



The Factors and Basic Concepts Determining Community Health

1. Rumiya Infarovna Sharofutdinova
2. Anvar Narzullaevich Asadullaev
3. Zevar Xojieva Tolibova

Received 27th Aug 2021,

Accepted 29th Sep 2021,

Online 26th Oct 2021

Abstract: The article highlights on the scientific and practical knowledge carried out in order to improve the health of the population and to prevent disease. The two main concepts are defined which form the basis of medicine are health, suggestions and recommendations on diseases.

Key words: Medicine, health, disease, individual health, social and ethnic group health, health of administrative region population, public, population health.

^{1,2,3} Lecturers of Bukhara State University

Introduction

Medicine is a complex of scientific knowledge and practical activities carried out for the purpose of maintaining, improving the health of the population, increasing life expectancy, preventing and treating diseases.

The basis of Medicine is two main concepts: "Health" and "disease - illness". It is much more difficult to describe these two concepts. Therefore, it is important to have a notion of human health and illness before thinking about public health. Personality, human health - this is not only a disease, a disease, or an infection of physical deficiencies, but also a harmonic of the human's social, biological and mental state, in harmony with the external natural and social environment of the activities of all organs and organs of man.

Health and illness is the product of the social environment, which arose under the influence of various conditions and factors. Health and illness is the product of human vital activity, the difference between which is an expression from the conditions that provide this life activity. If such conditions are favorable for a person, his life activity, self perception about health, the disease will appear and lead to illness. Therefore, it is wrong to look at the V disease of human health not only from a biological point of view, but also from a scientific point of view to it, it is necessary to look at human health and disease as a product of social relations, social environment. Health is the product of the influence of Innate and increased or social factors, the harmonic unit of biological and social qualities, harmony and vice versa this unit, the violation of harmony is a disease.

Materials and Methods

Since ancient times, philosophers and physicians have tried to study health and disease in relation to human nature, life activities, behavior, and lifestyle. Hippocrates once said, "As man is, so is he,

nature, and disease." Hence, human health cannot be interpreted in isolation from the environment in which he lives, his life activities and social status. According to the World Health Organization (WHO): health is not only the absence of disease and physical disabilities, but also the availability of a healthy, physical, mental and social condition. This definition is given in the Charter adopted by the WHO in 1948.

In assessing the health of the population in medical and social research, it is useful to note 4 levels:

1. The health of an individual is individual health.
2. Social and ethnic group health - group health.
3. Health of the population of the administrative region - regional or regional health.
4. Public, population health - public health.

The group is seen as an integral view of the health status of all individuals, taken in the statics and dynamics of public health in the region. According to WHO experts, in health statistics, individual health refers to various disorders, the absence of disease, population health - the process of reducing morbidity, disability, mortality, as well as increasing health.

Public health (public health as resource) is a potential, medical, social resource of the community that leads to national security.

Health of the population (health of the nation) is a positive reflection of the physical, mental, social status of people who carry out their life activities at the level of certain social communities, taking into account the medical demographic and social category. In other words, public health is one of the factors of the external environment and the important economic and social potential of the country that provides people with optimal quality of life and safety of life in the impact on the way of life of the population. People's health can be attributed to various aspects: socio-biological, socio-political, economic, moral-aesthetic, psychophysiological, etc. Therefore, now in practice, terminology covering certain aspects of Public Health is used: - "mental health", reproductive health, "environmental health", or health of some derived demographic or social groups:

Mental health is a dynamic process of mental activity, is the response of the organism in proportion to social, mental, physical, biological life conditions, the planning of one's own actions, his own way of life, the passage. "Sexual health" - refers to the ability to enjoy sexual intercourse and perform the reproductive function of the body. The following conditional indicators are used in the assessment of individual health: the balance of health resources, health potential and health balance. A health resource is a morphofunctional and psychological capacity of an organism that promotes a healthy health balance.

The "health balance" is positively enhanced through the comprehensive formation of healthy lifestyle skills (nutrition, physical activity, etc.).

Health potential is the ability of an individual to respond adequately to the effects of the external environment. The adequacy of reactions depends on the state of the human body's compensatory-adaptive system (nervous, endocrine, etc.) and the state of self-regulatory mechanisms (psychological protection, etc.). Health balance is a state of balance and adaptation of health potential and the factors influencing it. In medical and social research in our country, it is recommended to use the following indicators in the assessment of public health of certain groups, regions:

1. Demographic indicators.
2. Illness.
3. Disability.

4. Physical development.

Methods of studying these indicators characterizing the health of the population and information about them are presented in separate chapters. This means that a person's health cannot be viewed in isolation from the specific environment in which he lives and his specific activities, from all aspects of life activities, from the person's purpose, from his social life.

