveness in the transition of an individual to a healthy lifestyle if the following results:**

- • positively and effectively when reducing or eliminating the effects of risk factors, morbidity and, consequently, reducing the cost of treatment;
- • when contributing to the healthy and durable of a person's life;
- • when ensuring good family relationships, children's health and happiness;
- • the basis for the satisfaction of the individual's need for self-awareness, when ensuring high social activity and social success;
- when a person brings high working capacity, reduced fatigue at work, high labor productivity and, on this basis, great material wealth;
- when it allows you to rationally organize and distribute the time budget, giving up bad habits, making the most of the means and methods of active recreation;
- when providing cheerfulness, good mood and optimism.



## Human health depends on many factors and, in most cases, on a person's lifestyle:

- genetic factors-15-20%;
  - environmental status-20-25%;
  - medical supply-10-15%;
  - living conditions and lifestyle of people – 50-55%.
- The influence of risk factors on a person is only individual, and the likelihood of the development of a particular disease depends on the body's ability to adapt.

### — What negative consequences does an unhealthy lifestyle have?

— Unhealthy lifestyle and physical infertility are the leading causes of disability and premature death worldwide, as they cause non-infectious diseases such as diseases of the cardiovascular system, stroke, malignant tumors, chronic inflammation of the respiratory organs, diabetes mellitus. And, alternatively, drinking low fluids will be one of the big reasons not to exercise health at fixed times.

• According to the World Health Organization, the problem of overweight and obesity is increasing in the world over the next few decades. In 2015, non-communicable diseases cost 40 million lives, accounting for 70% of all deaths worldwide.

### • What is the situation in Uzbekistan in this regard?

— Non-communicable diseases are the cause of 78% of all deaths each year. In 2017, the first place in the structure of standardized causes of death by gender and age was occupied by diseases of the circulatory system, including ischemic heart disease, arterial hypertension and its complications (myocardial infarction, stroke, etc.) (69 percent). They were followed by malignant tumors (8 percent), diabetes mellitus (3 percent), and respiratory diseases (3 percent).

In 2014-2015, studies conducted by the Ministry of health of the Republic of Uzbekistan in conjunction with the World Health Organization among the population aged 18-64 showed negative results. In particular, two-thirds of the population (67 percent) do not eat enough vegetables and fruits (less than 400 grams per day), and half are overweight (body weight index  $\geq 25$  kg/m<sup>2</sup>). Obesity has been found in every fifth of our older compatriots (body weight index  $\geq 30$  kg/m<sup>2</sup>). An increased level of cholesterol in the blood was recorded in 46% of the



population. 42% of men and 1.5% of women use tobacco. High arterial pressure ( $\geq 140/90$  mm Hg) has been reported in almost a third of the population. In a fifth of people aged 40-64, the development risk rate of ten-year cardiovascular system diseases is more than 30 percent. Among people, the amount of salt consumed per day is on average 14.9 grams, which is 3 times more than the recommended figure (less than 5 grams per day). According to the World Health Organization's assessment, the economic damage caused by non-communicable diseases in 2016 was approximately 9.3 trillion soums, equivalent to 4.7% of the country's GDP.

**— The decision of the head of our state on December 18, 2018 “on measures to support the Prevention of non-infectious diseases, a healthy lifestyle and increase the level of physical activity of the population” became the basis for what changes in the system and what works are being carried out by the center you are leading within its implementation?**

— In fact, as a result of the lack of an effective system of coordination of preventive measures until the adoption of this document, it was not possible to support the level of physical activity of citizens and take agreed measures in maintaining a healthy lifestyle. Since the level of medical and sanitary-hygienic culture of the population remains low, the main focus was not on prevention, but on combating diseases.

The decision of our president is based on the improvement of mechanisms for the Prevention of non-infectious diseases, the formation of a healthy lifestyle of the population, the organization and management of increased physical activity. Within the framework of the implementation of this document, certain works are being carried out by our center. In particular, a targeted program has been developed for the formation of a healthy lifestyle, combating and preventing non-infectious diseases and their risk factors. Together with state and public organizations, we are conducting mass events to promote a healthy lifestyle, fight harmful habits, develop the medical culture of the population, physical education-wellness and integrate mass sports action with medical prevention.

In our country, every Saturday of the week is declared “Health Day”, and mass sporting events with the participation of medical personnel are systematically held. In non-medical professional colleges, the subject “healthy lifestyle and family” was included in the lesson schedule. In medical higher education institutions, a new direction was established — the training of a nutritionist's



specialty. In public places, supermarkets, markets, alleys and neighborhoods, “healthy eating FAIR”, “Health square” events, “step into a healthy life!” , “We vote for a tobacco-free territory!” “the principles of a healthy lifestyle are widely promoted to the population through” health classes ” in stock and educational institutions.

It should be said that on the basis of this decision, tasks were assigned not only to our center, but also to all state bodies and organizations. In particular, each institution is obliged to introduce a “health day” for employees, which includes Gymnastics exercises during the working day, running at least once a week, swimming, football, volleyball, basketball, tennis and other activities. It should encourage employees to regularly participate in competitions and other physical education and mass events in popular sports.

**— What can you say about the benefits of a healthy lifestyle for our body as a specialist?**

— It can be said for a long time. Let me tell you the scientific conclusions. Russian scientist I. Pavlov describes the impact of physical movement on human health as an appearance that means that the body is closely connected with the external environment. The activity of such connections and biological organs is controlled by the central nervous system. Physical training does not affect one or another group of muscles, but has its own effect on the organism, which is considered a whole mechanism. In particular, constant continuous physical movement has a good effect on a person's health. In particular, the metabolism improves, the body's tissues absorb nutrients well, and decomposed substances are removed from the body faster. The heart warms up and becomes more resistant though.

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