

9-1-2020

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### Recommended Citation

Shamiev, G.U. (2020) "DEVELOPMENT TRENDS OF HEALTH CAPITAL IN UZBEKISTAN: PROBLEMS AND REALITIES," *Economics and Innovative Technologies*: Vol. 2020 : No. 5 , Article 3.

Available at: <https://uzjournals.edu.uz/iqtisodiyot/vol2020/iss5/3>

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## **DEVELOPMENT TRENDS OF HEALTH CAPITAL IN UZBEKISTAN: PROBLEMS AND REALITIES**

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**Abstract.** *The article presents the issues of health capital formation as a component of human capital, analyzed the trends of its development, identified its main features, as well as the factors which influencing to its formation. Analyzed the main indicators which are reflecting to the health capital in Uzbekistan. Based on the analysis of qualitative and quantitative parameters, a conclusion was made on the formation of health capital, which will contribute to the further economic development of the country.*

**Keywords.** *Human, health, capital, formation, development, investment, expenditure, economic growth, trends.*

### **Introduction**

Physical strength, endurance, working capacity, immunity to disease, active labor activity is necessary for every person, in any area of professional activity. Health capital is an integral part of human capital, investment in which is expressed for maintaining efficiency through reducing morbidity and increasing the productive period of life. The level of health is largely depends on the quality of health services that accompanies a person from birth to old age. Decreasing the health, morbidity, disabilities are expressed in disability. Of course, the fewer diseases are the higher level of population health and return of health care investment.

### **Literature review**

According to complexity and versatility of the concept, recognizing the need for different approaches to its research from different levels and from different spheres of life, it should be recognized that there are different definitions and interpretations of health concept which based on the target attitudes of the researcher. In international publications, health is defined as the substance of the human body, as a living system, characterized by its complete balance with the external environment and the absence of any pronounced changes associated with the disease. In the beginning of 1980s, the range of works which researched health in context of economic sciences expanded. At the same time, special attention was paid to identifying the quantitative dependence of health on the influence of socio-economic factors, the impact of the environment.

M. Baevsky believes that health is a control specific state of the human body, ensuring that it reaches its functional optimum. Health should be understood as the ability of the human body to adapt to changes in the environment, interacting with it freely, based on the biochemical, psychological and social essence of a person.[1]

V.A. Lishchuk and E.V. Mostkova understands that a health as the ability for self-preservation and self-development, health is the ability to be in together with oneself, with the natural and artificial environment.[2]

According to V. Kolbanov, human health is the changeability and length in time of natural substances of vital activity, characterized by the body's ability to perfect self-regulation, maintain homeostasis, self-preservation and self-improvement of somatic and mental status with optimal interaction of organs and systems, adequate adaptation to the changing environment (physical, biological, social), the use of reserve and compensatory mechanisms in accordance with phenotypic needs and the possibilities of performing biological and social functions, including the birth and upbringing of offspring. The absence of any of the listed signs means a partial or full burden of health. Complete loss of health is incompatible with life. [3]

Weiner believes that health is the balance of substance between the adaptive capabilities of the body and constantly changing environmental conditions. In the health problem, the concept of adaptation should be considered central. [4]

**The definition of health, formulated by World Health Organization experts,** which is considered the most acceptable and popular in the scientific world in all countries. The charter of the World Health Organization back in 1946 stated: "Health is not just the absence of disease, but a substance of physical, mental and social well-being." There is another definition: "health should be understood as a substance of complete physical, mental and social well-being, and not just as the absence of diseases or physical defects".[5]

In WHO documents and other international materials, as well as in the articles of most scientists, health is defined as a combination of three main organically interrelated components - physical, which is characterized by the ability to preserve and use the body, mental or mental health, which is determined by the ability to maintain mental balance and use mental reserves, and "social well-being" associated directly with the realization of a person, one or another social and industrial activity in everyday life.

As emphasized by Y.P. Lisitsyn and N.V. Polunina, health is a natural and lasting value in life, occupying the highest rung on the hierarchical ladder of values.[6]

M.I. Nekipelov considers health as the rhythm of the most perfect spatio-temporal and age-related adaptation to the environment that provides a person with daily work, creative and social activity and painless longevity [8].

In this regard, it is necessary to recall the conceptual provisions of Ludwig Mises that "Health, like honor, valor, fame and life itself, participate in activities both as means and as ends, but they are not taken into account in economic calculations, not sold or bought for money." [9] Human life and health are things outside the sphere of trade. But in order to acquire them, and even more so to keep them, significant costs are required, costs, including cash.

