

# PRIORITIES FOR FOOD SECURITY IN UZBEKISTAN

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**Abstract:** *The aim of the study is to develop scientifically based proposals and recommendations to improve the theoretical framework for food security. Based on the purpose of the study, the following tasks were identified: identification and development of internal and external threats to the full supply of food to the population, generalization of the importance of foreign experience in food security in the country, food on the basis of the analysis and generalization of the existing methodological aspects characterizing the security and the system of indicators that assess its development of methodological recommendations for the formation of a system of national and regional indicators and indicators of food safety assessment, identification of state agricultural policy and growth trends in agricultural food production, and assessment of agricultural production in terms of food security. Based on the goals and objectives of the study, the analysis of the state of food production reserves in Uzbekistan, food security and identified problems in this area, as well as conceptual recommendations for practical recommendations on ways to improve personal food consumption, food culture.*

**Key Words:** *food, system, population, sustainability.*

## 1. INTRODUCTION:

One of the most important problems in food security today is the inadequacy of the culture of personal consumption of food by the population and malnutrition. Therefore, it is important to form a culture of healthy eating. Healthy nutrition of the population in the country polluters to implement the Cabinet of Ministers of the Republic of Uzbekistan in the field of healthy nutrition of the population of the Republic of Uzbekistan on the implementation of measures to further improve On April 25, 2015, No. 102 on the surface of the decision and the decision of the Cabinet of Ministers of the Republic of Uzbekistan the years 2015-2020 " Resolution No. 251 of August 29, 2015 "On approval of the concept and a set of measures to ensure healthy nutrition of the population of the Republic of Uzbekistan for the period 2015-2020 " and "On the concept of ensuring healthy nutrition of the population of the Republic of Uzbekistan for 2015-2020" The concept of nutrition measures "is being approved and implemented. According to the "Concept of ensuring healthy nutrition of the population of the Republic of Uzbekistan for 2015-2020 », "Healthy eating is a diet that contributes to the strengthening of human health and reduction of diseases, ensuring its growth, normal development and life. Any violation of the structure of the balance of nutrition adversely affect human health, as well as one of the main factors in the loss of quality of life, " [1] as described below.

The Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On approval of the concept and a set of measures to ensure healthy nutrition of the population of the Republic of Uzbekistan for 2015-2020" dated August 29, 2015 No. 251 noted that the improvement of nutrition and diet, among other factors. In 10 years, the share of underweight children has more than halved (from 4% to 1.8%), the incidence of anemia in women has decreased by 2.5 times, resulting in an increase in life expectancy in Uzbekistan by 6.5 years (73 to 67 years). , Up to 5 years), the average life expectancy of women - 75.8 years. The study also found that in 2014, about 67.2% of the adult population consumed vegetables and fruits below the norms recommended by the World Health Organization, 37% consumed foods high in salt, and 16.4% of the adult population. showed that he was not physically active. As a result, 20.2% of the adult population is overweight and 33.9% have high blood pressure [2].

According to this decision, the Concept and a set of measures to ensure healthy nutrition of the population of the Republic of Uzbekistan for 2015-2020 are aimed at addressing the following priorities:

- Prevention of diseases associated with malnutrition and reducing their prevalence, the organization of a broad awareness campaign on healthy eating, strengthening the promotion of healthy eating;
- Improving the regulatory framework to further regulate the system of nutrition in educational and medical institutions, improving the diet of organized children's communities, the introduction of effective mechanisms to control the quality of food and food raw materials produced in Uzbekistan and imported from abroad to reach;
- Creation of conditions to meet the needs of the population for healthy eating by stimulating the production of food products in the country, especially products enriched with essential micronutrients, the creation of food products based on local raw materials, the principles of healthy eating among the population creating an environment conducive to implementation;

- Priority implementation of fundamental scientific research in the field of healthy nutrition and dietetics, aimed at studying the causes of the development of diet and nutrition-related diseases among different groups of the population [3].

The implementation of this Concept includes:

a) improvement of the regulatory framework governing relations in the field of healthy nutrition and healthy lifestyles; including: amendments and additions to the legislation aimed at expanding the range of local quality and safe food products;

b) implementation of measures aimed at improving the mechanism of providing the population with healthy food and forming a culture of healthy lifestyle, including the production of food products, including children's and dietary foods, as well as the processing of agricultural fruits and vegetables improvement of existing economic mechanisms to encourage business entities to work;

c) conducting research in the field of healthy nutrition and dietetics, including the development of iodine production on the basis of water from local raw materials - oil fields; development of scientifically based recipes for dietary foods and beverages based on local food products for children and adults;

The organization of a broad awareness campaign in the field of healthy eating and the formation of a culture of healthy lifestyles, including awareness raising among the population, especially among young people, on the health effects of healthy eating, physical activity, alcohol and tobacco consumption expand access;

d) further improving the quality of training of medical personnel, including the training of masters and clinical residents in the specialty "Dietetics" [4].

