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Some Aspects of the Organization of "Corridors of Health" in the Historical Centers of the Cities of Uzbekistan

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Abstract: *The article discusses the main aspects of the organization of "health corridors" in the historical centers of the cities of Uzbekistan. The need for pedestrian walking in the urban environment is caused physiologically and psychologically. A person was formed in the natural environment, and walking, physical activity is necessary for him for full physical development. Socio-economic status and the level of social inequality of the urban population also have a significant impact on the spread of "health corridors" in the city, on people's participation in active forms of leisure. The integration of "health corridors" is a process of synergizing the pedestrian framework and the fabric of the city.*

Keywords: *pedestrian paths, walking spaces, urban environment, active recreation, citizens' health, city ecology.*

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Introduction

For most cities in Uzbekistan today, the characteristic features are a high level of congestion in the road transport network, an increase in accidents associated with pedestrian injuries, an unfavorable environmental situation (air pollution, noise pollution, reduction of green urban areas, color discomfort, an abundance of information, temperature overheating), poor quality urban architectural environment, undeveloped pedestrian spaces, almost complete absence of bicycle paths. Despite all this, the ongoing socio-economic and cultural transformations have increased the activity of public life and, as a result, the need for safe public pedestrian spaces has increased, including in "health corridors" [1].

In many cities of Uzbekistan, the peripheral areas are architecturally and functionally poor, boring, sleeping areas are scarce and monotonous, there are no comfortable places for communication, for active recreation. This forces residents to look for such places outside of residential areas. As a rule, the most visited area of the city is its historical center, since historical, cultural, educational, shopping and entertainment facilities are concentrated here. The historical center of the city is saturated with transport, significant passenger flows pass through its territory. The central historical part of the city consists of multi-temporal, multi-style buildings, full of architectural dominants and human scale [2]. On weekdays, weekends and holidays, in the morning, afternoon and evening, a

large number of citizens and tourists walk in the historical part of the city. And the main motive for visiting the historical center of the city is just a walk in a diverse urban environment, getting additional impressions and information. Walking is an important part of human life in the city. Walking traffic is diverse and requires specially organized urban spaces.

The historical centers of most cities in Uzbekistan are not able to provide city residents and tourists with comfortable and safe public spaces designed for walking and sports walks, a high-quality and friendly urban environment [3]. The presence of walking spaces in the historical part of the city, the quality of their environment largely determines the quality of urban life, contributes to the formation of a "healthy society", the culture of the city, increases the rating of the city, its tourist attractiveness.

Analysis of the Relevant Literature

The system of public spaces for pedestrian traffic in terms of its importance in organizing the planning framework of the historical center of the city is equivalent to the transport network. The organization of open urban pedestrian spaces is one of the priority areas of modern urban planning and urban reconstruction, which can help solve the transport and environmental problems of city centers, help preserve and restore the integrity of the urban fabric, adapt existing structures to modern functions, unite the social efficiency of the urban environment [4].

At present, the problem of most cities is as follows:

- ✓ lack of pedestrian walking spaces, lack of their systematic organization;
- ✓ inconvenient placement of spaces for pedestrian traffic in the functional and planning structure of the city;
- ✓ lack of facilities for pedestrian promenades, low level of comfort and safety for pedestrians;
- ✓ ill-conceived subject-spatial and architectural environment of pedestrian promenade spaces from the standpoint of its comfort;
- ✓ Lack of standards, organizational-legal and architectural-urban-planning proven methods, and standards for the creation of "health corridors" by the municipal authorities.

The need for pedestrian walking in the urban environment is caused physiologically and psychologically. A person was formed in the natural environment, and walking, physical activity is necessary for him for full physical development. The level of physical activity of people is influenced by the artificial and natural habitat, social environment, as well as a number of individual factors such as gender, age, physical abilities and motivation [5].

A characteristic feature of our century is the increase in mortality from cardiovascular diseases in economically developed countries as a result of a sharp decrease in the physical activity of the population, excessive high-calorie nutrition and overstrains of the nervous system due to the abundance of information and stressful situations.

In addition, car use has risen sharply in European cities in recent years, causing problems of noise, air pollution and road traffic injuries. Today, a city dweller walks 4-5 times less than a city dweller in the 19th century. And for a modern, chronically busy person, walking is the most convenient form of physical activity that does not require additional costs, special equipment and sports facilities. From a biological point of view, a person must daily walk a distance, according to various sources, equal to three to ten thousand steps at a normal walking speed (approximately 5-6 km / h). This is important for the health of every person.

The well-known urbanist Jane Jacobs, in her book The Middle Ages Ahead, gives such an example. Chicago sociologist Eric Kleinenberg noticed that in one area of the city the number of deaths is 10

times higher than in others. Starting the study, Kleinenberg found that the area of North Lawndale, where mortality was especially high, the elderly simply stopped walking around their area, in which there were almost no parks or squares. In the South Lawndale area, where old people died much less often, there were enough attractive public places on the crowded busy streets for the elderly, and people enjoyed going out for walks.