The economist of United States America Michael Grossman made a significant contribution to the development of human capital, taking into account the component of health. In his works of the 70s, the concept of health capital was developed. M.

Grossman believed that healthcare and medicine are industries which will produce "health capital". People (consumers) seeking medical care do not really want to purchase this service of help, but they want to improve their health, or get rid of the disease. In every society, based on its specificity, traditions, culture, there is a certain demand for health. Health in the understanding of M. Grossman has a double nature and can be considered as: consumer good and a means for making a profit. In its second nature that it is a constituent part of human capital, which is an object of investment. The basic premise of M. Grossman is that health can be considered as some kind of durable goods (health stock), which is necessary for the production of human capital. At the same time, the consumer needs health, not medical services. Thus, the demand for medical services is an indirect demand for health. A person in M. Grossman's model behaves like a rational investor who chooses what he is willing to sacrifice in order to preserve his health and extend his life. At the same time, the amount of investment for each individual person depends on his long-term preferences, cost estimates, etc. [10]

Health from the standpoint of economic analysis can be represented as a consumer good for which there is a demand and as an investment good, which is determined by the net value of the stream of benefits brought by this good. In particular, increasing life expectancy means adding additional periods of activity during which the individual receives income and also invests in his capital.

Thus, summarizing the above, we distinguish the following properties and signs of health: health is a multidimensional concept that reflects almost all processes occurring in society and the environment; health is a basic human need and the main condition of his life; health is an individual and social value in equal measure. They are interconnected and interdependent; health is more than just a resource like oil and gas; health is the main capital of the economy, first of all the humanistic one; health is a unique and irreplaceable concept.

Human health potential, in our opinion, is the demographic, physical, mental and socio-economic abilities and capabilities of a person, which is under certain conditions, make it possible to increase the quality and duration of life and well-being of people in the future, ensure population reproduction, increasing the GDP, intellectual and physical potential.

By the capital of health we mean the investment in a person necessary for the formation, maintenance and improvement of his health and efficiency by reducing the incidence of diseases and increasing the productive period of life. Considering that health is characterized by an independent use value outside the ability to perform labor operations, the implementation of certain economic activities, then health has a component that is not part of the health capital. The costs of health and its support affect the volume of human capital only to the extent that they prevent its physical deterioration and thereby extend its service life. The costs of health and its support affect the volume of human capital only to the extent that they prevent its physical deterioration and thereby extend its service life. They do not accumulate and, like the cost of repairing equipment, is only part of the running costs. The capital of health

should include physical strength, endurance, performance, immunity, period of work, as well as concepts such as morbidity, disability, which are combined in the term global burden of disease. Health capital largely depends on the correct organization of disease prevention and health promotion. Disease prevention is understood as a system of medical and non-medical measures aimed at reducing the risk of developing abnormalities in health and diseases, preventing or slowing down their progression, and reducing their adverse consequences, including for human activity.

### **Analysis and results**

Health is the basis of human life. Maintaining it at a high level, a person increases his ability to work, increases labor productivity and forms human capital as a whole. Health is viewed as a capital that is naturally hereditary or acquired as a result of the costs and efforts of both the person himself and society as a whole. Consequently, the production and reproduction of this type of capital requires significant costs and the diversion of funds to the detriment of current consumption, according to the economic essence, this process is investment. Health capital can be viewed both at the micro level and at the macro level. At the same time, the health of the population is formed under the influence of a number of socio-economic, ecological, natural and climatic conditions of the country.

According to the World Health Organization, human health is only 20% dependent on genetic information, 80% of human health will depend on the conditions in which he lives, how he disposes of his natural abilities, how he builds his lifestyle. The health of any person depends on four factors: heredity - 20%; environmentally friendly environment - 20% (over time, the contribution of this factor will increase); medical support - 10% (over time, the contribution of this factor will decrease); human lifestyle - 50% [11].

Heredity refers to the ability of organisms to transmit their traits and developmental characteristics to their offspring. Thanks to this ability, all living creatures retain the characteristic features of the species in their descendants. This continuity of hereditary properties is ensured by the transfer of genetic information. Thanks to heredity, a person from birth has systems that have the ability to self-regulate and maintain life. Genetic factors are determined by the information or program that a person receives from the parental chromosomes. However, it should be understood that the so-called hereditary programs are quite strongly susceptible to harmful effects from the outside. A special role here is played by the fact that genetic information passed on to a subsequent child is formed throughout the life of future parents, parents have a huge responsibility for their future offspring.