Implementation of the concept in 2020:

increase the consumption of vegetables and fruits by 15%;

reduction of salt intake by 15%;

increase the share of pregnant women, infants and children under five years of age whose diet is in line with the principles of healthy eating by 10 percent;

reduction of tobacco consumption and harmful consumption of alcohol by 10%;

expansion of healthy, safe and high-quality agricultural production of fruits, vegetables and meat and dairy products in our country;

increase the volume of cultivation, processing and sale of products low in sugar, salt, saturated and trans fatty acids;

allows to increase the share of production of products enriched with vitamins and essential minerals [5].

It should be noted that despite the implementation of this decision and the approved concept and measures in accordance with it, the problem of healthy eating remains relevant. There are cases of malnutrition and malnutrition in our country. Together with the Ministry of Health of the Republic of Uzbekistan and the World Health Organization from January 25 to February 25, 2019 held a campaign on "Take a step for a healthy life." In this regard, the Ministry of Health of the Republic of Uzbekistan reported that about half of the population is overweight due to lack of exercise and malnutrition, 46% have high cholesterol and 31% have high blood pressure. It was noted that despite the fact that vegetables and melons, fruits, grapes and berries are grown in large quantities in our country, there are not enough vegetables and melons in the daily diet of the population [6].

## 2. LITERATURE REVIEW AND PROBLEM STATEMENT:

In the context of accelerated globalization processes in the market economy and the world economic system, the scientific study of the problems of economic security, including food security, is gaining urgency. Problems of economic security in the Commonwealth of Independent States, including food security M.G. Alimjanova, A.N. Anishchenko, K.M. Bekmukhamedova, A.M. Jondarev, L.P. Goncharenko, A.A. Kaygorodtsev, A.V. Kolosov, E.N. Krylatyx, A.A. Lysochenko, V.Z. Mazlova, N.V. Mejonova, V.I. Nazarenko, E.A. Oleynikov, V.K. Senchagov, T.V. Uskova, Furs I.N. and studied in the scientific work of others. Their works detail the theoretical, methodological and practical aspects of assessing and ensuring the economic security of the country, including food security at the global, national and regional levels.

Problems of economic security in Uzbekistan, including food security O.A. Abduganiev, H.P. Abulkasimov, S.S. Bekenov, B.B. Berkinov, B.E. Mamarahimov, T.S. Rasulov, It has been studied in the scientific works of S.R.Kobilov, D.N.Saidova, T.S.Rasulov, I.B.Rustamova and others. Also, F. Nazarova and A. Mukhtorov, agrarian economists of the republic, paid special attention to the development of the agricultural sector in the context of economic liberalization and globalization. However, insufficient attention was paid to a comprehensive study of scientific, theoretical and methodological issues of food safety assessment and provision in the country, which led to the choice of this topic as a dissertation topic.

### 3. THE AIM AND OBJECTIVE S OF THE STUDY:

The aim of the study is to develop scientifically based proposals and recommendations to improve the theoretical framework for food security.

Research objectives:

- Analysis of food production reserves in Uzbekistan, the state of food security and identify problems in this area;
- Development of priorities of the state policy on food security in Uzbekistan;
- Substantiation of conceptual directions of food security in Uzbekistan.

### 4. MATERIALS AND METHODS:

A report by the Food and Agriculture Organization of the United Nations (FAO) on food insecurity in Central Asia states that nearly two million Uzbeks are malnourished, and that vitamin A deficiency affects 53 percent of children and 38 percent of adults. The situation is particularly bad in Tajikistan, where about a third of the population (2.6 million people) is malnourished. In Uzbekistan, Kyrgyzstan and Turkmenistan, the figures are 1.9 million, 400,000 and 300,000, respectively. Suffer from the disease of obesity, 14.4 percent of the population [7].

According to UN experts, people who start earning more money and end up spending more money on food and reducing physical activity are more likely to get the disease. In addition, the poorest segments of the population, who save on the purchase of quality and healthy products, also suffer from overweight [8].

