

Scientific assessment of the survey results on physical activity directed toward adherence to a healthy lifestyle among middle-aged and elderly women.”

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Annotation: Medical examinations were conducted among women in the cities of Namangan and Andijan. One woman participated in the medical examination. We analyzed and evaluated women by age, gender, hereditary diseases, comorbidities, and several principles. We put all the data into charts, and it turned out that from the collected data, it turned out that most of the indicator of diseases and mortality falls on the average (102.) and the elderly (.98..) age, while we are talking about ages.

Keywords: women, nutrition, personal and public hygiene, bad habits.

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Relevance: several decrees, decisions aimed at leading a healthy lifestyle, have been developed and implemented. In particular, work is being carried out based on decrees of the president of the Republic of Uzbekistan Shavkat Miromonovich Mirziyoyev dated October 30, 2020 № 6110 "On wide promotion of healthy lifestyle and development of mass sports". [1] in order to bring healthy children into the world, first of all parents and, of course, the family must be healthy. Healthy mother-brings healthy children into the world. Therefore, trust in women's health is paid special attention, but we observe to occur of chronic diseases among women. Based on promoting a healthy lifestyle among women, it is worthwhile to take into account the immaturity of the role of a woman in promoting the upbringing of children in the family. A healthy person lives a long and happy life. In the strengthening of women's health, it is important that a man have a positive attitude to his own health. [2] Our youth, including pupils, students and their knowledge of health, healthy lifestyle, practical qualifications and skills, and to what extent effective and

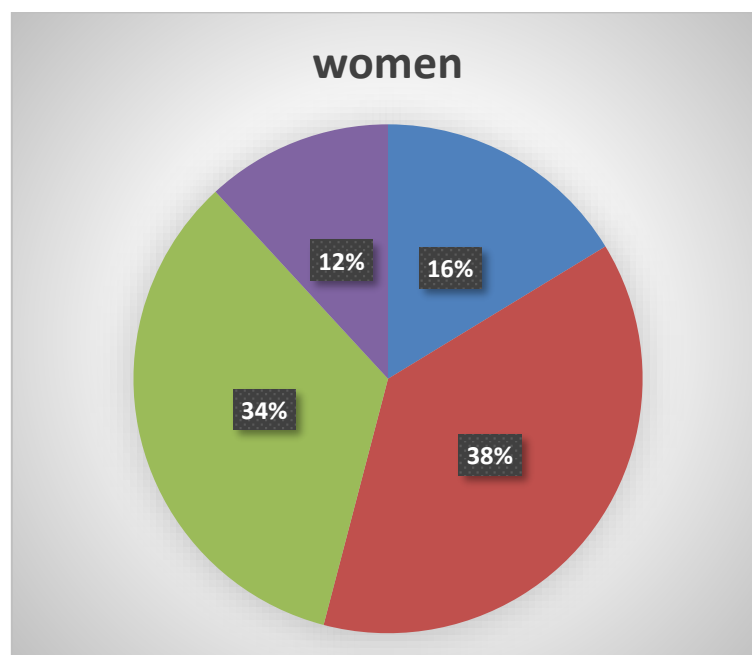
correct adherence to them will determine our nation, our people's level of advancement in the future, which is considered as the leading and decisive force of our society today, both in terms of number and activity, as the foundation of our future. A healthy lifestyle includes the sum of a person's aspirations for life, the sum of his actions aimed at strengthening health and preventing its deterioration. Hence, a healthy lifestyle is the activity of people aimed at maintaining and improving their health.[4] Currently, in Europe and North America, three-quarters of the mortality rate is attributed to cardiovascular, tumor, respiratory diseases and liver cirrhosis. [5] Given the aging trend of the population, it is possible to predict an increase in the proportion of these diseases in the structure of death in the future. This group plays an important role in the formation of diseases-the living environment and lifestyle, risk factors. [6] It is no secret to anyone now that the only way to maintain and strengthen human health, while remaining, longevity, is a healthy lifestyle. [7]. A number of measures are being taken in order to ensure the emergence of a strong immune system against the disease in every citizen, to abandon harmful habits, to follow the principles of proper nutrition, to organize systematic and effective rehabilitation and mass physical activity activities, to create appropriate infrastructure and other necessary conditions in this regard by regularly engaging in physical education [8] Including: Among women, there is an increase in diseases of the cardiovascular, endocrine system, tumors. Undoubtedly, compliance with a healthy lifestyle is important in our prevention of these diseases, in the Prevention of further complications in the recovery of the health of those with the disease.