Genetic changes are sometimes associated not only with parental negligence, but ecology, social and economic difficulties, misuse of pharmacological drugs, etc. play a large role here. As a result of the influence of these factors, people develop certain gene mutations, and also a predisposition to a wide variety of diseases. Among these diseases, there is a predisposition to alcoholism, drug addiction, etc. This problem significantly

affects the capital of health. It should be noted that recently there has been an urgent need to take into account these hereditary features, which will help in the subsequent choice of profession, lifestyle, treatment of diseases and the choice of the optimal type of physical and mental stress, etc.

The way of life encompasses everyday life, work, forms of using free time, norms of people's behavior in typical situations, forms of satisfying material and spiritual needs. The way of life is the leading factor of human health; it is an integral set of features of the daily life of people, determined by: individual mental characteristics; life experience; family and local customs; living standards characteristic of a given social stratum, a given region, a given state.

Let us consider and analyze the main socio-economic factors that directly affect the formation of health capital in Uzbekistan. These factors include: population dynamics, fertility and mortality, natural population growth, demographic load ratio, dynamics of changes in the age structure, including the population of working age, morbidity, investment in health care and preventive examinations to detect diseases early stage.

Today, in all regions of Uzbekistan, even in the most remote places, new medical institutions have been built or existing hospitals have been reconstructed, which have acquired a modern look and have all the amenities. They have created opportunities for accurate diagnosis of diseases and the use of modern methods of treatment and prevention of diseases. In order to improve the mechanisms of organization and management of the healthcare system, over 160 regulatory documents have been adopted over the past three years. As a result, important changes are taking place at all levels of the health care system. Starting from primary health care and ending with specialized centers, new technologies are being introduced everywhere; the achievements of world science and medicine are widely used. These changes are based, first of all, on the Decree of the President of the Republic of Uzbekistan dated December 7, 2018 "On comprehensive measures to radically improve the health care system of the Republic of Uzbekistan" and the Resolution of the President of the Republic of Uzbekistan dated December 18, 2018 "On measures on the prevention of non-communicable diseases, support of a healthy lifestyle and increase in the level of physical activity of the population".

Uzbekistan is becoming with a growing population. In terms of its demographic potential, it is one of the largest countries in the CIS. Currently, the demographic situation of the republic is characterized by a moderately expanded population growth, which is due to the impact of the entire system of transformation of economic and social relations, as well as changes in the reproductive behavior of the population.

As of January 1, 2020, the population of Uzbekistan amounted to 33,905,242 thousand people, including 17,144.1 thousand people (50.5%) in cities, 16761.1 thousand people (49.5%) in rural areas. This happened as a result of the improvement of the registration system and the reform of the civil construction system, construction of cheap houses. The total population growth in 2020 amounted to 13297.5 thousand

people compare with 1991, increased by 64%. The average annual growth rate was 1.55%. Analysis by regions of the republic showed that in 2019 the largest population was observed in Samarkand - 11.4% (share in the total population of the republic), Fergana - 11.1%, Kashkadarya - 9.7% and Andijan - 9.2 % regions.

The dynamics of the population in Uzbekistan over the past period was characterized by changes in the birth rate, mortality and population migration. By In 2019, 815,939 births were registered, respectively, the birth rate per 1000 population was 24.5.0 ppm and compared with the same period in 2018, increased by 1.2 ppm. [12]

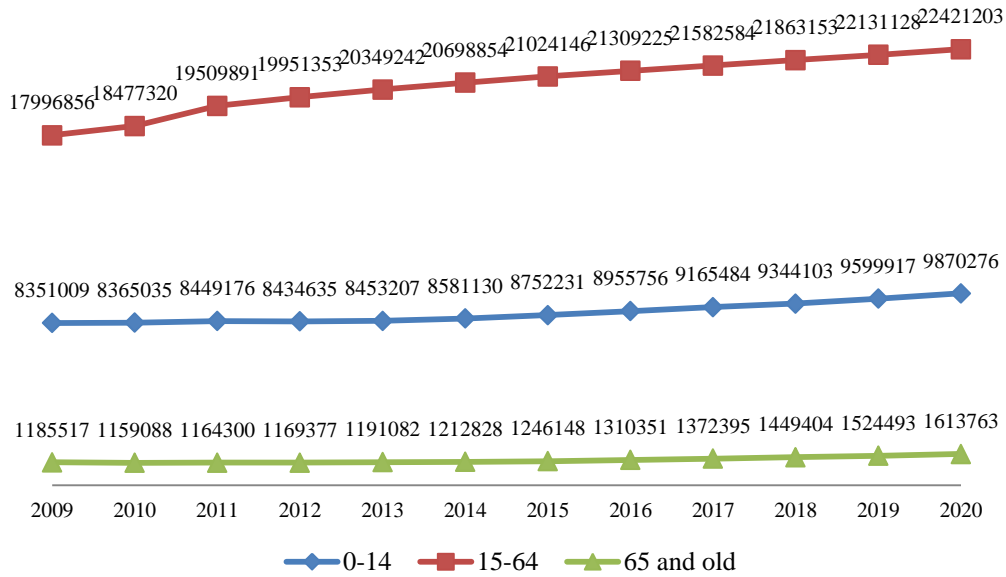
In 2019, 154.9 thousand deaths were registered, respectively, the mortality rate was 4.7 ppm and compared to 1991, decreased by 1.4 ppm.

