



THE PROBLEM OF ALCOHOL DEPENDS AND THE FIGHT AGAINST IT

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Article history:	Abstract:
Received: September 3 rd 2021 Accepted: October 4 th 2021 Published: November 28 th 2021	The negative effect of alcohol is manifested in various forms both socially and medically. The consumption of alcohol is an integral part of society even in the past, as it is now, and in the future, despite its negative consequences, it remains in the same position as it was in the past. The article analyzes the main legislation of the Republic of Uzbekistan aimed at reducing alcoholism and combating alcoholism, as well as the formation of a healthy lifestyle.

Keywords: Alcoholism, Public Policy, Alcoholism Prophylactics, Healthy Lifestyle

Despite intensive and active medical measures against alcoholism, the problem of alcoholism remains relevant all over the world. According to the World Health Organization (WHO) [16], 3,3 million people die each year as a result of alcohol consumption. All over the world, among young people aged 15-29 years to 320 thousand cases of alcohol-related deaths are recorded, accounting for 9,0% of all causes of death in this age group. Alcohol has been associated with serious social and developmental problems, including violence, neglect of children, which has led to serious consequences such as their neglect [5,7,9,10].

During the current economic conditions and health reform period, alcohol dependence is one of the most urgent medical and social problems, which leads to the emergence of various diseases, disproportionate behavior, disputable situations in the family and workplace. It is known that alcoholism and alcoholism are one of the main causes of production injuries. Among people who drink alcohol excessively, the number of deaths for various reasons is 2 - 4 times more than in the general population. The degree of death is associated not only with injuries, but also with diseases caused by excessive alcohol intake. As a result of this, in the first place, diseases of the cardiovascular and gastrointestinal systems develop. It is also caused by specific diseases of alcoholism: cirrhosis of the liver, cardiomyopathy, psycho-emotional psychoses, degradation of the individual, etc. [4,5,10].

WHO in our Republic today: according to the ranking of countries in the world in terms of alcohol consumption, an average of 2.7 liters of pure alcohol per capita is consumed. Our country occupies 137th place among 189 countries of the world in terms of

alcohol consumption per capita. Compared with the republics of the army, for example, Kazakhstan 76, Kyrgyzstan 96, Turkmenistan 107, Tajikistan 131, and China 82-th place [9].

In recent years, large-scale measures aimed at protecting the health of the population, promoting a healthy lifestyle, preventing chronic diseases are being implemented in our country. In particular, in accordance with the decree of the president of the Republic of Uzbekistan "on measures to improve the profile of non-communicable diseases, support for a healthy lifestyle and increase the level of physical activity of the population «dated December 18, 2018, PP-4063, and in accordance with this decree, the program of measures to improve the profile of non-communicable diseases,;

In accordance with the decree of the president of the Republic of Uzbekistan № PF-5590 "on measures for the radical improvement of the health care system of the Republic of Uzbekistan» dated December 7, 2018, and in accordance with this decree in 2019-2022 on the profiling of non-infectious diseases, the concept of supporting the healthy lifestyle of the population and increasing 2019 — In 2022 years, the main directions of activity on the profile of non-infectious diseases, support for a healthy lifestyle of the population and increasing the level of physical activity of the population were established.

1. Improvement of legislation in the field of profile of non-infectious diseases, support for a healthy lifestyle of the population and increasing the level of physical activity,

2.1. Issues of improving the legal framework for the establishment of additional measures to limit the



distribution and consumption of alcohol and tobacco products have been put forward.

In general, in Uzbekistan, anti-alcohol policies and rules can be considered much stronger. The current situation with the implementation of anti-alcoholic measures in Uzbekistan prohibits the sale of alcoholic beverages without excise stamps of increasing excise taxes on alcoholic beverages. Excise tax rates are increased every year on the basis of price dynamics, sales volume, inflation and other factors. Nevertheless, the average retail price for various alcoholic beverages corresponds to the bottom of the price range for countries in the WHO European region. Complex restrictions on the definition of prohibitions or advertising (in different media) include the rules for restricting the advertising of alcoholic beverages. Any advertising of alcoholic beverages, including sponsorship for events and the use of brand names for clothing, is prohibited. It is forbidden to encourage the consumption of alcohol. Alcoholic beverages can only be sold at retail outlets with a commercial license. Retail outlets are also limited; for example, they should not be located at least 500 meters from educational, sports or religious institutions. In addition, there are rules regulating the maximum number of servings of alcohol to a customer, as well as refusing to sell alcoholic beverages to intoxicated people. It is forbidden to sell alcohol to persons under the age of twenty.

Drinking alcohol was banned from the management of motor vehicles, and also checked the amount of alcohol in the blood in the units to check vigilance. Penalties for the management of motor vehicles under the influence of alcohol are very high. In particular, a fine of up to 25 times the minimum wage or a penalty of restraint of Liberty from 1 year to 3 years is imposed.

In conclusion, we can say that despite the fact that measures aimed at combating alcoholism, promoting a healthy lifestyle among the population, the problem of alcoholism remains relevant in our Republic, as in the whole world. Alcoholism and the consumption of alcohol hinder the development of any society and civilization as a whole. The social consequences of alcoholism and alcoholism are very wide and have a negative impact on many aspects of society. Medical and demographic consequences are manifested in a decrease in the level of health of the population, an increase in morbidity, premature death of the population, a violation of families and neglect of children, which in turn leads to an early surrender of children to drinking. Economic problems are associated with the loss of material resources, reduction in labor productivity, and temporary loss of

working capacity due to diseases and an increase in disability. Therefore, it is worthwhile to conduct scientific research aimed at assessing the prevalence of alcoholism in the Republic during the current economic conditions and the reform of Health, the medical and economic damage caused by alcoholism, harmful habits among the population, in particular, the development of scientific - based measures for the Prevention of the spread of alcoholism profilactics, healthy lifestyle.

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