



STUDY AND ANALYSIS OF FACTORS AFFECTING HEALTH

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ANNOTATION

This article examines the major determinants of health, including biological, social, environmental, and lifestyle-related factors. The study analyzes their interrelationship and impact on individual and public health outcomes based on scientific literature. Furthermore, the role of the healthcare system and preventive strategies in strengthening population health is discussed. The findings indicate that health is a multifactorial concept requiring a comprehensive and interdisciplinary approach.

Keyword

health determinants, lifestyle, prevention, environmental factors, social environment, healthcare system.

Introduction

Health is defined as a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity. This definition was proposed by the World Health Organization and remains the foundation of modern global health policy.

In contemporary medicine, factors influencing health are referred to as “determinants of health.” These determinants encompass biological, behavioral, environmental, social, and economic components that shape health status throughout the lifespan.

Aim and Objectives

Aim

To study and scientifically analyze the major factors affecting health and to evaluate their interrelationship in improving public health outcomes.

Objectives

- To systematize the main determinants of health
- To analyze biological and social influences on health
- To assess the impact of lifestyle factors
- To evaluate the effectiveness of preventive strategies

Research Methods

The study is based on:

- Review and analysis of scientific literature
- Comparative and systematic analysis
- Evaluation of public health indicators
- Synthesis of international health policy documents

Main Part

1. Biological Factors

Biological determinants include age, sex, genetic predisposition, and immune system status. Genetic susceptibility plays a significant role in the development of chronic diseases such as cardiovascular disorders, diabetes, and certain cancers. Aging is also associated with increased vulnerability to non-communicable diseases.

2. Lifestyle Factors

Lifestyle is considered one of the most influential determinants of health. Research indicates that approximately 50–55% of health outcomes depend on individual behavior and lifestyle choices.



Key components include:

- Balanced nutrition
- Regular physical activity
- Avoidance of tobacco and excessive alcohol consumption
- Adequate sleep
- Effective stress management



Unhealthy lifestyles significantly increase the risk of cardiovascular diseases, obesity, diabetes, and cancer.

3. Social and Economic Factors

Social determinants of health include:

- Education level
- Income
- Employment conditions
- Family environment
- Access to healthcare services

Individuals living in disadvantaged socio-economic conditions experience higher morbidity and mortality rates. Social inequality directly affects health equity.

4. Environmental Factors

Environmental conditions strongly influence public health. Air pollution contributes to respiratory and cardiovascular diseases. Contaminated water and soil increase the risk of infectious and toxicological disorders. Conversely, clean and safe environments promote well-being and longevity.



5. Role of the Healthcare System

The healthcare system plays a crucial role in disease prevention, early diagnosis, and treatment. Preventive care is generally classified into three levels:

1. Primary prevention – Preventing disease occurrence



2. Secondary prevention – Early detection and intervention
3. Tertiary prevention – Reducing complications and disability

Effective healthcare systems integrate preventive, curative, and rehabilitative services to ensure sustainable public health improvement.

Results and Discussion

The analysis demonstrates that health is a dynamic and multifactorial phenomenon. Although biological factors cannot be modified, improvements in lifestyle, environment, and social conditions significantly enhance population health outcomes.

Health promotion strategies should focus on:

- Increasing public health literacy
- Encouraging healthy behaviors
- Reducing environmental risks
- Addressing social inequalities

Conclusion

Health is determined by the complex interaction of biological, behavioral, social, and environmental factors. A comprehensive and multidisciplinary approach is essential to improve population health. Strengthening preventive measures, promoting healthy lifestyles, and ensuring equitable access to healthcare services are fundamental to sustainable development and societal well-being.

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