Despite this, in general, we can say that birth rate is increasing with the stable trend. This is due to factors such as urbanization, increasing of educational and cultural level of the population, the involvement of women in production activities, a significant reduction in infant and child mortality, and the transformation of family and marriage relations.

Uzbekistan with an average life expectancy of 74.6 years, including 72.8 for men, 77.4 for women and ranks 108th in the world in 2019, increased by 3.3 years compared to 2000. If in 1990 the average age of residents was 19.6 years, then in 2019 it was 27.8 years, including 27.1 for men and 28.4 for women.

There is a change in the age structure of the population, favorable from the point of view of the ratio of demographic and economic growth, the share of the working age population is increasing, as a consequence of the high birth rate in previous years. At the beginning of 2020, the working-age population increased from 22.1 million to 22.4 million compared to the beginning of 2019. In 2019, a large group of the population of Uzbekistan - 66.1% - consisted of persons aged 15 to 64; at the age from 0 to 14 - 29.1%; elderly people 65 and older - 4.8%. The share of the working-age population in the total number decreased from 66.5% to 66.1%. In 2020, the number of children and adolescents (0-14 years old) increased from 9.6 million to 9.9 million in comparison with the previous year. At the same time, the share of this category of the population in the total number increased from 28.9% to 29.1%. The population over the working age increased from 1.5 million to 1.6 million, or 6.6%. Accordingly, their share in the total population increased from 4.6 to 4.8%. [13] (Fig 1)

Fig 1. The population age structure trends, people



Source: URL- <https://stat.uz/ru/164-ofytsyalnaia-statystyka-ru/6569-demografiya2>

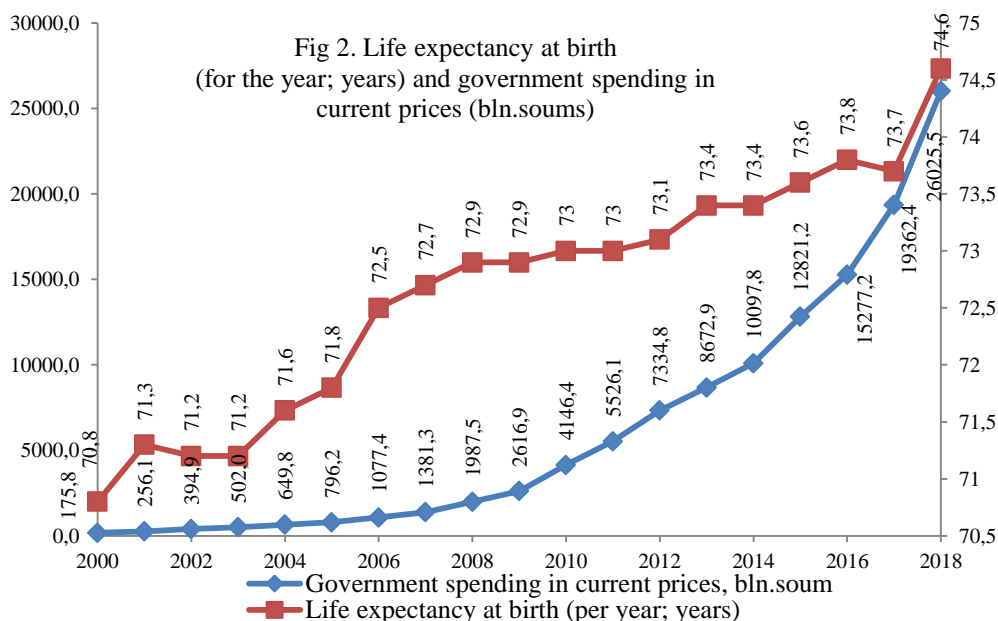
In the CIS countries in 2019, the average life expectancy in Armenia is 74.9 years, in Belarus - 74.6 years, in Kazakhstan - 73.2 years, Azerbaijan - 72.9 years, in Russia - 72.4 years, in Ukraine - 72 years old, in Uzbekistan - 72 years, in Kyrgyzstan - 71.3 years, in Tajikistan - 70.9 years, in Turkmenistan - 68.1 years. As for world statistics, the clear leaders of the tens in terms of life expectancy in 2018 are Hong Kong - 84.7 years, Japan - 84.5 years, Switzerland - 83.6 years, Singapore - 83.5 years, Australia - 83.3 years, Iceland - 82.9 years, Sweden - 82.7 years, Norway - 82.3 years, Canada - 82.3 years, Ireland - 82 years. The countries of Africa and Afghanistan have become backward, where political destabilization and military conflicts continue. [14]

