

HEALTHY LIFESTYLE AND ITS IMPORTANCE IN OUR HEALTH

Teacher of Termez branch of Tashkent State Medical University:

Murtazayeva Khadicha Nuriddinovna

Students of Termez branch of Tashkent State Medical University:

Abdusalomova Mexrangiz Shamsulloyevna

Begmatova Shahzoda Sherzodovna

Kulmuratova Sugdiyona Uktamovna

Abstract: This article provides an in-depth analysis of the role of the family in the formation of a healthy lifestyle among the population of Uzbekistan. In the process of transition to the principles of preventive medicine and health policy in our republic, the contribution of each family to improving their lifestyle is of particular scientific and practical importance. The study covers in detail such key factors as healthy eating, regular physical activity, mental stability, adherence to hygiene rules, giving up harmful habits, as well as the importance of preventive medical examinations. The article shows the positive impact of family health on the national medical system, its role in reducing the incidence of the population and its strategic importance in forming a healthy generation. It also puts forward scientifically based proposals and recommendations for strengthening a healthy lifestyle. This work is of practical importance for health care professionals, students, teachers, and researchers dealing with problems related to a healthy lifestyle.

Keywords: Healthy lifestyle, family health, prevention, physical activity, medical culture, healthy nutrition, mental health, public health, medical examination, hygiene.

Relevance of the topic: In today's globalization process, the population's need for a healthy lifestyle is increasing. 60-70% of diseases are associated with improper nutrition, physical inactivity, harmful habits, stress and non-compliance with hygiene rules. The policy of forming a healthy generation, switching to preventive medicine, and strengthening the health of mothers and children carried out in our country requires the establishment of a culture of a healthy lifestyle in the family. Therefore, this topic is extremely relevant both in the medicine of Uzbekistan and in the development of society.

Purpose of the topic: The main purpose of this article is to analyze the factors influencing the formation of a healthy lifestyle in families, to develop scientifically based recommendations for their strengthening, and to reveal the strategic importance of a healthy lifestyle in our medicine.

Topic content: The main goal of this topic is to conduct an in-depth study of the process of forming a healthy lifestyle at the family level among the population of Uzbekistan, to shed light on its place in the development of public health and the national medical system with scientific foundations. The article analyzes the importance of such factors as healthy nutrition, physical activity, mental stability, hygiene culture, and giving up harmful habits in the daily life of the population. The goal is also to increase medical culture in families, increase interest in preventive examinations, provide scientific information on a healthy lifestyle to the population, and develop proposals for identifying existing problems and eliminating them based on statistics and scientific research. The topic is aimed at forming the views of medical specialists, teachers, health organizations and family members on a healthy lifestyle, providing practical recommendations, and further strengthening the role of the family in building a healthy society. At the same time, this work aims to emphasize the priority of medicine based on the principles of prevention, create additional scientific and methodological foundations for raising a healthy generation and strengthening the national gene pool.

Main part: The concept of a healthy lifestyle and the central role of the family. A healthy lifestyle is a set of complex activities aimed at maintaining a balanced physical, mental and social state of the body. The health of society begins, first of all, with the family. After all, it is in the family that the first habits, behavior, hygienic skills, nutritional culture and physical activity in a child's life are formed.

The family is the primary source of medical culture, and parental support for a healthy lifestyle creates the foundation for children to remain committed to a healthy life throughout their lives.

The importance of healthy nutrition and family nutrition

Proper nutrition is one of the main preventive principles of medicine. Uzbek families have many traditional dishes, but the balance of nutrition is often disturbed: excessive consumption of carbohydrates, fats, sweets, salt increases the risk of chronic diseases.

The main principles of a balanced diet:

- ✓ eating 4–5 meals a day at the right time;
- ✓ a sufficient amount of vegetables and fruits;
- ✓ limiting fatty and fried foods;
- ✓ avoiding fast food;
- ✓ reducing sugar intake in children and adults;
- ✓ physiological balance of protein, fat, and carbohydrate ratios.

Proper nutrition is an important factor in preventing diseases such as cardiovascular disease, hypertension, obesity, diabetes, and anemia.

The impact of physical activity on the body and the role of the family

In modern times, physical inactivity is one of the most dangerous conditions for people of all ages. The attitude of family members to physical activity in everyday life is directly reflected in the mental and physical health of children.

Benefits of physical activity:

- ✓ normalization of metabolism;
- ✓ strengthening immunity;
- ✓ prevention of overweight;
- ✓ improvement of cholesterol metabolism and blood circulation;
- ✓ strengthening of the heart muscle;
- ✓ stress reduction.

The formation of habits such as weekly family walks, bike rides, and morning physical education is inextricably linked to the concept of prevention in medicine.

Mental health and psychological stability

A healthy lifestyle is not limited to physical factors. The spiritual environment within the family, mutual respect, support, and joint overcoming of stress are some of the main indicators of psychological health.

Family factors of mental health:

- ✓ family harmony;
- ✓ spiritual support in the education and upbringing of children;
- ✓ protection from excessive mental pressure;
- ✓ culture of moderate problem solving;
- ✓ sufficient sleep and rest.

Increased stress can lead to insomnia, depression, nervousness, heart rate disorders, and psychosomatic diseases. Therefore, creating a peaceful environment in the family is also important from a medical point of view.

Sanitary and hygienic culture and infectious safety

Hygiene is the most important factor in the prevention of infectious diseases, and it begins with the skills taught in the family.

Basic hygienic requirements:

- + frequent hand washing;
- + use of clean drinking water;
- + compliance with kitchen and home hygiene;
- + proper storage of food products;
- + instilling hygiene skills in children from an early age.

Proper adherence to hygiene rules leads to a sharp decrease in intestinal infections, parasitic diseases, respiratory infections and skin diseases.

Combating harmful habits in the family is the most important condition for raising children as a healthy generation.

The strategic importance of a healthy lifestyle in our medicine

If families adhere to a healthy lifestyle, the medical system will achieve the following achievements:

- + preventive medicine will be strengthened;
- + the incidence rate of the population will decrease;
- + healthcare costs will decrease;
- + the workload of hospitals will decrease;
- + the efficiency of medical personnel will increase;
- + a society with a high level of health will be formed;
- + a healthy generation will become the main capital of national development.

Therefore, the adoption of a healthy lifestyle by each family directly affects the development of medicine.

Conclusion: The formation of a healthy lifestyle in our country and its strengthening at the family level are one of the important factors of public health and are of particular strategic importance in the development of the national medical system. The study revealed that the family's activity in creating a healthy environment - proper nutrition, increased physical activity, hygiene, ensuring mental stability, giving up harmful habits and timely preventive medical examinations - significantly reduces the incidence of the population.

The establishment of a healthy lifestyle in families not only strengthens the individual health of family members, but also improves the overall health indicators of society, reduces the burden on the medical system, increases economic efficiency and creates a solid foundation for raising a healthy generation.

Today, state policy aimed at supporting a healthy lifestyle, preventive screening programs, mass health measures and medical and educational work are of great importance in our Republic. The most important link in this process is the family, and the desire of each household to have a healthy environment will contribute to the success of the national health strategy. Therefore, each family must make a healthy lifestyle an integral part of its daily life, educate the younger generation in a healthy lifestyle, and regularly pay attention to improving medical culture. After all, a healthy family is the foundation of a healthy society.

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