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Последние
взгляды

Последние
данные

Последние
исследование

И НОВОЕ ОБРАЗОВАНИЕ

Muzaparova Shoxsanam Muxitdinovna	
БИОЭКОЛОГИЯ И СИСТЕМАТИЧЕСКИЙ АНАЛИЗ ПАРАЗИТНЫХ ЭНТОМОФАГОВ ЧЕШЕЧЕСЕЧЕСКИХ ИЗ НОВООБРАЗОВАННЫХ ЛЕСОВ БУРЧМУЛЛИНСКОГО ЛЕСНИЧЕСТВА ТАШКЕНТСКОЙ ОБЛАСТИ Гозибеков Абдуманнон Собирович	343
КОМПОНЕНТЫ ГЕНДЕРНОЙ ИДЕНТИФИКАЦИИ И ДИФФЕРЕНЦИАЦИИ РЕСПУБЛИКА КАРАКАЛПАКСТАН Сеитова Зухрагон Пиржановна	348
ЭФФЕКТИВНЫЕ ДОЗЫ ОБЛУЧЕНИЯ ИССЛЕДУЕМОЙ КАТЕГОРИИ «А» ЛЕЧЕБНО – ПРОФИЛАКТИЧЕСКИХ УЧРЕЖДЕНИЙ Абдукадирова Лола Кабуловна	358
TRENDS IN OBESITY PREVALENCE AMONG ADULTS AND CHILDREN IN TASHKENT REGION, UZBEKISTAN (2021-2023) Bakhodir Rakhimov	364
THE COMPOSITION OF HEALTH CONDITIONS IN YOUTHS AND TEENS AFFECTED BY OBESITY IN THE FERGANA REGION Bakhodir Rakhimov	369
РАСПРОСТРАНЕННОСТЬ ОЖИРЕНИЯ СРЕДИ ДЕТЕЙ И ПОДРОСТКОВ В УЗБЕКИСТАНЕ: НАРУШЕНИЯ ОБМЕНА ВЕЩЕСТВ, МЕРЫ ВМЕШАТЕЛЬСТВА И ЗДОРОВЫЕ РИСКИ Рахимов Баходир Бахтиярович	374
XOLID HUSAYNING "TOG'LAR HAM SADO BERDI"ROMANIDAGI SYUJET VA UNING ELEMENTLARI Qoraboyeva Muxlisa Po'lat qizi Go'zal Ximmatova Amirqulovna	379
CHIQRISH JARAYONI VA EKSPLOATATSIYADA DVIGATELLAR ZAHARLILIGINI KAMAYTIRISH METODLARI G.A.Djumayeva	384
НЕКОТОРЫЕ АГРОХИМИЧЕСКИЕ СВОЙСТВА ОРОШАЕМЫХ ПОЧВ ЮЖНОГО ПРИАРАЛЬЯ Жанибек кызы Диана Мирзамбетов А.Б Жоллыбеков Б.Б	391
"LEKSEMANING INTEGRAL VA DIFFERENSIAL SEMALAR Хайдарова Мафтунaxon Г`ayratjon qizi	394
ФАОЛИЯТ ЖАРАЁНИДА ШАХСДА МАСЪУЛИЯТ ҲИССИНИНГ ШАКЛЛАНИШИ Н.Райимов	397
OLIY TA'LIM TIZIMINING DARS MASHG'ULOTLARIDA TA'LIM METODLARIDAN FOYDALANISH Qaxarova Muxabbat	404
OLIY TA'LIM TIZIMIDA TA'LIM METODLARINING QO'LLANILISHI Fayzullayev Sarvar	408

TRENDS IN OBESITY PREVALENCE AMONG ADULTS AND CHILDREN IN TASHKENT REGION, UZBEKISTAN (2021-2023)

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INTRODUCTION

The issue of obesity has attracted considerable attention for several compelling reasons [1-2]. Firstly, it is linked to the annual rise in the number of individuals grappling with excess body weight [3-4]. Secondly, obesity invariably results in the development of health conditions that affect various organs and systems, including cardiovascular issues (such as atherosclerosis, arterial hypertension, ischemic heart disease - IHD, and metabolic syndrome), musculoskeletal problems (like osteochondrosis and degenerative osteoarthritis), endocrine disorders (including insulin-dependent diabetes mellitus and type 2 diabetes mellitus), immune-related ailments (such as colorectal cancer, breast cancer, and prostate cancer), reproductive issues, among others [5-7]. Undeniably, there is a genetic predisposition to obesity, as supported by epidemiological research [8].

