

# IMPACT OF CLIMATE CHANGE ON HUMAN HEALTH AND WAYS TO MITIGATE IT

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**Abstract:** *The development of mankind and the achievements achieved during its development are directly related to the social condition and health of the population. During the development of the society, the climate change and the increasing level of environmental pollution have a negative impact on people's life activities and lead to the increase of various diseases. From this point of view, the analysis of the problems related to the public health of climate change is the main issue.*

**Key words:** *Natural and ecological conditions, climate, spread laws of diseases.*

**Introduction.** When we talk about the impact of climate change on human health, it should be noted that the study of the population's health in connection with only natural environmental factors cannot ensure that the issue is fully manifested in the current period, the social environment, or The noosphere is merging with the natural environment in a unique way, and the areas that have completely preserved their naturalness are decreasing. Man's man-made influence is also reaching areas of the globe that are inhospitable for human habitation. By in-depth study of scientific fields in solving issues related to public health, we are studying various diseases based on the natural, economic and ecological conditions of the regions, identifying the most common regions and their specific distribution patterns. We can cite as examples A.S. Soliyev, H.T. Tursunov, N.Q. Komilova, A.K. Ravshanov, scientists who conducted scientific research on the geographical spread of diseases among the population in the territory of Uzbekistan and the impact of climate change on the health of the population, the causes of the origin of diseases, the characteristics of the distribution areas.

**Research methodology.** The article is published on the causes of climate change, the impact of climate change on public health, the comparison and analysis of climate change by region with the help of research, the comparative analysis of scientific literature, and the protection of ecology and the environment. analysis of scientific literature is used. Nowadays, the main factors of climate change are the cold attitude of mankind to nature. For example: The release of a lot of harmful waste into nature by only industrialized countries affects the climate of developed and developing countries as well. This, in turn, affects the spread of various diseases among the population living in these areas. We can mention anthropogenic factors for climate change in the Zarafshan region of our country. Geo-ecological problems, which are steadily developing in the region, and their negative consequences on living organisms,



as well as agricultural products, human health, and human health are caused by geo-ecological problems.

In particular, a disease is a pathological process that occurs when the body is affected by harmful factors of the external or internal environment. The concept of disease has changed throughout the history of medicine. External environmental factors play a leading role in the emergence of the disease, because they can directly affect the body and change its internal characteristics.

According to Decree No. PF-5590 of the President of the Republic of Uzbekistan dated December 7, 2018 "On comprehensive measures to fundamentally improve the healthcare system of the Republic of Uzbekistan": in 2019-2022 The adoption of the concept of prevention of non-communicable diseases, support of healthy lifestyle of the population and increase of physical activity level is considered one of the great attentions paid to the health of the population in our country. Nowadays, at a time when the influence of humanity on nature, based on the achievements of science and technology, has become extremely strong, preserving nature and its ecological balance is one of the most important problems. Therefore, educating the future generation as ecologically literate and mature people, in this regard, requires the formation of ecological understanding in the minds of young people. As a result of not properly understanding the balance of nature, man is causing extreme deterioration of the natural state of the environment in which he lives. It should be noted that every person must observe the place where he lives and fully study its history, composition, organic and mineral components.

The violation of the above reasons between nature and society causes various environmental conflicts. Atmospheric air pollution with waste is developing rapidly. Atmospheric air pollution with harmful gases, dust, soot, fog, in turn, causes allergies, pneumonia, bronchial asthma and cancer in people.

For example: the most polluting source of air in our country is car transport. They contain lead compounds that poison all living creatures. In recent years, attention has been paid to the further development of machine-building, energy, chemical, gas, construction and food industry, transport complex in the Republic of Uzbekistan. However, the development of productive forces has a certain negative impact on the state of the social and ecological system.

To avoid this:

1. Solving the problems of nature protection in regions where large regional industrial complexes are located;
2. Solving environmental problems in the agro-industrial complex;
3. Avoid pollution of natural waters with industrial waste and harmful mineral fertilizers;
4. Taking measures to protect flora and fauna;

In solving the above-mentioned issues, in order to preserve the ecological balance in our country, one of the main issues is the deep and comprehensive study of the



scientific bases of environmental education, upbringing and nature protection, as well as the analysis of the causes and laws of climate phenomena as a result of human activity.

**Conclusion.** As the consciousness of mankind develops, attention is paid to the further development of mechanical engineering, energy, chemistry, gas, construction and food industry, transport, agricultural complexes, and in turn, water and soil, which are important for mankind. , the air, animal world, and perhaps the flora should try to reduce the impact factors, as well as to provide insights on reducing the impact measures that cause climate change.

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