

## THE IMPACT OF MODERN URBAN ENVIRONMENT AND ARCHITECTURE ON POPULATION HEALTH AND ITS ROLE IN FORMING A HEALTHY LIFESTYLE

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**Annotation:** This article discusses the formation of a modern urban environment, modern urban architecture, and as a result, the creation of a healthy urban environment and a healthy lifestyle, from the perspective that these are the most urgent issues today and that such plans cannot be postponed, and provides suggestions and conclusions on some problems and their solutions.

**Keywords:** Urbanization, transport, smart city, communication, Renaissance, the Age of Enlightenment, ecology, infrastructure, parks, greenery, urban planning.

### Input

Today, the formation of the modern urban environment is directly related to the processes of urbanization and technological development. At the same time, these processes are changing not only the appearance of cities, but also the lifestyle and life activities of citizens. In developed countries, these processes are rapidly developing based on the demand of the population. There are several factors influencing the modern urban environment, including:

- 1. Urban infrastructure and the transport system** must be effective and developed for the infrastructure of modern cities. This, in turn, requires improvement of the transport system within the city. An important place in the formation of modern cities is occupied by a system of public transport, bicycle paths, pedestrian walkways, and infrastructure for cars. These systems facilitate the movement of the population and are an important factor in the environmentally clean and sustainable development of the city.
- 2. Improving the quality of the living environment in cities** - modern cities should be designed to create a healthy lifestyle for people. For this, one of the main requirements of our time must be the construction of strong, comfortable, and beautiful living spaces, a green natural environment, parks, gardens, and natural resources for recreation, preservation and protection of the purity of water and air. Also, promising plans for environmental cleanliness and energy efficiency of the urban environment play an important role in improving the quality of the living environment.
- 3. Urban architecture and design** - must correspond to modern needs and lifestyle. The use of energy-saving technologies in new projects and buildings, in particular, the consumption of solar and wind energy, as well as the use of modern building materials, is of great importance. Architecture does not limit itself to buildings, but shows the need to develop proposals for the aesthetic development of the city, without harming the natural environment, and adaptation.
- 4. Urban equipment and technologies**, as well as smart cities, are being adapted to modernize the technology of modern cities and implement modern innovations. "Smart city" concepts are being developed - these processes play an important role in the more effective organization of management of various sectors of urban transport, energy, healthcare, and other systems through the integration of information and communication technologies. Such cities include digital infrastructure and advanced technologies to make them convenient and safe for people.
- 5. Social equality and amenities** in the regions should be formed taking into account the needs of all population groups in a modern urban environment. This, in turn, means an equal and fair

distribution of various infrastructure services, affordable and high-quality housing, as well as high levels of social services, education, healthcare, spirituality, and culture.

6. Sahar ecological sustainability is one of the main principles of the modern urban environment. Cities need to be environmentally clean, tidy, clean, have clean air, support recycling systems, regulate ways to save natural resources and reduce waste processing.

7. Promoting a healthy lifestyle in cities determines the importance of creating conditions for sports facilities, healthy nutrition, and active social life in a modern urban environment. This serves to improve the physical and mental health of the population of cities. When creating a modern urban environment, it is necessary to take these factors into account together, since they connect various areas of the city and serve to create a comfortable and stable living environment for the population. In the development of cities, the harmony of ecological cleanliness, technologies, architecture, and social equality is of great importance for cities.

Current problems in the city and finding architectural solutions to them. Currently, cities are developing rapidly in all directions. The construction of high-rise buildings in cities, on the one hand, enhances the appearance and beauty of the city, and on the other hand, causes a number of serious problems. As a result of the sharp increase in immigrants to the city from various surrounding areas, the city's population is rapidly growing. With the growth of the city's population, the construction of multi-story buildings is increasing, which leads to a shortage of resources, traffic congestion, and various social and economic problems. If we pay attention to the history of the formation of cities, we will first see that markets and residential buildings, public buildings, administrative buildings, and recreation parks were created around them.

Later, we can observe the construction of huge buildings and structures, especially during the Renaissance period of architecture, from the 9th to the 15th centuries. Construction in those times had very little harm to nature in general, and large buildings and structures were surrounded by trees, water bodies, and gardens three to four times larger than the construction areas. It is regrettable that currently, due to the lack of green spaces around construction sites, or their reduction, or the felling and destruction of trees, urban areas are becoming desertified. These processes contribute to the deterioration of the ecological situation in cities and the pollution of the atmosphere.

To ensure environmental stability and improve the socio-economic infrastructure of cities, it is advisable to drastically reduce the construction of dense multi-story buildings in cities and increase green areas and parks. No matter what buildings and structures are built in the city, serious attention should be paid to creating gardens and green spaces around them.

**Conclusions:** as a result of the sharp increase in construction processes in cities, if we do not approach the current situation with indifference or responsibility, it can lead to serious problems, namely environmental pollution and damage to urban infrastructure. If we don't pay attention to these issues now or make beneficial plans, it will be too late later. I believe that paying special attention to these aspects of urban development and working on promising new modern plans will have a great impact on extending the future life of our cities and improve advanced urban planning techniques and technologies.

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