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HYGIENIC ANALYSIS OF THE EFFECT OF FEEDING ON THE GROWTH AND DEVELOPMENT OF POST–TERM BABIES

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Аннотация: При гигиенической оценке и анализе рациона питания на физическое развитие переношенных детей, нами было проведен анализ режима питания матерей и детей в разные сезоны года и полученные результаты проанализированы согласно требованиям СанПиН 0007–2020. Суточный рацион детей не соответствует гигиеническим требованиям и недостатки от физиологических норм, в употребляемой пищи недостаточно белков и жиров животного происхождения, кроме того суточный рацион данных детей в основном состоит из мясных продуктов 55,5–44,6%, количество фруктов (60–70%) и овощей оказалось низким на 56,6–63,2%, а количество углеводов – избыточным на 115,5–128,9%. Это отрицательно влияет на их рост и развития.
Ключевые слова: переношенные дети, режим питания, физическое развитие, гигиенические требования, физиологические нормативы.

ГИГИЕНИЧЕСКИЙ АНАЛИЗ ВЛИЯНИЯ РАЦИОН ПИТАНИЯ НА РОСТ И РАЗВИТИЕ ПЕРЕНОШЕННЫХ ДЕТЕЙ

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Abstract. During the hygienic analysis of the influence of the diet on the physical development post–term babies, the analysis of the diet of mothers and babies in different seasons of the year was carried out and the results obtained were analyzed according to Sanitary norms and rules 0007–2020.The daily diet of babies does not meet hygienic requirements and deviates from physiological standards, the food consumed is poor in protein and animal fats, the quality and quantity of the products they consume, the daily diet of babies mainly consists of meat products in the seasons of the year 55.5–44.6%, the amount of allowed fruits (60–70%) and vegetables turned out to be low by 56.6–63.2%, and the amount of carbohydrates was excessive by 115.5–128.9%. This had a negative impact on the level of their growth and development.
Keywords: post term babies, diet, physical development, hygienic requirements, physiological standards.

Background. One of the main criteria for ensuring the hormonal development of post–term babies is the correct setting of their day regimen, the improvement of the daily regimen and the diet of mothers, includ-

ing the implementation of hygiene measures aimed at preventing various infectious and non-infectious, somatic diseases. This causes the development, growth and development of pathological conditions in the early period of childhood development. Hormonal development of children is inextricably linked with its development in the womb [1,2,6,7].

In the growth and development of children, their development in the womb, the length of the fetal body at birth, weight, head circumference, the formation of organ systems, the development of signs such as breathing, heartbeat in the future relative to birth, and the importance of ensuring hormonal mental and physical development are given in a number of scientific sources [1,3,5,6,7].

Purpose of the study. It consists of a hygienic analysis of the influence of eating habits on the physical development of post–term babies.

Materials and research methods. The study analyzed the daily diet of post–term babies and the hospital diet.Sanitary norms and rules 0007–2020 “Average daily norms of rational nutrition aimed at ensuring healthy nutrition of the population of the Republic of Uzbekistan by age, gender and groups of professional activity” was introduced in accordance with the requirements of sanitary norms and rules. The main nutrients and energy value of the daily diet. The value of the chemical composition of the daily diet was calculated according to the “Chemical composition of food products”.

Results. This is evident from the fact that the daily diet of children does not meet hygienic requirements and deviates from physiological norms, and the absence of proteins and animal fats in the food consumed by the mothers of children, together with the quality and quantity of the foods they consume, makes their growth and development negative. In the daily diet of children, meat products make up mainly 55.5–44.6%, the amount of allowed fruits (60–70%) and vegetables is set low to 56.6 –63.2%, and the amount of carbohydrates is 115.5–128 %. An excess of up to 9% was established.

From the hygienic analysis of children’s eating habits, it can be seen that the most common diseases among them are iron deficiency anemia and pregnancy, and iron deficiency anemia is estimated as the cause of obesity by height, chest circumference and body weight. The indicators of the physical development of children taken under observation also do not meet hygienic requirements.

We studied the risk factors affecting the growth and development of premature infants using the “case–control” method and analyzed them according to risk factor gradations [4].

The indicator of the tests performed was diseases of the endocrine system in pregnant women, and their indicator, that is, the odds ratio, was 4.40. Diseases of the endocrine system include iodine deficiency, endemic goiter, and diabetes mellitus. Iodine and iron deficiencies among mothers and children remain high.

Hereditary predisposition is the main criterion for assessing the transmission of various diseases from father or mother to child. It is advisable to conduct genetic studies with the scientific substantiation of the transmission of diseases in parents. If a genetic study is not performed, this can be justified by the odds ratio based on the questionnaire. In a comparative analysis of genetic predisposition, the odds ratio was 4.02.

Recurrent anemia, iron deficiency anemia in women in families, that is, women of childbearing age, lactating women and girls, not only in our region, but also in a number of women and mothers, girls and children in developing countries. Recent data have shown that the prevalence of anemia is over 40%. Vomiting in this disease is associated with diseases of the digestive system, and the prevalence of this disease was 3.92.

The following risk factors are non–compliance with the criteria for a healthy diet, the use of drinks with various synthetic compounds, poor nutrition during pregnancy, the use of junk food, the use of sweets in childhood, toxicities, overweight, obesity and postpartum obesity. The odds ratio for overweight and obese women was 3.07.

Conclusion. In conclusion, it should be noted that the introduction of a system of hygienic, preventive and curative care aimed at preventing risk factors that have a major impact on the growth and development of children born after a controlled period, and the implementation of measures to systematically eliminate identified cases, among family doctors at primary level, it is desirable to achieve their reduction through the introduction of a systematic approach to the implementation of primary and secondary prevention.

In order to reduce the influence of factors that can threaten the growth and development of premature babies, pediatricians of family clinics and family rural clinics can prevent growth and developmental disruptions by developing a systematic method for their control.

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