Hiking is a universal means of preventing many diseases. Physical activity is especially necessary for knowledge workers and the so-called sedentary professions. Promoting walking and cycling instead of driving helps improve public health. Medical specialists from different countries consider "health corridors" to be an excellent way to maintain immunity and feel great. Hiking has a beneficial effect on cardiac activity, blood circulation, the respiratory system, strengthens muscles, and has a positive emotional impact. Hiking is on a par with such affordable and effective means of recovery as morning exercises, adherence to the daily routine and proper nutrition. It has no contraindications and, unlike visiting the gym or swimming pool, does not require any financial costs. Hiking is suitable for everyone, without exception, regardless of age, and is especially useful for older people who cannot afford other, more active physical activities. Walking has a positive emotional impact on a person [6], [7], [8], [9].

The spread of walking contributes to the creation of an urban environment that takes into account the requirements of sensory ecology (creation of an eco-friendly visual, sound and "smell" urban environment); the development of territories that are inconvenient for ordinary development, and the creation of urban gardens, parks, etc. on them; brings city dwellers closer to the natural environment. On the other hand, improving the environmental friendliness of the urban environment of public spaces contributes to the spread of pedestrian traffic, health promotion, and smoothing out social conflicts among the population.

The socioeconomic status and level of social inequality of the urban population also have a significant impact on the spread of "health corridors" in the city, on the participation of people in active forms of leisure activities, since low-income people have less free time and worse conditions for access to sports facilities and green zones [10]. Health Corridors is a great way to maintain the required level of physical activity for people with any level of material wealth.

Local governments and health corridor designers need to pay special attention to a number of specific population groups that are particularly vulnerable to the risk of social exclusion. These include the elderly, the disabled, and migrants. Additional efforts are required to provide these populations with comfortable conditions for walking [11].

The main obstacles for older people to walk are: physical condition (for example, in violation of motor functions); street safety problems related to weather conditions (for example, ice) and traffic (danger when crossing the street); age bias and social exclusion (eg, lack of support from other people, including health professionals and specialists in the field of social organization of these populations). If older people evaluate environmental conditions as safe, aesthetic and conducive to walking, then this leads to a high level of their physical and social activity.

Citizens with various forms of disability today represent a significant part of the general population. It is important for persons with disabilities to maintain the highest possible level of physical and social activity for general health maintenance and disease prevention. Adapting the urban environment of public spaces to the needs of this population group, the use of assistive equipment can allow people with disabilities to participate more fully in urban public life and be physically active. The most typical problem for people with disabilities with impaired motor functions is the unsuitability of the environment of public spaces, buildings and structures. The lack of ramps between sidewalks and roadways at intersections, as well as the uneven surface of footpaths and trails in park areas, create balance and movement difficulties. The systematic implementation of

various programs throughout the local (urban) community is an effective means of increasing the number of walking tours. These programs may include a combination of measures such as media campaigns, organizing public fairs and other city celebrations, programs for schools and production teams, laying footpaths [10].

Social and environmental factors in the organization of the "health corridors" system.

The following social and cultural aspects of creating a system of "health corridors" in the historical center of the city have been identified:

1) Identification of residents with the urban environment - the formation of an "urban community", the revival of urban traditions, the culture of the city [12].
2) Adaptation of the urban environment to the needs of the population, tourists - providing a variety of activities, various forms of social life, the possibility of active social contacts.
3) Creation of a comfortable, aesthetically pleasing visual environment.
4) Ensuring physical comfort and safety in the urban environment [13].
5) Accumulation of the needs of society [14].

The population of large modern cities is heterogeneous in terms of age characteristics, functionality, ethnic and cultural aspects. When forming "health corridors" in the historical center of the city, the task is to satisfy the basic environmental needs that can be considered objective (valuable) for the majority of visitors, as well as for an individual person. It is the pedestrian paths that can act as a means of uniting the urban society, forming the so-called urban community. To do this, the environment of walking paths in the historical center of the city should provide opportunities for expressing urban sociability: be a zone for all forms of urban communication, active contacts between people with each other, provide the right to choose a place, correspond to the forms of leisure of a modern person, and the expectations from being by various social groups. , accommodation in the city, human needs to communicate with nature [15].

Forming "health corridors", as noted above, it is necessary to focus not only on the urban community as a whole, it is also necessary to take into account the individual pedestrian [16]. It is possible to divide pedestrians into characteristic types, determined by their perception and relation to the surrounding space. The type of person determines the main goals and strategies in space: active, passive or mixed. Therefore, when designing public walking spaces in the city center, it is important to form zones that provide for both active actions of groups of people and places for individual walks (for each individual consumer of the environment and for a certain social group), and the location of these zones should allow you to quickly change places. Actions.

