

IN THE PREVENTION OF CARDIOVASCULAR DISEASES.THE IMPORTANCE OF A HEALTHY LIFESTYLE

Naimova Zainab Sattarovna- Assistant at the Department of Public Hygiene and Ecology of Samarkand State Medical University.

Khidirov Nemat Chorshanbaevich - Assistant at the Department of Public Hygiene and Ecology of Samarkand State Medical University.

Abstract: A healthy lifestyle of the population is a way of life that provides a combination of full-fledged biological and social adaptation of each person with the possibility of maximum self-expression of the people, nation, class, social group in specific living conditions and which determines and ensures the subsequent development of society. The basis for maintaining and strengthening human health and the general population is a healthy lifestyle and the use of methods and means of personal hygiene[32.33.34]. Methods and means of a healthy lifestyle include a whole range of subjective and objective conditions and factors on which the health of an individual and society as a whole depends[33.35].

Keywords: healthy lifestyle, rational nutrition, cardiovascular disease. obesity.

Relevance: Ks" healthy lifestyle "Constitution of the Republic of Uzbekistan, Universal Declaration of human rights, convention"on child hugs", President of the Republic of Uzbekistan Sh.M. In his speeches and lectures, Mirziëv expressed his views on the formation of a healthy lifestyle, the law of the Republic of Uzbekistan "on education", the National Program on personnel training", the law" on physical education and sports", the opinion and views on the formation of a healthy lifestyle of eastern and European scientists and thinkers. Following the components of a healthy lifestyle is one of the main factors in the Prevention of infectious and non-infectious diseases[32.33.34].One of the components of a healthy lifestyle is rational - rational nutrition. Nutrition is a social economic factor that affects the period of birth and average residence of the population, the state of wellness,physicaldevelopment,ability to work,morbidity and mortality. [21.26.28.31.]Rational-rational nutrition regulations, the main violation affects the origin of atherosclerosis, coronary heart failure, hypertension, gastrointestinal diseases, endocrine system, tumor diseases[1.3.24]. Rational nutrition prevents obesity, atherosclerosis, diabetes mellitus, gastrointestinal, cardiovascular, endocrine, nervous system diseases,even tumor diseases, while meeting the necessary amount of the body's need[20.21.]i. Nutrition is associated with a person's life expectancy, state of Health alimentary factor-nutrition, and the entire World Health Organization, under the slogan "healthy food - good health", organizes workshops on the topic of promoting rational nutrition to solve nutritional problems on the planet. In Uzbekistan, a

nationwide movement "proper nutrition and healthy lifestyle" has been established in order to prevent non-infectious diseases among the population, form a healthy lifestyle and increase the level of physical activity. This was mentioned in the draft state program of 2023[33.34.5.11.]

The purpose of the study is: to study the conditions of the origin of cardiovascular diseases in violation of the hygienic norms of healthy lifestyle components, rational-rational nutrition rules, basic dietary substances-nutritionists. In the context of the emergence and spread of human-threatening infectious diseases, including coronavirus, the rules for the use of a medically induced coercive measure were introduced. The lifestyle of each person occurs day by day as a phenomenon, and under the influence of various changes forming. The transformation of relationships affects the psyche of human beings. As a result, they are increasing the responsibility for choosing mental, emotional and risky actions necessary for their fate, family, team. Following the components of a healthy lifestyle in the Prevention of infectious diseases, nervous disorders caused by them is one of the main preventive factors.

Materials and research methods: based on the medical history and questionnaire questions of 123 patients treated at the Republican specialized scientific and practical medical center of cardiology, patients' health status and nutritional status were studied. The actual weight of patients was measured in the morning before breakfast using medical scales, the ideal weight was calculated using the Brock formula, Brock indices, nomogram. Nutritional status was studied using the Biomass Kettle index.

