



Ministry of Health of the
Republic of Uzbekistan



Tashkent Medical
Academy

giz Deutsche Gesellschaft
für Internationale
Zusammenarbeit (GIZ) GmbH



Materials of International Scientific-Practical Conference

“Only English: Topical Issues of Healthcare”



only
ENGLISH

Tashkent

15 May, 2022



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RESULTS OF THE HYGIENIC ASSESSMENT OF THE DAY REGIMEN OF SCHOOLCHILDREN

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Purpose: to study the conduct to ensure a hygienic assessment of the daily routine of students in general education schools and the development of preventive measures.

Materials and methods: The survey was conducted among 800 adolescents (403 boys and girls) (397 girls) aged 14 to 17 years old, studying at schools No. 249 and 29 in Tashkent.

Result: At the first stage of the study, the morning physical activity of students was studied. The survey found that 11.4% of boys and 7.2% of girls in school No. 249 regularly engaged in morning physical activity (8.7 and 18.3% in school No. 29); 23.3% and 20.7% do not study regularly (school 29 - 18.5% and 19.5%); 39.3 and 43.3% i - sometimes, (29-school-39.6 and 34.5%); 26% and 28.8% do not study at all (school 29 - 33.2% and 27.7%).

Outcome: In the first phase of the study, students' morning physical activity was studied. The survey found that 11.4% of boys and 7.2% of girls in school 249 were regularly engaged in morning physical activity (8.7 and 18.3% in school 29); 23.3 and 20.7% do not perform regularly (School 29 - 18.5 and 19.5%); 39.3 and 43.3% i - sometimes, (29-school-39.6 and 34.5%); 26 and 28.8% do not practice at all (School 29 - 33.2 and 27.7%).

When the time spent on homework by the students in the surveyed school was also studied, the proportion of students who prepared lessons for one hour was 17.6% (school 29 - 30.7%) for 9th graders of school 249, from 1 hour to 2 hours - 51.3 and 49, respectively. , 4%, those who spent 3 hours or more - 24.7 and 17.5%, respectively. These data suggest that students of different ages in School 249 spend more time doing homework than students in School 29. As it turns out, this condition is more common in boys. This means that boys who do more than 4 hours of homework at School 249 are 4 times more likely to do so than those at School 29.

Normal sleep is essential for physical and mental development as an important part of the routine. The need for normal sleep varies with age. The results of our study showed that sleep deprivation in children in the compared groups was almost the same (12.7 and 12.4%, respectively). This is due to the early start of classes in the 1st shift (8:00) and late going to bed. The average duration of sleep in primary school students is 9 hours, in high school students - 8 hours, in older students - 7 hours.

During our study, we also paid close attention to students' eating habits when assessing their nutrition. According to Chapter 5 of the SanQvaM 0017-21 "Sanitary rules and standards of hygiene of students in general secondary, secondary special, vocational education" (requirements for the organization of proper nutrition and standard diet), the daily diet consists mainly of meat, milk, butter and vegetable oil, wheat bread (at each meal) are included. It is recommended to give fish, eggs, cheese, cottage cheese, dairy products once every two to three days. The eating habits of school children in the compared groups were almost the same. Included in the daily diet of school children in both groups, the diversity of food products is relatively low. Bread and bakery products, pasta and flour products, cereals have the largest share in the consumption of products. Insufficient consumption of milk and dairy products (butter, cheese, cottage cheese), meat and meat products (sausages, hot dogs), fish and fish products, as well as eggs. Foods rich in vitamins and minerals, especially fresh vegetables and fruits, are also not consumed adequately.

Conclusion: The majority of school students in the compared groups were found to have a disruption of the agenda (decreased physical activity, increased workload) and non-compliance with proper nutrition, i.e., low number of meals, prolonged time between meals, and poor quality of food.

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