Epidemiological studies indicate that the 25 member states of the European Union are witnessing the highest rates of obesity prevalence. In this context, 25% of adolescents have excess body weight, with 15% suffering from obesity [1,9]. Consequently, the obesity epidemic stands as one of the most urgent global public health challenges. Each year, obesity-related diseases contribute to over one million deaths in the region [10-11].

The objective of this research is to assess the incidence and the pattern of obesity among children and adolescents residing in the Republic of Uzbekistan.

MATERIALS AND METHODS

The medical-sociological research involved the extraction of data from medical records (Form No. 025/u) and development histories (Form No. 030/u), followed by in-depth medical examinations of children and adolescents. The analysis incorporated data from preventive examinations conducted in educational institutions, as well as data from dispensary groups registered with endocrinologists for obesity. The study period spanned three years (2021-2023).

When examining the anamnestic data through questionnaires, attention was directed toward previous illnesses, the presence of chronic diseases, and foci of infection. The analysis of morbidity was conducted in accordance with the international statistical classification of diseases and health-related problems.

To study the health of children and adolescents with obesity, it is essential to consider the pathogenesis of this syndrome, the characteristics of its course, and the organism's functional capabilities, primarily determined by living conditions, dietary habits, daily routines, rest, and various emotional states.

By commonly accepted methods of sanitary statistics, intensive indicators were calculated. The mean values of morbidity indicators (M) and the standard error (m) were determined. The dynamics of obesity morbidity indicators were examined over a three-year period.

RESULTS

During 2021-2023, 55,824 cases of obesity were registered among the adult population of the Republic for the first time. High intensive obesity indicators were observed in the city of Tashkent, the Khorezm Region, and the Tashkent Region. The emergence of obesity in the population is characterized by an imbalance between food intake and expended energy, disturbances in the pancreas, liver, small and large intestines. In other regions, such high obesity rates were not identified.

When examining the prevalence of obesity among children and adolescents in the Republic of Uzbekistan, it was noted that obesity is on the rise in children aged 11-15. During 2021-2023, 54,228 cases of obesity were registered in the Republic for the first time. The leading regions in terms of these indicators differ from those in the adult population. High intensive obesity indicators were identified in the city of Tashkent, the Tashkent Region, and the Khorezm Region. In other regions, such high obesity rates among children were not observed. There is a slow but steady increase, with a peak in 2023, which is attributed not only to factors such as diet and physical activity but also to the active work of pediatric endocrinologists, hygienists, and dietitians (see Table 1).

In this section, intensive obesity indicators are presented for various regions of Uzbekistan over a three-year period – 2021, 2021, and 2023. The indicators are measured per 100,000 population.

Table 1. Intensive obesity indicators by region over 3 years.

Region	2021 (per 100,000 population)	2021 (per 100,000 population)	2023 (per 100,000 population)
City of Tashkent	304.1	314.1	327.1
Andijan	10.3	12.0	14.6
Bukhara	25.1	15.5	23.0
Jizzakh	1.2	3.7	6.1
Kashkadarya	0.5	0.5	3.9
Navoiy	44.2	41.6	46.6
Namangan	25.4	36.5	42.3
Samarkand	18.8	38.1	37.8
Surkhandarya	10.7	14.1	18.6
Syrdarya	26.2	17.4	21.4
Tashkent Region	122.4	155.7	167.0

Fergana Region	28.0	40.3	46.5
Khorezm Region	63.1	122.1	132.6
Republic of Karakalpakstan	31.8	23.2	35.8
Republic of Uzbekistan	45.9	56.4	62.0

From the table, it is evident that obesity indicators in different regions of Uzbekistan have been on the rise over the course of three years. The most significant increase is observed in the Tashkent Region, while some other regions also show an increase in the obesity rate, albeit to a lesser extent. The Republic of Uzbekistan as a whole also exhibits a trend of increasing intensive obesity indicators over time.