Research results and feedback: 68 women, 55 men out of 123 patients. In the age group, 18-29 years - 2%, 30-39 years-8%, 40-59 years - 48%, and over 60 years-42%. Nutritional status using the Biomass Kettle index: 18% of patients have hypotrophy, of which 9% have Level I hypotrophy, 6%-Level II hypotrophy, and 3% - Level III hypotrophy. Adequate nutrition-8%, 18% - reasonable ovulation. Obesity in excess ovulation Natja is 56% in the patient, of which: grade I obesity - 16%, Grade II obesity - 29%, Grade III Obesity-11%. Answers to the questionnaire questions were studied and analyzed. The patients examined reported failure to follow a healthy diet and reported adherence to a reasonable diet for the last 6 months and responded to the following questions. What are you following in terms of a healthy diet?- 37%- I have long switched to the correct diet 28%- I eat more fruits, vegetables, 6% - I stopped eating sugar, 8% - I refrain from baking and confectionery products, 6% - I try to have a lower salt content of dishes, 11% - I stop carbonated drinks, 18% - I want a lot of fried and savory dishes. How do you follow physical activity? 36%-I'm trying to walk more, 21%-I'm doing physical exercise, 24%- I've increased physical labor, 11%- I've started learning what I've been interested in for a long time, 8% - eating and sleeping.

Conclusion: from the results of the examination, shupday concluded: Failure to follow the components of a healthy lifestyle, rational - rational nutrition is one of the factors that cause infectious and non -infectious diseases, including cardiovascular ones. Following the components of a healthy lifestyle indicates an increase in the medical culture of the population and, in order to

further increase, on the basis of the decree of the president of the Republic of Uzbekistan "on measures for the widespread implementation of a healthy lifestyle and the further development of mass sports"[8.9.27].widespread promotion of a healthy eating culture among the population, including the abandonment of eating habits before irregular and evening sleep;promoting the observance of sanitary and hygienic rules as an integral part of a healthy lifestyle at the level of families, neighborhoods, preschool education and general education institutions; [32.33.11.12].formation of a modern material and technical base for physical education and sports in preschool education, general education, secondary special, professional and higher educational institutions, enterprises, organizations and all other types of institutions. creating conditions that ensure the satisfaction of the needs of different groups of the population for healthy nutrition, reducing the consumption of foods and sweets with high salt, sugar and fat content and pastries, bakery products, reducing harmful habits, in particular, the consumption of alcohol and tobacco products by avoiding disease, overweight conditions (obesity), promoting diseases of the cardiovascular system and the main factors of reducing premature death [32.35.3.3.3.24.25].

References:

1. Akhmedzhanova N.I. et al. Assessment of the functional state of the kidneys during renal complications in children during the COVID-19 pandemic: an observational cohort retrospective clinical study // *Kuban Scientific Medical Bulletin*. – 2023. – T. 30. – No. 3. – pp. 25-33.
2. Andarmonovich K. A. et al. Influence of polluted atmospheric air on plant and animal organisms//*Journal of new century innovations*. – 2023. – T. 42. – №. 1. – C. 176-181.
3. Aminov Z.Z. et al. Influence of ammophosic production emissions on the health of children and adolescents //*Academy*. – 2019. – No. 10. – pp. 57-60.
4. Askarova N.K., Rakhimova D.Zh. EFFECTIVENESS OF SPECIFIC TREATMENT OF METABOLIC DISORDERS CAUSING CONVISIONS DURING THE NEWBORN PERIOD //*SCIENTIFIC RESEARCH*. – P. 68.
5. Baratova R. S. The Importance Of A Healthy Lifestyle In Maintaining The Health Of The Population //*Eurasian Research Bulletin*. – 2023. – T. 17. – C. 236-240.
6. Zhurakulovna R. D. Assessment of the actual nutrition of children and adolescents taking into account regional peculiarities //*E Conference Zone*. – 2022. – C. 41-44.Schoolchildren's Nutrition //*Eurasian Medical Research Periodical*. – 2023. – T. 19. – C. 81-89.
7. Jurakulovna R. D. Analysis Of Distribution Of Vitamins, Macro And Micro Elements Deficiency Among Children And Adolescents In Samarkand Region, According To Clinical Symptoms //*Eurasian Research Bulletin*. – 2023. – T. 17. – C. 229-235.
8. Zhurakulovna R. D., Abdurakhmanovna U. N. Current State of the Problem of Rationalization of Schoolchildren's Nutrition //*Eurasian Medical Research Periodical*. – 2023. – T. 19. – C. 81-89.



