



MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC  
SOLUTIONS

THE WELFARE AND HEALTH OF THE NATION IS THE  
HIGHEST VALUE OF THE STATE

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**Abstract.** *An analysis of the health situation shows that the human condition is constantly exposed to a variety of natural factors, including numerous man-made and natural disasters, constantly growing social risks caused by high rates of life, as well as a number of other causes beyond human control.*

**Keywords:** *physical culture, man, sports, medical care, student health, physical qualities.*

Human health has always been considered the most important human value, but right now it has also become understood as the most significant social value, without which the prosperity and well-being of any state is simply unthinkable. As life itself shows, the political and economic development of a country and its well-being are possible only if its people are physically healthy. High standards of nutrition, medical care and education are the necessary foundation for the prosperity of any nation. Today, according to the World Health Organization, a healthy state is physical, mental and social well-being, while lack of nutrition and unsanitary conditions are the main causes of diseases worldwide.

It should be noted that the right to health as one of the human rights was considered as part of the right to life and was normalized in the International Fact of Economic, Social and Cultural Rights. To date, not all States have joined this document, but they recognize the content and obligation of the right to health, as evidenced by their inclusion of relevant provisions in national legislation, as well as their participation in those programs of international organizations that implement the right to health.

It is important to emphasize that in the context of globalization, when international law defining the obligations of States in the field of human health protection becomes universal, the work of specialized agencies and those authorized to act in this area is of particular importance. Understanding health as a natural optimal development leads to the following idea of a healthy lifestyle: a person striving to maintain health should not just exist, but naturally develop in a direction favorable to himself. And then there is the most important fundamental, individual strategy for achieving health, according to which, in order to preserve and enhance one's own health, a person must:

1) to know or at least assume a useful direction for personal (physical and spiritual) growth, as well as conditions conducive to it;





## MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC SOLUTIONS

2) set a goal to develop in this direction.;

3) to form the internal state necessary for this and to create or maintain favorable environmental conditions for this.

The formation of a healthy lifestyle for every person is a priority goal both at the global level and within a single state. This is primarily due to the growing awareness that health is a prerequisite for personal and social success, the key to a decent future for every citizen and the country as a whole.

In this regard, it is not surprising that the World Health Assembly has put forward the idea of celebrating the annual World Health Day. At the same time, every year WHO dedicates this holiday to relevant topics and conducts various promotional events in order to: a) raise awareness among people in favor of leading a healthy lifestyle; b) draw attention to problems in the field of health and life safety.; c) forming a responsible attitude towards one's health and the health of one's loved ones, as well as informing about possible ways to solve the problem (preventive measures) and about the availability of services for each person; d) increasing awareness of the world's population about the causes of diseases.

So, 2018 - 2019. World Health Day was dedicated to ensuring access to quality healthcare services for everyone on the topic: "Universal health coverage for everyone, everywhere." In turn, 2020 was declared the International Year of Nursing and Midwifery Workers. This category of medical workers plays a crucial role in the provision of health services. They dedicate their lives to helping mothers and children, giving vital vaccinations and medical advice, caring for the elderly, and generally meeting the basic daily health needs of the population. They are often the first and only source of medical care for the local population.

Following the principle of "health for all" on a global scale will have a positive impact on social and economic development. It's time to combine our efforts and make this our common task. In this regard, in the year of its seventieth anniversary, WHO calls on world leaders to fulfill the commitments they made when agreeing on the Sustainable Development Goals (SDGs) in 2015, and recommends that countries further develop programs to promote the health of all people, as well as ensure that everyone around the world has access to basic health services. and I would not experience financial difficulties at the same time.

At the same time, the emphasis is on the development of medium- and long-term guidelines in accordance with the directions developed by WHO, paying special attention to equality, the prospects for the participation of those in need of assistance, as required by internationally recognized human rights principles. It is important to note that the creation of a new program or concept should contain the results of monitoring opinions on problems in the healthcare system and the needs of consumers of medical services, as well as the opinions of the medical community on the appropriateness of the stated





## MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC SOLUTIONS

problems. And only then will public administration be effective, and the achieved result will receive a positive social assessment from the population.

As you know, at least half of the world's people are currently unable to receive basic health services. More than 800 million people (almost 12% of the world's population) spend at least 10% of their family budget on health services for themselves, a sick child or another family member. That is why States should take all necessary measures to create conditions conducive to the realization of the right to health and ensure that it can be defended in court in case of violation. After all, the formation of a healthy lifestyle for every person is impossible without a purposeful state policy and a whole system of coordinated social, political, and cultural measures.

An analysis of the health situation shows that the human condition is constantly exposed to a variety of natural factors, including numerous man-made and natural disasters, constantly increasing social risks caused by high living standards, as well as a number of other causes beyond human control. One of them was the appearance of a new type of virus in the city of Wuhan at the end of 2019, which caused a massive infection and prompted the WHO to declare the new disease a pandemic.

By this time, the coronavirus had infected 118,000 people in 114 countries. The unknown disease, spreading around the world, continues to affect all aspects of human life. The number of cases is estimated in the hundreds of thousands. The death toll is more than 25 thousand people. However, the number of people who have recovered is also growing. Countries are taking unprecedented measures to stop the spread of the virus. The coronavirus has divided the world into "before" and "after," but the hope is growing that countries will work together to overcome this disease.

In these new challenging realities, World Health Day is more relevant than ever. Of course, you should pay close attention to your health on any other day and regardless of the epidemiological situation, but today such measures are especially important in the fight against COVID-19.

In such a difficult situation, when there is a need for huge financial, intellectual and organizational costs, the task of combining major national and international initiatives is extremely important, on the basis of which a global strategy to counter the coronavirus pandemic is being built. The development and adoption of such a strategy is impossible without political decisions at the highest level, and its implementation is impossible without effective national and international instruments of the organization.

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MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC  
SOLUTIONS

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