

**PROMOTING COMMUNITY HEALTH BY INCREASING THE EFFICIENCY  
OF MEDICAL PREVENTION**

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**SUMMARY**

Analysis of the importance of improving the quality and effectiveness of treatment and prevention measures in ensuring and improving the health of the population in our country.

**Key words :** *Public health, prevention.*

**INTRODUCTION**

The role of primary health care facilities in shaping a healthy lifestyle of the population of our country is invaluable. It is especially important to conduct preventive examinations for early detection of various diseases, to further increase the medical culture and literacy of the population. The main purpose of the study was to analyze the quality and effectiveness of medical prophylactic activities.

**MATERIALS AND METHODS**

The worthy successor of the First President of the Republic of Uzbekistan Islam Karimov, President Shavkat Mirziyoyev, has adopted a number of decrees and resolutions aimed at continuing his vigorous activity and further deepening reforms in the medical sphere. These include the Resolution No. PQ-4891 "On measures to ensure public health by further increasing the effectiveness of medical prevention," signed on November 12, 2020.

This decision defined the main directions of medical prevention, such as primary, primary and secondary prevention.

It would be correct to answer the question of what we mean by primary prevention as follows. That is, the initial prevention is to achieve the creation of an optimal environment and conditions in all respects by further improving the environmental situation, the working, living and recreational environment of the population.

Primary prevention includes periodic medical examinations and targeted screening of the population, effective organization of vaccinations, work and rest, increased physical activity, sports, regular observance of personal hygiene, healthy eating, avoidance of harmful habits. , raising the medical culture and literacy of the population to a higher level.

Secondary prevention is the activity of health care organizations aimed at developing and implementing various programs of measures to prevent the emergence of various nosological diseases caused by reduced immunity, stress, resilience, their exacerbation and recurrence.

In order to ensure the health of the population of the country, from January 1, 2021 to determine the risk factors for non-communicable diseases, hypertension, heart attack, stroke, diabetes and other cardiovascular diseases, the population aged 40 and older screening is scheduled. Also, from 2021 to support a healthy lifestyle, established by the Decree of the President of the Republic of Uzbekistan dated December 18, 2018 No PQ-4063 "On measures to prevent non-communicable diseases, support a healthy lifestyle and increase physical activity." and district and city departments of physical activity centers, located in the buildings of multidisciplinary central polyclinics in the same district or city. The main purpose of this center is to promote the population, including the formation of their medical culture, medical literacy, medical and preventive counseling, medical examinations.

If we pay attention to the content of the decision, it should be noted that the main tasks of public health professionals are clearly defined. These include the promotion of personal and public hygiene, active participation in the prevention of non-communicable diseases and the formation of a healthy lifestyle, the importance of valeological principles of healthy eating, physical activity, personal hygiene, smoking, alcoholism and drug addiction. active participation in large-scale advocacy and propaganda work on the prevention of defects. One of the main tasks of the staff of public health centers is to pay special attention to the organization of these activities in organizations, institutions and enterprises.

The Ministry of Health of the Republic of Uzbekistan with the involvement of the staff of the center to promote a healthy lifestyle among the population in districts and cities, especially in remote areas, to include physical culture and sports in everyday life, to pay attention to personal and occupational hygiene, healthy and reasonable. conducts and monitors in a systematic way in neighborhoods and homes measures to prevent malnutrition, overweight and obesity, bad habits and other people's attention to their own health. In order to carry out this work, 2 billion will be provided from the national and local budgets for the center in 2021 alone. Also, in subsequent years, the amount of funds allocated for this purpose will not be less than the amount of funds allocated in 2021.

The resolution also assigns a number of tasks to the Ministry of Health according to the division of responsibilities. These include the implementation of decisions and decrees on public health, sanitary and epidemiological stability, protection of public health and disease prevention in the system of healthy lifestyles among the population.

Carry out targeted screening for the prevention of various diseases in the population, early detection of factors that cause their occurrence, analyze the results of inspections and develop and implement a road map based on them. To work on the prevention of diseases and the formation of a healthy lifestyle with the involvement of all segments of the population, to carry out ongoing activities such as advocacy through the rational use of the media and social networks for the positive impact of such large-scale work on health. At the same time, it is necessary to further increase the medical culture and medical literacy of the population. It is advisable to carry out these activities, especially in the community, educational institutions, other organizations, enterprises and among the target groups. The resolution defines the main tasks of not only the Ministry of Health, but also the Ministry of Preschool Education, the Ministry of Public Education, the Ministry of Higher and Secondary Special Education, the Ministry of Physical Culture and Sports, the Ministry of Community and Family Support and the State Committee for Ecology and Environment. - clearly defined by republic, region, city and district.

The Ministry of Preschool Education should develop and implement the necessary methodological documents on compliance with the rules and norms of sanitary and hygienic staff of children's institutions and kitchen staff in its subordinate institutions, including preschools. At the same time, the Ministry of Health has a responsibility to promote a healthy lifestyle among all employees of preschool education, ie physical activity, encourage personal attention to personal hygiene and norms, and organize regular "health classes" in all institutions. defined as functions. The Ministry of Public Education has been instructed to implement the following measures and key tasks. Compliance with sanitary and hygienic rules and norms in all general secondary educational institutions under the Ministry, development of necessary directive documents and their implementation in practice. Standard lighting of training and experimental (laboratory) rooms, ventilation (air purification, air exchange), maintenance of normal temperature of classrooms and creation of a number of other necessary conditions. Ensuring compliance of books and textbooks, teaching aids and other school equipment in

general secondary education institutions with the sanitary-hygienic and technical standards in force in our country. In higher and secondary educational institutions under the Ministry of Higher and Secondary Special Education of the Republic of Uzbekistan, the urgent tasks specified in the resolution are specified.

