

ATTITUDE TO A HEALTHY LIFESTYLE IN WESTERN COUNTRIES AND IN UZBEKISTAN

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ABSTRACT

A healthy lifestyle (hereinafter referred to as HLS) is a lifestyle of an individual for the purpose of disease prevention and health promotion. A healthy lifestyle is a prerequisite for the development of other aspects of human life, the achievement of active longevity and the full performance of social functions. The relevance of a healthy lifestyle is caused by an increase and a change in the nature of stress on the human body due to the complication of social life, an increase in man-made, environmental, psychological, political and military risks that provoke negative changes in health.

Keywords: healthy lifestyle, smoking, social problem, health, Uzbekistan

INTRODUCTION

In different countries, the concept of a healthy lifestyle is perceived differently. If in Russia the concept of healthy lifestyle means practicing various sports, as well as quitting smoking and drinking alcoholic beverages, observing the motor regime, sleep, nutrition, then in some modern European states, slightly different components may be included in the concept of a healthy lifestyle. Consider how healthy lifestyles are treated in different countries of Western Europe.

MAIN PART

Germany. For the Germans, concern for a healthy lifestyle is laid down at the genetic level. The Germans value and protect their health and the health of their loved ones, and the government through the healthcare system contributes to this in every possible way. From the school bench, the Germans are taught to eat right and improve their health. Modern sports grounds and bike paths, products with full ingredients and caloric content, accessible wellness and disease prevention centers – this is what a healthy lifestyle is for the people of Germany. Taking into account the fact that the cost of treatment in the state accounts for the largest part of all budgetary expenditures, prevention activities are less costly.

Life expectancy among men in Germany is 78 years, women - 83 years. Regardless of age, about 71% of Germans are in good health.

However, in modern Germany there are a lot of smokers. Every fourth German older than 14 smokes in Germany. However, it is encouraging that there is a trend towards quitting smoking. Absolutely on all packs of cigarettes a warning is written that smoking is deadly and, as in Russia, terrifying pictures of the lungs are pasted. Also, in Germany it is forbidden to smoke indoors, in cafes, restaurants. There are designated smoking areas for smokers in cafes,

restaurants or at work. And all this “anti-propaganda” on tobacco is complemented by the prices of cigarettes: from 4 to 7 euros per pack.

Despite the large number of smokers, cycling and daily jogging are widespread in Germany. Even people who smoke can replace the movement by car with a bicycle for the benefit of their health. The widespread use of bicycles also contributes to the purification of the atmosphere, to which the Germans are also very reverent.

German automotive policy is aimed at reducing air pollution in the centers of large cities. In this regard, red, yellow or green round stickers are glued to cars, which indicate the compliance of the car with a certain environmental level, for example, cars with a red sticker indicating the harmful impact of this car on the environment, entering city centers or special environmental zones are closed.

Spain. Recently, a very interesting idea about leading a healthy lifestyle has appeared in Spain, called "paleo-training". The essence of the new way of life consists of two parts. The first is the need to master those body movements that prevailed in the daily life of ancient people. The second part is about nutrition. The authors of the idea tried to recreate the diet of the ancients and offer it to modern people.

Initially, “paleo-training” caused bewilderment in society, to put it mildly. When people delved deeper into the essence of the proposals, many people's attitude to the "return" to the past changed. Paradoxically, now more than ten thousand Spaniards have taken up such a healthy lifestyle. As a result, from the Canary Islands, where the Spaniards first became interested in paleotraining, the fashion for it went over to mainland Spain. Currently, eight centers for training in this technique are already operating in the country.

As for nutrition, then, of course, it is impossible to fully recreate the diet of ancient people. The authors of the methodology here focus not so much on the products themselves, but on a person's attitude to food. People should learn to enjoy simple and coarse food. The same applies to the ability to enjoy everyday life. The authors of the methodology are confident that with the advent of agriculture, the way of life of people has changed radically. At the same time, the human genome remained the same as it was in cave times. That is, a certain imbalance has occurred in a person's life. Supporters of "paleotraining" claim that our genes are not yet ready for the realities of the modern lifestyle. It takes at least a hundred thousand years to change them. Now the human body is under stress from the inconsistency of human nature with living conditions. The authors of the new way of life propose to relieve this stress as much as possible by returning at least partially to the Paleolithic. To do this, they suggest eating only those foods that were available to cavemen. These are meat, fish, fruits, vegetables, root crops and natural mineral water. That is, it is proposed to eat only what exists in nature without human intervention. They recommend cutting out grains, legumes, sugar, and milk. You should eat no more than three times a day.

This technique is also designed to free people from the negative impact of a sedentary lifestyle. The authors, of course, do not propose to ban computers and close all offices. They developed a set of physical exercises that is fundamentally different from modern physical education. The essence of the exercises is to repeat the body movements that ancient people did while hunting or fleeing from wild animals. Surprisingly, the authors came up with 150 different exercises for

this. All of them are divided into three complexes, corresponding to the physical preparation of each adherent of "paleo-training". You can only do these exercises on an empty stomach, as the ancient hunters never went to their hunt full of food. During classes, all five senses of a person, which nature has awarded him, should be used. The motto for these physical exercises was chosen very funny - "They don't go to the mammoth waddling."

There are interesting traditions in Spain that improve health in addition to "paleo-training". One of these is the Spanish siesta. Siesta is an afternoon nap that lasts in Spain from lunch to afternoon tea (from 13:00 to 16:30-17:00). It is believed that such a rest helps to improve the functioning of the cardiovascular system, has a positive effect on memory and charges the body with good emotions.

