

## HEALTHY LIFESTYLE AS A KEY DETERMINANT OF CHILDREN'S AND ADOLESCENTS' HEALTH IN UZBEKISTAN

Usmonov Uraimjon Kamolovich

**Abstract:** A healthy lifestyle is one of the most important determinants of human health. For children and adolescents, healthy behaviors established during school age significantly influence physical development, cognitive performance, and future health outcomes. This review examines the importance of balanced nutrition, physical activity, personal hygiene, adequate sleep, and health education in promoting healthy lifestyles among children and adolescents in Uzbekistan. The evidence indicates that school-based health promotion programs and family participation are essential for fostering healthy behaviors and preventing both communicable and non-communicable diseases. Schools represent a strategic setting for implementing comprehensive health interventions that improve educational achievement and long-term well-being.

**Keywords:** healthy lifestyle, adolescents, schoolchildren, hygiene, nutrition, physical activity, Uzbekistan

### Introduction

Health is not merely the absence of disease but a state of complete physical, mental, and social well-being. A healthy lifestyle encompasses behaviors and habits that contribute to maintaining and improving health throughout life. Childhood and adolescence are critical periods during which lifelong health behaviors are established.

Modern public health approaches emphasize the importance of preventive measures rather than treatment alone. Promoting healthy lifestyles among schoolchildren can reduce the burden of chronic diseases, improve academic performance, and enhance quality of life. Schools play a particularly important role because children spend a significant portion of their daily lives within educational institutions.

### Components of a Healthy Lifestyle

A healthy lifestyle consists of several interconnected elements:

- Balanced nutrition;
- Regular physical activity;
- Personal hygiene;
- Adequate sleep and rest;
- Mental and emotional well-being;
- Avoidance of harmful habits;
- Health education and awareness.

These factors collectively contribute to healthy growth, disease prevention, and improved life expectancy.

### Importance of Balanced Nutrition



Nutrition is a fundamental component of health. Children and adolescents require sufficient nutrients to support growth, development, and learning. Balanced diets should include fruits, vegetables, whole grains, dairy products, lean proteins, and healthy fats.

Excessive consumption of sugar-rich foods, sweetened beverages, and highly processed products increases the risk of obesity and metabolic disorders. Recent international recommendations emphasize creating healthy food environments in schools to encourage lifelong healthy eating habits.

### **Physical Activity and Health**

Regular physical activity contributes to cardiovascular fitness, musculoskeletal development, and mental well-being. Active children generally demonstrate better concentration, academic performance, and psychological resilience.

The World Health Organization recommends that children and adolescents engage in regular physical activity to reduce sedentary behavior and prevent childhood obesity. School-based physical education programs remain one of the most effective strategies for increasing activity levels among young people.

### **Role of Personal Hygiene**

Personal hygiene is essential for preventing infectious diseases and promoting overall health. Proper handwashing, oral hygiene, regular bathing, and clean clothing reduce exposure to pathogens and improve social well-being.

Health education programs that teach hygiene skills during childhood contribute to long-term healthy behaviors. Hygiene promotion remains particularly important in schools where large numbers of students interact daily.

### **School-Based Health Promotion**

Health-promoting schools integrate education, health services, nutrition programs, physical activity, and community participation. International experience demonstrates that comprehensive school health programs improve both educational and health outcomes.

Schools can support healthy lifestyles through:

- Nutrition education;
- Healthy school meals;
- Physical activity opportunities;
- Hygiene promotion;
- Mental health support;
- Collaboration with parents and communities.

Such interventions are considered among the most cost-effective public health investments.

### **Relevance for Uzbekistan**



Uzbekistan has implemented significant reforms aimed at improving child health and educational environments. However, challenges associated with urbanization, changing dietary patterns, reduced physical activity, and increasing screen time continue to affect children's health.

Strengthening healthy lifestyle education within schools can help address these challenges and promote healthier future generations. Collaboration among healthcare professionals, educators, families, and policymakers is essential for successful implementation.

