

Date: 9<sup>th</sup>January-2026

## HYGIENIC RECOMMENDATIONS FOR PREVENTING RISK FACTORS IN THE DAILY ROUTINE OF PRESCHOOL-AGE CHILDREN

Nizom Jumakulovich Ermakov

Professor, Head of the Department of Children, Adolescents and Nutritional Hygiene, Tashkent State Medical University, E-mail: [n.ermatov@tashmeduni.uz](mailto:n.ermatov@tashmeduni.uz)

Berdiev Olim Dovronovich

Assistant, Department of Children, Adolescents and Nutritional Hygiene, Tashkent State Medical University. E-mail: [o.d.berdiev@tashmeduni.uz](mailto:o.d.berdiev@tashmeduni.uz)

**Relevance of the Problem.** The organism of preschool-age children is in a phase of active growth and development. Disruptions in daily routine and healthy nutrition, decreased immunity, and susceptibility to infectious diseases are observed during this period 1,2,41,2,4.

Research dedicated to the hygienic aspects of healthy nutrition in preschool children and the role of nutritional factors in the development of diseases holds particular significance.

Ensuring that preschool children receive adequate amounts of proteins, fats, carbohydrates, minerals, and vitamins for their standard growth, physical, and mental development, as well as issues related to their frequent illnesses and disrupted healthy nutrition, are considered urgent problems in the healthcare sector 1,5,6,7,81,5,6,7,8.

Rational and balanced nutrition for preschool children leads to the creation of conditions for preventing various infectious and somatic diseases, increasing work capacity, and ensuring the body's adequate adaptation to unfavorable environmental factors 2,3,4,52,3,4,5.

The aim of the research is to develop hygienic recommendations for preventing risk factors in the daily routine of preschool-age children.

Violations of hygienic factors affecting the educational and developmental conditions of 3-7 year old preschool children in state preschool institutions, namely deviations in the daily routine and its main components (hygienic requirements for learning and developmental conditions, conditions for nutrition, outdoor walks and play, adequate and sufficient sleep), non-compliance with hygienic requirements during learning, development, outdoor walks, and play, as well as changes resulting from the negative impact of helminthic diseases transmitted through sand play, create conditions for disruption of the harmonious development of preschool children.

The lack of hygienic knowledge and skills among parents leads to disrupted nutrition at home due to excessive consumption of fast food, sausage products, and sweets, which creates conditions for the development of helminthic infections. This negatively affects their physical development and mental state.

The deterioration of water quality in swimming pools creates conditions for waterborne infectious diseases.

**Date: 9<sup>th</sup>January-2026**

Despite the high proportion of milk and dairy products in the daily diet of preschool children (at least 400 grams in the daily diet), food poisoning resulting from improper preparation and storage conditions is considered one of the risk factors.

Poisoning cases arising from the storage and preparation of meat and meat products, as well as poisoning and transmission of helminthic infections resulting from improper processing of fish products, create conditions for the spread of diseases.

For preschool children, recommendations based on reducing risk factors include: the time allocated for the established eating schedule in the institution, its composition, quantitative and qualitative indicators; sufficient consumption of animal products, high-fat and quality dairy products, pure fish, rabbit meat, spicy and grain products, fruits and vegetables in the composition of children's breakfast, lunch, and dinner rations.

Simultaneously, along with shortcomings in the organization of nutrition, unfavorable microclimate, lowering of room temperature resulting in colds, anti-vaccination recommendations and untimely vaccinations, diseases developing due to epidemic situations, disruption of their harmonious development, decreased immunity, prevention of the development of chronic diseases and their complications, and elimination of excessive consumption of various colored beverages in the daily diet are considered recommendations focused on healthy nutrition, as well as one of the main risk factors in the daily routine.

#### **REFERENCES:**

1. Ermatov N. J., Akhmadhodjaeva M.M. Hygienic analysis of trace elements in the daily diet of children //Journal of Biomedicine and Practice. Tashkent. -- 2020.
2. Ermatov, N. J., Kamilova, A. Sh., Kamlov, J. Yu., & Ortikov, B. B. (2024). Hygienic analysis of the impact of helminthic diseases on children's health.
3. Shaikulov Kh. Sh., Ermatov N. J. Growth of Escherichia coli in diarrhea in children during teething //Astana Medical Journal. -- 2025. -- P. 27-31.
4. Shaikhova G. I. et al. Hygiene of children and adolescents / Textbook. -- 2004.
5. Ermatov N. J., Khusanova N. F., Zakirkhanova Sh. A. Organization and hygienic assessment of actual nutrition in preschool institutions: Methodological recommendations. -- 2012.
6. Ermatov N. J. et al. Analysis of the results of the hygienic assessment of sanitary-epidemiological safety indicators of the biologically active supplement "NUTROMIX". -- 2024.
7. Ermatov N. J. et al. Analysis of the results of the hygienic assessment of nutrition and physical development of frequently ill preschool-age children in the autumn season. -- 2024.
8. Ermatov N. J. et al. Hygienic recommendations for assessing the physical development of preschool-age children //Internauka. -- 2019. -- No. 12-2. -- P. 58-59.