9. Zhurakulovna R. D. Assessment of the actual nutrition of children and adolescents taking into account regional peculiarities //E Conference Zone. – 2022. – C. 41-44.
10. Zhurakulovna R. D. Nutrition of children as a factor determining the health of future generations //Conferencea. – 2022. – C. 41-42
11. Karimov A. A. Accumulation of heavy metals in plants //Golden brain. – 2023. – T. 1. – №. 5. – C. 148-157.
12. Kurbanova, HurlimanAmangeldiyevna. "Assessment of parents'awareness of healthy eating, eating habits and frequency of consumption of individual foods." *Scientific progress* 4.2 (2023): 287-291
13. Mallaeva M. B. Issues of the formation of ecological accounts //theory of latest scientific research – 2023. – T. 6. – №. 4. – C. 269-280.
14. Mallaeva M. M. Developing a healthy lifestyle //journal of interdisciplinary innovation and scientific research in Uzbekistan. – 2023. – t. 2. – no. 16. – pp. 753-760.
15. Mahramovna M. M., Chorshanbievich K. N., Ergashovich K. I. Higher education institutions students healthy lifestyle development //galaxy International Interdisciplinary Research Journal. – 2023. – T. 11. – №. 2. – C. 410-413.
16. Matluba E. Improvement Of Ecological Status Of Soil In Organic Agriculture //JournalNX. – T. 6. – №. 08. – C. 66-69.
17. Muhammadjon M., Mavjudaxon M. The effect of some polyphenols in experimental toxic hepatitis//International Journal of Contemporary Scientific and Technical Research. – 2023. – C. 283-286.
18. Maxramovna, M. M., Amangeldiyevna, S. M., Chorshanbiyevich, X. N. M., &Narmuratovich, R. Z. (2022). Pedagogical essence of developing a culture of healthy lifestyle for young people *Web of Scientist: International Scientific Research Journal*, 3(10), 1234-1238.
19. NaimovaZ.S.,ShayqulovH.S. Anthropometric indicators in children and smiles//Golden brain. – 2023. – T. 1. – №. 5. – C. 59-64.
20. Naimova Z. S. Influence of family ecology and lifestyle on the health of school-age children // journal of new century innovations. – 2023. – t. 31. – no. 3. – pp. 107-113.
21. Naimova Z. S. Xenobiotics as a Risk Factor for Kidney and Urinary Diseases in Children and Adolescents in Modern Conditions //Eurasian Research Bulletin. – 2023. – T. 17. – C. 215-219.
22. Naimova Z. S. et al. The Impact of Chemical Production Emissions on the Health of Children and Adolescents // Scientific journal of applied and medical sciences. – 2022. – P. 288-292.
23. Narbuvayevna A. R., Murodulloyevna Q. L., Abduraxmanovna U. N. Environmentally friendly product is a Pledge of our health!. – 2022.
24. Narmuratovich R. Z. The role of biorhythms in forming the schedule // theory of latest scientific research. – 2023. – T. 6. – №. 4. – C. 260-268.

