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СТОМАТОЛОГИЧЕСКИЙ ИНСТИТУТ
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«СОВРЕМЕННЫЕ ДОСТИЖЕНИЯ И ПЕРСПЕКТИВЫ
РАЗВИТИЯ ОХРАНЫ ЗДОРОВЬЯ НАСЕЛЕНИЯ»**

**ПОСВЯЩЕННАЯ
ВСЕМИРНОМУ ДНЮ
ЗДОРОВЬЯ**

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Данный сборник состоит из материалов республиканской научно-практической конференции с международным участием «Современные достижения и перспективы развития охраны здоровья населения» состоявшейся 9 апреля 2024 года в г.Ташкенте. Представленные в сборнике работы содержат материалы по актуальным вопросам здравоохранения, охраны здоровья населения. Представляет интерес для научных сотрудников и практических врачей всех областей, а также студентов бакалавриата и магистратуры высших медицинских учебных заведений. В сборнике представлены информации о состоянии здоровья разных стран, таких как Российская Федерация, Республика Беларусь, Казахстан и другие.

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Гигиена. Медицинская экология

PROMOTING A HEALTHY LIFESTYLE AMONG MEDICAL STUDENTS AT TASHKENT MEDICAL ACADEMY: RECOMMENDATIONS FOR BALANCING ACADEMIC DEMANDS WITH SELF-CARE

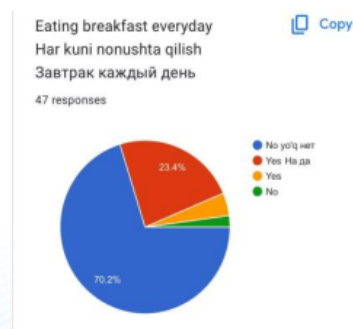
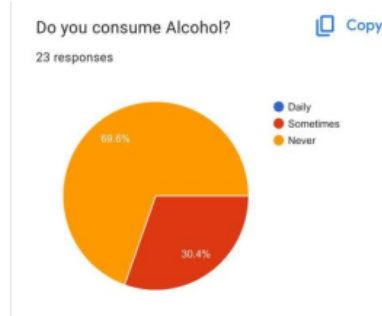
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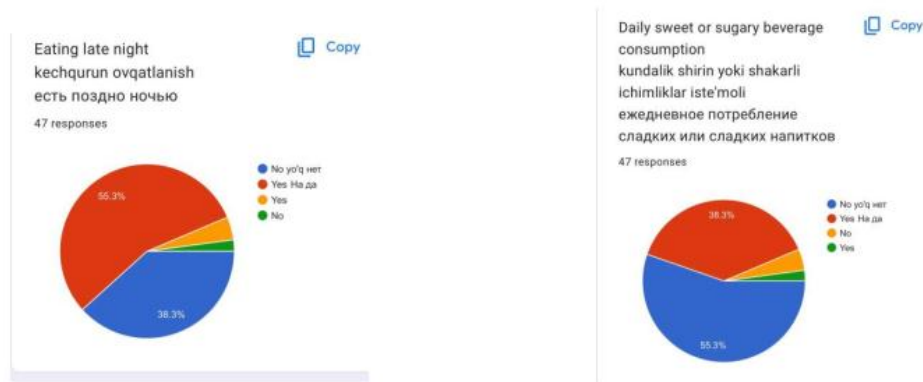
Abstract. This study highlights the challenges faced by medical students and maintaining their well-being and offer practical strategies to support a healthy lifestyle. By prioritising self-care practises, medical students can enhance their overall health and academic performance. Also aims to provide recommendations for promoting healthy lifestyle among medical students, focusing on strategies to manage academic demands while prioritising self-care.

Method. The online Google form studies conducted among undergraduate medical students at Tashkent medical Academy, Uzbekistan. Responses were analysed using Microsoft Excel software. The questions in the developed questionnaire were related to Socio-demographic variables, knowledge regarding healthy lifestyle, dietary habits and nutrition.

