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Keywords: form of preschool education, diseases of preschool children, functional state of preschool children, formation of the foundations of a healthy lifestyle (HLS), healthy lifestyle in childhood.

Annotation: Maintaining and strengthening the health of children, their physical development, the formation of a culture of healthy lifestyles are the priorities of public policy. In the Republic of Uzbekistan, the medical community and the state pay great attention to children's health.

According to official statistics, the number of orphans in the Republic of Uzbekistan in 2020 was 30,000. This contingent of children has physical and neuropsychic development, general morbidity, early formation of alimentary pathology. Chronic diseases and deficiencies are more often reported in foster children than in foster children. With this in mind, the study of factors influencing the formation of health is necessary to develop a prevention strategy. According to medical research, the percentage of schoolchildren who have deviations in health is increasing every year. One of the reasons for this is the sedentary lifestyle of schoolchildren, as well as the reluctance to engage in physical education and sports.

The lack of balance of different types of activity of children, the violation of the regime of the educational process negatively affects the health and performance of the child. Risk factors that worsen the health of children and adolescents include: bad habits; poor quality, malnutrition; disordered daily routine; learning overload and other needs to start in childhood. The foundations of mental and physical health are formed in childhood. Therefore, unfortunately, today no more than 20% of parents are interested in teaching a healthy lifestyle to the physical education of their children. This is where the teacher comes into play. The teacher should strive to make parents adherents of physical culture.

An atmosphere of camaraderie should be created between parents and the school. In addressing the issue of forming a healthy lifestyle, purposefully organized educational physical culture and health work with the active participation of parents, teachers, and medical workers is of particular importance.

The purpose of the study: to study the hygienic aspects of the disease structure in orphanages, the prevalence of diseases and to describe the effectiveness of the use of medical and health services for orphans.

Research methods. The following methods are used to achieve the objectives of the study and solve the tasks: epidemiological, clinical-diagnostic, somatometric and statistical research methods.

The results of the study. Expected results from the study show that hypothyroidism is observed in 97% of children with iodine deficiency, according to authorial sources. In this case, the subclinical form of hypothyroidism is considered to be a decrease (decrease in the volume) of the working tissue

of the thyroid gland. checked in all children with iodine deficiency. Delay in neuropsychic and speech development is also observed in all children with iodine deficiency.

When studying the clinical signs of immunodeficiency, 91.7% of children are expected to have acute recurrent respiratory diseases (otitis media, nasopharyngitis, tonsillitis, bronchitis, pneumonia).

Thus, a comprehensive assessment of children's health showed the weight of the social and medical history of all children newly admitted to the orphanage. The majority of children were born to mothers who smoked and abused alcohol during pregnancy (52.5%), smoked, and became addicted (desomorphine) (15%). Most women were not observed at the antenatal clinic during pregnancy or were registered after 32-34 weeks of gestation. 64.2 percent of children were born prematurely. In the neonatal period, hypochromic anemia was observed in 25 (42.5%) children.

Conclusion: The first three places in the list of children's diseases in the orphanage are occupied by diseases of the respiratory system (class X), diseases of the nervous system (class VI) and diseases of the endocrine system, eating disorders and metabolic diseases. The prevalence of category X and IV diseases among foster children is 3.8 and 10.1 times higher ($p < 0.05$), respectively, among children in foster care.

The state of children's health is largely focused on the use of modern medical and recreational technologies, improving physical development parameters and reducing morbidity. Thus, the formation of ideas about the healthy lifestyle of the younger generation is the task of all educational organizations. Programs are developed for each age category, the purpose of which is to preserve and strengthen the physical, psychological and spiritual health of the child, to accustom him to the rules of hygiene and self-service.

All the life of a child in a preschool should be aimed at maintaining and strengthening health. The basis is cognitive, physical culture and integrated educational activities, partner joint activities of the teacher and the child during the day. The purpose of health-improving work in preschools is to create a sustainable motivation for the need to preserve one's own health and the health of others.

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