## References

1. World Health Organization. Making Every School a Health Promoting School. Geneva: WHO; 2024.
2. World Health Organization. Health Promoting Schools. Geneva: WHO; 2024.
3. World Health Organization. Promoting Physical Activity Through Schools. Geneva: WHO; 2022.
4. World Health Organization. Improving School-Based Health Programmes. Manila: WHO Western Pacific Region; 2024.
5. World Health Organization. School Health. Cairo: WHO EMRO; 2024.
6. Usmanova G.K. OILA TIBBIYOTI YURAK-QON TOMIR VA BOSHQA YUQUMLI BO'LMAGAN KASALLIKLARNING OLDINI OLIISH UCHUN ENG YAXSHI YONDASHUV // Экономика и социум. 2023. №9 (112). URL: <https://cyberleninka.ru/article/n/oila-tibbiyoti-yurak-qon-tomir-va-boshqa-yuqumli-bolmagan-kasalliklarning-oldini-olish-uchun-eng-yaxshi-yondashuv> (дата обращения: 28.12.2024).
7. Usmanova G. K., Jumanova L. A. BOLALAR VA O'SMIRLAR SALOMATLIGINING SHAKLLANISHI, ULARNING TA'LIM FAOLIYATI GIGIYENASI //Евразийский журнал права, финансов и прикладных наук. – 2022. – Т. 2. – №. 1. – С. 13-16.
8. Усманова Г. К., Минаваров А. А., Отажонов И. Т. РОЛЬ АКТИВНОСТИ НАСЕЛЕНИЯ В ПРОФИЛАКТИКЕ ЗАБОЛЕВАНИЙ //Экономика и социум. – 2022. – №. 3-1 (94). – С. 490-492.
9. Usmanova G. K. THE IMPORTANCE OF HYGIENE IN HUMAN HEALTH //Экономика и социум. – 2022. – №. 2-2 (93). – С. 433-436.
10. Мирзаева М. М. и др. МНЕНИЕ ВРАЧЕЙ СЕЛА ОБ УЛУЧШЕНИИ МЕДИКО-САНИТАРНОЙ ПОМОЩИ //апрель-июнь. – 2020. – С. 47.
11. Усманова Г. К. КЛИНИКО-ИММУНОЛОГИЧЕСКАЯ ХАРАКТЕРИСТИКА ГЕПАТИТА "А" НА ФОНЕ ХРОНИЧЕСКОГО ГЕПАТИТА "В" //Новый день в медицине. – 2019. – №. 4. – С. 321-323.
12. Shakhrukhbek, Aroboyev, and Abdisalomov Diyorbek. "ATHLETES'DIET." *Ethiopian International Journal of Multidisciplinary Research* 10.11 (2023): 469-471.
13. Shokhruxbek, Araboyev. "CULTURAL AND HYGIENE OF PRESCHOOL CHILDREN FORMATION OF QUALIFICATIONS." *International journal of scientific researchers (IJSR) INDEXING* 5.1 (2024): 221-222.
14. Shoxruxbek A. THE REPLICATION MECHANISM OF HIV: MOLECULAR INSIGHTS, HOST CELL TARGETS, AND THERAPEUTIC INTERVENTIONS //Journal of Multidisciplinary Sciences and Innovations. – 2025. – Т. 1. – №. 2. – С. 911-915.
15. Adxamjon o'g'li A. S. PROSTAGLANDINLAR VA GISTAMIN O 'ZARO TA'SIRI: OSHQOZON SHILLIQ QAVATI FIZIOLOGIYASIDA ULARNING ROLI //SHOKH LIBRARY. – 2025. – Т. 1. – №. 10





16. Юсупов К. М. и др. Состояние здоровья детей в период адаптации к микросоциальным условиям детских образовательных учреждений //Вестник современной клинической медицины. – 2026. – Т. 19. – №. 2. – С. 158-165.
17. Юсупов К. М. Андижанский государственный медицинский институт, Республика Узбекистан //ББК 1 Р76. – 2026. – С. 21.
18. ЮСУПОВ К. М. ПРОФИЛАКТИКА НАРУШЕНИЙ АДАПТАЦИИ У ДЕТЕЙ МЛАДШЕГО ШКОЛЬНОГО ВОЗРАСТА. – Научно-издательский центр" Актуальность. РФ", Москва КОНФЕРЕНЦИЯ: РОССИЙСКАЯ НАУКА В СОВРЕМЕННОМ МИРЕ Москва, 30 ноября 2025 года Организаторы: Научно-издательский центр" Актуальность. РФ", Москва.
19. ЮСУПОВ К. М. АДАПТАЦИЯ ПЕРВОКЛАССНИКОВ К ШКОЛЕ. – ООО" Актуальность. РФ", Москва КОНФЕРЕНЦИЯ: РОССИЙСКАЯ НАУКА В СОВРЕМЕННОМ МИРЕ Москва, 15 января 2026 года Организаторы: ООО" Актуальность. РФ", Москва.
20. Юсупов К. М. Андижанский государственный медицинский институт, Республика Узбекистан //ББК 1 Р76. – 2026. – С. 21.
21. Арзикулов А. Ш. и др. ИЗУЧЕНИЕ НЕКОТОРЫХ СОЦИАЛЬНО-ГИГИЕНИЧЕСКИХ АСПЕКТОВ ВРАЧЕЙ ОТДЕЛЕНИЙ С ВЫСОКИМ УРОВНЕМ НЕРВНО-ПСИХИЧЕСКОГО НАПРЯЖЕНИЯ.
22. Olegovna I. I. THE ROLE OF HYGIENE IN THE PREVENTION OF INFECTIOUS DISEASES: A COMPREHENSIVE ANALYSIS //SHOKH LIBRARY. – 2025. – Т. 1. – №. 12.
23. Xodjiaxmatova R. Y. THE IMPORTANCE OF A HEALTHY LIFESTYLE IN IMPROVING THE QUALITY OF HUMAN LIFE //Экономика и социум. – 2024. – №. 3-2 (118). – С. 427-430.
24. БАБАКУЛОВА Ш. Х., ХУДАЙБЕРГАНОВА А. А., МАДЖИТОВ А. А. ENDLESS LIGHT IN SCIENCE //ENDLESS LIGHT IN SCIENCE Учредители: Международный исследовательский центр" Endless Light in Science". – №. 4. – С. 42-44.
25. Yuldashevna X. R. THE IMPORTANCE OF DIETARY HYGIENE IN THE MANAGEMENT OF GASTROINTESTINAL DISEASES //SHOKH LIBRARY. – 2025. – Т. 1. – №. 11.

