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## ANALYSIS OF THE HEALTH CONDITION OF PRESCHOOL CHILDREN

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***Purpose of the study:*** *A state of Health is a normal level of development of a child, mainly in the sexual, age–appropriate way, physically, mentally, mentally and spiritually. To do an interview about the state of health of the children and adolescents' layer, learning has been one of the main issues to this day. For this reason, maintaining and improving the state of health of the layer of young children raised in preschool educational organizations is one of the important tasks of the organizations of our republic in the field of Medicine. The purpose of the study is to study and hygienically analyze the health status of all preschoolers.*

***Materials and methods.*** *Morbidity data of preschool children was analyzed based on the results of personal cards 026 forms and the number of appeals.*

***Conclusion:*** *by now, acute respiratory infections among young children are taking on a very high rate. By performing tasks such as keeping young organisms out of the cold weather, preventing colds, eating healthy, exercising with a bow tie to sanitary rules, it will be an incentive to prevent children from developing diseases.*

***Keywords:*** *Health, Hepatitis A, ARI, Children and adolescents, preschool education.*

## MAKTABGACHA TA'LIM YOSHIDAGI BOLALAR SALOMATLIK HOLATNI GIGIYENIK TAHLILI

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***Tadqiqotning maqsadi.*** *Salomatlik holati– bu asosan bolaning jinsi, yoshiga maqbul tarzda jismoniy jihatdan, aqliy jihatdan, ruhiy va ma'naviy jihatlardan rivojlanishining normal darajadagi holatidir. Bolalar va o'smirlar qatlamining salomatlik holati haqida mushoxada qilish, o'rganish bugungi kunga kelib asosiy masalalardan biri bo'lib kelmoqda. Ushbu sababdan maktabgacha ta'lim tashkilotlarida tarbiyalanayotgan yosh bolalar qatlamining salomatlik holatini saqlash va mustaxkamlash respublikamizning tibbiyot sohasidagi tashkilotlari oldidagi muhim vazifalardan biri hisoblanadi. Tadqiqotdan maqsad barcha maktabgacha ta'lim tashkiloti tarbiyalanuvchilarining salomatlik holatini o'rganish va gigiyenik jihatdan tahlil qilish.*

***Materiallar va usullari.*** *Maktabgacha yoshdagi bolalarning kasallanish ma'lumotlari 026 shakldagi shaxsiy kartalar natijalari va murojaatlar soni asosida tahlil qilindi.*

***Xulosa:*** *Hozirga kunga kelib yosh bolalar o'rtasida o'tkir respirator infeksiyalar juda yuqori ko'rsatkichni egallamoqda. Yosh organizmlarni sovuq ob havodan saqlash, shamollashlarini oldini olish, sog'lom ovqatlantirish, jismoniy mashqlar bilan shug'ullantirish kabi vazifalarni sanitariya qoidalariga bo'y sungan holda bajarish orqali bolalarning kasalliklarga chalinishini oldini olishga turtki bo'ladi.*

***Kalit so'zlar:*** *Sog'liqni saqlash, gepatit A, O'RI, bolalar va o'smirlar, maktabgacha ta'lim.*

## ГИГИЕНИЧЕСКИЙ АНАЛИЗ СОСТОЯНИЯ ЗДОРОВЬЯ ДЕТЕЙ ДОШКОЛЬНОГО ВОЗРАСТА

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***Цель исследования.*** *Состояние здоровья — это в основном состояние нормального уровня развития ребенка в физическом, умственном, духовном и духовном плане, оптимальном для его пола, возраста. Наблюдение, изучение состояния здоровья слоев детей и подростков по сей день остается одним из основных вопросов. По этой причине сохранение и укрепление здоровья детей младшего возраста, воспитывающихся в дошкольных образовательных организациях, является одной из важнейших задач, стоящих перед медицинскими организациями республики. Целью исследования является изучение и гигиенический анализ состояния здоровья всех воспитанников дошкольной образовательной организации.*

***Материалы и методы.*** *Данные о заболеваемости детей дошкольного возраста анализировались на основании результатов личных карточек по форме 026 и количества обращений.*

***Вывод:*** *на сегодняшний день острые респираторные инфекции среди маленьких детей занимают очень высокое место. Такие задачи, как защита молодых организмов от холода, предотвращение простудных заболеваний, здоровое питание, физические упражнения, будут способствовать предотвращению заражения детей болезнями с соблюдением санитарных норм.*

***Ключевые слова:*** *Здравоохранение, гепатит А, ОРИ, дети и подростки, дошкольное образование.*

**Relevance of the topic:** Today, the functional changes in the health status of the growing organism are increasing every year, one of the main reasons for which is identified as inadequate organization of the agenda, insufficient physical education and irregular diet.

