

A Healthy Family is a Healthy Mother and Child

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ABSTRACT

Since independence, Uzbekistan has been taking measures to improve the health and well-being of the population. Over the past decade, major reforms have been implemented to improve the efficiency and effectiveness of the health care system. Particular attention is paid to the health of the family, that is, the health of the mother and child. Maternal and child health has been and remains a priority policy of the President and the Government of the country. Adopted and implemented state programs aimed at strengthening the reproductive health of the population, protecting the health of mothers and children, adolescents, to ensure the birth and upbringing of healthy children is proof of this.

KEYWORDS: *health care system, reproductive health, medical care, harmonious.*

Over the past three years, more than 160 legal documents have been adopted to reform the healthcare system. As a result, important changes are taking place in all parts of the health care system. Starting with primary medical care and ending with specialized centers, new technologies are being introduced everywhere, the achievements of world science and medicine are widely used.

These changes are based primarily on the decree of the President of the Republic of Uzbekistan "On comprehensive measures to radically improve the healthcare system of the Republic of Uzbekistan" dated December 7, 2018.

This decree also approved the Concept for the Development of the Health System of the Republic of Uzbekistan for 2019-2025 and the Program of Measures for the Implementation of the Concept for the Development of the Health System of the Republic of Uzbekistan in 2019-2021. In many countries, health care reform lasted many years: in France - 60 years, in the Republic of Korea - 40 years, Turkey reformed its health care system for 10 years. And in Uzbekistan, a goal has been set - to reform healthcare within 7 years, by 2025.

In his next message to the Oliy Majlis, the President of the Republic of Uzbekistan Sh.M. Mirziyoyev emphasized that the continuation of consistent work on reforming the healthcare system is one of the strategic tasks of today. In this regard, the head of state proposed declaring 2021 the Year of Supporting Youth and Improving Public Health.

Also in the message, the head of state focused on specific areas of fundamental reform of the healthcare system in Uzbekistan, which require the most serious attention from the state and society, including:

- fundamental revision of the organization of work at the level of primary health care;
- widespread introduction of a healthy lifestyle among the population, especially young people;
- raising the system of medical care in rural areas to a new level;
- continuation of work to strengthen the private sector in medicine, which was able to show its results in the current difficult situation;
- paying attention to the further development of telemedicine and the establishment of a

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telemedicine system between the specialized centers of the republic and their branches in the regions of the country;

- continuation of work on protecting the health of mother and child;
- Increased funding for the treatment of chronic and severe diseases.

This approach of the state will modernize and strengthen this area, as well as lay the foundations for its long-term development. Ultimately, risks to the health and life of the population, especially families, will decrease.

Family is the most precious thing a person can have. The greatest happiness in life is the certainty that your family loves you, loves you because we are who we are, or despite the fact that we are who we are. The key to family happiness is kindness, frankness, responsiveness.

The family is the main value of any society. This is a strong home, these are children and grandchildren, this is our support and support, this is the most precious thing we have. The key to family happiness is the creation and support of harmonious, warm relationships based on trust, respect and love. A strong friendly family gives a person strength, helps in difficult times. Our relationships in society depend on relationships in the family. Creating a full-fledged family is not easy, but necessary for everyone.

A family in which there is spiritual harmony, a willingness to overcome all difficulties together is a real protection and support for a person. This is the most expensive, important and fragile thing a person has. Throughout our lives, our relatives support us on the path of life, help with advice, in any situation they are near and protect us.

The family is the first school of life for a new, newly born man, it is the environment in which he learns to use his abilities to understand the outside world and cope with its unpredictable gifts. Whatever you have learned from your family becomes your value system that shapes your actions. A happy, joyful family life is not an accident, but a great achievement based on work and choice. Creating a family is a responsible act that will require a lot of time, cost, effort, and energy. But this is a worthy cause, this is our main business of life. The core of the family is the female mother.

Mother-mother is a woman-parent in relation to her child. An ambiguous term of different perception in a social, cultural or religious context.

Children are the flowers of life. In no case should not forget about the little ones. First of all, children need peace and prosperity in the family, because they are the most unprotected and vulnerable tribal link. It is necessary to show favor to them and show by their own example how important the family is, to explain why it is necessary to honor traditions. Such moral education will not be in vain.

According to the World Health Organization, "health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"

The protection of human health is one of the functions of the state. On a global scale, the protection of human health is the responsibility of the World Health Organization.

The health of mother and child is an important factor in preserving the gene pool of the nation, - The special attention paid in our country to this issue contributes to raising the level and increasing the life expectancy of people, educating a harmoniously developed young generation. The media play an important role in conveying to the public the essence and significance of this work. At the event, the results of the attention paid in our country to strengthening the health of mothers and children were explained using concrete examples, the need for constant coverage of this topic together with experienced specialists was noted.

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- In carrying out activities in this direction, cooperation between the district women's committee, the district department of the social movement of youth "Kamolot", gatherings of citizens of the mahalla and primary medical institutions is of great importance, - The attention paid to the timely registration of pregnant women, strengthening reproductive health also gives its results and improving the medical culture of the population, the formation of a healthy family.

