

The Importance of a Healthy Lifestyle in Preventing Non-Communicable Diseases

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Abstract

it is explained that non-communicable diseases are mainly caused by risk factors such as high blood pressure, tobacco and alcohol consumption, high blood cholesterol, excess body weight, insufficient consumption of fruits and vegetables, and lack of physical activity in the article.

Key words: high blood pressure, tobacco and alcohol consumption, high blood cholesterol, excess body weight, insufficient consumption of fruits and vegetables.

Introduction: Noncommunicable diseases such as cardiovascular disease, stroke, malignancies, chronic respiratory diseases, and diabetes mellitus are major causes of disability and death worldwide.

Purpose: To explain to the population that non-communicable diseases are mainly caused by risk factors such as high blood pressure, tobacco and alcohol consumption, high blood cholesterol, excess body weight, insufficient consumption of fruits and vegetables, and lack of physical activity.

Materials and methods: Statistical analysis of population mortality and morbidity from non-communicable diseases.

Results and discussion: Experts emphasize that 31 percent of premature deaths due to non-communicable diseases in Uzbekistan can be prevented by improving the system of organizing and providing medical care to patients with non-communicable diseases.

Currently, three-quarters of deaths in Europe and North America are caused by cardiovascular, tumor, respiratory diseases, and liver cirrhosis. Taking into account the aging of the population, it can be predicted that the share of these diseases in the structure of death will increase in the future. Environmental and lifestyle risk factors play an important role in the formation of this group of diseases. It is true that maintaining a rational diet and energy balance is the foundation for the prevention of many non-communicable diseases. The main principles of rational nutrition are as follows;

- energy value of food ration;
- coordination of the diet with the main components (proteins, fats, vitamins, carbohydrates,

trace elements);

- mode and conditions of food consumption.

A distinction is made between healthy eating, overeating, and undereating.

Healthy nutrition is based on the consumption of various food products, scientifically based on the rational nutrition of different population groups, taking into account the customs, traditions, ensuring the satisfaction of needs, helping to prevent diseases and strengthen health.

Overeating is a systematic excessive consumption of food products (for example: salt, fat, sugars, etc.) or when the energy capacity of the food diet does not correspond to physical requirements.

Inadequate nutrition - intake of nutrients or individual components that are low in quantity or of low quality, the calorie content of the diet does not meet the physiological need.

In the spread of socially important, non-communicable diseases, overeating poses a particular risk. It causes diseases of the heart and blood vessels, stomach and intestine, lung and bronchial system, metabolic diseases, musculoskeletal disorders, and malignant tumors. According to the data, some tumor diseases can be prevented if the consumption of vegetables and fiber is high and fat consumption is reduced. Overeating leads to the appearance of risk factors such as increased blood cholesterol, excess body weight, and excessive salt consumption.

In order to manage body weight, it is necessary to control the amount of food intake, the composition of food and physical activity. Maintaining a normal body weight depends on the balance of calories entering and leaving the body with food. Physical activity reduces calories. It is recommended to reduce body weight slowly, without diets, because weight loss with diets is temporary. The diet should be balanced, and the food should be low in calories. But food products should be different, eating food should bring peace to a person.

WHO recommends a number of measures for the prevention of obesity: explaining to the population the role of low physical activity in increasing body weight; correct assessment of one's own weight; exercise at work and so on.

WHO includes components of increasing physical activity among children and adolescents in most prevention programs. Some governments, together with national organizations and sports clubs, have established social marketing programs to promote active lifestyles. The programs are designed to change the lifestyle and recommend a rational diet and physical exercise together, because it can be effective for the primary prevention of disorders such as obesity, high blood pressure, and

hypercholesterolemia related to poor nutrition.

Approximately 1 in 5 people living in economically developed countries have high blood pressure, but most hypertensives do not control their condition. The danger of arterial hypertension is that most people have no symptoms and patients feel like healthy people, only half of hypertensive patients know their disease, half of them are treated, and half of those who are treated are treated effectively. If QB is high for a long time, it has a harmful effect on the systems and organs of the human body, especially the heart, brain, kidney and eyes. Arterial hypertension is the main factor of ischemic heart diseases, increases the risk of death in patients with atherosclerosis. It is accepted that the treatment of hypertension should be a major part of the effort in the fight against the risk factors of cardiovascular diseases.

Diabetes is a risk factor for disabling heart disease and other serious diseases. Genetic predisposition plays an important role in the development of diabetes, so a person with a family history of diabetes should always check their blood sugar levels. Diabetic patients should get rid of non-infectious disease risk factors such as obesity, hypodynamia, as this helps to ease diabetes. Stopping smoking, regular QB, rational nutrition are also important. Correct and timely treatment prevents the main disease and the development of another disease. Recently, the role of psychological factors in the development of cardiovascular and other diseases is increasing. Although these factors are of great importance in the development of important social diseases, it is difficult to prove their exact role in the epidemic of this or that disease due to the lack of quantitative determination. But the role of stress, fear, fatigue at work has been proven in the development of cardiovascular diseases. An unhealthy environment in the workplace, excessive work per day, at work - leads to psycho-emotional stress. Poverty and social insecurity can also cause stress.

It is a matter of prevention of cardiovascular diseases, they do not need to completely change their lifestyle, but they should be persuaded to learn habits against undesirable effects on their health (regular exercise, rational diet, not smoking, blood pressure control, etc.).

When implemented together with other measures, such as improving the legal framework for creating a healthy environment, promoting the production and sale of healthy food products, using economic and administrative mechanisms that encourage the population to change their behavior or employers to create a healthy environment among the employees of the organization shows that it will be effective.

In 2019 - 2022, the concept of prevention of non-communicable diseases, supporting a healthy

lifestyle of the population and increasing the level of physical activity was developed.

The concept, based on the recommendations of the World Health Organization, included modern approaches to the prevention of non-communicable diseases, supporting a healthy lifestyle of the population and increasing physical activity.

The purpose of the concept is to form a healthy lifestyle among the country's population by implementing comprehensive measures to prevent, treat and control non-communicable diseases and their risk factors, reduce premature deaths and the burden of diseases for society.

The main tasks of the concept:

1. To create a healthy environment and to form initiatives on the right choice in favor of a healthy lifestyle and spread it widely among the masses.

2. To strengthen the role of the non-governmental sector in creating a healthy environment in educational, medical, sports institutions, enterprises, organizations and public places.

3. Introduction of mechanisms of public-private partnership in the field of prevention of non-communicable diseases and formation of a healthy lifestyle among the population and expansion of its capabilities.

4. Sustainable financing of non-communicable disease prevention and control measures from the State budget of the Republic of Uzbekistan, funds from international financial institutions and organizations, preferential loans from commercial banks, grants and other sources not prohibited by law.

5. Improvement of information and educational activity on prevention of non-communicable diseases and formation of healthy lifestyle among the population;

6. Creation of a national integrated epidemiological control information system of non-communicable diseases, including a system for assessing and monitoring the achievement of target indicators for risk factors and major non-communicable diseases.

7. Improving the system of prevention, treatment and consultative support for patients with non-communicable diseases and risk factors, with special attention to early identification and control of risk factors.

8. It consists in developing personnel and scientific research potential of all sectors involved in the prevention of non-communicable diseases and formation of a healthy lifestyle among the population.

Conclusion: prevention of non-communicable diseases and formation of a healthy lifestyle

among the population with the help of primary medical sanitation.

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