



The Importance of Water Quality and Quantity in Strengthening the Health and Living Conditions of the Population

1. Nurbibi Rakhimovna Ochilova
2. Gulsara Saidovna Muratova
3. Dilovar Rustamovna Karshieva

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Abstract: The article discusses the importance of improving the living conditions of the population, the quality and quantity of clean water in the health of the population. Changes in drinking water, suggestions and recommendations for improving its quality are given

Key words: Population health, health formation, healthy lifestyle, drinking water, living standards.

^{1,2,3} Bukhara State University,
Uzbekistan

Introduction

The negative trend in public health in recent years is directly related to the deterioration of living conditions and lifestyles. Living conditions are the objective aspect of human life, and lifestyle is the subjective aspect of human activity. The sum of objects, events, and environmental factors (natural and artificial) that determine living conditions is called the human living environment. The same concepts, the main forces should be focused on strengthening the health of the population.

According to the WHO concept, health promotion is the process of creating conditions for improving health, strengthening the control of the individual and society over the factors that affect it. Thus, health promotion is a process that allows a person to improve and control their own health.

Materials and Methods

The main principles of health promotion include: trust of the decision-maker, intersectoral cooperation, ensuring the participation of the population in local associations on the principle of "not only for the person, but with the people." Therefore, in strengthening the health of the population, it is important that it has a positive attitude to their own health. A positive attitude towards health is a relatively stable position that involves a person taking a serious look at lifestyle and health to get rid of harmful habits.

The motivation for the need to shape health is an individual's interest in their efforts to restore, maintain, and strengthen their health.

A healthy lifestyle - including a person's aspirations for life, a set of actions aimed at improving their health and preventing its deterioration - encompasses a set of actions. So, a healthy lifestyle is an

activity that helps people maintain and improve their health. Creating a healthy lifestyle means the following:

Creation of a permanent system of advocacy to increase the level of knowledge of the population about the negative factors of the external environment affecting the body and reducing the impact of these factors;

Sanitary and hygienic education of the population;

Reduction of tobacco consumption and prevalence of smoking, reduction of alcoholism, prevention of drug use; Involvement of the population in physical culture, sports and tourism and increase the popularity of health-improving types;

The standard of living means the right of people to food, education, employment, working conditions, living conditions, social security, rest, clothing, leisure.

At the same time, these quantitative indicators are not the ultimate goal, but only an instrument for creating good living conditions.

From a hygienic point of view, water is one of the important environmental factors that are a source of life, a guarantee of health and important for the plant world. According to the Food and Agriculture Organization of the United Nations, by 2030 the world's demand for drinking water will increase by 60%, while pollution of water bodies, environmental degradation, especially deforestation, will lead to depletion of human water resources.

Currently, 2.3 billion people live in areas where the supply of drinking water is below the required standards. Every year, 3 million people die from water shortages. The worst situation is with water shortages in Kuwait (11 cubic meters per capita per year), Egypt (43 cubic meters) and the United Arab Emirates (64 cubic meters). Even in developed countries, there is a shortage of quality drinking water. One in three townspeople does not have access to drinking water.

According to the World Health Organization, 15% of the European population lives in areas where there is no drinking water at all. The best sources of drinking water in Western Europe are available only in the Scandinavian peninsula countries and countries close to the Alps.

Some countries use icebergs to solve the problem of drinking water supply. They are dragged by steel ropes and even taken to the United Arab Emirates. Unfortunately, this method can only be used by countries with sea routes.

There are also methods of generating drinking water from seawater. Such devices are installed on submarines, oil platforms and many ships. These technologies consume a lot of energy and are mainly used in impossible situations. Even the use of solar energy does not provide the necessary solution to the problem.

Scientists point out that global warming is leading to the melting of glaciers. Glaciers are declining not only in the Arctic or Antarctic but also on mountain peaks, which could deprive many countries of drinking water. This could have dire consequences, especially for South Asian countries. These countries are home to one-third of the world's population. The coverage of their need for drinking water depends on the glaciers of the Himalayas. For the countries of Ecuador, Peru, and Bolivia in Latin America, the Andes glaciers are the only source of drinking water. Scientists around the world are influencing the situation and trying to change it. Experiments are currently underway to preserve the glaciers on Mount Kilimanjaro, Africa's highest mountain. A group of Zimbabwean experts are covering the ice with special plastic barriers to protect it from sunlight.