The population of Central Asia also suffers from vitamin and mineral deficiencies in food - even in relatively good conditions, most children in Kazakhstan suffer from vitamin A deficiency just like adults. In Uzbekistan, this vitamin deficiency is registered in 38.4% of the adult population. But UN experts say development in the food sector has changed for the better in recent decades. In particular, in 2005-2007, 12.4% of Uzbeks were malnourished, while at present this figure is only 6.3% [9].

### 5. RESULTS OF EXPERIMENTAL STUDIES:

In January-March 2019, the research author conducted a survey among the population of Jizzakh region to study the state of nutrition. 1,500 people took part in the survey [10]. Of these, 611 (41%) were between the ages of 18-24, 546 (36.4%) were between the ages of 25-30, and 343 (22.9%) were between the ages of 31-35. Of these, 645 (43.0%) were women and 855 (57%) were men. 652 (43.5%) of the respondents have higher education, 548 (36.5%) have secondary special education, and 300 (20.0%) have general secondary education.

Responses to the survey on whether respondents have information on proper and healthy eating and whether they follow the rules of proper nutrition were answered as follows (Table 1).

**Table 1.**  
**Possession and observance of information on proper nutrition (in% of total)**

The content of the questions	Yes	No.	I can't give a definite answer
Do you have information or insights on proper and healthy eating?	47.6	24.6	27.8
Do you follow proper and healthy eating rules?	33.2	42.4	24.4
Do you have a diet?	39.3	24.6	34.1
If you have a diet, do you stick to it?	65.8	14.9	19.3

According to this table, 47.6% of respondents have information and perception of proper and healthy eating. Its rules are followed by 33.2% of respondents. However, only 39.3% of respondents have a diet. Only 65.8% of those with a diet strictly adhere to the gina regimen, while the rest do not adhere to this regimen or follow it out of necessity and circumstance [11].

Have you been able to get any information on proper and healthy eating for the last 3 months? 69.9% of respondents answered "yes". 17.5% of respondents read articles in newspapers and magazines, 12.8% on the Internet, 13.9% on television, 9.2% on radio, 16.5% in companies and educational institutions. have been It can be seen that respondents get basic information from the media. However, 34.2% of those who did not receive such information. Although there are a large number of people who have the knowledge and understanding of proper and healthy eating, many do not follow them [12].

In order to study the state of people's daily diet, "How many meals a day do you eat?" those who answered 3 times answered 62.3%, 2 times 10.8%, 1 time 2.5% (Table 2).

**Table 2. Daily nutritional status of people (in%)**

The content of the questions	1 March	2 times	3 times	Opportunity and situation	I can't give a definite answer
How many meals a day do you eat?	2.5	10.8	62.3	10.5	13.9
How many times a day do you eat hot meat?	6.3	21.6	50.2	11.0	10.9

To the question “How many times a day do you eat hot meat?”, 50.2% of respondents answered 3 times, 21.6% 2 times and 6.3% 1 time. This indicates that the proportion of people in the population who eat nutritious and wholesome food is large, but those who do not have such an opportunity accounted for 27.9% of those surveyed.

Respondents' questions on milk and dairy products, vegetables and melons, fruits and berries, as well as grapes were answered as follows (see Table 3).

**Table 3. Information on the status of consumption of some important types of products**

The content of the questions	Yes	Including		I can't give a definite answer
		regular	irregular, depending on the opportunity	
Do you consume milk and dairy products?	90.8	60.4	30.4	9.2
Do you eat vegetables and melons?	87.2	54.8	32.4	12.8
Do you eat fruits and berries?	91.8	55.3	36.5	8.2
Do you eat grapes?	83.7	31.1	52.6	22.3

As can be seen from Table 3, the majority of the population consumes the above products. But those who consume them irregularly, whenever possible, make up the majority. Despite the fact that the role and importance of these products in maintaining the health of the population is invaluable and their production is increasing, their share in the diet of people is not enough.

Given the importance of consuming fish and fish products for human health, the question was asked, “How many times a month do you consume fish and fish products?”. To this question, 1478 respondents answered as follows (Table 4).

**Table 4. Answers to the question “How many times a month do you eat fish and fish products?”**

Answers	1 March	2 times	3 times	4 times	Opportunity depending on	No.	I can't give a definite answer
Number of respondents (person)	334	258	279	165	308	126	8
In% of the total number	22.3	17.2	18.6	11.0	20.5	8.4	0.5

According to the table, 29.6% of respondents consume fish and fish products 3-4 times. They are not consumed enough by the population. This is due to the fact that the volume of their production in the country is much lower than the needs of the population and their prices are expensive.