From the standpoint of ecology, the formation of "corridors of health" has four important aspects: sanitary and hygienic, social and environmental, aesthetic, functional.

The sanitary and hygienic aspect determines the health-improving functions of landscaped walking spaces: reducing noise and air pollution, optimizing microclimate parameters [17], [18].

The socio-ecological aspect determines the social climate of the "corridors of health". The natural environment of walking spaces acts as a "natural valve" for stabilizing the social state of society, as a substitute for natural nature in a situation of its difficult accessibility. This is especially important for low-income strata, sedentary groups of the population. The creation of green walking areas increases the social significance of the urban area, allows residents to more fully feel their belonging to the local community, and contributes to the development of branched social ties [19], [20], [21]. A study of the adult population of European cities revealed that less litter and a higher degree of environmental friendliness and greening of the environment affect the spread and

popularization of walking and cycling, a physically active lifestyle and the improvement of city residents [22].

The aesthetic aspect in creating "health corridors" is to improve the aesthetic qualities of the urban environment. The architectural and artistic appearance and comfort of pedestrian spaces largely depend on the characteristics of the interaction of artificial and natural components of the urban environment and on the characteristics of the urban landscape. The following can be distinguished as natural landscape and natural means of transforming the urban environment and turning it into a space for comfortable pedestrian walking: the surface of the earth, vegetation, natural and artificial water areas. The processing of the earth's surface with the use of decorative paving of various shapes, colors and textures adds additional symbolic information and enhances the aesthetic qualities of the environment. Vegetation brings compositional diversity and artistic expressiveness to the appearance of the streets, squares and embankments of the city. The use of water as a kind of plastic material with the property of fluidity allows you to create the most vivid impression of one or another fragment of the "corridors of health" [23], [24], [25], [26], [27].

The functional aspect is to design "health corridors" with natural components, which reduces the likelihood of disorderly movement of pedestrians, allow you to develop traffic scenarios, and provide the opportunity to choose a more attractive route. Natural elements make it possible to identify the boundaries of zones with a certain functional purpose, the configuration and scale of open space, the main compositional axes, boundaries, silhouette or color accents, and to determine the plot of a street space or a perception scenario [27].

Summing up, we can say that the social and environmental efficiency of the functioning of urban walking spaces is achieved through:

1. The effect of long-term exposure to the state of people:

- ✓ from the point of view of sociology, the concentration of objects of trade, culture, leisure, business in a relatively limited space of walking areas creates great opportunities for spontaneous direct communication of various social strata, contributes to social stability, the creation of a single urban space [28]
- ✓ from the point of view of ecology, the creation of “health corridors” helps to reduce the level of environmental pollution;

2. The effect of a long-term impact on the standard of living of the population by improving the conditions for the affordable leisure of citizens, creating a positive image of the city, attracting tourists, etc.;
3. Saving time associated with improving the communication infrastructure (expanding the network of pedestrian communications and improving their quality, creating an extensive network of bicycle paths in the city, improving public transport);
4. Reducing the level of injuries on the roads, the general criminogenic situation in the urban environment.

In addition, as practice shows, there is also an economic efficiency in the creation and operation of "health corridors". For example, according to research by Colin Buchenen, improving the quality of the urban environment leads to higher real estate prices.

“So, in the case of events in London that improve the quality of street design, the cost of residential real estate will increase by an average of 5.2%, and the cost of renting retail space - by 4.9%. These data play a key role in substantiating the effectiveness of capital investments; now this approach is quite applicable for optimizing design, for evaluating and financing measures to improve the urban environment” [29].

In general, the economic efficiency of the creation and functioning of walking spaces is ensured by the following conditions:

1. the services provided and their social (public) significance with the new use of the territory is significantly higher, the income of citizens increases from the emergence of new jobs;
2. increasing the tourist attractiveness of the city and, as a result, improving the economic situation;
3. tax deductions to the budget and mandatory deductions to off-budget funds (federal and subject of the federation, local) are increasing;
4. the amount of income received, profits is significantly higher in comparison with the previous use of the territory;
5. Development of entrepreneurial activity in pedestrian promenade areas, the emergence of new service enterprises, shops, entertainment centers, cafes and restaurants.

Walking spaces affect the improvement of the communication structure of the city, contribute to an increase in the functional density of its environment. Walking spaces increase the consumer value of the historical environment; provide a variety and character of social programs.

Conclusion

Thus, the formation of a system of "health corridors" in the city has a long-term strategic perspective and involves obtaining material efficiency (profit), and social and environmental efficiency. Investments in the organization of "health corridors" are investments in healthcare, improvement and gardening of public spaces of the city, development of physical culture and sports, organization of youth leisure, implementation of various social programs, etc.

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