

RELEVANCE OF THE MODERN VIEW ON IMPROVING THE GENERAL HEALTH OF THE POPULATION

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Abstract

Healthcare in Uzbekistan is one of the most important medical and social functions of the state, and the basic legislation in the field of healthcare. Improving the overall health of the population is one of the key objectives of modern healthcare systems. Preventive medicine is a set of medical and social measures aimed at protecting and improving public health, preventing disease, and eliminating risk factors for their occurrence. It includes both medical measures and the creation of favorable conditions for work and life, recreation and physical education, the organization of healthy and nutritious nutrition for various groups, environmental improvement, and the improvement of well-being and living conditions of the population.

Keywords: Health, population health, physical development, disease prevention, factors shaping health, value of health.

Introduction

Maintaining and improving public health is a crucial task for the state and society. The domestic healthcare system has always faced, and continues to face, the challenge of finding ways to positively improve the health of children and adults. That is why, among the principles underlying the organization of the healthcare system, the main one is the social-preventive direction, the implementation of which allows for the maintenance of health [1]. The objectives include: - the state guarantees the rights of citizens to health protection: the formation of a healthy lifestyle; state bodies, enterprises, institutions, organizations, public associations of citizens in the sphere of legal regulation of health protection [2]. The health of the population, its preservation and strengthening, increasing life expectancy and reducing mortality have always been and remain the focus of the state's social policy.

Promoting a healthy lifestyle through the development of a new general medical model of primary health care is one of the key areas of reform in Uzbekistan's healthcare system. A doctor, as well as a general practitioner nurse, should become the driving force behind the implementation of the ideology of a healthy lifestyle at the family level, taking into account its specific capabilities and living conditions [3]. Quality of life is reflected in the degree of satisfaction of material and cultural needs, and also allows us to characterize the significant circumstances of people's lives. The deterioration of the population's condition: the environmental situation, social living conditions, and



the decline in well-being of a significant number of people. All of this contributes to a deterioration in the quality of life and health of the entire population [4]. Health is an important factor, influencing not only the life of each individual but also the life of society as a whole. Our health is often compromised by unhealthy habits and other negative external factors. This is why it's essential for people of all ages to lead a healthy lifestyle and be mindful of environmental factors. A healthy lifestyle (HLS) is a way of life that can improve a person's health and make the body more adaptable to environmental conditions. Maintaining a healthy lifestyle also requires monitoring your health through screenings at least once a year. This is truly key to success, as specialized tests provide information about which elements the body is deficient in or in excess of [3,5]. A healthy lifestyle is the foundation of a person's physical and social well-being, which is achieved through actions aimed at disease prevention and health promotion. In the modern world, the importance of maintaining and strengthening one's physical and psychological health is increasingly gaining momentum. This issue is addressed by both individuals who are concerned about their physical development, and by government and international bodies whose activities include ensuring favorable conditions for the proper, healthy, and physical development of the population. Regular daily exercise improves a person's health, helps maintain fitness, and builds endurance. The main indicator of human health is mental health - this is the internal state of a person, which consists of mental and social prosperity, and the ability to cope with external negative factors (stress, life's difficulties and obstacles), to carry out productive life activities and realize one's potential to achieve one's personal goals. With normal mental well-being, the individual is in harmony with himself and with society [4,6,7].

Objective:

To analyze the importance and necessity of population health, promoting improvement such as examining the concepts of health, promoting healthy lifestyles, and improving access to health services. The overall health of the population is a key indicator of quality of life and societal well-being. Modern challenges such as epidemics, chronic diseases, and socioeconomic factors require a comprehensive approach to improving health at the individual and community level. For example, vaccination against infectious diseases such as influenza, measles, and hepatitis significantly reduces the risk of infection and the spread of diseases within a community. Vaccination is a powerful tool for improving overall public health and preventing the spread of infectious diseases [7,8,9]. The social and preventive direction of healthcare is a complex of socio-economic and medical measures aimed at strengthening and maintaining the health of the population. The preventive direction of healthcare cannot be reduced to just individual medical measures, including the implementation of hygiene measures, vaccination, compliance with sanitary legislation, and others. The implementation of various aspects of preventive measures by the state is one of the factors influencing people's consciousness and the introduction of healthy lifestyle elements into their daily activities. In this regard, the implementation of preventive measures requires the implementation of a complex of socio-economic and medical-organizational actions [10,11,13,14]. A commitment to a healthy lifestyle is a meaningful, proactive approach by an individual striving for self-development. "Health is nothing more than a process of harmonious self-creation; it should be built upon the foundation of the individual's own efforts," transformed by social phenomena, involvement in a healthy lifestyle



depends entirely on the active participation of the subject in cultural creativity, health promotion, and personal self-development [11,12].

Materials and methods of the study:

The study material consisted of the population and practicing physicians in the primary health care of the city of Tashkent.

To improve the general health of the population, the study utilized modern statistical and sociological methods. The study group consisted of a total of 81 respondents: The study was conducted through questionnaires at family clinics. To obtain a general picture, a survey on the health status of the population was conducted among 59 respondents (residents of Tashkent) and 23 respondents (residents of Tashkent) among primary care physicians.

Results:

Analysis of the survey data showed that the following responses were received to the question, "What functions are assigned to doctors to improve the general health of the population": 26% of respondents believe it is necessary to conduct propaganda work among the population, improve the medical literacy of the population, conduct in-depth medical examinations, and conduct explanatory work. Nine percent of respondents also cited options such as identifying primary diseases, timely care, conducting medical examinations, and being responsible for tasks that are fundamental to maintaining public health. When asked about the frequency of home visits among at-risk populations, 49% of respondents reported seeing patients monthly, while 14% reported visiting patients as scheduled or as part of their illness. Another common response, 4-6 times a month, was 16%. Results of frequently discussed topics with the population were also obtained, and the following responses were analyzed: 29% of respondents conduct discussions on rational nutrition; 21% discuss topics of personal hygiene and the use of contraceptives; 17% promote physical activity; 17% promote reproductive health; 16% promote giving up bad habits and preventing infectious diseases; 10% promote prevention of seasonal diseases. Research has shown that basic legislation in the field of healthcare includes: the state guarantees the rights of citizens to health protection; the formation of a healthy lifestyle; government agencies, enterprises, institutions, organizations, public associations of citizens in the field of legal regulation of health protection [2].

Conclusions:

Summarizing the above, it should be noted that modern trends in the formation of a value-based attitude towards strengthening the health of the population are distinguished by their individuality, integrity and systemic nature.

Achieving significant improvements in public health requires a multifaceted strategy that includes the integration of different approaches and measures aimed at creating resilient health systems. Key components of this strategy are the active promotion of physical activity, the introduction of a healthy lifestyle, the elimination of risk factors, the implementation of mass screening programs and ensuring equal access to health services. [8,9,11,14]. The study allowed us to conclude that in the development of public health promotion, institutional interaction between various actors is of great importance, as



it is an important specific factor in the implementation of a systems approach in the context of preventing and solving problems of developing a healthy lifestyle for the population.

Citizens of the Republic of Uzbekistan have an inalienable right to health care. The state ensures health care regardless of age, gender, race, nationality, language, personal or social status. Citizens have the right to receive reliable and timely information about factors affecting their health, including information about the sanitary and epidemiological well-being of the territory of residence, rational nutritional standards, on work, services, their safety, and compliance with sanitary norms and regulations. In conclusion, it should be noted that, over the years of independence, our country has carried out large-scale reforms in healthcare, thanks to which significant progress has been made in improving the health of the population.

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