In many countries, healthcare reform has provided for many years: in France - 60 years, in South Korea - 40 years, Turkey reformed its healthcare system for 10 years. In Uzbekistan, a goal has been set - to reform health care within 7 years, by 2025. [15]

For a long time, in Uzbekistan governmental expenditure amounted from 5.1% to 6.4% of GDP (Fig. 2), in the world they are at level of 8%, in developed countries - 10%. Achieving the amount of funding that ensures the sustainability of the socio-demographic situation and health capital in the country is an important task for Uzbekistan. In 2019, healthcare spending in Uzbekistan accounted for 6.4% of GDP. The country is consistently taking measures to prevent, treat and control diseases and their risk factors, reduce premature mortality and morbidity of the population. Investments are aimed at the purchase of medical equipment, express tests, medicines and personal protective equipment, as well as additional material incentives for doctors and the construction of quarantine zones and hospitals, the maintenance of citizens in these institutions. [16]



It is clear that good public health is the result of a well-thought-out and long-term health development program. Thus, good health is a guarantee of a longer life expectancy, higher labor productivity, therefore, health care costs are a profitable investment with a long-term and constantly increasing return. (Fig 2)



Source: URL- <https://stat.uz/ru/164-ofytsyalnaia-statystyka-ru/6569-demografiya2>

URL- <http://hdr.undp.org/en/data#>

Government spending on health care is directly proportional to health capital formation. A paired regression and correlation model of the impact of government spending on health capital formation shows that an increase in government spending on health will lead to an increase in health capital.

The fewer diseases, the higher the level of health of the population of the country and the return on investment in health care. However, today society is faced with problems that affect the formation of health capital.

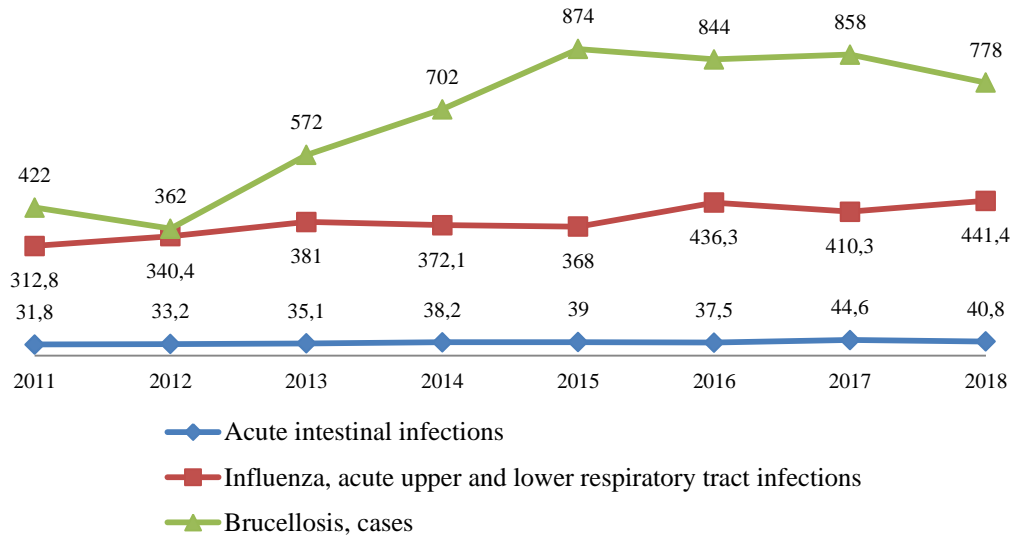
At the end of the twentieth century, the situation with such well-known diseases as plague, cholera, yellow fever worsened, more than 30 new previously unknown but dangerous diseases appeared: highly contagious hemorrhagic fevers Lassa, Ebola, Marburg; HIV infection, avian and swine flu, tuberculosis and malaria, and others. Since March 2020, the coronavirus pandemic COVID-19 has been added to this list, which has significantly reduced the level of health capital not only in Uzbekistan, but also around the world. Today, the threat of bioterrorism is real, as epidemics of infectious diseases, especially those caused by highly pathogenic pathogens, lead to severe socio-economic consequences. Another of the most pressing problems of infectious pathology is acute intestinal infections. According to the WHO, more than 4 billion cases of intestinal infections are registered annually in the world, while the incidence among children exceeds that in adults. Among the huge number of pathogens of infectious diseases, a special place belongs to viruses. WHO has declared the 21st century the century of

