

**Uzbek transcript:**

Sog'liqqa munosabat turli bo'lgani, turlicha bo'lganligi uchun, albatta buning natijasi ham boshqacha deb o'ylayman, chunki manimcha Amerkada o'rtacha umr...o'rtacha yashash uzoqroq hisoblanadi O'zbekistonga nisbatan. Chunki bu yerda juda ko'p sakson yashar, to'qsan yashar odamlarni uchratish mumkin, va ular bemalol, o'zlari mustail harakat qilishadi. O'z ishlarini o'zlari bajarishadi doim, masalan. O'zbekistonda ham albatta yoshi ulug' insonlarni uchratish mumkin. Albatta yuz yashar odamlar, yuzdan...yuzdan oshgan qariyalarimiz ham bor O'zbekistonda. Lekin u yerda masalan, odatda ularning sog'liqlari ancha qiyin ahvolda, masalan, ular o'zlarining farzandlari, nabiralariga, qanday desam bog'lanib qolishgan. O'shalar ularning yordamlariga muhtoj bo'lib qolishadi umuman yoshi kattaroq odamlar O'zbekistonda. Bu yerda umuman juda qiziqarli, bu yerda yoshi katta odamlarni uchratish. Bu yerda haliyam ular bemalol, mustaqil, umuman hamma ishlari bilan o'zlari shug'ullanadilar. Hatto alohida yashashadi, farzandlarisiz, bir o'zlari hatto yashashlari ham mumkin. Shu haqida gapirarkanman, umuman bir ta voqeani aytmogchiman. Man bu yerga kelganimda, bir amerikalik do'stim bor, umuman amerikalik do'stlarim juda ko'p, ba'zilar biz uchun, qanday desam, ba'zilar o'rta yashar deyishadi bu yerda, endi ular shu oltmish, oltmishdan o'tgan, shu atroflarda. Endi bizlarda, qari demasak ham, qanday desam, ozgina baribir ham o'rta yoshli hammas bizlar uchun bu yoshdagi odamlar. Shu uchun qari-qari deb gapirganimda ko'pincha ular xafa bo'lishardi. Boshida hayron qolardim. Chunki keyinchalik aniqlasam bu yerda juda ko'p to'qsan yashar, saksandan oshgan, to'qsan atrofidagi odamlarni juda ko'p uchratish mumkin.

**English translation:**

Since the attitude to health is different, I think its outcome is obviously different too. Because I think life-expectancy in the US...life expectancy is longer than in Uzbekistan. Because here you can see a lot of eighty, ninety years old people and they easily, independently move around. For example, they manage their own things. You can certainly meet people of advanced age in Uzbekistan. There are people who are hundred years old, there are older than hundred as well. But there, for example, usually their health is not in good condition. For example, they are, how can I say, dependent on their children, grandchildren. They are, the people of older age, are in need of them in Uzbekistan. It is very interesting to observe the people of older age here. Here they are still free, independent. In fact they manage their affairs by themselves. They even live separately, without their children. They can even live alone. As I am talking about this, I want to tell one story. When I came here...I have an American friend, in fact I have a lot of American friends, some of them for us... They call them [selves] middle aged. Well they are sixty, over sixty, around this. But we, though we would not call them old, but still they, people of this age are not middle aged for us. That's why when I use [the term] "old", they usually get offended. I used to be surprised at the beginning. Because later I

found out that there are many ninety years old people, over eighty years. One can meet a lot of people around ninety.

**About CultureTalk:** CultureTalk is produced by the Five College Center for the Study of World Languages and housed on the LangMedia Website. The project provides students of language and culture with samples of people talking about their lives in the languages they use everyday. The participants in CultureTalk interviews and discussions are of many different ages and walks of life. They are free to express themselves as they wish. The ideas and opinions presented here are those of the participants. Inclusion in CultureTalk does not represent endorsement of these ideas or opinions by the Five College Center for the Study of World Languages, Five Colleges, Incorporated, or any of its member institutions: Amherst College, Hampshire College, Mount Holyoke College, Smith College and the University of Massachusetts at Amherst.

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