Analysis of the morbidity among children and adolescents with obesity in Tashkent region, based on comprehensive medical examinations, revealed a higher incidence of various conditions in this age group (11-15 years). These conditions included endocrine disorders, metabolic disturbances, blood and hematopoietic system pathologies, gastrointestinal disorders, conditions requiring surgical evaluation (such as scoliosis and flatfoot), chronic infectious foci (chronic tonsillitis, adenoids), as well as neurological disorders: autonomic nervous system disorders, asthenoneurotic syndrome, vegetative-vascular dystonia, various neuroses, and cardiovascular system disorders.

In the structure of morbidity among children and adolescents aged 11 to 14 in the Tashkent region with obesity, leading positions were occupied by endocrine diseases, disorders of nutrition and metabolism - 24.6%, blood diseases, blood-forming organs, and certain disorders involving the immune mechanism 14,0%, digestive system diseases 11.4%, nervous system diseases 5,4%, mental disorders and behavioral disorders 3.7%, genitourinary system diseases 3.0%, injuries, poisonings, and other consequences of external causes 3.4%, among others.

It should be noted that children and adolescents with obesity in the Tashkent region lack healthy lifestyle habits.

Table-2. Disease Structure in Children and Adolescents with Obesity in the Tashkent region (as a Percentage of Total Diseases)

ICD-10 Class of Diseases	Percentage
I Infectious and parasitic diseases	2,8
III Blood and hematopoietic system diseases and certain disorders involving the immune mechanism	14,0
IV Endocrine disorders, metabolic disturbances	24,6
V Psychiatric disorders and behavioral disturbances	3,7
VI Diseases of the nervous system	5,4
VII Diseases of the eye and its adnexa	2,8
VIII Diseases of the ear and mastoid process	3,4

IX Diseases of the circulatory system	6,1
X Diseases of the respiratory system	10,5
XI Diseases of the digestive system	11,4
XII Diseases of the skin and subcutaneous tissue	4,1
XIII Diseases of the musculoskeletal system and connective tissue	2,5
XIV Diseases of the genitourinary system	3,0
XV Pregnancy, childbirth, and the puerperium	-
XVII Congenital malformations, deformations, and chromosomal abnormalities	1,0
XIX Injuries, poisonings, and other consequences of external causes	3,4
Total Disease Incidence	100

The increase in the aforementioned diseases may be attributed to a decrease in the protective properties of the children and adolescents' bodies due to excessive nutrition, non-compliance with a rational diet, daily routines, and other factors. When assessing the incidence rate of obesity among children and adolescents, despite its high prevalence, no severe forms of chronic pathology were registered among them.

Endocrinologists examined individuals who had the diagnosis of "obesity" in their outpatient medical records, and 50% of them were referred by primary care pediatricians specifically due to excess body weight concerns. Additionally, 5% of children's parents sought consultation with an endocrinologist independently, as they were concerned about their child's excess body weight.

We found that among the surveyed individuals, 56% of children with obesity did not have the diagnosis of "obesity" in their outpatient documentation, had not been consulted by an endocrinologist, and consequently had not received any preventive or therapeutic recommendations. In 25% of the examined children, there were no regular anthropometric data available. Children who had been diagnosed with "obesity" in the form of 112/u by an endocrinologist during an outpatient examination or by a hospital physician were also not subjected to further monitoring and the dynamics of their body weight were not controlled.

It is noteworthy that outpatient pediatricians do not consider obesity in children as a significant problem negatively impacting a child's health, which requires constant monitoring and attention. They may also experience a lack of understanding from the parents of children with obesity.

Conclusion: The regional peculiarities of obesity incidence among children and adolescents identified in this study will aid in conducting targeted measures to further reduce this pathology in Tashkent city and in Uzbekistan.

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