viruses. The most widespread diseases are influenza, hepatitis A, B, C and HIV virus, coronavirus infection. During its short historical period, HIV infection has become widespread throughout the world, has led to severe socio-economic and demographic consequences, has created a threat to personal and public safety. The peculiarities of the incidence of infectious diseases in the world determine their leading place among the causes of premature mortality and temporary disability of the population. There is a mutation of infectious agents and their resistance to chemotherapy. Despite the successes in the field of clinical medicine, the problem of infectious diseases continues to be quite complex in all countries of the world without exception [17].

Practically throughout the entire twentieth century, clinical medicine was mainly engaged in the study of infectious diseases with a typical course. At the present stage, new aspects of the problems have been identified, one of which is the establishment of the role of infectious agents in the development of chronic inflammatory diseases in humans, due to which the proportion of infectious diseases in the general structure of human pathology can reach 60-70%. Among all infectious diseases registered in Uzbekistan, influenza and acute infections of the upper respiratory tract, viral hepatitis, acute intestinal diseases, tuberculosis, HIV / AIDS, infections controlled by means of specific prophylaxis have the greatest impact to the population health. A completely different picture of infectious diseases can be traced according to statistics: in the structure of the causes of death, infectious and parasitic diseases occupy the smallest spectrum, leaving all the others ahead. The lowest average age of deaths for the class of infectious and parasitic diseases is 42.4 years for men and 39.5 years for women. Compared to diseases of the circulatory system and neoplasms, men die from various infectious diseases on average 27 and 21 years earlier. But, even with diseases of the respiratory and digestive organs, the gap in indicators reaches 20 and 10 years, respectively. It should be noted that some scientists emphasize the increase in mortality from AIDS, the victims of which are mainly people aged 30-39, which contributes to the conservation of these negative trends and negatively affects the formation of survival rates of the population, primarily at the age of labor activity. According to the World Health Organization, mortality due to infectious diseases in all countries of the world ranks first in the structure of total mortality. [18]

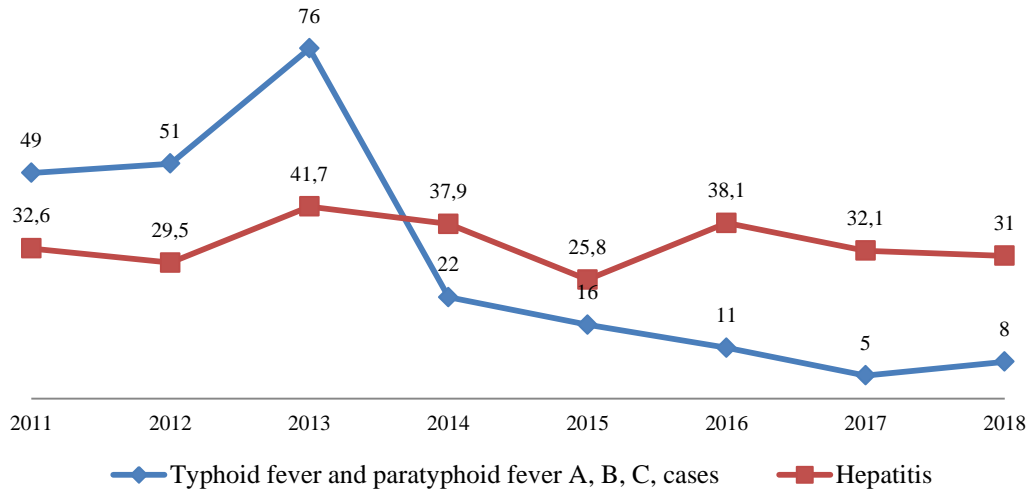
Analysis of the incidence of infectious diseases shows a downward trend, excluding carriers, influenza and acute respiratory viral infections. However, diseases of the upper respiratory tract are the most common infectious diseases (Fig. 3,4,5)

