



Prevention of Important Non-Epidemiological Diseases Among the Population

Rasulova Nilufar¹

Aminova Asalya²

¹ Scientific adviser, Professor of the Department of Public Health, Healthcare Management of the Tashkent Pediatric medical institute (Uzbekistan)

² 4th year students of the Medical and Pedagogical faculty of the Tashkent Pediatric medical institute (Uzbekistan)

Abstract. Non-epidemiological diseases (NEDs) are of growing concern to society and national Governments, as well as worldwide due to the high mortality rate from them. The main risk factors for NEDs can be divided into categories of self-control, genetic factors, environmental factors, factors of medical condition and socio-demographic factors. The focus is on the elements of self-control and consensus-building on the impact of nutrition on risk management and prevention of NEDs at all stages of life. Nutritional interventions are essential for managing the risk of NEDs. Because they are of paramount importance, this review highlights NEDs and their risk factors, and outlines several general prevention strategies. The most effective preventive strategy is one that leads to lifestyle changes in terms of diet, physical activity, smoking cessation and control of metabolic disorders.

Key words: Non-epidemiological diseases, factors of diseases, genetic, prevention strategies.

Non-epidemiological diseases (NEDs), also known as chronic diseases, are medical conditions that are associated with a long course and slow progress. Most NEDs are non-infectious and result from several factors, including genetic, physiological, behavioral, and environmental factors. According to the World Health Organization (WHO), NEDs are the leading cause of death worldwide, accounting for 71% of total deaths annually. The top four killers among NEDs with the highest number of deaths include cardiovascular diseases (17.9 million deaths per year), cancer (9.0 million), respiratory diseases (3.9 million) and diabetes (1.6 million). However, the term NEDs has been expanded to cover a wide range of health problems, such as liver, kidney and gastroenterological diseases, endocrine, hematological and neurological disorders, dermatological diseases, genetic disorders, trauma, mental disorders and disability. for example, blindness and deafness). The main risk factors contributing to NEDs include unhealthy diet, lack of physical activity, tobacco use and alcohol abuse. Consequently, most of these diseases can be prevented because they eventually progress at an early age due to lifestyle characteristics. There is growing concern that poor nutrition increases the potential risk of causing chronic diseases and nutritional problems in the public health sector. Historically, many NEDs have been directly linked to economic growth and have been called "diseases of the rich." Currently, the burden of NEDs in developing countries has increased. In addition, mortality in low- and middle-income countries has doubled the burden of NEDs.

Several factors can increase the number of opportunities for the development of NEDs, and they can be classified in different ways. In one approach, risk factors are classified as modifiable or unmodifiable factors that may have mutable or immutable conditions, respectively. Modifiable risk factors include high blood pressure, smoking, diabetes, physical inactivity, obesity, and high blood cholesterol, while



unmodified risk factors include age, gender, genetic factors, race, and ethnicity. Interestingly, although age and gender are unmodifiable factors, most of the factors associated with them are amenable to modification, which is a model for classifying NEDs risk factors. Unmodified factors can also be divided into three classes: biological factors such as overweight, dyslipidemia, hyperinsulinemia and hypertension; behavioral factors such as diet, physical inactivity, tobacco smoking and alcohol consumption; and social factors that include complex combinations of interacting socio-economic, cultural and environmental parameters.

The most common causes of NEDs are metabolic and behavioral risk factors, and they can be largely prevented by several available methods. Most of the global discussions concern the risk factors of self-control (tobacco and alcohol use, physical activity, weight, nutrition and dental care) and focus on the role of individual responsibility in managing risk factors for NEDs. Medical professionals should inform patients about their nutritional value and increase the importance of didactic, practical classes and seminars in daily practice. In addition, the management of NEDs is a priority of the public health sector in most countries, since management in society is the main focus of NEDs prevention strategies. Interventions are used in public health management to promote a healthy lifestyle. Using a different approach, researchers also identify environmental factors (air pollution, climate change, sunlight) and their impact on the development of NEDs. Air pollution will become a major problem in the future, and new technologies such as microchips will have a greater impact on air monitoring.

Conclusion: In modern society, NCDs are the main problem of health systems. Risk factor management is important in the treatment of NCDs. Managing NCDs requires a variety of strategies from different perspectives and at different levels, including the individual level and the country level. Based on the hypotheses that were put forward during the above-mentioned scientific discussion, it can be concluded that modern strategies for managing NCDs should be focused on the individual level, where a person is responsible for his health, simply following a healthy lifestyle. It is important to combine modern scientific achievements and innovative solutions concerning the rationality of nutrition and the positive impact on human health.

Used literature

1. World Health Organization. *No communicable Diseases (NCD)*. (2019). Available online at: https://www.who.int/gho/ncd/mortality_morbidity/en/ (accessed January 03, 2020).
2. World Health Organization. *Global Action Plan: For the Prevention and Control of Non-communicable Diseases*. (2013–2020). Available online at: https://apps.who.int/iris/bitstream/handle/10665/94384/9789241506236_eng.pdf (accessed January 13, 2020).
3. Noor NAM, Yap SF, Liew KH, Rajah E. Consumer attitudes toward dietary supplements consumption: implications for pharmaceutical marketing. *Int J Pharm Healthc Mark.* (2014) 8:6–26. doi: 10.1108/IJPHM-04-2013-0019

