
Social Policy of Uzbekistan on Health Protection of the Younger Generation

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Annotation: This article examines Uzbekistan's social policy for preserving the health of the younger generation. It describes government measures aimed at developing school health care, physical education, and healthy nutrition. It also highlights the role of families and educational institutions in fostering a healthy culture in children. The importance of implementing health-promoting technologies in schools is emphasized. The study is based on the work of Uzbek and Russian scholars.

Keywords: health, social protection, politics, republic, programs.

The health of the younger generation is the most important foundation for the sustainable development of any state. The health of children and young people determines not only the physical, but also the intellectual, spiritual, and cultural strength of a nation [1]. In Uzbekistan, special attention is paid to children's health: state policy is based on the principles of humanism, social justice, and access to healthcare for all. President of the Republic of Uzbekistan Shavkat Mirziyoyev has repeatedly emphasized: "A healthy generation is the foundation of a strong state. Caring for the health of young people is our primary responsibility." These words formed the basis for the development of several state programs aimed at improving the health of schoolchildren, students, and all young people in the country.

In modern society, the issue of preserving the health of the younger generation is particularly important, as young people form the foundation of the future state. With rapidly advancing technology, increasing academic workloads, and growing environmental and social challenges, the health of children and adolescents is becoming vulnerable. Therefore, developing a health-preservation system is one of the key objectives of Uzbekistan's state social policy. Currently, there is an increase in chronic diseases among schoolchildren, a decline in physical activity, and an increase in stress. These factors directly impact academic performance, emotional well-being, and the future quality of life of the younger generation.

In this regard, the government is actively implementing programs aimed at disease prevention and improving the physical and mental health of children. Among these is the "New Uzbekistan 2030" Development Strategy, one of whose priorities is "A Healthy Nation." The document notes that by 2030, the government plans to reduce the incidence of chronic diseases among young people, develop sports infrastructure, and introduce health-promoting technologies into the education system.

Furthermore, the State Program for Healthcare Development for 2022–2026 aims to modernize medical institutions, improve the quality of school medicine, and implement preventive measures. The National

Program "Healthy Generation of Uzbekistan" is also being implemented, which includes medical examinations for children, lectures on healthy eating, and sports and educational events [2].

The "Healthy School - Healthy Future" project combines the efforts of the Ministry of Health and the Ministry of Public Education to create conditions in schools for adequate rest, physical activity, and psychological well-being for children. On May 8, President of the Republic of Uzbekistan Shavkat Mirziyoyev signed a decree approving the Concept for the Development of the Preschool Education System until 2030 and approved a roadmap for its implementation in 2019 [3]. A statement about this was posted on the website of the Ministry of Preschool Education (VP).

The concept defines the goals, objectives, priorities, and stages of preschool education development in the medium and long term. The document addresses issues such as the shortage of qualified teaching staff, overcrowding in public preschool institutions, inadequate material and technical support, and the low availability of teaching and methodological materials. The goal is to increase preschool enrollment from the current 38.1% to 80.8% by 2030. The concept will be implemented in stages: annually, by December 1, the Ministry of Preschool Education, based on an analysis of the year's results, will develop and submit a draft roadmap for the following year to the Cabinet of Ministers.

The role of school and family is crucial in shaping the health of the younger generation. They create the fundamental conditions in which children learn to care for themselves, appreciate their health, and lead a healthy lifestyle [4]. In Uzbekistan, the health-preserving policies of educational institutions are aimed not only at imparting knowledge but also at maintaining the physical, mental, and social well-being of schoolchildren, including those with special needs. Special educational conditions are created for deaf and hard-of-hearing children. In particular, the country has pedagogical centers for the deaf, where education is tailored to the individual needs of students. Alternative communication methods are used: sign language, visual aids, speech therapy exercises, as well as specialized programs for speech and auditory perception development.

The family is the first school of health, as parents, by their own example, instill in their children the habit of self-care, maintaining a daily routine, eating right, engaging in physical activity, and maintaining mental balance. For deaf children, the family plays a particularly important role: it is at home that children acquire their first communication skills and experience love and acceptance. Parents must actively collaborate with the school and specialists—teachers of the deaf, speech therapists, and psychologists. In this context, the republic has set a future goal: to open a support and development center for children with hearing impairments, offering various clubs, practical classes, massages, and other programs aimed at improving their health and all-round development. Physical education will be an important part of the center's activities, promoting physical strength, developing motor coordination, and increasing self-confidence.

The health of the younger generation cannot be considered outside the context of ecology. Scientists emphasize that water, air, and soil pollution are more harmful to children than to adults. In this regard, the government is actively implementing environmental initiatives, including the Green Initiative of Uzbekistan program. President Shavkat Mirziyoyev has repeatedly noted that responsibility for the future of the planet lies not only with developed countries but also with states with emerging economies. At the UN General Assembly (2023), he stated: "At this critical historical moment, we must all consider what kind of planet we will leave to future generations" [5].

This appeal aims to mobilize the international community and simultaneously reflects Uzbekistan's internal transformation—a commitment to sustainable development, resource conservation, and climate justice. In this regard, the President of the Republic of Uzbekistan has proposed a number of science-based initiatives supporting global health and environmental goals. Many scientists from Uzbekistan and other countries have dedicated their research to preserving the health of the younger generation.

Thus, Uzbek scientist and Doctor of Medical Sciences Oral Ataniyazova notes: "A child's health is the result of the interaction of biological, environmental, and social factors. Only with the participation of

family, school, and the state can a healthy generation be raised." Scientist V. F. Bazarny developed the concept of "health-preserving education," which involves caring for the physical and mental well-being of schoolchildren. This system is being successfully implemented in schools in Uzbekistan [6]. The country's current social policy is aimed at nurturing healthy, physically and spiritually developed youth.

The state's most important task is not only to treat illnesses but also to prevent them by creating conditions for the harmonious development of children. Scientists from around the world agree that health is not simply the absence of disease, but a state of harmony between body, soul, and mind. Therefore, the effectiveness of health promotion policies depends on the joint efforts of the state, families, schools, and society. Only through their collaboration can the younger generation become truly strong, educated, and happy—the foundation of Uzbekistan's future.

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