Fig 3. Morbidity of the population with infectious and parasitic diseases (number of diseases, thousand people)



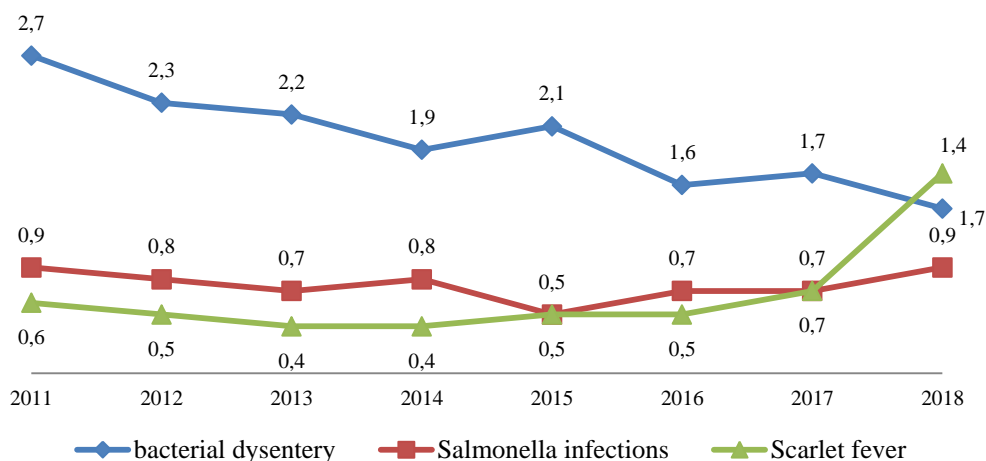
Source: URL- <https://stat.uz/ru/164-ofytsyalnaia-statystyka-ru/6569-demografiya2>

Fig4. The incidence of infectious and parasitic diseases in the population, the number of diseases, thousand people



Source: URL- <https://stat.uz/ru/164-ofytsyalnaia-statystyka-ru/6569-demografiya2>

Fig 5. The incidence of infectious and parasitic diseases in the population, the number of diseases, thousand people



Source: URL- <https://stat.uz/ru/164-ofytsyalnaia-statystyka-ru/6569-demografiya2>

In the new millennium, humanity is faced with infectious diseases that no one knew about. Plague and typhus have been replaced by dangerous viruses. Environmental change, climate warming, an increase in population density and other factors provoke their appearance, and high migration activity of the population contributes to the spread throughout the world. Truly, infections know no boundaries. According to UN forecasts, by 2050 the world's population will reach 10 billion people. This means that the processes of migration and urbanization will accelerate even more. [19]

The COVID-19 epidemic ("coronavirus disease 2019") has already gone down in history as an emergency of international importance. At the moment, the number of infected people in the world has exceeded 470 thousand people.[20] We have yet to study the characteristics of this epidemic, learn the lessons, analyze the shortcomings of ensuring the biological safety of the population. One thing is clear: new viruses will appear, this is an integral part of our world. Humanity must learn to resist these threats.

On February 11, 2020, the World Health Organization has assigned the official name of the infection caused by the new coronavirus - COVID-19 ("Coronavirus disease 2019").[21]. The first case of coronavirus infection in Uzbekistan was registered on March 15. The country has declared quarantine, the population was obliged to wear protective masks in public places. As of October 31, 2020, the number of people infected with coronavirus is 66,628, deaths - 563 (0.8%), recovered - 63,864 (95.9%), now 2201 (3.3%) people are sick. In Uzbekistan, measures are being consistently taken to prevent, treat and control this type of disease, their risk factors, and to reduce premature mortality and morbidity. [22]

Non-communicable diseases such as cancer, cardiovascular disease, diabetes and chronic respiratory diseases. Diseases such as cardiovascular disease, stroke, malignant neoplasms, chronic respiratory diseases and diabetes mellitus are the main causes of

disability and death in Uzbekistan. They are mainly associated with risk factors for high blood pressure, tobacco and alcohol use, high blood cholesterol, overweight, inadequate intake of fruits and vegetables, and low physical activity.