Results. A total of 47 students including 36.5% males and 63.5% females were studied. From 19 to 30 years of age, about 39.5% students had three regular meals, whereas 55.8% students had two regular meals and 4.7% students had more than three meals per day. 56.5%, students, consume sweet or sugary beverages daily. 62.2% students consume vegetable every day 60.4% students consumes fruits 1 to 3 days per week 14% students don't consume fruits. 25.6% students consume dairy products every day whereas 9.3% consume desserts every day. only 20.9% students eat breakfast every day 41.9% students consumes snacks and fast Foods 55.8% students eat late night 64.5% students do not take any kind of supplement 58.1% students had no fixed mealtime. only 19% students are interested in following good dietary habits, 42.6% students do not get enough sleep about 29.8% students' workout daily 34% students feel overweighted. 7.8%, students suffer headache, and 6.1% students also take painkillers. Only 36.2% students follow every day planned exercise program. About 27.7%. Students participate in daily extra-curricular activities like dancing, cycling,



walking and swimming. 25. 5% students read for labs students sometimes also consume alcohol and smoke cigarettes.



Conclusion. Medical students face numerous challenges including heavy academic workload, long study hours, sleep deprivation and exposure to emotionally demanding clinical experiences. These factors can contribute to burnout, depression, anxiety and other mental health issues among students. Additionally, the pressure to excel academically may lead to neglect of personal health, nutrition and physical activity.

Recommendations

Educational initiatives: integrate wellness, education into the medical curriculum to raise awareness about the importance of self-care and stress management. Offer workshop, seminars and courses on topic such as mindfulness, time, management, resilience and work life balance.

Physical activity: incorporate regular physical activity into your routine such as cardio strength, training, or to improve physical fitness and reduce stress. Get enough sleep each night to support cognitive function, mood, regulation and overall health.

Nutrition and healthy eating: prioritise a balanced diet rich in fruits, vegetables, whole grains, lean proteins and healthy fats to support overall health and well-being. Stay hydrated by drinking an adequate amount of water throughout the day to support bodily functions and cognitive performance. Encourage mindful eating habits and discourage excessive consumption of caffeine and junk food.

Self-care practises: mindfulness and meditation practises involve focusing once attention on the present moment. Cultivating awareness of thoughts and emotions and developing a non-judgemental attitude towards experiences.

Regular mindfulness and meditation practises can have a positive impact on various aspects of health. One of the key benefits is stress reduction, help individual manage stress more effectively by promoting relaxation and reducing the physiological response to stressors. This can lead to lower levels of cortisol, the stress hormone and improved overall resilience to stress. Furthermore, mindfulness and meditation have been linked to improve mental health outcomes such as reduced symptoms of anxiety and depression. These practises can help individual cope with negative emotions and

develop more positive outlook on life in terms of physical health, mindfulness and meditation have been associated with lower blood pressure, improved immune function and better sleep quality, these practises can also support healthy lifestyle behaviour such as mindful, eating and regular physical activity by promoting self-control and awareness of one's body and its need. Overall incorporating this into daily routines can contribute to holistic approach to health and well-being by cultivating mindfulness and students can enhance her ability to go with stress management, emotions, and make healthy lifestyle choices, ultimately leading to a more balanced and fulfilling life.

Deep breathing exercises and engaging in hobbies to reduce stress levels and promote mental well-being.

Maintain social connections with friends, family and peers to foster a sense of community and support system.

Seek professional help and counselling if, experiencing mental health issue or higher levels of stress.

The first sign of disease is not DIABETES CANCER HEART ATTACK. The first sign of disease is lack of sleep, bloating, gut issues, sugar cravings, weight gain, no joy, phone addiction, no sunlight, irritability. It's the smaller issues that add up to huge diseases.

Start small, change today!!

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