

THE IMPORTANCE OF IMPROVING POPULATION HEALTH

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Abstract: Improving the general health of the population is one of the key tasks of modern healthcare systems. 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.

Key words: health, population health, physical development, disease prevention, factors shaping health, value of health.

Relevance: Maintaining and improving public health is a crucial task for the state and society. Healthcare has always faced, and continues to face, the challenge of finding ways to positively impact the health of children and adults. Therefore, the primary principle underlying the organization of the healthcare system is social prevention, the implementation of which helps maintain health [1]. Healthcare in Uzbekistan is one of the most important medical and social functions of the state, and the fundamental legislation in the field of healthcare [2]. Maintaining and improving public health, increasing life expectancy, and reducing mortality have always been and remain the focus of state social policy. Promoting a healthy lifestyle, along with the development of a new general medical model of primary care, is one of the key areas of healthcare reform in Uzbekistan. Physicians and general practitioners should be the driving force behind the implementation of healthy lifestyle policies at the family level, taking into account their specific capabilities and living conditions [3]. Quality of life is reflected in the degree of satisfaction of material and cultural needs and also characterizes the essential circumstances of people's lives. [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 bad habits and other negatively impacting external factors. Therefore, people of any age need to lead a healthy lifestyle and be mindful of environmental factors. A healthy lifestyle is the foundation of an individual's physical and social well-being, achieved through actions aimed at disease prevention and health promotion. In the modern world, maintaining and improving one's physical and psychological health is becoming increasingly important. This issue

is addressed by both individuals 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 primary indicator of a person's health is mental health—the ability to lead a productive life and realize one's potential in achieving personal goals. With normal mental well-being, an individual is in harmony with themselves and with society [4, 6, 7].

Objective: Promoting healthy lifestyles and improving access to healthcare services.

Modern challenges such as epidemics, chronic diseases, and socioeconomic factors require a comprehensive approach to improving health at the individual and community levels. 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 the overall health of the population and preventing the spread of infectious diseases [7, 8, 9]. Preventive healthcare is a complex of socioeconomic and medical measures aimed at strengthening and maintaining public health. Preventive healthcare cannot be reduced to isolated medical measures, including hygiene measures, vaccinations, compliance with sanitary legislation, and others. The state's implementation of various aspects of preventive measures is one of the factors influencing people's awareness and the incorporation of healthy lifestyle elements into their daily activities. Therefore, implementing preventive measures requires a comprehensive set of socio-economic and medical-organizational measures. [4,5]. 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 by the individual's own efforts on a foundation transformed by social phenomena. Adoption of a healthy lifestyle depends entirely on the individual's active participation in cultural creativity, health-building, and personal self-development." [4,7].

Research materials and methods: To improve the overall health of the population, modern statistical and sociological methods were used in the study. The study group consisted of a total of 79 respondents. The study was conducted through family clinics using questionnaires. To obtain a general picture, a health survey was conducted among 58 respondents (residents of Tashkent) and 22 respondents (residents of primary care physicians working in Tashkent) on the state of the population.

Results: An analysis of survey data revealed that the question "What functions are assigned to doctors to improve the overall health of the population" yielded the following responses: 25% of respondents believe it is necessary to conduct public awareness campaigns, improve health literacy, conduct in-depth medical examinations,

and conduct educational campaigns. Nine percent of respondents also cited options such as identifying underlying diseases, ensuring timely home care, conducting medical examinations, and being responsible for tasks that are fundamental to maintaining public health. When asked about the frequency of home care among at-risk populations, 49% of respondents reported visiting patients monthly, while 14% visit patients as scheduled and as their illness progresses. There was also an option of answers such as often, 4-6 times a month - 16%. The results of frequently discussed topics with the population were also obtained, and the following answers were analyzed: 29% of respondents conduct conversations on rational nutrition; 21% talk on the topics of personal hygiene and the use of contraceptives; 17% promote physical activity; 17% on reproductive health; 16% on giving up bad habits and preventing infectious diseases; 10% prevention of seasonal diseases. Studies have shown that the basic legislation in the field of healthcare includes: 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 field of legal regulation of health protection [2].

Conclusions: Achieving significant improvements in public health requires a multifaceted strategy that integrates various approaches and measures aimed at creating sustainable healthcare systems. Key components of this strategy include actively promoting physical activity, implementing a healthy lifestyle, eliminating risk factors, implementing mass screening programs, and ensuring equitable access to healthcare services [6, 7]. The study concluded that institutional interaction among various actors is essential for promoting public health, as it is a key specific factor in implementing a systems approach to preventing and addressing the challenges of developing a healthy lifestyle. 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, about work, services, their safety, compliance with sanitary norms and rules.

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