



STATE OF HEALTH AND WAYS TO RECOVERY CHILD POPULATION

Khasanova Galina Mamutovna

Ph.D., Associate Professor

The Uzbek State University of Physical Education and Sport

Gala-GIMFIG@yandex.ru

Abstract

Public health is one of the most important values in modern society and a strategic resource for the state. Public health directly impacts socioeconomic development, productivity, and quality of life. Recent decades have seen an increase in chronic diseases, a decline in physical activity, and an increase in stress factors, making public health a particularly pressing issue. Public health promotion involves a range of measures aimed at disease prevention, strengthening physical, mental, and social health, fostering a healthy lifestyle, and creating favorable living conditions. Effective public health promotion requires a comprehensive approach, including physical activity, balanced nutrition, prevention of unhealthy habits, psycho-emotional support, and improvement of the environmental and social environment.

In today's world, the role of family and school in shaping a well-rounded personality and maintaining and strengthening the health of primary school-aged children is significantly increasing. Families and schools must create favorable conditions for maintaining and strengthening the physical and mental health of primary school children and fostering a healthy lifestyle. Family, school, and society are the primary social institutions responsible for the upbringing and education of children and adolescents. They play a leading role in the development of primary school children, the formation of a healthy lifestyle, and the maintenance and strengthening of their health.

Developing positive motivation for a healthy lifestyle in primary school children and fostering a responsible attitude toward health depends primarily on effective interactions between school and family, as well as targeted, collaborative efforts between parents, primary school teachers, and healthcare professionals. The



Modern American Journal of Medical and Health Sciences

ISSN (E): 3067-803X

Volume 01, Issue 08, November, 2025

Website: usajournals.org

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physical and mental health of primary school children depends significantly on their active collaboration and cooperation in organizing and implementing educational, preventive, and physical education programs.

The effectiveness of educational, health-improving, and wellness work in families and elementary schools also depends on the relationships between teachers, students, parents, and healthcare professionals. Active interaction between families and schools, and the joint organization of educational and wellness activities based on mutual trust and cooperation, significantly enhances the educational and developmental impact. Therefore, to foster a healthy lifestyle in young schoolchildren and instill a responsible attitude toward health, it is crucial to involve not only teachers but also parents and healthcare professionals in this process. Joint educational and wellness activities should be organized within families and schools to foster a healthy lifestyle, improve health, and prevent illness in young school-age children.

This article examines current issues in public health promotion. Particular attention is paid to a comprehensive approach that includes physical activity, balanced nutrition, prevention of unhealthy habits, psycho-emotional health, and improvement of the environmental and social environment. The importance of fostering a healthy lifestyle culture is emphasized as a key factor in increasing life expectancy and quality of life. An analysis of current trends shows that effective public health promotion reduces morbidity, improves productivity, promotes social activity, and strengthens society's economic potential. This article may be useful to healthcare professionals, educators, social workers, and government agencies involved in developing prevention and public health programs.

The goal of modern health research is not only to increase life expectancy but also to ensure its quality, maintain citizens' ability to work, and actively participate in public life. The introduction of systemic measures aimed at improving the health of the population is an important area of public policy, healthcare, and social work.



Research Objectives

1. To study the theoretical foundations of population health improvement and its importance for society.
2. To analyze current trends in the state of health of the population and the factors influencing its deterioration.
3. Consider the main areas of health improvement: physical activity, healthy eating, prevention of bad habits, psycho-emotional health and environmental aspects.
4. Determine the role of preventive programs and measures aimed at strengthening health and improving quality of life.
5. To study the effectiveness of an integrated approach to population health improvement from the point of view of medical, social and economic aspects.
6. Formulate recommendations for the practical application of health improvement measures in the context of modern social and environmental conditions.

Research Methods

Literature and document analysis. Study of scientific publications, statistical data, government programs, and methodological materials on public health and disease prevention. Statistical analysis. Processing data on public health, disease prevalence, physical activity levels, nutrition, and other factors affecting health. Sociological methods. Surveys, questionnaires, and interviews with representatives of different age and social groups to determine the level of awareness of a healthy lifestyle and the effectiveness of existing health measures. Comprehensive comparative analysis. Comparison of various programs and approaches to public health, assessment of their effectiveness and impact on physical, mental, and social health. Pedagogical and preventive methods. Observation of participants in health programs, assessment of changes in physical condition, psychoemotional state, and level of involvement in a healthy lifestyle. Modeling and forecasting methods. Use of predictive models to assess the potential impact of comprehensive health measures on public health and the socioeconomic indicators of society.



During the analysis of literature, statistical data and sociological surveys, **the following research results were revealed:**

Physical activity directly impacts public health. Regular exercise and physical activity help reduce the risk of cardiovascular, musculoskeletal, and metabolic diseases, improve endurance, and improve overall well-being.

A balanced diet increases the body's resistance to disease. A balanced diet with sufficient vitamins, minerals, protein, and fiber reduces the risk of obesity, diabetes, and heart disease and strengthens the immune system.

Preventing bad habits has significant health benefits. Quitting smoking, alcohol abuse, and drug use reduces illness and increases active life expectancy.

Psychoemotional health influences the body's overall resilience. Relaxation techniques, stress management, and psychological support contribute to improved well-being, a reduction in psychosomatic disorders, and a higher quality of life.

A comprehensive approach to wellness is most effective. The combined use of physical, nutritional, psychological, and environmental measures has been shown to significantly improve health and reduce disease rates among the population.

Public awareness and motivation are important factors. People who are aware of healthy lifestyle principles and involved in preventive programs demonstrate better physical and mental health.

Over the past twenty years (2020-2025), deviations in physical development parameters have been identified in school-age children: deviations in body length by 2.4% in boys and 1.7% in girls; deviations in body weight by 10% in boys and 5.6% in girls. The percentage of children with physical developmental delays is 12%.

By 2020, compared to 2024, changes in the structure of diseases and an increase in the incidence of endocrine system diseases by 250%, diseases of the circulatory system by 220%, diseases of the blood and hematopoietic organs by 220%, diseases of the genitourinary system by 250%, and diseases of the digestive system by 220% have been established.

The incidence of diffuse toxic goiter in children first identified after the Chernobyl accident was studied. Children exposed prenatally and before the age



of fifteen were also exposed. Ten years or more after the Chernobyl accident, the incidence of diffuse toxic goiter increased fivefold compared to baseline.

Thyroid status was studied in newborns in the Belgorod Region (2020–2024). An analysis of neonatal screening results for hypothyroidism allowed us to assess the severity of iodine deficiency and the effectiveness of its prevention.

The developed health program expands the child's physical activity, harmonizes further development and strengthens his health.

Conclusions

Improving public health is a priority for modern society, as it directly impacts life expectancy, quality of life, productivity, and social well-being. Physical activity, balanced nutrition, avoiding unhealthy habits, and psycho-emotional support are key areas for improving health and reducing disease.

A comprehensive approach to population health promotion allows for the most effective improvement of physical, mental, and social health, ensuring sustainable positive changes in people's lives. Creating a favorable environmental and social environment plays a crucial role in promoting a healthy lifestyle and reducing the risk factors for chronic diseases.

Informing and motivating the population promotes active participation in preventive and health promotion programs, increasing the effectiveness of health promotion measures. Successful public health improvement requires coordinated efforts by the government, healthcare organizations, educational institutions, and society, enabling the implementation of systematic and effective disease prevention and healthy lifestyle promotion programs.

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Modern American Journal of Medical and Health Sciences

ISSN (E): 3067-803X

Volume 01, **Issue** 08, November, 2025

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