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## **HEALTH LITERACY AND HEALTHY LIFESTYLE BEHAVIOURS: THE CASE OF GULISTON CITY**

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**Abstract:** Health literacy plays a crucial role in shaping healthy lifestyle behaviours among the population. This thesis is based on an international meta-analysis examining the relationship between health literacy and healthy lifestyle behaviours. The study aims to adapt global scientific findings to the context of Guliston city. The results indicate that individuals with higher levels of health literacy are more likely to engage in regular physical activity, maintain healthy dietary habits, avoid harmful behaviors, and effectively manage stress. The findings highlight the importance of improving health education programs at the local level to promote public health.

**Keywords:** health literacy, healthy lifestyle, public health, physical activity, Guliston city

### **Introduction**

Globally, non-communicable diseases remain a leading cause of morbidity and mortality. Health literacy is recognized as a key determinant in promoting healthy lifestyle behaviours. Understanding and applying health-related information enables individuals to make informed decisions regarding nutrition, physical activity, and disease prevention. This thesis focuses on adapting international evidence to the local conditions of Guliston city.

### **Materials and Methods**

The thesis is based on the meta-analysis titled “Health literacy and healthy lifestyle behaviours”. Peer-reviewed studies were systematically reviewed and statistically analyzed to determine the association between health literacy levels and lifestyle-related behaviors.

### **Results and Discussion**

The meta-analysis demonstrates a statistically significant positive association between health literacy and healthy lifestyle behaviours. Individuals with adequate health literacy were more likely to engage in physical exercise, follow balanced diets, and avoid tobacco and alcohol consumption. In Guliston city, these findings suggest the need for targeted educational interventions, particularly among youth and students.

### **Conclusion**

Improving health literacy is an effective strategy for promoting healthy lifestyle behaviours. Implementing community-based health education programs in Guliston city can contribute to disease prevention and overall population well-being.

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