Despite the widespread implementation in recent years of measures aimed at protecting the health status of children and adolescents, reducing the incidence of diseases and improving their physical development, the incidence of some diseases among children and adolescents living in our country remains high [1,2,3,4].

**Purpose of the study:** A state of Health is a normal level of development of a child, mainly in the sexual, age– appropriate way, physically, mentally, mentally and spiritually. To do an interview about the state of health of the children and adolescents layer, learning has been one of the main issues to this day. For this reason, maintaining and improving the state of health of the layer of young children raised in preschool educational organizations is one of the important tasks of the organizations of our republic in the field of Medicine. The purpose of the study is to study and hygienically analyze the health status of all preschoolers.

**Materials and methods.** Morbidity data of preschool children was analyzed based on the results of personal cards 026 forms and the number of appeals. The incidence data were studied and analyzed according to the "International Statistical Classification of Diseases and Problems Related to Health" (MKB-10). Their health status and morbidity rates were studied in family hospitals where they lived.

**Results.** In connection with the transition of the market economy, the opening of small sectors, the disruption of the agenda among children in preschool educational institutions, the violation of the nutritional culture, the lack of various vitamins in the diet, especially vitamins of group A and B, the number of diseases is increasing day by day [8]. This entails a deviation of the patterns of growth and development of preschool children, specific changes in the educational system. In recent years, the number of children born as a result of $H_1N_1$ influenza, AIDS and its consequences has been increasing day by day [5,6,7].

One of the reasons for the sharp increase in the number of appeals among children of preschool education age during the inspection was the failure of the children's agenda and its main components or non-compliance in preschool education institutions and at home, low level and quality of vaccination of children, improper nutrition, decreased level of physical fitness So.

Medical care in preschool education is provided by the specialized family hospital of Uchtepa district of Tashkent.

Their annual work plan is in place and approved.

The order of the book is carried out on the basis of the following documents.

Children's developmental history; children's personal card of children; physical development assessment; Journal of Anthropometric Investigations; Journal of the Committee on Sanitary, Epidemiological Well-being and Public Health Visit of the Physician; Notebook of restoring the quality of products; Notebook of quality reinstatement of raw products; quality return book of cooked products; a book of recurrence of infectious diseases; somatic disease recurrence; a book confirming the medical examination of employees; vaccination case reentry book; Return book of first aid equipment; Notebook for handling humanitarian aid supplies

The level of prevalence of infectious diseases in the preschool educational institution No. 20 of Uchtepa district of Tashkent city is shown in Table 1-2.

***Table 1.***

**Prevalence of infectious diseases in individual cases, % (430 total checked)**

| Number of diseases | Absolute number | % Ratio |
|---|---|---|
| Hepatitis A | 1 | 0,2% |
| ARI | 14 | 3,25% |
| Total | 15 | 3,48% |

As can be seen from Table 1, the incidence rate of children of supervised preschool age with infectious diseases was 3.48%. Of these, the incidence of hepatitis A type was 0.2%, and the incidence of ARI was 3.25%. When we take this into account for 100% of common infectious diseases, it turns out that the ARI accounted for 6.6%, 93.3%.

And among children of supervised preschool age, the incidence of somatic diseases is shown in Table 2.

As can be seen from Table 2, the hygienic analysis of the prevalence of chronic diseases among children in preschool education showed that among children diseases of the respiratory system took the first place, ARI took the first place, the disease of brochitis took the 2nd place, the catarrhal angina took the 3rd place, and the 4th place was occupied by allergic diseases.

It turned out that the second place was taken by allergic diseases and the 5th place. It has been found that the prevalence of these diseases is generally higher than that of other diseases.

*Table 2.*

**The incidence rate with somatic diseases**
**Total number of examined children - 430**

| № | Name of diseases | Abs | % |
|---|---|---|---|
| 1 | ARI | 99 | 60,31% |
| 2 | Chronic tonsillitis | 22 | 3,17% |
| 3 | Bronchitis | 114 | 16,47% |
| 4 | Conjuctivitis | 5 | 0,72% |
| 5 | Streptoderma | 8 | 1,15% |
| 6 | Otitis | 3 | 0,62% |
| 7 | Allergic diseases | 25 | 3,6% |
| 8 | Surgical diseases | 14 | 2,02% |
| 9 | Orthopedic diseases | 10 | 1,44% |
| 10 | Catarrhal angina | 73 | 10,5% |
| | Total | 692 | 100 |

**Conclusion.** The prevalence rate of preschool children with infectious diseases was 3.48%, of which the incidence rate with hepatitis A type was 0.2%. It was found that among children in preschool education, diseases of the respiratory system from chronic diseases took the first place, that is, ARI took the first place, brochit disease took the 2nd place, catarrhal angina took the 3rd place, and allergic diseases took the 4th place.

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