It is much more difficult to assess and characterize the health of a particular person and to assess the health of society and the population. Public health is not only a medical concept, but in many ways it is one of the social, political, and economic categories of society and is the object of social policy, so it needs to be evaluated more socially than medically. WHO documents have repeatedly stated that human health is a social quality, and it is recommended to use the following indicators in its assessment:

- total expenditures on health care from GDP;
- popularity of social assistance;
- coverage of the population with medical care;

Public health depends on the complex effects of social biological factors. When we talk about the social health of the population, we understand the dangerous social factors that affect it in the first place. Risk factors are a group of factors that pose a threat to human health, the origin of diseases, adverse consequences for their development - biological, genetic, environmental, social, environmental, production conditions, lifestyle. Thus, it is necessary to study the health of the population in relation to the medical statistical and demographic indicators that characterize it, the natural social and biological factors that affect them. The external environment and socio-economic conditions affect the health of the population, their working and living conditions. In addition to the many external environmental and socio-economic factors that surround a person, the health of the population is also affected by the activities of the health system and health care, which are aimed at studying and improving the health of the population.

The main task of sanitary statistics is the development of methods for studying the health of the population, the study of key indicators of public health in relation to social, biological factors, the external environment, specific life, work, living conditions. There is no hygiene science that does not deal with population health statistics. Therefore, the population health statistics is given a wide place in the methods of its study, sanitary statistics.

Many studies today are trying to make a comprehensive assessment of public health. Under the influence of complex factors, population health indicators can change dramatically. These changes are manifested in certain age, sex, social groups, time and area, have a regional character, and are subject to certain laws in terms of distribution, in other words, have their own epidemiology - epidemiological character.

When we open any epidemiology book that has been published to date, we see that they are only written about infectious diseases. However, in many countries of the world, especially in developed countries, in the Western literature, epidemiology is a science that studies the causes and patterns of pathological processes in order to develop optimal treatment and preventive measures against them. But in our opinion, it is wrong to understand only pathological processes when we say epidemiology. Because such a widespread birth rate, which characterizes the health of the population, also has its own laws. Therefore, from the point of view of studying public health, epidemiology is a science that studies the physiological state of society or the laws of pathological processes, the causes of the emergence and spread of diseases using epidemiological research methods. Thus, epidemiology is the

study of the physiological state of an individual and the influence of various complex factors on the prevalence of various diseases (infectious and non-infectious), the formation of public health.

Among the methods of epidemiological research, epidemiological analysis plays an important role. Epidemiological analysis is a set of methods for studying the causes and laws of origin in order to prevent the spread of certain epidemiological processes in a particular region. In different areas of health, in large populations, epidemiological research methods are divided into several types depending on the purpose of use: clinical epidemiology, non-communicable disease epidemiology, infectious disease epidemiology, pharmacoepidemiology, ecoepidemiology and others. Let's talk about some of them. Clinical epidemiology is the basis of evidence-based medicine, which studies the clinical course of diseases using clearly obtained research methods in order to assess the condition of the individual patient. The goal of clinical epidemiology is to create and apply clinical research methods that are error-free, objective, clear, and help to draw conclusions. Epidemiology of non-communicable diseases is the study of the prevalence and causes of diseases in order to reduce the prevalence of non-communicable diseases, prevent them and develop preventive measures against them. Epidemiology of infectious diseases - studies the level of their prevalence, causes and patterns of epidemic processes in order to eliminate, prevent and develop measures against infectious diseases. In assessing public health, the methods of "public health epidemiology" (social epidemiology) are used.

Conclusion

Public health epidemiology is a branch of public health and health science that studies the patterns of prevalence of health indicators among different population groups, the external environment, living conditions, and lifestyle factors that affect them over time and environment. The purpose of public health is to develop political, economic, natural, social and organizational measures aimed at improving public health.

References:

1. Asadullaev A.N., Muratova G.S., Sharofutdinova R.I. Health Lifestyle And safety Activity. The American Journal of Applied Sciences. The American Journal of Applied Sciences (ISSN-2689-0992) 2020 2 (11), 75-77
2. Asadullaev A.N., Ochilova N.R., Jabborova O.G. Healthy lifestyle. Academia an international multidisciplinary research journal (ISSN: 2249-7137, January 2021, 1835-1841).
3. Asadullaev A.N, The role of physical education and sports in the organization of a healthy lifestyle in society. Journal of Innovations in Pedagogy and Psychology, 3rd special issue. Tashkent-2020. Pages 31-36.
4. Tolibova Z. Kh., Assessment of the physical and psychological components of the quality of life of schoolchildren. Young scientist international scientific journal № 3 part (293) 2020.
5. Tolibova Z. Kh., Factors and mechanisms of transformation of plant residues in the soil. Young scientist international scientific journal № 3 part (293) 2020.
6. Tolibova Z.H, Qarshiyeva D.R., Ochilova N.R., The role of Human healthy and safe lifestyle in the period of global pandemic-covid 19. The American journal of applied science 2020 2(11).
7. Muratova G. S., Rakhmatova M.R, Jalolova V.Z, Sharafutdinova R.I, The role of didactic game methods in improving the quality of professional skills. International online conference "Modern state of medical education: Problems and perspectives" 12 May 2020.
8. Muratova G. S., Rakhmatova M.R, Jalolova V.Z, Sharafutdinova R.I, The importance of innovative pedagogical technologies in practical training. International online conference "Modern medical education: Problems and perspectives" 12 May 2020.