



**MINISTRY OF HEALTH OF THE
REPUBLIC OF UZBEKISTAN**



**TASHKENT MEDICAL
ACADEMY**



**“Zamonaviy pediatriyaning dolzarb
muammolari: bolalar kasalliklari
diagnostikasining yangi imkoniyatlari”
mavzusidagi ilmiy-amaliy xalqaro anjuman
materiallari**

TO‘PLAMI

Toshkent

15 dekabr, 2022

Bobomuratov T.A., Avezova G.S., Sultanova N.S., Mallaev Sh.Sh., Nurmatova N.F. // “Zamonaviy pediatriyaning dolzarb muammolari: bolalar kasalliklari diagnostikasining yangi imkoniyatlari” mavzusidagi ilmiy-amaliy xalqaro anjuman materiallari // «TIBBIYOT NASHRIYOTI MATBAA UYI» MCHJ Toshkent – 2022, 129 bet.

Editorial board:

Bobomuratov T.A.	Toshkent tibbiyot akademiyasi Yoshlar masalalari va ma’naviy–ma’rifiy ishlar bo’yicha prorektor, Bolalar kasalliklari propedevtikasi kafedrasini mudiri;
Avezova G.S.	Bolalar kasalliklari propedevtikasi kafedrasini dotsenti;
Sultanova N.S.	Bolalar kasalliklari propedevtikasi kafedrasini katta o’qituvchisi;
Mallaev Sh.Sh.	Bolalar kasalliklari propedevtikasi kafedrasini katta o’qituvchisi
Nurmatova N.F.	Bolalar kasalliklari propedevtikasi kafedrasini dotsenti;

“Zamonaviy pediatriyaning dolzarb muammolari: bolalar kasalliklari diagnostikasining yangi imkoniyatlari” mavzusidagi ilmiy-amaliy xalqaro anjuman Toshkent tibbiyot akademiyasida 15 dekabr 2022 yil bo’lib o’tdi. Anjumanda O’zbekistonda islohotlar bosqichida bolalarga tibbiy yordam ko’rsatish sifatini oshirishda amalga oshiriladigan masalalar, pediatriya xizmatini yanada rivojlantirish, Respublikada pediatriyani rivojlanishida xalqaro hamkorlik va uning ahamiyati, Bolalarga ko’rsatilayotgan birlamchi tibbiy - sanitariya yordam, perinatal tibbiyot, genetik va immunitet tanqisligi kasalliklari bo’lgan bolalarni tashxislash, davolash, reabilitatsiya qilish hamda jismoniy va psixosotsial rivojlanishida orqada qolgan yoki bunga xavfi bor bolalarga erta yordam berish masalalari, bolalarning jismoniy rivojlanishi, ko’krak suti bilan boqish va bolalarni sog’lom ovqatlantirish hamda mikronutrient yetishmovchiligini oldini olish va bartaraf etish, Toshkent tibbiyot akademiyasi va Respublikada laborator – instrumental imkoniyatlar va ulardan foydalanish masalalari, sog’lom turmush tarzi, bolalar va o’smirlar reproduktiv salomatligi, bolalar kasalliklarini oldini olish, bolalar salomatligini saqlash va mustahkamlash masalalari muhokama qilindi. Ushbu to’plamda pediatriyaning dolzarb masalalariga bag’ishlangan konferensiya materiallari keltirilgan.

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FEATURES OF THE NUTRITIONAL STATUS OF OVERWEIGHT SCHOOL-AGE CHILDREN

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The purpose of the work: in order to determine alimentary-dependent micronutrient insufficiency among overweight school-age children, to study the nutritional status of this group of children.

Materials and methods of research. 130 schoolchildren were divided into 2 age groups: children 8 years 6 months – primary school age (subgroup A) and children 14 years 6 months – middle school age (subgroup B). As a result of anthropometry, children with height and body weight at the median level, or within ± 1 standard deviation according to the standards of anthropometric indicators, were included in 1A (relatively healthy group). Group 2A included children with an increase in weight and body mass index relative to age within $+2C$ of the median by standards (overweight children). The subdivision of the middle school age group was carried out identically on 1B and 2B. Clinical signs of micronutrient insufficiency were detected in students of groups 1A and 1B, respectively, 34.2% - 37.3%, while among representatives of groups 2A and 2B, the indicator was 51.3% - 53.7%. Clinical signs of micronutrient insufficiency were noted both in the group of primary school age and in the group of secondary school age. The diet that does not correspond to age characteristics was noted both among overweight schoolchildren and among schoolchildren with normal weight, respectively: (32.4%-51.4%). Changes were also noted in a decrease in the frequency of meals (43.7%-63.7%) of breaks between meals of 5-8 hours or more (23.7%-49.3%), skipping meals (29.3%-33.3%), which leads to a decrease in the frequency of consumption of basic foods and dishes and a decrease in the level of nutritional status. The conjugacy of indicators of the diet with indicators of physical development of schoolchildren is established. Calorie intake deficiency was detected in 59.5-74.8% of students, proteins - 62.8-74.6%, fats - 21.1-37.2%, vitamin C - 89.5-96.3%, vitamin B - 47.3-52.5%, which is characteristic of the insufficient nutritional status of children. A statistically reliable correlation of the frequency of consumption of biologically valuable products and dishes with the prevalence of clinical signs of micronutrient insufficiency in school-age children has been established.

Conclusion. Clinical signs of micronutrient insufficiency were detected in 54% of primary and secondary school students with a high prevalence of signs in overweight children 51.3%-53.7%. A diet that does not correspond to age characteristics was 39% more common among overweight schoolchildren (32.4%-51.4%). Nutritional deficiency was noted in both age groups with a more frequent manifestation in overweight children 36%-57%. The use of biological testing methods for indicators of nutritional status, the inclusion of nutrition factors in the system of socio-hygienic monitoring ensure the identification of signs of micronutrient insufficiency at an early stage, allow timely development of proposals for nutrition correction, objectively assess the effectiveness and effectiveness of the measures taken.

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BOLALAR KASALLIKLARI DIAGNOSTIKASINING YANGI
IMKONIYATLARI”**

mavzusidagi ilmiy-amaliy xalqaro anjuman materiallari

TO‘PLAMI

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NASH.lits. AA № 8798
«TIBBIYOT NASHRIYOTI MATBAA UYI» MЧЖ
Toshkent shahri, Olmazor tumani, Shifokorlar, 21



TIBBIYOT NASHRIYOTI MATBAA UYI

Объем – 8,0 а.л. Тираж – 100. Формат 60x84. 1/16. Заказ № 1668-2022. О
Отпечатано «TIBBIYOT NASHRIYOTI MATBAA UYI» MЧЖ

100109. Ул. Шифокорлар 21, тел: (998 71)214-90-64, e-mail: rio-tma@mail.ru
№ СВИДЕТЕЛЬСТВА: 7716