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OBESITY OR VARIOUS PATHOLOGICAL CONDITIONS CAUSED BY POOR NUTRITION.

**Noto'g'ri ovqatlanishdan kelib chiqadigan semizlik yoki har xil patologik holatlar.
Ожирение или различные патологические состояния, вызванные
неправильным питанием.**

Annotation. *This article is devoted to the analysis and research materials about obesity or various pathological conditions caused by poor nutrition. Currently, obesity is a chronic metabolic disease that can be observed at any age, it is manifested as an increase in body weight mainly due to fat tissue, and it is accompanied by an increase in the general morbidity and mortality of the population. In a developed society, even if there is no change in genetics, that is, regardless of genetic factors, obesity is increasing sharply.*

Key words: *obesity, proper nutrition, health, healthy life-style.*

Anotatsiya. *Ushbu ilmiy tadqiqot maqolasi noto'g'ri ovqatlanish natijasida yuzaga keladigan semizlik va boshqa turli xil patologik holatlar haqidagi tahlil va tadqiqot materiallariga bag'ishlangan. Hozirgi vaqtda semizlik har qanday yoshda kuzatiladigan surunkali metabolik kasallik hisoblanadi, tana vaznining asosan yog' to'qimalari hisobiga ortishi sifatida namoyon bo'ladi, aholining umumiy kasallanish va o'limi holatlari ko'payishi bilan kechadi. Taraqqiy topgan jamiyatda genetikada o'zgarish bo'lmasa ham, ya'ni irsiy omillarga bog'liq bo'lmagan holda semizlik keskin ortib bormoqda.*

Kalit so'zlar: *semizlik, to'g'ri ovqatlanish, salomatlik, sog'lom turmush tarzi.*

Аннотация. *Данная статья посвящена анализу и исследованию материалов об ожирении или различных патологических состояниях, вызванных неправильным питанием. В настоящее время ожирение является хроническим метаболическим заболеванием, которое может наблюдаться в любом возрасте, проявляется увеличением массы тела преимущественно за счет жировой ткани и сопровождается ростом общей заболеваемости и смертности населения. В развитом обществе, даже если нет изменений в генетике, то есть независимо от генетических факторов, ожирение резко возрастает.*

Ключевые слова: *ожирение, правильное питание, здоровье, здоровый образ жизни.*

Relevance of the work.

Obesity and various pathological conditions caused by poor nutrition are significant health concerns that can have serious consequences for individuals and public health as a whole. Here, I'll provide an overview of both topics:

Obesity: Definition: Obesity is a medical condition characterized by an excess of body fat. It is typically determined by measuring one's body mass index (BMI), which is calculated using height and weight.

Causes: Obesity can result from a complex interplay of genetic, environmental, and behavioral factors. Some common causes include overeating, lack of physical activity, genetic predisposition, hormonal imbalances, and socioeconomic factors.

Health Consequences: Obesity is associated with numerous health problems, including an increased risk of heart disease, stroke, type 2 diabetes, certain types of cancer, sleep apnea, and joint problems. It can also lead to psychological issues such as depression and low self-esteem.

Research objective.

Pathological Conditions Caused by Poor Nutrition: Poor Nutrition: Poor nutrition can result from a variety of factors, including inadequate dietary intake of essential nutrients, excessive consumption of unhealthy foods, and imbalanced diets.

Pathological Conditions: Insufficient or imbalanced nutrition can lead to a wide range of pathological conditions, including:

Malnutrition: This can result from both undernutrition (insufficient intake of calories and nutrients) and overnutrition (excessive intake of calories, often in the form of unhealthy foods).

Micronutrient Deficiencies: Lack of essential vitamins and minerals can lead to conditions like anemia (iron deficiency), scurvy (vitamin C deficiency), rickets (vitamin D deficiency), and others.

Eating Disorders: Conditions like anorexia nervosa, bulimia nervosa, and binge-eating disorder involve abnormal eating behaviors and can have serious health consequences.

Chronic Diseases: Poor nutrition is a major risk factor for chronic diseases such as cardiovascular disease, hypertension, and type 2 diabetes.

Obesity: As mentioned earlier, obesity is often a result of poor nutrition, particularly excessive calorie intake and consumption of unhealthy foods.

Addressing these issues requires a multi-faceted approach, including education about healthy eating habits, access to nutritious food, support for individuals with eating disorders, and policies aimed at reducing the prevalence of unhealthy foods in the environment.

It's essential for individuals to make informed choices about their diet and lifestyle to maintain good health, and for society to work towards creating an environment that promotes healthier eating habits and better nutrition for all.

Materials and methods.

Obesity (Lat. adipositas - "obesity" and Lat. obesitas - literally "fullness, fatness, fatness") - accumulation of fat, increase in body weight at the expense of adipose tissue. Adipose tissue can accumulate both in physiological reserves and in the mammary glands, thighs, and abdomen. Currently, obesity is a chronic metabolic disease that can be observed at any age, it is manifested as an increase in body weight

mainly due to fat tissue, and it is accompanied by an increase in the general morbidity and mortality of the population. In a developed society, even if there is no change in genetics, that is, regardless of genetic factors, obesity is increasing sharply.

The development of obesity occurs as a result of a violation of the balance between energy intake and expenditure in the body. Body weight is regulated by a complex relationship of a complex of interdependent systems: energy intake (calories) = energy expended. Lack of activity (hypodynamia) and easily digestible calories (their excess accumulates in the body in the form of triglycerides in fat tissues) contribute to the development of obesity.

Therefore, in order to maintain energy balance, the body must regulate hormone levels, reduce energy consumption, increase the efficiency of absorption of nutrients, regulate eating behavior (reduce appetite), and mobilize insufficient energy from fatty energy depots. Each of these is regulated by certain genes.

Results and discussion.

Pathological types of obesity, as a rule, are associated with disturbances in the human endocrine system, which lead to disturbances in fat metabolism.

Obesity is divided into degrees (the amount of fat tissue) and types (due to the reasons that lead to its development). Obesity leads to diabetes, hypertension and other diseases associated with the presence of excess weight. According to the WHO classification, waist size greater than 94 cm in men and 80 cm in women increases the risk of obesity-related diseases. The causes of excess weight also depend on the distribution of adipose tissue, the nature of adipose tissue (softness, tension, percentage of fluid retention) and the presence or absence of skin changes (stretching of the skin called "cellulite", enlarged pores). makes a secret.

The long-term results of treatment based on reducing the energy value of the diet are disappointing (regardless of whether it is carried out under medical supervision or without medical supervision). According to a study conducted by the American psychologist Tracy Mann and his colleagues, the diet is completely useless as a means of combating obesity.

However, it should be noted that obesity cannot be successfully treated without proper calorie control. For successful weight loss, WHO recommends calculating your usual caloric intake and then reducing it by 300-500 kcal every month until you reach 500 kcal less than you need. This value is 1500-2000 kcal for persons who do not engage in active physical labor.

Researchers have found that people who regularly consume low-fat dairy products are less likely to gain excess weight and suffer from metabolic syndrome.

Conclusions.

According to statistics of the World Health Organization, cardiovascular diseases are one of the main causes of death in the world. In 2012 alone, more than 17 million people died from YTK. A major cause of heart disease is excess weight, including excess visceral fat.

To conclude, lot depends on the form, degree, complications and co-morbidities of obesity.

Being overweight is not "healthy" even in the absence of metabolic disease—there are other risk factors that increase over time; excess weight always inevitably leads to one or another cardiovascular disease.

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