A number of measures need to be taken to achieve a healthy lifestyle among students and pupils. Including the creation of the necessary conditions and conditions for healthy and proper nutrition of students and pupils, their participation in exercise and sports, compliance with sanitary and hygienic rules and regulations. Regular monitoring of the compliance of books and textbooks, teaching aids and equipment in higher and secondary special education institutions with the current sanitary and hygienic rules and regulations. Creating conditions for meals for students and pupils in the kitchens of institutions, ensuring their compliance with sanitary and hygienic rules and norms produced and approved in the country. The Ministry of Physical Culture and Sports of the Republic of Uzbekistan is entrusted with the implementation of a very important separate state policy, such as the further development of physical activity (activity) and national sports among students and the population of our country. Creating all conditions for all state organizations, institutions and enterprises to engage in physical culture and sports, ie the organization of sports fields and halls for physical culture and sports, the introduction of physical activity breaks between classes, primary health care The ministry is also tasked with training medical kinesiologists to participate in the development of targeted training programs for the retraining of secondary medical staff in the field of kinesiology.

If we talk about the main tasks assigned by this decision to the Ministry of Mahalla and Family Support of the Republic of Uzbekistan and its subordinates, we have to dwell on the following. First of all, it is about making decisions with the participation of the Ministry of Health and other ministries and agencies and achieving their governance in the regions. At the same time, it is necessary to pay serious attention to the most important tasks, such as protecting the health of citizens, protecting their sanitary and epidemiological stability, the formation of a healthy lifestyle. The Ministry is expected to report on the work done at the plenary session of the Senate of the Oliy Majlis of the Republic of Uzbekistan on a quarterly basis on the work done in the regions and districts to further improve the quality and effectiveness of the above measures.

The State Committee for Ecology and Environmental Protection of Uzbekistan is responsible for the implementation of state policy in its system. In this case, the committee should invite the population, all public organizations and communities. Regularly explaining the importance of environmental protection, advocacy for environmental sustainability, spiritual and educational activities, especially among the younger generation in the field of conservation, rational use and restoration of nature and its resources. It is important to keep in mind that

The Sanitary-Epidemiological Peace and Public Health Service has also been entrusted with a number of important tasks on the basis of this decision.

Including normative-legal, sanitary-hygienic rules and normative, methodical documents on protection of public health, sanitary-epidemiological well-being of the population, prevention of diseases, formation of a healthy lifestyle, prevention of non-communicable (non-communicable) and infectious (infectious) diseases; carrying out activities aimed at the preparation, approval and implementation of programs.

In cooperation with treatment and prevention institutions (hospitals, dispensaries, outpatient clinics and other medical institutions) in accordance with international standards, the population is constantly divided into groups and covered by general (population) examinations, conducting periodic and scientific research, periodic, introduction of effective methods of targeted medical examinations and screening tests.

To identify and analyze the incidence and morbidity of the country's population, to conduct data using medical statistical methods, to develop clear programs to reduce public health indicators such as morbidity and

morbidity, to provide methodological and practical assistance to local physicians in their implementation. In cooperation with medical schools of the Republic, specialists in the prevention of diseases and the formation of a healthy lifestyle should be actively involved in the implementation of such important issues as training, retraining, postgraduate education and continuous professional development.

To get acquainted with the work of local authorities to protect the health of the population and prevent various non-communicable diseases (hypertension, heart attack, stroke, diabetes, etc.) and infectious (infectious) diseases in the country, to include them in practice and enforcement in the regions. He is responsible for coordinating the work of institutions working in the field of public health and disease prevention in the regions, cities and districts, discussing the activities of this sector at khokimiyat meetings and taking appropriate measures to further improve their activities.

There is no doubt that as a result of the implementation of this decision of the President of our country, positive results will be achieved in ensuring public health in the country.

### **CONCLUSION**

1. Primary prevention includes regular medical examinations and targeted screening of the population, effective organization of vaccinations, work and rest, increased physical activity, sports, regular observance of personal hygiene, healthy eating, harmful habits. abandonment, raising the medical culture and literacy of the population to a higher level are key factors in ensuring public health.
2. In cooperation with treatment-and-prophylaxis institutions (hospitals, dispensaries, outpatient clinics and other medical institutions) in accordance with international standards, to cover the population in groups on a regular basis and in general (population) surveys, to conduct substantiated and scientific research, the introduction of effective methods of periodic, targeted medical examinations and screening examinations will lead to an increase in the health status of the country's population.
3. Formation of a healthy lifestyle among the population in districts and cities, especially in remote areas, inclusion of physical culture and sports in daily life, attention to personal and occupational hygiene, healthy and rational nutrition, prevention of overweight and obesity, harmful getting rid of vices like habits and focusing other people's attention on their own health in a positive way.

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