



FORMATION OF A HEALTHY LIFESTYLE AS THE MAIN TASK OF SOCIETY

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ANNOTATION

The article analyzes the ongoing reforms in the health sector. In the "Action Strategy for 2017-2021", approved by the Decree of the President of the Republic of Uzbekistan dated February 8, 2017, the fourth direction - "Development of the social sphere" - provides for the improvement of the system of social protection and protection of public health. The primary tasks in this direction are to preserve the health of the nation, reduce morbidity, mortality, increase life expectancy, create conditions and create motivation for maintaining a healthy lifestyle and improving the qualitative development of the demographic situation in the country.

KEYWORDS: *healthy lifestyle, politics, reform, education, development*

DISCUSSION

President of The Republic of Uzbekistan Sh.M. Mirziyoev's appeal to the Oliy Majlis on January 24, 2020 emphasized the need to find a wide decision on healthy lifestyle among the population [1].

Formation of a healthy lifestyle and human improvement are issues related to each other dialectically. If human maturity, a harmoniously developed generation, is a strategic goal, a healthy lifestyle is one of the ways to achieve this goal, a daily social practice. However, a healthy lifestyle is not just a daily practical experience, but it is the most effective and necessary means of educating a harmoniously developed generation. The active nature of the growing children, youth, the need of the young organism for various exercises and physical loads, the formation of a healthy lifestyle makes it a central part of the concept of a harmoniously developed generation and one of the main tasks. Scientists call it a "module of ACME Health". Two areas of social activity are important in addressing issues related to the creation of a health ACME module that will be the basis for communicating medical culture to people. In this case, it is advisable to take into account the laws and principles that apply to health and education. For this purpose, it is possible to base on the principles that reflect the conceptions formed in both areas during the years of independence in our country. It is known that such principles are defined in the laws of both spheres [2]. In fact, the origin of norms and principles established by official laws is essentially the right approach. But

it is difficult to reflect on all issues related to lifestyle in the laws. A healthy lifestyle is primarily an individual's personal life and an individual's attitude to this life. He chooses a lifestyle based on his individual interests and needs, the opportunities he has in himself, determines [3]. The pursuit of a harmonious generation and a healthy lifestyle to create a mature, ACME module has never stopped. They have occupied the minds of those especially philosophers since ancient times. It is therefore natural that such models still have hypothetical elements. In fact, optimistic hypotheses give anthropological significance to any social event, especially the idea of maturity, encouraging people to believe in the dreams of a bright future, an ideal society that has lived in the hearts of peoples for centuries. [4]. So we should not be afraid of the hypothetical elements in the models, but rather to apply the rational aspects in them to life, to look for ways, ways to integrate them into our everyday life. There is no model, theory, desire without hypothetical properties.

Ensuring the health of the population was one of the main issues that our independent, young state should solve. The main reason for this was the inhumane economic, environmental and medical policy pursued during the saline era. We will only sentimental one macro example of this, as much has been written about the negative consequences of the Soviet-period lifestyle. When we analyze the works of scientists in this direction, we can say that " for the leaders of some local party, state bodies, the prospects that will be after 25, 50, 100 years do not



have practical significance, except that such scientific proposals were only in the mouth, superficial support was provided. In 1980, the portable session of the science of UZSSR in Nukus introduced concrete scientific proposals on the ecological prospects of the Aral Sea region. However, these proposals remained unnoticed by the local party, state bodies. Scientists and specialists of our republic did not show perseverance, typos in the implementation of these proposals. As a result, the ecological problem associated with the drying of the Aral Sea has already come out of the regional Circle and has become a global phenomenon, a truly tragic one. After all, in the Sixties, the level of the Aral Sea was 65 thousand km³, the water volume was 1100 km³, the average depth was 16 meters, the salinity of one liter of water was 10 grams, in the next 20 years it decreased to 11,5 meters, the levels reached 18 thousand km², the water in some places retreated. As a result of the increase in the level of mineralization by 44 grams, the living organisms living in it are becoming extinct, their biological productivity has decreased by more than 5 times. Some species of living organisms have come to the threshold of complete extinction. In addition, the plant world of 600 thousand hectares of land in the delta of the Aral Sea of Amudarya has been completed. The main reason for this is the invasion of salt from the dried up areas of the Aral Sea [5].