In 2016 alone, non-communicable diseases claimed the lives of 40 million people, accounting for 70 percent of all deaths worldwide. [23] It is known that in our country, non-communicable diseases cause 78 percent of all deaths every year. In 2017, diseases of the circulatory system (69 percent), including ischemic heart disease, arterial hypertension and their complications (myocardial infarction, cerebral stroke), occupied the first place in the overall structure of sex- and age-standardized indicators of causes of death (69 percent). They are followed by malignant neoplasms (8 percent), diabetes mellitus (3 percent) and chronic respiratory diseases (3 percent). Experts note that 31 percent of premature deaths from non-communicable diseases can be prevented or delayed by preventing risk factors and improving the organization and provision of medical care for patients with non-communicable diseases. [24]

Often, a person negatively perceives work, since it means wear and tear of the body, the expenditure of strength and energy for an unloved occupation. In fact, labor, both physical and mental, is not at all harmful, but even useful, because it is the main component of human life. Labor gives a person not only a means of subsistence, but also self-satisfaction, opportunities for the development and realization of their talents, a certain place in society, gives significance to life. However, it should be understood that this applies only to properly organized work. Indeed, in case of overstrain or overwork, it is not the labor process itself that is to blame, but its incorrect organization and regime. In the process of working, it is necessary to correctly distribute your time and effort. For many, it is no secret that the work they love is always done without stress and does not cause a feeling of fatigue, which is why it is so important to find your own profession. When performing any activity, the employee must feel comfortable. He needs a comfortable dress code and a comfortable workplace. The correct organization of the workspace makes work more productive.

Rest is one of the most important factors in improving lifestyle and building health capital. Oddly enough, but most people do not know how to properly rest. Rest after work does not mean a state of complete rest. For people engaged in mental work, during the rest period, it is advisable to go in for sports more often, and for those engaged in physical labor, it is not worthwhile to engage themselves in additional physical activity, but to develop themselves spiritually.

The external environment has a significant impact on health capital. The concept of the environment is understood as a system that is based on the interaction of various natural and anthropogenic objects and phenomena. In this interaction, in fact, there is a person's leisure, everyday life, and labor.

There is a strong relationship between human and his environment. The vital activity of people is influenced by abiotic and biotic factors, that is, we can be

influenced by various geophysical and geochemical processes, and other living organisms also have their effect.

Preservation of the environment is a concern not only on a national scale, but also on the part of each of us. Unfortunately, more than half of the population lives in an unfavorable environment, this is associated with the huge volume of emissions from industrial enterprises and road transport. Enterprises pollute lakes and rivers with oil products and various chemical components. Increasing the rate of extraction of minerals depletes natural resources, and various industrial wastes negatively affect the soil. However, the life of mankind is impossible without close interaction with the outside world. We just need a constant supply of oxygen, water and food. In addition, our body is highly dependent on certain rhythms (daily, seasonal), temperature changes, etc. Do not forget that a person is, first of all, a social being, thus, becoming an element of society is the main goal of a person in accordance with his social basis of existence.

Thus, protecting the health of the population is a social problem that to a large extent depends on the lifestyle, working conditions, housing and communal services, culture, nutrition, accessibility and quality of medical care.

### **Conclusion and recommendations**

Analysis of the health capital trends in Uzbekistan allowed making following conclusions and recommendations as below:

- current mechanism in field of health care are not effective and need for improvement;
- should be implemented the medical insurance system, also should be improved institutional regulation;
- health care financing mechanism is not stimulating the health care system development;
- in field of communicable disease, health care need modern diagnostic systems, especially in condition of pandemic COVID-19;
- diseases such as cardiovascular, stroke, malignant neoplasms, chronic respiratory diseases and diabetes mellitus are the main causes of disability and death in Uzbekistan, that's why teaching the population to healthy lifestyle, healthy diet and physical activity are very necessary;
- teaching the population to medical, sanitary and hygienic culture, main attention should be paid to the prevention, not to treatment of diseases;
- medical service prices are expensive, we have to decrease the prices through free competition;
- preparation of qualified medical staff, formation of material and technical base;
- creation of favorable living conditions and assistance in stabilizing health are becoming priority goals in modern society, in particular, providing the population with safe goods and services, improving utilities, protecting the environment, reducing the exhausting gases, industrial wastes;

- increasing the investment volume to health care system, because health capital is a national treasure, because it has a noticeable effect on the productivity of social labor, and hence on the dynamics of the economic development of society;
- human health cannot be acquired or restored in a short time. Moreover, the capital of human health accumulated over a lifetime can be instantly destroyed due to emergencies;
- the quality of health capital largely determines the lifestyle of the of human: the level of social, economic and labor activity, the degree of migratory mobility, familiarization with modern achievements of culture, art, science, technology and technology, the nature of leisure and recreation.

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