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Contents

HYGIENIC ANALYSIS OF THE ANTHROPOMETRIC INDICATORS OF THE COVID-19 PATIENTS

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РЕЗЮМЕ В ходе исследования проанализирована заболеваемость 938 больных (375 мужчин и 563 женщины) в инфекционных больницах № 1 и 2 Зангиатинского района Ташкентской области, разделенных на возрастные группы, 1 группу составили больные до 18 лет- 4,1%., вторую группу - в возрасте 18-29 лет -5,7%, третью группу в возрасте 30-39 лет - 2,3%, четвёртую группу больные 40-59 лет - 39,7%, пятую группу в возрасте старше 60 лет - 37,9%. Средний возраст больных составил 51,6 ± 0,82 (мужчины - 51,6 ± 2,70, женщины - 54,7 ± 1,48), индекс массы тела (ИМТ) - 27,3 ± 3,926. Следует отметить, что распространенность и течение заболевания у больных с избыточной массой тела было тяжёлым.

Abstract

The study analyzed the incidence of the disease by dividing into age groups of 938 patients (375 males and 563 females) at the 1st and 2nd Infectious Diseases Hospitals in Zangiota district of Tashkent region; 1st group included patients until 18 years of age and it consisted 4.1%, 2nd group included patients from 18 up to 29 years of age, it consisted 5.7%, 3rd group was 12.3% of those aged 30-39, the highest rate was 40-59 in group no.4 - 39.7% , and lastly group no.5 – patients older than 60 years of age was 37.9%. The average age of patients was 51.6 ± 0.82 (men - 51.6 ± 2.70, women - 54.7 ± 1.48), body mass index (BMI) was 27.3 ± 3.926. It should be noted that the prevalence and severity of the disease were higher in overweight patients.

Key words: patients, Covid-19, age groups, anthropometric indicators

Today, along with various infectious diseases, Covid-19 disease is showing its complications among different social groups of the population. These complications include high blood pressure, exacerbation of various somatic diseases, shortness of breath and fatigue. Covid-19, which is considered to be a disease of the respiratory

system, is distinguished by its infectious nature, disease incidence rates and post-disease complications.

It is natural for the disease to occur in pandemics among different age groups, but we can see that the disease depends on the body's immune system, anthropometric and physio metric parameters, as well as secondary diseases.

Numerous studies have shown that 40–50% of hospitalized patients with COVID-19 are obese and 30% are overweight [1,2,4]. Overweight and obesity are the leading risk factors for death in people over the age of 65 [2]. Overweight or obesity is primarily due to an imbalance of adipocytokines (cytokines released from adipose tissue) that respond to the immune system's reaction, which will cause an inflammation even if at lower levels [3].

Aim of the research: Hygienic assessment and analysis of some obtained results from the anthropometric indicators of the Covid-19 patients.

Material and methods of the research: Patients from the Zangiota District Infectious Diseases Hospital No. 1 and No. 2 in 2020-2021with Covid-19; measuring their anthropometric parameters and a deliberately developed questionnaire to study the disease were the taken materials for the study, and the obtained results were processed using the personal computer software package "Statistics for Windows 7.0".

Results: The study was provided with 938 patients (375 males and 563 females) at the 1st and 2nd Infectious Diseases Hospitals in Zangiota district of Tashkent region.

We have divided the population that had Covid-19 into following groups, i.e., 5 groups. The group distribution by age is provided in the table 1.

1-Table

Distribution of patients with Covid-19 by gender and age group (%)

Age, year	Men, n=375	Women, n=563	Overall, n=938
>18	6(3,4)	25 (4,56)	18(4,1)
18-29	9 (5,14)	16 (6,08)	25 (5,7)
30-39	29 (16,57)	25 (9,5)	54(12,3)
40-59	71 (40,57)	103 (39,16)	174 (39,7)
60<	59(33,7)	107(40,68)	166(37,9)

As a result, the lowest incidence rate was in group no.1 - 3.4% of men and 4.45% of women; in group 2 - 5.14% of men and 6.08% of women; in group 3 - 16 men and 57%, women 9.5%; 4th group - men of the 40.57% and women 39.16%; 5th group - men of the 33.7% and women 40.68%. We can see that the highest indicator was 39.7% of those aged 40-59 belonging to group 4. [5].

The anthropometric indicators of patients with Covid-19 are given in Table 2.

2-Table

Anthropometric parameters of patients with Covid-19

Anthropometric indicators	Statistics
Age	51,6±0,82
Height (cm)	164±1,38
Weight (kg)	77,1±1,37
BMI (kg/m^2)	27,3±3,926

The data collected during the study showed that the average age of patients with Covid-19 was 51.6 ± 0.82. Body mass index (BMI) was found to be $27.3 \pm 3,926$.

The average age of patients was 51.6 ± 0.82 (men - 51.6 ± 2.70, women - 54.7 ± 1.48), the height - 164 ± 1.38 cm., the weight was 77.1 ± 1.37 kg, and body mass index (BMI) was 27.3 ± 3.926. [5].

In conclusion, it is noticeable that the analysis of patients with Covid-19 shows that the disease manifested more severely in adults, in overweight patients and in patients with high body mass index.

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