At the suggestion of President Islam Karimov, Uzbekistan declared 2016 the Year of a Healthy Mother and Child. We all know well that as long as there is life in this world, there is and will be a family. And when there is a family, there is a truly priceless gift for which it was created - a child. Every parent always lives with great hopes and dreams for the happiness of their children, strives to ensure that they are healthy and comprehensively developed. Such a noble desire is a tradition inherent in our people, passed down from generation to generation, soaked into our blood and flesh.

A healthy child is born, as a rule, in a healthy and friendly family, and only a healthy child is born from a healthy mother. I think there is no need to explain in detail this truth, confirmed by centuries. A number of state decrees have been adopted in order to further deepen awareness and affirmation in our society of such an important life value, to further increase the level of our work to educate a healthy and harmoniously developed generation.

Maternal mortality remains an insurmountable problem of the modern world, having achieved tremendous success in science and science, humanity still cannot eradicate it. According to WHO, about 800 women die every day from complications associated with pregnancy or childbirth in the world. Today, with a better understanding of the problems associated with maternal mortality, we are focusing our efforts on studying the causes of this still existing problem, as well as on preventing maternal deaths and severe morbidity. In the world, special attention is paid to the study of the causes of maternal mortality and its prevention. The maternal mortality rate (MMR), defined as the number of cases of MS per 100,000 live births, is one of the main indicators of the achievement of the Millennium Development Goals (MDGs), the UN sustainable development goals.

In 2000, the Member States of the United Nations made a commitment to achieve the MDGs, including the goal of reducing the MMR by 2015. By three quarters, 75% since 1990. At the global level, the MMR has decreased by almost 44% over 25 years - from 385 in 1990 to 216 cases of MS per 100,000 live births in 2015. The lifetime risk of MS globally has dropped significantly from 1 death in 73 women to 1 in 180 women.

The birth of a person is truly a great miracle, he comes into this world after the mother carefully bears her child under her heart for nine months. All of us in the face of our dear women see the beautiful creations of the Almighty, on which, first of all, the continuation of the human race on Earth depends. Therefore, from time immemorial, people bow before the sacred image of the Mother. Showing special respect and respect for women is a worthy legacy of our ancestors, and we will always follow such noble traditions.

During the development of the State Program "Year of Healthy Mother and Child", the focus was on the improvement of legislation relating to the protection of the family, motherhood and childhood. The proof is the adoption of the Law of the Republic of Uzbekistan "On GUARANTEES OF THE RIGHTS OF THE CHILD".

It is necessary to continue work on creating the necessary social, living and medical conditions for the population living in remote and hard-to-reach rural areas, primarily for women, building modern residential buildings in rural areas according to standard designs, social infrastructure facilities, and improving the provision of villagers with drinking water, natural gas, improving the quality of services and services.

Along with this, special attention should be paid to strengthening the material and technical base and

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human resources of medical institutions, in particular, local perinatal and screening centers, improving the efficiency of family clinics, rural medical centers, increasing the number of patronage nurses and improving the skills of obstetricians, gynecologists and pediatricians, the head of the country said.

For the establishment of a healthy lifestyle in our society, the wide popularization of physical culture and sports among young people, the construction of new and strengthening the material and technical base of existing sports facilities is of great importance.

Considering that a healthy and friendly family is the foundation of a healthy future, our most important task should be to increase the responsibility for conducting medical examinations of future spouses and, for this purpose, to equip polyclinics with modern diagnostic equipment and improve the quality of the medical services they provide.

The task of shaping girls - future mothers - physically healthy and intellectually developed, their compulsory education in lyceums and colleges after graduating from high school, mastering them with modern knowledge and professions is the most important direction of state policy in our country.

Unfortunately, sometimes there are still attempts to marry a very young girl, who has not even graduated from college, who has not received a profession. I consider such actions deeply erroneous, short-sighted. Let the girl first acquire a profession, she will form a life position, independent thinking. Only then will she be able to take a worthy place in life, become an active member of society, and the family she created in the future will be healthy and strong.

In the programs adopted for the last 3 years, as an urgent task, we must determine the employment of college graduates, especially girls. Our focus should also be the further expansion of work on the allocation of soft loans to young people seeking to establish their own business, providing young families with mortgage loans for the purchase and construction of housing, consumer loans for the purchase of durable goods.

At the same time, it is necessary to pay serious attention to the issues of improving the medical culture of the population, strengthening work in the field of sanitation and hygiene, protecting the health of pregnant women, appropriate care for young mothers and children, ensuring the quality and calorie content of their diet. It must be frankly admitted that so far in many families these extremely important issues are not given due importance.

Attention to the child should begin with attention to the expectant mother. After all, the psychophysiological state of a pregnant woman, all her feelings and experiences, mood are transmitted to the fetus. Therefore, a careful and caring attitude towards the child must first of all begin with a careful attitude towards the mother.

I would like us to always remember: the creation of a healthy spiritual environment in families, in particular, an atmosphere of mutual respect, kindness and love in relations between spouses, parents and children, mother-in-law and daughter-in-law, as well as between neighbors, is an important condition for further strengthening peace and tranquility and prosperity in our country.

It should be noted that a healthy mother and child is the basis of a happy family, a happy family is the basis of a prosperous society, deeply established in our lives and its implementation has become a sacred duty for each of us. In this direction, the main role is played by our medical workers.

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