The purpose of the study: to form a healthy lifestyle environment among women, to study and analyze the factors that negatively affect it. Study the causes of many common diseases among women, prevent, eliminate the development of complications and reduce the mortality rate.

Research methods and materials: we conducted a mass medical examination among 276 women in Namangan and Andijan cities. We conducted anthropometry among women, a special questionnaire (EQ-5D™) and a series of survey studies, sorted, evaluated and analyzed the data obtained.

Obtained results:

Medical examination was conducted in Namangan and Andijan cities, in total 358 women of all ages underwent medical examination. We divided them into groups by age. Who is considered 25 -44 young, 44-60 young middle-aged, 60-75 years old, and 75-90 elderly people in the distribution by age. At us these indicators were distributed as follows (1 picture)



Questionnaire (EQ-5D™) was conducted based on an assessment of the quality of life. The questions in this questionnaire cover adherence to a healthy lifestyle, harmful habits, and attitude to physical activity, understanding of healthy eating, and understanding of medical culture among the ordinary population. For example: Have you followed diet? The 72% of patients who received the following result on the question, 38% of patients responded «there was no opportunity to follow up on my case", as patients tried to follow up. What is more dependent on human health: heredity-12%, doctors-8%, Environment-10%, the person himself and his lifestyle-70%, do you feel like an absolute healthy person? Yes-75%, No-18%, -75%, it is difficult to answer 7%. Do you do every day exercises? You will be touched by sports). Yes 65%, No, 30%, it is difficult to answer, 5% was answer of women. Do you think you have enough information about health and how to maintain and strengthen it? when they say that 70% of women say that yes, 25% no, 5% of women say that it is difficult to answer. In what form do you want to get information about health? When asked, in the form of lectures, 60%, in the form of games, 30%, in the form of events (expositions, festivities, etc.), 10% came out. The best nutrition diet that you think: announced by well-known people, 10% said, 25% of those who received a questionnaire on a good website on the internet, helped your friends, 35%, appointed by a doctor, 30%, regularly engaged in physical education and mass sports, as well as ensuring the appearance of a strong immune system against the disease in each citizen by forming vital, a number of measures are being taken in order to organize restoration and rehabilitation works and mass physical activity activities systematically and efficiently, to create appropriate infrastructure and other necessary conditions in this regard

DISCUSSION

When foreign data are examined, the highest indicators of morbidity and mortality among women fall on women older than 65 years. And in Uzbekistan, based on the data obtained and the diagram, we can say that in Namangan and Andijan, when all 276 women were examined, the incidence of obesity, whiplash, ischemic heart disease was exactly the same as in middle and old age.

A number of measures are being taken in order to ensure the emergence of a strong immune system against the disease in every citizen, to abandon harmful habits, to follow the principles of proper nutrition, to organize systematic and effective rehabilitation and mass physical activity activities, to create appropriate infrastructure and other necessary conditions in this regard by regularly engaging in physical education and

CONCLUSION:

1. A high level of these indicators can be caused by an unhealthy lifestyle, an irrational diet
2. Low level of medical culture among women and indifference to one's own health can also be reason.
3. We must ensure that medical professionals form a medical culture among women, that health is an invaluable wealth given to man
4. Sluggish activity (low activity) leads to an increase in body weight, an increase in the amount of cholesterol in the blood and, as a result, the development of non-infectious diseases.
5. Among women there is an increase in diseases of the cardiovascular, endocrine system, tumors. Undoubtedly, compliance with a healthy lifestyle is important in our prevention of these diseases, in the Prevention of further complications in the recovery of the health of those with the disease.

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