

Мирзаалимов Сирожиддин Толибжонович
Андижанский государственный медицинский институт

Mirzaalimov Sirojiddin Tolibzhonovich

Andijan State Medical Institute

THE MAIN ISSUES OF ORGANIZING A HEALTHY LIFESTYLE AMONG THE POPULATION

Abstract: This article analyzes the main issues of organizing a healthy lifestyle among the population. A healthy lifestyle has been proven to be an important foundation for human life.

Key words: healthy lifestyle, human life, physical education, harmful habits

ОСНОВНЫЕ ВОПРОСЫ ОРГАНИЗАЦИИ ЗДОРОВОГО ОБРАЗА ЖИЗНИ НАСЕЛЕНИЯ

Аннотация: В данной статье анализируются основные вопросы организации здорового образа жизни среди населения. Доказано, что здоровый образ жизни является важной основой жизни человека.

Ключевые слова: здоровый образ жизни, жизнь человека, физическое воспитание, вредные привычки.

Healthy lifestyle is a way of life of a person that helps to maintain health and reduce the risk of non-communicable diseases by controlling behavioral risk factors. A healthy lifestyle includes avoiding tobacco and alcohol consumption, a balanced diet, physical activity (exercise, sports, etc.), promoting mental health and other health promotion measures.

Lifestyle principles are usually laid down at a young age, therefore, for the formation of a healthy lifestyle, it is important to form a healthy lifestyle at this age - habits formed in youth often persist into adulthood.

The World Health Organization points out that non-communicable diseases account for 70% of premature deaths, so health promotion, of which

healthy lifestyles are an important part, is important, and WHO considers the deployment of people-centred primary health care services that, in addition to providing medical care, they are primarily aimed at promoting a healthy lifestyle and preventing non-communicable diseases.

The most important for a to give up smoking; avoidance of alcohol and other drugs; balanced diet; physical activity, the rejection of a sedentary lifestyle.

An unhealthy lifestyle and, at the same time, factors that increase the risk of non-communicable diseases include: unhealthy diet, sedentary lifestyle (low level of physical activity), smoking, alcohol abuse, excessive caffeine intake, irregular sleep patterns, as well as maladaptive coping with stress.

Studies show that a healthy lifestyle can lead to a significant increase in life expectancy. A study in Germany showed that a healthy lifestyle is associated with an increase in life expectancy after 40 years by 13–17 years. A study in the United States shows an increase in life expectancy after 50 years by 12-14 years.

Obesity, consumption of tobacco and alcohol, carbonated drinks with caffeine (but not tea, coffee and cocoa)[6] negatively affect the reproductive health of men. Alcohol consumption, smoking and exposure to second-hand smoke during pregnancy increase the risk of pregnancy complications, including spontaneous abortion[8], and cause DNA damage to both the mother and the infant.

The consequence of smoking is a reduction in life expectancy by an average of 10 years. Tobacco use is associated with a 1.6-fold increase in the risk ratio of death among male smokers in Russia compared to non-smokers, with 23% of male deaths associated with smoking.

Among the losses from tobacco smoking, 48% of deaths are due to cardiovascular and metabolic diseases, 33% to cancer, 18% to respiratory diseases, and 1% to other causes of death.

Tobacco smoking increases the risk of death:

- from bronchitis and emphysema 12 times,
- from malignant neoplasms of the trachea, lung, bronchi 23 times among men and 13 times among women,
- from malignant neoplasms of the lips, oral cavity, larynx - 5-11 times,
- from cancer of the esophagus - 7 times [15].

Quitting tobacco leads to significant health improvements, including:

- after 0.5-3 months, blood circulation improves and the functional indicators of the respiratory system increase;
- after 1-9 months, coughing and breathing difficulties decrease, the function of the ciliated epithelium (cilia) is restored, and vulnerability to bronchopulmonary infections decreases;
- 1 year after quitting smoking, the risk of coronary heart disease is reduced by 2 times;
- already after 2 years of refusal, the likelihood of a stroke may decrease to the usual level - the same as that of never smokers;
- after 5 years, the risk of developing cancer of the mouth, throat, esophagus and bladder is halved. In women who quit smoking, the risk of cervical cancer is reduced to the level of never smokers;
- after 10 years, the risk of death from lung cancer is halved (compared to those who continue to smoke), and the likelihood of cancer of the larynx and pancreas also decreases;
- after 15 years, the risk of coronary heart disease returns to the same level as that of never smokers.

In addition, there is a decrease in the risk of diabetes, an increase in exercise tolerance, an improvement in well-being, an increase in potency in men, and an improvement in reproductive function in women. The healing effect

of quitting smoking in youth is higher, but at any age, giving up allows you to save years of life that would be lost if you continued smoking.

Most quitters did so on their own without medical support or drug therapy. The probability of success of each individual attempt to quit smoking, on average, is about 7.3% . Treatment for nicotine dependence, including drug therapy and various forms of psychological and social support, increases the likelihood of quitting tobacco. The consumption of electronic cigarettes cannot be attributed to a healthy lifestyle, since it increases the risk of myocardial infarction.

According to the World Health Organization, the harmful use of alcohol is a causal factor in more than 200 health conditions associated with disease and injury. Alcohol consumption is the cause of not only high mortality, but also morbidity, crime, injuries, traffic accidents, domestic and domestic violence.

The basis of a healthy diet is a high intake of a variety of plant foods. Many substances contained in plant foods have antioxidant and anti-inflammatory properties, prevent thrombosis, regulate blood pressure, enzyme activity, normalize blood glucose levels, correct the lipid profile, affect gene expression and signaling pathways, improve the condition of the myocardium, and also affect some biomarkers associated with cardiovascular diseases.

Meta-analyses of cohort studies have shown that the consumption of certain food groups is associated with a reduced risk of all-cause mortality, including foods high in dietary fiber, including vegetables, fruits (previously fresh, not canned), nuts, legumes, whole grains, as well, olive, moderate consumption of dairy product.

At the end of the 14th century, the medieval medical treatise Tacuinum sanitatis spoke in Latin about a healthy lifestyle[74]. The work of the Baghdad scientist and physician Ibn Butlan "Maintenance of Health" [75] could become the prototype of this book. Much more attention than medicinal herbs in the book is given to the description of the beneficial and harmful properties of

certain types of food and edible plants, and six conditions for maintaining health are also given.

Representatives of the philosophical and sociological trend consider a healthy lifestyle as a global social problem, an integral part of the life of society as a whole, although the very concept of a “healthy lifestyle” has not yet been clearly defined.

In the psychological and pedagogical direction, a healthy lifestyle is considered from the point of view of consciousness, the human psyche, and motivation. There are other points of view (for example, medical and biological), but there is no sharp line between them, since they are aimed at solving one problem - improving the health of the individual.

A healthy lifestyle is a prerequisite for the development of various aspects of human life, the achievement of active longevity and the full performance of social functions, for active participation in labor, social, family, household, leisure activities. A healthy lifestyle appears as a specific form of expedient human activity - an activity aimed at maintaining, strengthening and improving his health.

The relevance of a healthy lifestyle is caused by an increase and a change in the nature of stresses on the human body due to the complication of social life, an increase in the risks of technogenic, environmental, psychological, political and military nature, provoking negative changes in the state of health.

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