

**LEGAL BASIS OF ORGANIZING A HEALTHY LIFESTYLE OF THE
POPULATION IN UZBEKISTAN.**

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It is known that the legal basis of the organization of a healthy lifestyle of the population is already a relatively new branch of law in the world. It has become a component of the legal system of many countries and the legal culture of the population. International standards in the field of health were first established in the Charter (Constitution) of the World Health Organization (WHO), which defines the main goal of the WHO as "Achieving the highest possible level of health for all peoples". Therefore, the Code of Public Health adopted in the Republic of Uzbekistan also has great importance.

Today, the legal basis of the organization of the population's lifestyle is the only legal unit in the world, characterized by the unity of its institutions, and unites the norms of various spheres of law into a single system of law. In this regard, the legal basis of the organization of the lifestyle of the population is a complex legal network that regulates social relations, the main purpose of which is to create an opportunity to maximally improve the health of people who have a special place in the legal system. In improving citizens' health on a legal basis, the socio-legal relations of medicine and law have a wider scope than the relations within the framework of one state, due to the specificity, that is, the uniqueness of medicine. For example, when an epidemic or pandemic occurs, it is impossible for one country to regulate this problem. Then, in the implementation of legal relations in the field of medical law, interstate international-legal relations arise with the participation and cooperation of international law subjects such as states, international intergovernmental organizations and some international non-governmental organizations.

Their work is primarily aimed at improving global health and maximizing the highest level of human health. Accordingly, such legal relations need to be regulated by a new branch of international law - international medical law, leaving the scope of national medical law. It is worth noting that nowadays international medical law norms influence the formation and development of national medical law norms of the countries, and great attention is paid to the legal foundations of the organization of healthy lifestyle in the countries of the world.

Before talking about the right of people and its importance, it is important to study in detail the "right to health", one of the comprehensive inalienable human rights related to various factors aimed at ensuring a healthy life[1]. "Right to health" includes safe drinking water, safe and quality food, safe and quality food, comfortable housing, working conditions that comply with health standards, clean and healthy environment, health education and awareness, gender includes equality rights and other freedoms (for example, not to be subjected to medical intervention without the patient's consent, the right to be free from torture, etc.). It is noteworthy that almost all the rights of the right to health are reflected in the goals of sustainable development. Uzbekistan is a multinational country. We will have to organize our national development in such a way that it does not suppress the actions and freedom of others. [2]

Accordingly, the right to health is the main institution of international medical law. It is known that the human right to health is recognized in many international treaties. From the end of the 19th century, there was a movement to recognize economic, social and cultural rights, and as a result of these efforts, the first health laws were adopted in this century. In the 20th century - the right to health is recognized as a human right. Until the 19th century, scientists and official documents rarely mentioned the right to health. However, the sense of responsibility of the state or at least society for the health of its citizens was manifested even in the oldest civilizations. Since ancient times, the authorities have taken measures to improve public health. The summation of such actions of society is usually referred to as "public health". Even, sometimes in modern scientific literature, the concept of "right to health" and "international right to health" is often used.

The most rapid development of social and cultural rights began after the Second World War. These rights are enshrined in various international treaties and declarations, as well as in national constitutions adopted at that time. The recognition of health as a socio-economic human right began in 1945 at the United Nations Conference on International Order held in San Francisco. In the Memorandum presented by the Brazilian delegation at this conference, Spellman (Archbishop of New York) was reflected as follows: "one of the pillars of the medical world". [3] Based on this Memorandum, Article 55 of the UN Charter states that "the UN must contribute to solving international economic and social problems, as well as problems related to human health". has its own characteristics. Their identification and analysis was the purpose of this work. It is not only a theoretical study, but also of practical importance. This consists, firstly, in avoiding conflicts as much as possible, if they occur, how to behave in this situation, knowing how to solve them, and secondly, in activating the positive function of conflict. [4]

To this day, many differences have arisen around the exact meaning and definition of the right to health. Therefore, it is desirable to expand the scope of work

in this field. Human health is the most important factor of all. In our country, work is being done within the framework of state programs to create a healthy lifestyle for citizens. Our goal is to organize a healthy lifestyle for our citizens.

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