The fact that the infant mortality rate in our country is the highest in the former USSR testifies to the level of attitude to the health of the population. In such a situation, the newly independent Republic of Uzbekistan could not ignore the restoration of public health and the formation of a healthy lifestyle.

When the government of Uzbekistan began to radically reform social life, it provided for the improvement of the sphere of health care aimed at ensuring the health of the population. This process included three stages.

The first stage includes 1991-1998 years. (There are different approaches, opinions about these stages. We are concerned with the implementation of social economic reforms, proceeding from the grouping of stages envisaged by the people of Science) the tasks at this stage include achieving the restoration of the system of prophylactics and ensuring its effective functioning, improving the health care of children and mothers, development of rational indicators and norms in the field of demography, regions with strong environmental in 1993, the state program "Healthy Lifestyle" is adopted. In the same year, the order "for healthy generation" of I and II degree is established in order to reward people, specialists who have a special role in the upbringing of the younger generation as healthy, energetic and perfect people. Until now, 617 people have been awarded with this order, most of them are educators and medical workers. It was at

this stage that an appeal began to the historical cultural heritage, to the medical spiritual experiences left by our great ancestors. Parts related to medical issues in Avesto, Beruni's "Pharmacy in medicine" ("Китаб ассайдана фит-тиб"), Ibn Sina's "Medical Law" ("Al-Kanun Fit-tib") books were translated, references to medieval Central Asian medicine, population health experiences, increased interest. The revival of folk medicine is also observed. An important aspect for our topic was that at the first stage, it was learned that a healthy lifestyle should be considered in terms of National Medical (ethnomedical) inheritance, scientific and practical research in this regard should be considered in terms of harmony of national and universal values. The development of national democracy itself was also due to this harmony, therefore, the government of our Republic, in accordance with the principle of "do not break the old without building a new house", directed the provision of health and medical services created during the period of the Soviets, the maintenance of the system of training of qualified personnel, their service to national interests. It is known that on the eve of the transition to the market economy and independent development 101 medical institutions with 140072 seats and prophylactic clinics were present in Uzbekistan, such as Tashkent Medical Institute preparing qualified doctors(1931), Samarkand State Medical Institute(1932), Tashkent Pharmaceutical Institute, Andijan Medical Institute(1955), Central Asian medical pediatric institute(1972). Bukhara Medical Institute (1990). The growing population required the number of these institutions and the development of the types of medical services [6]. In the period up to 1998 year, the mortality of young children decreased by 40%, maternal mortality increased by 3,5 times, premature birth by 30%, respiratory muscle among children by 40%, abstinence from excessive pregnancy increased by 45% compared to 1993 year. As a result of the increase in day inpatient and outpatient services, the number of hospitals in the country was reduced by 20% and the number of beds by 46%. The number of hospitals in the state medical system fell from 1991 year 1388 to 1998 year 1175. As a result, the per capita visits of doctors increased from 7.2 to 8.2, while the treatment of clients in hospitals decreased from 14.9 days to 12.9 days [7]. At the same time, observations have shown that many are waiting for a solution to the problem. For example, among young girls in 1996 year increased by 15% of diseases compared to 1993 year, 37,5% of women gave birth with pathological defects. Despite a significant decrease in the birth rate of the population in 1996 year, there was an increase in the incidence of early marriage of girls, which did not have a negative impact on the health of future children. In 1995, 10, 31% of the budget was spent on health and wellness work, in 1996 it fell to 9,69%, in 1997 it fell to



