

# Innovative Development in Educational Activities

INTERNATIONAL CONFERENCE DEDICATED TO  
THE ROLE AND IMPORTANCE OF INNOVATIVE  
EDUCATION IN THE 21ST CENTURY 2022/6

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## SEMIZLIKNI TURLI FENOTIPLARIDA OVQATLANISH TARZINI TAQQOSLASH

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**Annotatsiya:** Semizlik- hozirgi kunda eng muhim tibbiy- ijtimoiy muommaga aylangan bo‘lib, butun jahon sog‘liqni saqlash tashkiloti ma‘lumotiga qaraganda 1975 yildan boshlab 2016 yilgacha semizlik bilan kasallangan bemorlar soni 3 barobarga oshgan. Jahon sog‘liqni saqlash tashkilotining ma‘lumotiga ko‘ra ortiqcha vazn va semizlik bilan muammolari bo‘lgan insonlarning 44-57% ida qandli diabet (II-tip), 17-23% yurak ishemik kasalligi, 17% arterial gipertenziya, 30% o‘t-tosh kasalligi, 14 % osteoartrit, 11% ida xavfli o‘smalar kelib chiqish xavfi yotadi. Semizlik kelib chiqishida sabab bo‘luvchi etiologik faktorlarga ovqatlanish ratsionini buzilishi, gipodinamiya, zararli odatlar (alkogalizm, nikotin saqlovchi moddalar chekish), stress kabi omillar kiradi.

**Kalit so‘zlari:** Metabolik nosog‘lom semizlik, Metabolik sog‘lom semizlik, gipodinamiya,

## COMPARISON OF EATING PATTERNS IN DIFFERENT PHENOTYPES OF OBESITY

**Annotation:** Obesity - has now become the most important medical and social treatment, and from 1975 to 2016, the number of patients with obesity increased 3

times more than according to the World Health Organization. This resulted in an increase in the number of diseases caused by obesity as well. According to the World Health Organization, 44-57% of people with problems with excess weight and obesity have diabetes mellitus (type II), 17-23% have coronar heart disease, 17% have arterial hypertension, 30% have gallstone disease, 14% have osteoarthritis, 11% have a risk of developing malignant tumors. Etiological factors that cause obesity at the origin include factors such as eating disorders, hypodynamia, unhealthy habits (alcoholism, smoking nicotine-retaining substances), stress.

**Keywords:** metabolic unhealthy obesity, metabolic healthy obesity, hypodynamia.

**Maqsad:** Metabolik sog'lom semizlik bilan metabolik nosog'lom semizlik orqasidagi ovqatlanish tarzidagi tafovudni aniqlash.

**Tadqiqot materiallari va usullari.** Tadqiqot Buxoro viloyati Buxoro Shahri 4-son Olivaiy poliklinikaga profilaktik maqsadda tekshiruvga kelgan 20 yoshdan 40 yoshgacha bo'lgan semizlik va ortiqcha vazn bilan muommasi bo'lgan ko'ngilli 40 nafar va sog'lom turmush tarziga amal qiluvchi normal vaznli 10 nafar bemorlar ajratib olindi. Semizlik muammosi bo'lgan guruhni o'z navbatida (NCEP ATP III (2001)) klassifikatsiyaga binoan metabolik sindrom bir belgisi bo'lgan 18 nafar metabolik sog'lom va ikki va undan ortiq metabolik sindrom belgilari bo'lgan 22 nafar metabolik nosog'lom guruhlarga ajratildi. Semizlikni rivojlanishida asosiy rol o'ynaydigan hayot tarzining bir qismi bo'lgan ovqatlanish xarakteristikasini o'rganish maqsadida ular o'rtasida yozma so'rovnoma o'tkazildi.

**Taqiqot natijasi:** So‘rovnoma natijalari quyidagicha jadvalda.

Savollar	I-guruh Metabolik Sog‘lom	II-guruh Metabolik nosog‘lom	III-guruh Nazorat guruhi
Qaysi holatda ovqatlanasiz ?			
-Och qolganda	67.7%	63.6%	90%
-Stress, asabiylashganda	16.7%	27.2%	0 %
-Doimiy bir xil vaqtda	27.8%	22.7%	10%
Ko‘p iste‘mol qiladigan shirinliklar ?			
-Asal	33.3 %	18.1%	30 %
-Shokolat	72.2%	72.7%	40 %
-Pishiriqlar	44.5%	41 %	20 %
Alkogol saqlamagan ichimliklar ?			
-Kofe	61.1%	31.8%	40 %
-Shirin gazlangan ichimliklar	27.78%	31.8 %	10 %
Alkogolli ichimliklar ichish chastotasi			
-Har haftada	33.4%	41 %	10 %
-Bayramlarda	38.8 %	50 %	40 %

**Xulosa:** Metabolik sog‘lom va metabolik nosog‘lom semizliklar orasidagi ovqatlanish ratsionini taqqoslaganda shu narsa aniq bo‘ldiki, ortiqcha vaznga ega insonlar och qolganda emas, balki stressga tushishganda ovqatlanib, shirinlik, gazli ichimliklar va alkogol mahsulotlari ko‘p miqdorda iste‘mol qilishadi. Bu esa metabolik nosog‘lom semizlikka olib keladi. Bemorlarda semizlikni rivojlanishiga asosiy omil psixo-emotsional holat buzilishlari, stresslar sabab bo‘lmoqda.

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