However, not everything in Spain is so great in terms of health. Relevant for this country and problems with alcohol. Many generations of Spaniards have been accustomed to drinking a glass of wine every day, which, in moderate doses, is considered a healing drink.

True, today the average Spaniard can drink alcohol more than once a day. A Spaniard may drink beer, wine, or tintodeverano (sparkling water with wine) at dinner. At the end of the meal, many may ask for a glass of liquor, or coffee with cognac. Also, Spain came out on top in terms of whiskey consumption among European countries. This figure is approximately 2.9 liters per person per year.

France. Despite the historical love of the French for wine, many of them still try to maintain a healthy lifestyle. And the French government is doing its best to promote this.

One example of such assistance is the decision of the French government to conduct a never-before-seen experiment, the essence of which is as follows: those who will get to work on bicycles will receive an increase in wages. Employees who commute to work by bike will be paid 25 eurocents per kilometer. In this way, the authorities hope to attract more people to cycling, reduce the number of cars on the roads and the amount of harmful emissions.

However, today in France only 2.4 percent of the population regularly cycles. The Ministry of Transport, in partnership with 19 private companies employing more than 10,000 people, launched a campaign to promote an active lifestyle.

Ultimately, the ministry hopes to increase the number of people who cycle regularly by 50 percent. Time will tell if the idea catches on in France, although the example of Paris already shows that people are starting to use bicycles willingly. The Velib bike-sharing program has made 173 million rides in the city since it opened in 2007 .

In addition to cycling, despite the lack of support from the state, skiing, visiting swimming pools or gyms, as well as weekly jogging are also popular among the French.

In addition to sports, the French are very careful about their diet. Not only adults and the elderly, but also teenagers. In France, the use of flour products is very widespread, which for the most part is part of French culture, but the French are not only not obese, but vice versa, for the most part they are very slender. This is partly because the French eat at the same time of day and never eat too much.

Also, in France, eating fruits or vegetables is very common: the average Frenchman can eat 5 servings of fruits or vegetables daily.

Unfortunately, in France, as in Germany, tobacco smoking is very widespread. Since 2007, France has passed a law banning smoking in public places. Since 2008, it has been extended to the closed halls of cafes, restaurants and hotels, but statistics confirm that during the period of the law the number of smokers in France not only did not decrease, but even slightly increased.

Italy. Of all Europeans, the Italians were the biggest adherents of a healthy lifestyle. According to the results of an international study conducted over three years, Italy has the best indicators for alcohol consumption, smoking and proper nutrition.

The Italians were able to take the first line due to the fact that over the past 20 years they have radically changed their habits. Enormous progress has been made in the spread of healthy lifestyles over the past decade. So, Italians have reduced their alcohol consumption, in particular, due to the fact that they drink once a day instead of two or three, as was customary before.

Two decades ago, the Italians and the French were the leaders in Europe in terms of the incidence of cirrhosis of the liver. According to the latest study, Italy now ranks last in Europe in terms of deaths from diseases caused by excessive alcohol consumption - 37 people per 100,000. In many ways, this indicator depends not only on the quantity, but also on the quality of alcohol consumed.

In relation to smoking, specialists note the excellent results of the ban on smoking in all public places, which was introduced back in 2005. Today, the largest number of smokers are in the 50-60 age group. Young people smoke less than the older generation at their age. In addition, there is a clear trend to quit smoking. Italy ranks last in Europe in the incidence of liver cirrhosis. The smoking ban in all public places in Italy, introduced in 2005, is also having its effect: young people smoke less than older generations of their age. Scientists note that most Italians eat right and lead an active lifestyle.

Uzbekistan.

According to the rating, every eighth resident smokes in the country. Most of these residents are men. Thus, in the ranking of countries with the largest proportion of male smokers in Uzbekistan, 24.9% of males are captive to tobacco addiction.

As for the ranking of countries with the largest proportion of women who smoke, Uzbekistan is only in 112th place: only 1.3% of Uzbek women are prone to this habit.

In Uzbekistan, smoking is completely prohibited in all types of public transport. According to the current legislation, smoking is prohibited in all other closed public places (with the exception of specially designated places and rooms for smoking). If this prohibition is violated, the smoker, but not the institution, will be fined accordingly. However, the country does not have dedicated funds to enforce this ban, nor a system for filing and handling complaints from citizens regarding violations of the smoking ban.

Health warnings are required by law to cover at least 40% of the front and back of tobacco packaging. Seven types of such warnings are approved by law. They appear on every package of tobacco products and on any outer packaging and labels used in retail sales and describe the harmful effects of tobacco use. Health warnings on packages are written in the main language(s) of the country and are subject to change from time to time. This law does not specify

what size/style and color warnings about the dangers of tobacco should have, nor that these warnings must be accompanied by a photograph or image.

In accordance with the Law on Advertising, adopted in 1998, which was subsequently amended, and the Law on Restricting the Distribution and Use of Alcohol and Tobacco Products, adopted in 2011, some types of direct and indirect advertising of tobacco products are prohibited in Uzbekistan. However, in case of violation of these prohibitions, the law does not provide for punishment in the form of a fine.

Conclusion

Based on the review of the work carried out by us, we concluded that the measures taken among the population to combat smoking are insufficient. Considering that the interventions performed in individual groups were highly effective, it can be assumed that smoking cessation can be very effective at the population level if the attention of the public and medical workers, especially at the primary care level, to this issue is increased.

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