25. Naimova Z. et al. Influence Of Ecotoxicants From A Chemical Plant On The Dynamics Of Child Morbidity //The American Journal of Medical Sciences and Pharmaceutical Research. – 2021. – C. 56-59.
26. Narbuvayevna A. R. et al. Explore Ecological and Hygiene Assignment of Soil Contamination With Heavy Metals //Central Asian Journal of Medical and Natural Science. – 2022. – T. 3. – №. 3. – C. 107-111.
27. Nurmuminovna G. G., Abdurakhmanovna U. N. Clinical and laboratory features of nephropathy in children with diabetes mellitus //Open Access Repository. – 2023. – T. 9. – №. 2. – C. 116-122.
28. Radjabovz. N. hygienaphysical culture - subject, tasks and methods //finland international scientific journal of education, social science & humanities. – 2023. – t. 11. – no. 6. – pp. 358-369.
29. Raximova D. J., Naimova Z. S., Halimova S. A. Nutrition problems in children from 7 to 14 years of age and the role of vitamins and minerals in their prevention //Oriental renaissance: Innovative, educational, natural and social sciences. – 2022. – T. 2. – №. 4. – C. 380-385.
30. Rakhimova D. D., Shaykhova G. I. 7-17 YOSHLI MAKTAB OQUVCHILARINING JISMONIY RIVOJLANISHINI BAHOLASH // Journal of Reproductive Health and Urogenital Research. – 2022. – T. 3. – No. 4.
31. Sanayeva S. B. et al. About pests of gourds in the samarkand region //golden brain. – 2023. – T. 1. – №. 6. – C. 66-68.
32. Tukhtarovb. E., Abdumuminova R. N., Gapparova G. N. research of ecological and hygiene aspects of production factors affecting human health //Scientific progress. – 2021. – T. 2. – №. 4. – C. 80-86.
33. Тухтаров Б. и др. Оценка статуса гидратации профессиональных спортсменов в условиях жаркого климата //InterConf. – 2020.
34. Tukhtarov B. E., Valiyeva M. U., Ch K. N. Estimation of the importance of biological value of nutrition allowances of sportsmen of weightlifting in the conditions of the hot climate //World Bulletin of Public Health. – 2023. – T. 19. – C. 149-152.
35. Law of the Republic of Uzbekistan "On sanitary-epidemiological peace of the population". (26.08.2015 y. n o'rq-393)
36. Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated May 29, 1998 "In society Decision No. 235 on measures to implement the national program for the promotion of a healthy lifestyle.
37. Faizibaev P. N., Bulyaev Z. K., Uralov Sh. M. Status of compliance with the principles of rational diet among the population of Samarkand region //Novosti obrazovaniya: issledovanie v XXI veke. – 2023. – T. 1. – №. 11. – C. 501-510.
38. Fayziboev P. N. et al. The importance of confectionery products in human nutrition //internationaljournalofrecentlyscientificresearch'stheory. – 2023. – T. 1. – №. 3. – C. 282-289.



39. Xidirov n. Ch., Tukhtarov b. E., Valieva m. U. Assessment of the average daily diets of professional athletes on actual and altered dietary backgrounds //Galaxy International Interdisciplinary Research Journal. – 2023. – T. 11. – №. 4. – C. 433-441.
40. Chorshanbievich K. N., Eshnazarovich T. B. The State of Protein Availability of Professional Athletes Involved in KurashWrestling //Eurasian Research Bulletin. – 2023. – T. 17. – C. 246-250.
41. Corshanbiyevich X. N., Narmuratovich R. Z., Ergashovich K. I. Criteria for validation of togri //Galaxy International Interdisciplinary Research Journal. – 2022. – T. 10. – №. 11. – C. 160-163.
42. Shaykulov H. Sh., BulyaevZ. K., Mamadiyorova M. M. susceptibility of lactobacillus acidophilus to antibiotics//Golden brain. – 2023. – T. 1. – №. 6. – C. 25-30.
43. Eshnazarovich T. B., Usmonovna V. M., Chorshanbievich K. N. Some Indicators of Protein Security of Professional Athletes-Young Men Engaged in KurashWrestling //Eurasian Research Bulletin. – 2023. – T. 17. – C. 241-245.