

METHODS OF PROMOTING A HEALTHY LIFESTYLE AMONG THE POPULATION

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Abstract: A solid way of life is of central significance for both individual prosperity and general wellbeing results at a cultural level. In any case, advancing positive wellbeing ways of behaving among everybody stays a continuous test. This article will investigate a few proofs based techniques that can be utilized to energize the reception of sound propensities connected with diet, work out, and other way of life factors across different networks.

Keywords: Healthy life, social problem, solutions, infrastructure, diseases.

Annotatsiya: Sog'lom turmush tarzi ijtimoiy darajadagi individual farovonlik va sog'liqni saqlash natijalari uchun juda muhimdir. Biroq, umumiy aholi orasida ijobiy salomatlik xatti-harakatlarini targ'ib qilish doimiy muammo bo'lib qolmoqda. Ushbu maqola turli jamoalarda ovqatlanish, jismoniy mashqlar va boshqa turmush tarzi omillari bilan bog'liq sog'lom odatlarni qabul qilishni rag'batlantirish uchun ishlatilishi mumkin bo'lgan bir nechta dalillarga asoslangan usullarni o'rganadi.

Kalit so'zlar: Sog'lom hayot, ijtimoiy muammo, yechimlar, infratuzilma, kasalliklar

Introduction: Way of life is characterized as typical and traditional day to day exercises which are acknowledged by individuals during their lives and these exercises can influence the wellbeing of people. By choosing a way of life, a singular attempts to keep up with and advance his/her wellbeing and stay away from sicknesses through having a legitimate eating regimen, rest/movement, working out, controlling body weight, not smoking and drinking liquor and vaccinating body against infections; this arrangement of exercises is the way of life.

Wellbeing requires advancing solid way of life. The significance of way of life is generally because of its impact upon personal satisfaction and keeping from illnesses. It is fundamental to advance and address way of life to keep up with and advance wellbeing. Advancing wellbeing and giving general wellbeing are of the main bases for the advancement of communities.

Health experts who were formerly zeroing in on treating sicknesses are currently worried about counteraction and giving wellbeing through way of life advancement and killing the variables which adversely influence human wellbeing in any capacity. Use of positive ways of behaving in life is powerful for individual wellbeing advancement. 53% of mortality causes are related with the people's way of life.

Most medical conditions, for example, corpulence, cardiovascular sicknesses, malignant growths and compulsion which are seen in many nations, particularly in creating ones, are related with the changes in the people's way of life. Additionally, unseemly way of life is one of the compelling elements for the rise of ongoing sicknesses like colon malignant growths, hypertension, constant obstructive pneumonic illnesses, liver cirrhosis, peptic ulcers, Helps and cardiovascular infections.

Non-infectious sicknesses are firmly connected with way of life; at the end of the day, way of life is one of the significant deciding elements in the wellbeing and illness of people. Clearly, with no alteration in way of life, there will be hopeless outcomes in future. Way of life adjustment requires social changes that comprise a significant piece of everyday propensities.

In the event that way of life changes doesn't advance worldwide personal satisfaction, arrangement and constancy of this inspiration will deal with certain issues. Various investigations have uncovered the relationship of way of life, personal satisfaction and its various perspectives. Then again, wellbeing

advancing way of behaving, as a vital consider the idea of wellbeing advancement, has drawn in wide consideration of studies and projects. The meaning of a person from wellbeing is put in the focal point of his/her perspective toward wellbeing advancing way of behaving.

At this level, wellbeing is characterized as utilizing a few positive characteristics suggested by World Wellbeing Association. Wellbeing is the satisfaction of human potential, support of equilibrium and objective direction in the climate. The wellbeing advancement way of life is characterized by Walker as follows: "a multi-layered example of discernments and exercises which are begun by self-inspiration and help in the tirelessness and advancement of their wellbeing and personal development." It is fundamental for concentrate on the impacts of taking on a wellbeing advancement way of life on the personal satisfaction according to two perspectives:

The connection between wellbeing markers and life quality is essentially significant in clinical choices and wellbeing strategy making and the existence quality viewpoint is major areas of strength for a for the singular's choices and inclinations. In the event that there were a wonderful hole between a singular's wellbeing and his/her life quality and this distinction were not seen by wellbeing strategy creators, they probably won't be in lined up with individual inclinations in clinical choices and wellbeing approaches; subsequently, they would prompt bogus choices and the ideal outcomes couldn't be gotten.

College understudies comprise an enormous piece of the country's young populace and their age and social circumstances as the informed gathering in the general public can transform them into an image in the general public. In this manner, their choice of any sort of way of life can influence their own carries on with, yet additionally the way of life and ways of behaving of different gatherings in the general public. Thus, wellbeing advancing way of life is vital for this gathering; as a conductor, this gathering can be wellbeing advertisers in the issues connected with themselves, their families and, subsequently, the general public.

One of the most immediate and significant methodologies is through general wellbeing schooling and mindfulness crusades. Such drives intend to disperse solid logical data with respect to the connections between way of life decisions and wellbeing dangers or advantages. When planned and conveyed successfully, instructive effort can assist with raising cognizance about issues like corpulence, cardiovascular illness, diabetes, and different types of malignant growth that are impacted fundamentally by modifiable gamble factors. Instructive materials ought to be socially delicate and accessible in different dialects to arrive at every segment bunch. Visual guides, infographics, and tributes from regarded local area figures can help perception and convincings.

Pair with schooling, making positive wellbeing ways of behaving more open and helpful is critical. For work out, this includes further developing walkability, bicycle paths, parks, sporting offices, and wellbeing in areas. Giving reasonable wellness classes, sports associations, rec center enrollments, and exercise remedy programs through open confidential organizations additionally brings down support obstructions.

Likewise, making nutritious entire food varieties reasonable and broadly accessible through endowments, impetuses for supermarkets in underserved regions, and local area gardens enables individuals to put forth better dietary decisions with negligible attempt. General stores loading new produce and restricting undesirable choices likewise poke populaces toward wellbeing.

Ecological and strategy changes address one more arrangement of strong populace level intercessions. Menu naming guidelines, sugar-improved drink assessments, and limitations on unhealthy food advertising have exhibited adequacy in numerous settings for controlling mass utilization designs. Metropolitan arranging approaches boosting blended use advancement and public travel use can diminish stationary drives and support actual work.

Work environment wellbeing programs presenting nearby wellness offices, cooking shows, and impetuses for preventive wellbeing screenings influence existing interpersonal organizations and backing structures.

Ultimately, medical services suppliers assume a vital part by methodically evaluating every patient's way of life, guiding on dangers and objectives, and making references to steady local area assets on a case by case basis.

Electronic wellbeing records can consequently incite clinicians to have such conversations and screen progress. Incorporating way of life medication and conduct change preparing into clinical training will additionally fortify this methodology over the long haul. All in all, these multi-pronged endeavors hold extraordinary commitment for hoisting wellbeing at both individual and cultural scales whenever executed reasonably with local area input.

Conclusion:All in all, advancing a solid way of life among the populace requests a far-reaching approach joining training, natural changes, steady strategies, medical care mix, and local area strengthening. While conduct change stays testing, vital and supported mediations across these areas can assist with settling on sound decisions simpler and more engaging for individuals in their regular routines. With tirelessness and coordination between assorted partners, we can gain huge headway on this significant general wellbeing need.

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