BG Pulse Journal USA
ISSN:1947-2536 http://www.bgpulseusa.com/index.php/bg
BG PULSE JOURNAL

IMPROVEMENT OF THE STATE GOVERNANCE SYSTEM IN THE FIELD OF ECOLOGY AND ENVIRONMENTAL PROTECTION

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Abstract:
This article discusses ecology and environmental protection as essential components of preserving public health. A healthy lifestyle is regarded as one of the key factors in safeguarding human health, ensuring a long and high-quality life, and promoting sustainable development within society. The article emphasizes that maintaining health should not rely solely on medical assistance, but also on preserving health through everyday lifestyle practices.

Keywords: healthy lifestyle, environment, ecology, "Clean Territory" prosperity, social activity, physical activity, humanitarianism, universal values.

Ecology and environmental protection constitute one of the most important directions in preserving public health. This issue is so comprehensive that it cannot be resolved solely by the Ministry of Health. It involves both internal and external factors. Therefore, environmental protection in our country should become a matter of national interest.

For this purpose, on April 21, 2017, the President adopted the Decree "On Measures to Improve the System of State Governance in the Field of Ecology and Environmental Protection." In accordance with this decree, the State Committee of the Republic of Uzbekistan for Ecology and Environmental Protection was reorganized.[1] The committee was entrusted with responsibilities such as collecting, storing, transporting, utilizing, and recycling household waste in order to establish a healthy ecological environment in the country. Furthermore, state unitary enterprises called "Toza Hudud" ("Clean Territory") were established in local regions, sanitation services were expanded, and unemployed citizens were engaged in cleaning and environmental maintenance activities.

Based on this decree, a comprehensive program for 2017–2021 was developed to implement measures related to the collection, transportation, and recycling of household waste.[2] Within the committee's system, 13 state unitary enterprises named "Toza Hudud" and 174 district (city) branches were established. Their balance included 1,300 units of specialized equipment, 1,000 waste collection sites, 5,800 containers, and 172 landfills.

In 2017 alone, 305 waste collection sites were constructed, more than 2,000 containers were supplied, 295 landfills were inspected and registered in a cadastre system, and 97 waste disposal sites were reorganized and improved. In addition, an inspection body responsible for overseeing household waste management and monitoring organizational activities in this field was established under the committee.

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[1] "Экология ва атроф-муҳитни муҳофаза қилиш соҳасида давлат бошқаруви тизимини такомиллаштириш тўғрисида. Ўзбекистон Республикаси Президентининг 21.04.2017 йилдаги ПФ-5024-сон Фармони // https://lex.uz/docs/3174498

[2] "Environmental Protection as an Important Factor in Preserving Public Health." Published in Xalq So'zi, February 3, 2018.

A number of important tasks in this direction have also been outlined in the "Uzbekistan–2030" Strategy.

Educating the population in environmental culture and encouraging people to live in a clean environment has given rise to several challenges. The level of sanitation and cleaning services provided to the population remains very low. For example, sanitation services are available to only 53% of the population in the republic, while merely 15% of these services are provided by the private sector. [3]Furthermore, the population's compliance with environmental laws and regulations is not sufficiently developed.

According to specialists, environmental protection, sanitation services, and the recycling of household waste require the implementation of a number of socially significant measures. These include:

1. the poor state of sanitary and hygienic conditions and the high incidence of disease among the population;
2. the reduction and excessive exploitation of land resources;
3. the disruption of the genetic stability and balance of landscapes. [4]

A healthy lifestyle is considered one of the principal factors in protecting human health, ensuring a long and high-quality life, and promoting sustainable social development. It is not limited solely to medical assistance, but also encompasses conscious and responsible behavior aimed at preserving health in everyday life.

First, physical activity constitutes the foundation of a healthy lifestyle. Regular participation in sports, walking, cycling, running, and other forms of active movement strengthens the cardiovascular system, improves immunity, and plays an important role in preventing chronic diseases. In order to popularize physical activity among the population, the state organizes mass sporting events, marathons, and fitness campaigns.

Second, proper nutrition is an essential component of a healthy lifestyle. Proper nutrition implies the balanced intake of nutrients necessary for the human body. This includes increasing the consumption of fruits and vegetables, reducing trans fats and excessive salt intake, and limiting processed and high-calorie foods. High-quality nutrition forms the basis for the healthy functioning of all systems of the human body.

Third, abandoning harmful habits is of great importance in maintaining a healthy lifestyle. Restricting or completely eliminating smoking, alcohol consumption, and the use of other substances harmful to health is significant not only for individual well-being but also for public health. In this regard, awareness campaigns, legislative measures, and preventive programs play an important role.

Fourth, mental health and stress management skills are also essential aspects of a healthy lifestyle. In modern life, individuals are exposed to various stress factors. Therefore, maintaining psychological stability, ensuring proper rest, and participating in cultural and social activities are important components of overall health.

Fifth, medical prevention and timely health examinations constitute an integral part of a healthy lifestyle. Through regular medical check-ups, screenings, and vaccinations, many diseases can be detected at an early stage and effectively prevented.

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[3] "zEnvironmental Protection as an Important Factor in Preserving Public Health."
Published in Xalq So'zi, February 3, 2018.

[4] *Human Development Report. Uzbekistan 1999.* — Tashkent: Uzbekistan Publishing House, 2000, p. 73.

Finally, the role of society and the state is crucial in promoting a healthy lifestyle. Increasing public awareness of health culture through neighborhood community systems, educational institutions, mass media, and public organizations, as well as creating an environment that supports an active lifestyle, is considered one of the priority directions of state policy.

The promotion of a healthy lifestyle is not merely a medical issue, but a comprehensive task closely connected with social, economic, and cultural processes. Through the conscious participation of every individual, together with the joint efforts of society and the state, it is possible to improve public health and achieve sustainable social development.

The analysis of economic and social efficiency plays an important role in evaluating the practical impact of policies aimed at promoting a healthy lifestyle. In New Uzbekistan, the reforms being implemented to protect public health and establish a healthy lifestyle are contributing not only to the improvement of healthcare services, but also to broad social and economic outcomes.

First and foremost, a healthy population is considered one of the key factors of economic development. Physically and mentally healthy individuals actively participate in the labor market, contribute effectively to production processes, and introduce new ideas and innovations. Healthy labor resources ensure sustainable economic growth, increase labor productivity, and contribute to higher tax revenues for the state budget. Through the promotion of a healthy lifestyle, cases of loss of working capacity, long-term illnesses, and unemployment are reduced. This, in turn, increases economic efficiency and creates opportunities for reducing state social expenditures.

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