6,69%. Among women, especially anemia, urinary sexual system, digestive organs, late toxicosis of pregnancy, among pregnant women, pathology was found to be high [8]. The second phase of radical reforms in the field of health care (1998-2009) is connected with the adoption of the state program on the reconstruction of the health care system for 1998-2005 years. According to this document, the following tasks were applied for the population: restoration of new types of rural medical units in rural areas, providing them with the necessary material technical equipment and specialists, the creation of a two-stage (district and regional) Treatment System, measures of social medical importance. Moreover, the radical improvement of the activities of emergency care institutions, the creation of scientific centers for the provision of emergency care and the expansion of the scope of Special Studies, the development of the State Register of Genetics, "Maternal and child screening" and others were carried out. Non-public publications "Welfare and health" and "Uzbek medical journal" appeared. In Uzbekistan, 1998 was declared the year of the family. This year, special attention was paid to educating the younger generation mentally and spiritually, developing sports and physical culture among children. As a result, children's health-improving exercises, sports activities increased by 2 times, that is, from 34% to 63% [9].

The aspiration of the population to increase health and the formation of a healthy lifestyle motivated our government to continue reforms in this direction. As a result, 1999 was declared "The Year of Women", 2000 "The Year of Healthy Generation", 2001 "The Year of Mother and Child", 2002 "The Year of Honor of the Elderly", 2003 "The Year of Prosperous Neighborhood", 2004 "The Year of Kindness", 2005 "The Year of Health", 2006 "The Year of Sponsors and Doctors", 2007 "The Year of Social Protection", 2008 "The Year of the Youth", 2010 "The Year of Harmoniously Developed Generation". The scope of work carried out in these years is difficult to cover in one article, even in two books. An important aspect of our theme is that the center for reforms in the field of health is focused on the formation of a new approach to health in the population of the entire medical system and educational institutions.

This new approach was viewed as a model of order, formed in advanced countries, that is, the greatest happiness that a person can achieve, wealth, an indicator of all success, a high value that can not be equated with anything. Service to the state in the era of the Soviets, the fulfillment of which was considered patriotism, loyalty to the communist idea, courage, although he spent all his time and health on the production plans, which he established. Forgetting about his family, social duties, the cultivation of healthy children, sooner or later the

fulfillment of the state plan was an activity that would be respected and rewarded. In the years of independence this view, a narrow paradigm has changed, human interests, health, longevity, happy life have become a key indicator, a sign of social progress.

The declaration of human life as a high value in the Basic Law (Constitution) of the Republic of Uzbekistan and the introduction of democratic, humanistic norms into our lives taught us to approach health from the point of view of a new paradigm.

The third stage includes 2010-2016 years. At this stage, the implementation and completion of the state programs adopted in previous years, the solution of problems in the field of medicine, the development of the concept of environmental education and its introduction into the education and training system were continued. Since it is directly related to our subject, the year 2010 has been adopted the "Conception of Bringing up a Harmoniously Developed Generation" and associated with it the "Year of a Harmoniously Developed Generation" program.

In 2010, the share of the population under 30 years of age was 64%. In general, young people in Uzbekistan have always made up more than half of the total population. This is not only the pride and luck of our people, but also the cause of certain social problems. It is primarily related to socio-economic, educational, employment, demographic, cultural and social and medical services. Based on the concept of educating a harmoniously developed generation, all the attention and expenditure was focused on raising the young generation as physically and mentally mature, intellectually rich, with their own independent thinking and life goals. This is in fact reflected in the Law "On the Fundamentals of State Youth Policy in the Republic of Uzbekistan", the Decree of the First President of the Republic of Uzbekistan dated May 18, 2007 "On additional measures for material and moral support of young families" and the 2008 "Year of Youth" was a practical continuation of the tasks assigned.

In order to consistently continue the wide — ranging reforms carried out in 2017-2020, in order to reach a new stage of development of the country in the conditions of New Uzbekistan in 2017-2020, the promotion of a healthy lifestyle among the population in the "strategy of action" on the five priority directions of development of the Republic of Uzbekistan was developed. In particular, in the "priority directions of development of the social sphere", which is the fourth direction of the strategy of action, among the solutions of a number of important social issues, the tasks related to the formation of a healthy lifestyle among the population are also defined, the performance of these tasks is directed to the upbringing of the harmonious



generation. However, a healthy society is the basis of a harmonious generation.

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