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CAUSES AND RISK FACTORS OF THE INCREASE OF HYPERTENSION
AMONG YOUTH.

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Annotation: This article analyzes the causes of the increase in hypertension among young people, risk factors, and its social and medical consequences. The study highlights the impact of hypertension on the health of young people, its connection with factors such as malnutrition, physical inactivity, stress, insomnia, and harmful habits. It also suggests ways to prevent the disease by forming a healthy lifestyle, strengthening preventive measures, and increasing medical literacy. The article substantiates the role of individual and social responsibility in maintaining the health of young people and the importance of the principles of a healthy lifestyle.

Keywords: Hypertension, youth health, arterial pressure, healthy lifestyle, prevention, physical activity, stress, malnutrition, harmful habits, medical culture.

In recent years, hypertension (persistently high blood pressure in the cardiovascular system) has been recognized as one of the most common chronic diseases in the world. According to the World Health Organization (WHO), every third adult lives with hypertension. However, the worrying fact is that while this disease was previously considered a disease of the elderly, it is now increasingly common among young people. This trend is especially noticeable in Uzbekistan and other developing countries.

Increased blood pressure in a young body is often perceived with indifference or is considered a temporary condition. However, from a medical point of view, this is a dangerous mistake, since early-onset hypertension subsequently leads to serious damage to the heart, kidneys, brain, and blood vessels of the eye. Therefore, it is necessary to study the problem of hypertension in depth not only at the clinical level, but also from a social and preventive perspective.

Today, the factors that contribute to the increase in hypertension among young people are various:

Unhealthy diet, especially excessive consumption of salt, fat and fast food;

Physical inactivity (hypodynamia) - due to dependence on computers, phones and other gadgets;

Chronic stress, pressure from study and work, social factors;

Sleep deprivation and disruption of biological rhythms;

Nicotine and alcohol consumption, the spread of these habits among young people.

The health of the younger generation is of crucial importance for the future of any society. Therefore, hypertension should be considered not only as a medical problem, but



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also as a socio-economic risk. Early onset of the disease affects the health of working-age young people and reduces economic efficiency.

Medical research shows that reversible changes occur in the body in the early stages of hypertension. Therefore, at this stage, the disease can be prevented or kept under control. From this point of view, preventive measures — a healthy lifestyle, proper nutrition, increased physical activity, maintaining psycho-emotional balance — are of particular importance.

The relevance of studying hypertension among young people is that many medical, social and economic problems begin precisely with neglect of health. A healthy cardiovascular system ensures longevity, work capacity and social activity of the younger generation.

The aim is to scientifically analyze the main causes, risk factors and ways of preventing the development of hypertension among young people. Through this, the goal is to develop effective recommendations for the prevention of hypertension, increase the medical culture of the population and promote a healthy lifestyle.

Hypertension is one of the diseases that pose the greatest threat to human health today. Its rapid spread among young people is of serious concern. Studies show that the main causes of this condition are poor nutrition, lack of physical activity, mental stress, insomnia and bad habits.

The dangerous side of hypertension is that it often does not make itself felt in the early stages. Therefore, preventive medical examinations, regular measurement of blood pressure and the formation of a healthy lifestyle among young people are one of the most important protective measures.

The main areas of prevention are as follows:

1. Proper nutrition - limiting salt, fat and sugar, eating more vegetables and fruits;
2. Physical activity - at least 30 minutes of walking or light exercise a day;
3. Stress management - rest, meditation, socially active life;
4. Giving up bad habits - completely quitting smoking and alcohol;
5. Sleep hygiene - 7-8 hours of quality sleep a day;
6. Preventive medical check-ups - getting a medical examination at least once a year.

Promoting a healthy lifestyle among young people, forming a culture of health in schools and higher educational institutions, and encouraging sports activities are the most important factors in preventing hypertension. At the same time, systematic work should be carried out to develop preventive medicine in the healthcare system, support a healthy nutrition policy, and increase medical literacy among young people.

In conclusion, the problem of hypertension among young people is not only a medical issue, but also an issue closely related to the social responsibility of the entire society. Everyone needs to feel responsible for their health and make preventive measures

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a way of life. Only then will the future generation be able to live a healthy, active and happy life.

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