In order to determine the role of kitchens and cafeterias in enterprises, organizations and educational institutions in the organization of out-of-home meals during working hours, only 12.0% of respondents answered “yes” to the question “Are kitchens and cafeterias satisfactory in your office and educational institution?”, 17.5% were slightly satisfied, 23.2% said “no”, 25.8% said “I can't give a definite answer”. It is obvious that in most cases, the activities of kitchens and cafeterias organized in enterprises, organizations and educational institutions do not adequately meet the needs and requirements of consumers.

Now it is necessary to do the following to improve the culture of healthy eating among the population, including youth:

- Further strengthening the five initiatives of the President, including the promotion of youth in physical culture and sports, increasing their literacy, the formation of a healthy lifestyle, as well as measures in this direction:

- Carrying out extensive propaganda work in the media to increase the awareness and skills of the population on healthy eating, culture, especially the organization of live conversations of experts in the field in rural areas, auls and mahallas;
- Inclusion of topics on healthy eating, safe food and consumer protection in the curriculum of "Life Protection" courses taught in higher and secondary special education institutions, secondary schools and raising the level of their teaching;
- Expanding the training of dieticians and nurses in medical universities and secondary special education institutions;
- Strengthening sanitary and hygienic control over the activities of farmers' markets, sales of agricultural food products, including milk and dairy products, meat products;
- Strengthen control over the quality of food, sanitary and epidemiological condition of public catering establishments, regardless of the form of ownership, including in kitchens and cafeterias of enterprises, organizations, institutions and educational institutions, especially preschools, increase the responsibility of officials in this regard;
- Carrying out explanatory work with the population on the calorie content of food and ingredients and simple methods of their calculation in various forms;
- Development of measures to encourage the publication of books, brochures and manuals on national cuisine, including information on the caloric content of ingredients used in the preparation of each type of food;
- Introduce the inclusion in the cashier's checks of information on the types of food, the calories of the ingredients used in the diets of public catering establishments;
- It is expedient to further expand the powers of the Inspectorate for Control over Agro-Industrial Complex and Food Safety under the Cabinet of Ministers of the Republic of Uzbekistan to control the activities of catering establishments, regardless of the form and location of ownership, regardless of their institution.

## 6. DISCUSSION OF EXPERIMENTAL RESULTS:

Research on food security is being conducted in the world's leading research centers and higher education institutions. Food and Agriculture Organization (FAO), World Trade Organization (WTO), Organization for Economic Cooperation and Development (OECD), International Center for Agricultural Research in the Dry Areas (ICARDA), United Nations Development Program (UNDP) (PROON), Stanford Junior University (USA), Oxford University (England), The Chinese University of Hong Kong (CUHK), Institute of Economics RAN (Russia), Russian Academy of National Economy and State Service under the President of the Russian Federation (Russia), Kazakh National University named after Farabi (Kazakhstan), National Academy of Economics of the National Academy of Sciences of Belarus (Belarus), National University of Uzbekistan named after Mirzo Ulugbek (Uzbekistan).

The Food and Agriculture Organization of the United Nations (FAO) has developed a system of indicators for assessing and improving food security, as well as principles, criteria and indicators for assessing sustainable food production and agriculture. and the Economist Intelligence Unit and the Dupont Transnational Company (UK, USA) have developed a food security policy, a methodology for rating the countries according to their achievements, and the Institute of Economics of the National Academy of Sciences of the Republic of Belarus (Belarus) safety criteria, parameters, indicators and their risk limits are recommended [14].

Currently, research is being conducted in the following areas of food security around the world: a comprehensive assessment of the state of food security in countries; selection of plant genomes adapted to global climate change based on regional assessment of expected climate change, implementation of food security policies aimed at meeting the population's demand for environmentally friendly products based on the development of organic agriculture, etc. [15].

## 7. CONCLUSIONS:

One of the most important problems in ensuring food security is the inadequacy of the culture of personal consumption of food by the population and malnutrition. According to a public opinion poll, 47.6% of respondents have information and perception of proper and healthy eating. Its rules are followed by 33.2% of respondents. However, only 39.3% of respondents have a diet. Only 65.8% of those who have a diet strictly adhere to the regimen, while the rest do not adhere to this regimen or follow it due to opportunity and situation.

## 8. ACKNOWLEDGMENTS:

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