

Law Of the Republic of Uzbekistan "On Sanitary-Epidemiological Safety of The Population" On Prevention of Non-Communicable Diseases Among the Population some Considerations on Promotion

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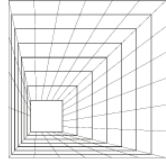
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Abstract: The purpose of the study to investigate the causes of cardiovascular diseases when the components of a healthy lifestyle, the rules of rational and rational nutrition, the hygienic norms of basic food substances and nutrients are violated, *harmful habits*: not following the principles of correct and rational nutrition, excessive consumption of doughy food and sweets, bread products with a large amount of salt, sugar and fat, not observing the diet and eating before bedtime study that it is one of the main causes of cardiovascular diseases.

Keywords: Healthy lifestyle, rational nutrition, cardiovascular diseases, obesity. *Dd D*

Relevance: Population measures to improve the culture of a healthy lifestyle should first start with the family. "Healthy Lifestyle" Constitution of the Republic of Uzbekistan, Law "On sanitary-epidemiological peace of the population", Universal Declaration of Human Rights, Convention on the Rights of the Child, President of the Republic of Uzbekistan Sh.M. Mirziyoyev's speeches and lectures on the formation of a healthy lifestyle, the Law of the Republic of Uzbekistan "On Physical Education and Sports", Eastern and European scientists and thinkers on the formation of a healthy lifestyle and expressed in the essence of his views. "It is specified in the law on sanitary-epidemiological peace of the population adherence to the components of a healthy lifestyle is one of the main factors in the prevention of infectious and non-infectious diseases, therefore, it is necessary to follow it under any circumstances. Adherence to the components of a healthy lifestyle is one of the main factors in preventing infectious and non-infectious diseases. One of the components of a healthy lifestyle rational - is rational nutrition. Nutrition is a socio-economic factor that affects the population's birth and average life expectancy, health status, physical development, work ability, morbidity and mortality rates. Rational- Violation of the rules of reasonable nutrition affects the origin of atherosclerosis, coronary heart failure, hypertension, gastrointestinal diseases, endocrine system, and tumor diseases. Rational nutrition meets the needs of the body and prevents obesity, atherosclerosis, diabetes, gastrointestinal, cardiovascular, endocrine, nervous system diseases, and even tumor diseases. Eating is related to human life expectancy, health status, alimentary factor-nutrition. The World Health Organization promotes rational nutrition to solve nutrition problems on our planet under the motto "Healthy food - good health". They organize seminars on the subject of printing. In order to prevent non-communicable diseases among the population, create a healthy lifestyle and increase the level of physical activity, a nationwide movement "Proper nutrition and healthy lifestyle" has been launched. This was mentioned in the draft of the 2023 state program.

The purpose of the study: to investigate the causes of cardiovascular diseases when the components of a healthy lifestyle, the rules of rational and rational nutrition, the hygienic norms of basic food substances and nutrients are violated, harmful habits: not following the principles of correct and rational nutrition, excessive consumption of doughy food and sweets, bread products with a large amount of salt, sugar and fat, not observing the diet and eating before bedtime study that it is one of the main causes of cardiovascular diseases.



Materials and research methods: health status and nutritional status of 135 patients treated at the Republican Specialized Cardiology Center of Scientific and Applied Medicine were studied on the basis of medical history and questionnaire questions. The actual weight of the patients was measured using a medical scale before breakfast in the morning, the ideal weight was calculated using Brock's formula, Brock's indices, and a nomogram. Nutritional status was studied using the Biomass Kettle index.

Research results and comments: 78 women, 57 men out of 135 patients. According to the age group, 18-29 years - 2%, 30-39 years - 8%, 40-59 years - 48%, over 60 years - 42%. Nutritional status using the Biomass Kettle index: 18% of patients have hypotrophy, of which 9% have hypotrophy of the first degree, 6% have hypotrophy of the second degree, and 3% have hypotrophy of the third degree. Adequate nutrition - 8%, 18% - reasonable nutrition. Obesity as a result of excess nutrition in 56% of patients, of which: obesity of the first degree - 16%, obesity of the second degree - 29%, obesity of the third degree - 11%. Answers to the questionnaire were studied, analyzed. Examined patients follow the principles of proper nutrition what they didn't that they have consumed excessive amounts of salt, sugar, and fat, as well as doughy foods, sweets, and bread products they said. Wide promotion of a healthy lifestyle and healthy eating culture among patients, including conversations about abandoning disordered and late bedtime eating habits reported that they had followed a healthy diet for the past 6 months and answered the following questions. What do you follow in terms of healthy eating? - 37% - I have been eating right for a long time. 28% - I eat more fruits and vegetables, 6% - I stopped eating sugar, 8% - I refrained from baking and confectionery products, 6% - I try to have less salt in food, 11% - I stopped drinking carbonated drinks I stopped, 18% answered that they reduced the consumption of fried and spicy foods. How are you doing with physical activity? 38% - I am trying to walk more, 21% - I am doing physical exercises, 24% - I have increased physical work, 11% - I have started to study something I have been interested in for a long time, 6% - I am eating and sleeping.

Summary: The following conclusions were drawn from the results of the inspection: Components of a healthy lifestyle, rational - to eat rationally non-compliance is one of the factors causing infectious and non-infectious diseases, including cardiovascular diseases. Adherence to the components of a healthy lifestyle indicates an increase in the medical culture of the population and to increase it further. On the basis of the decree of the President of the Republic of Uzbekistan "On measures for the wide implementation of a healthy lifestyle and further development of mass sports". to ensure that every citizen has a strong immune system against disease by forming life skills, to give up harmful habits, to follow the principles of proper nutrition, to organize restoration and rehabilitation works and mass physical activity activities systematically and effectively in order to create appropriate infrastructure and other necessary conditions in this regard.

Let the following be defined as the main directions of wide implementation of healthy lifestyle and further development of mass sports:

creating conditions that ensure the satisfaction of the needs of different groups of the population for healthy nutrition, reducing the consumption of doughy food and sweets, bread products with a high content of salt, sugar and fat, and harmful habits, in particular, reducing the incidence of disease, overweight (obesity) and premature death by abstaining from alcohol and tobacco consumption;

widespread promotion of healthy eating culture among the population, including giving up irregular and late bedtime eating habits;

It requires promoting the observance of sanitary hygiene rules as an integral part of a healthy lifestyle at the level of families, neighborhoods, preschools and general education institutions. *Alzarbli: Healthy lifestyle of the population* It is necessary to start with the family of al. Measures to raise the culture of dddd should be started from the family first. Measures to raise the culture of a healthy lifestyle should be started from the family.



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