Because these glaciers are in danger of being the first to disappear from the face of the earth. The end of 2020 could be the time for that. The industry of selling drinking water in plastic bottles has become one of the fastest growing businesses in the world. Currently, more than 100 billion liters of drinking water are sold annually worldwide. According to the British magazine *The Economist*, the revenue from the sale of water is estimated at one trillion dollars a year. This is 40% of the income of oil companies.

Ten years ago, five trillion dollars worth of water was sold in the sun market. At present, the issue of creating a large market for drinking water to address the shortage of drinking water on a national scale is on the agenda. Selling water does not have to cost as much as going to oil production.

This means that in the near future, countries with access to drinking water will have the opportunity to become richer than oil-selling countries. The World Health Organization estimates that 1.1 billion people lack access to safe drinking water, and a total of 2.4 billion people lack access to basic sanitation.

A striking example of this can be seen, especially in rural areas. In these areas, 29% of the population has access to clean water and 62% to sanitation. The sharp increase in the city's population is exacerbating water shortages. Currently, 6% of people in the city need clean drinking water and 14% need sanitation.

Water is a sacred gift of Mother Nature that ensures the existence of every living thing on Earth. Water is one of the most abundant substances in nature, occupying 71% of the earth's surface, 65% of the human body is water, and is an integral component of human production activity.

The people of Central Asia, including the urban population, have always received water from ditches or specially equipped ponds for collecting and storing water, but the rapid urbanization of the 1920s and 1930s exacerbated the problem of providing Tashkent with clean drinking water.

Rapid industry and housing, construction, rapid population growth did not allow to keep water sources clean, which created a complicated sanitary-epidemiological situation in the city, only the water supply networks receive water from natural sources, treat it, disinfect, transport and industrial enterprises and only the construction of a set of engineering structures and devices that provide transmission to others will solve this problem.

The city of Tashkent is a right tributary of the Syrdarya River, located in the center of the irrigation system forming the Chirchik River, with a length of 174 km, catchment area 142.4 thousand sq. Km. causes late changes. In recent years, grouped water networks are being built for the regions, new technical methods of water treatment are being developed, new reservoirs and reservoirs are emerging. Over the last half century, the introduction of drip irrigation systems has become an important step in saving water, as industrialized countries have been able to increase the cost-effectiveness of production and agricultural needs.

Water is involved in maintaining the balance of body temperature by releasing nutrients into the tissues in the form of joints in the skin and respiratory tract. In order to properly organize water consumption, it is necessary to control how much fluid is in the daily diet.

It should be noted that today's natural disasters, floods, water shortages, water pollution and transboundary water problems are once again urging the peoples of the world to pay more attention to water resources.

Water as a natural source has the property of self-biological purification. It is purified under the influence of sunlight and the activity of organisms. That is, if 50 percent of the bacteria is removed in

24 hours, 0.5 percent of the contaminants remain in 96 hours, but highly polluted water is difficult to clean.

The importance of drinking water for the human body is well known to many scientists in the East. For example, Abu Ali ibn Sina, in the first volume of the Laws of Medicine, gave a lot of information about the quality of water, explained that water is one of the essential elements for human life, and several ways to improve the properties of water.

It is noteworthy that during the years of independence, special attention was paid to further improving issues related to the use and legal protection of water. In particular, Article 55 of the Constitution states: "Land, subsoil, water, flora and fauna and other natural resources are national wealth, they must be used wisely and are under state protection".

Encouraging the rational use and conservation of water resources is also important today. Encouraging the protection of water resources also ensures the rational use of other natural objects and their ecological and legal protection. International measures on ecological and legal protection and rational use of water resources are also of great importance. In particular, at the United Nations Conference on Environment and Development in Rio de Janeiro in 1992, the attention of the world community was drawn to the problems of nature conservation and rational use of water resources.

After gaining independence, Uzbekistan has initiated the creation of a single system for the management and protection of water resources in the Aral Sea basin. For this purpose, the Interstate Water Coordination Commission (ISCC) was established, which was entrusted with the management of the waters of the Aral Sea basin, along with the waters of the Amudarya and Syrdarya, as well as return water. It should also be noted that Uzbekistan has established active cooperation with international organizations in the use of water resources and their environmental protection. In general, it is safe to say that the rational use of water and the further improvement of its environmental protection is to improve life, longevity and conservation of other natural resources.

Conclusion

Thus, the rational use and protection of water resources, ensuring and guaranteeing the right of citizens to a favorable natural environment, as well as helping to protect land, subsoil, forests, flora and fauna, atmospheric air, natural resources, improve healthy family life serves.

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