

UZBEKISTAN IN THE REPUBLIC ADULTS BETWEEN METABOLIC DISORDERS WITH RELATED EXCESS WEIGHT OF THE CIRCUMSTANCES SPREAD

E. Y. Sultanov,

Rakhimov Bakhodir Bakhtiyorovich,

Saidkarimova Nozimahon,

Yahyoyeva Diloram

Tashkent State Medicine University

Tashkent Chemistry International University

Abstract

Last in years world on a scale food factors chronic uninfected diseases in development place much deep is being studied. Research this shows that excessive weight and obesity, atherosclerosis, hypertension, carbohydrate exchange disorder, metabolic syndrome, immune shortage cases such as of diseases increase one row "external" with " factors " related. Their the most important: nutrition of the composition fast change (nutrients ratio violation), physical activity reduction of stress increase.

Keywords: Excess weight, metabolic disorders, epidemiology, population health, regional differences.

Introduction

Eating such to change industrialization, urbanization, global food market expansion and consumption stereotype change reason is happening [1–2].

Today on the day excess weight and obesity is global epidemic understand is taking. The world according to about 250 million people from obesity suffering smokes, this whole adults 7 percent of the population WHO experts According to him, by 2025 this indicator almost two even increases. Some developed in the countries Obesity affects 30–50% of the population cover to receive forecast is being done [3].

Europe in the region obesity level the last 20 years inside three equal increased . Every second person – extra weight, and every fifth child obesity various to the levels has [4].

If the current tendency preserved If it remains, by 2030 world population between excess weight indicators up to 70 % to reach possible. Every year overweight with related diseases per 1 million more than to death reason will be [5].

Research purpose

During 2012–2014 Uzbekistan In the Republic adults between record done excess weight and obesity of the circumstances spread dynamics analysis to do

Materials and methods

Research for primary medicine institutions by manageable official report data analysis (2012–2014) was done.

In the analysis: recorded in 2012–2014 done all new diseases, three annual average indicators, according to ICD-10 classification into account received.

Results

During 2012–2014 Uzbekistan Republic of all regions according to primary medical from joints taken official statistic information analysis adults between excess weight and obesity with related of illness noticeable at the level growing that is going showed . Three annual in the period total **17,274 units** new obesity status record done per year average around 5700–5800 new patient to list These indicators are obtained country on a scale metabolic disorders real epidemiological spread the view formation opportunity gave .

Analysis this shows that obesity with related of illness general level years during proportional accordingly growing went . In 2012, the indicator republic 30.1% according to organization reached In 2013, it was 28%. a little decreased , but increased again in 2014 growing , **29.6%** to the level reached . This of changes statistic in terms of not much sharp not being metabolic danger factors in the population stable and deep root shot , as well as prevention measures enough at the level effective that it was not shows .

Indicators year after year noticeable vibrations manifestation lack of " stabilized " obesity epidemiological as " process " since formed is evidence . Such process

usually food culture , physical activity level and urbanization with closely related will be in the Republic last in years event gave fast urbanization , service show field expansion , transportation of use increase , physical labor share contraction excess body weight to grow reason was main from factors is one .

Statistical information this shows that obesity spread regions in the section extreme uneven . This situation demographic structure , economic development level of population food properties , medical from the examinations transition activity and diagnostics in skills differences with interpretation possible .

The most high indicators record done Regions : Syrdarya region – 93.9%, (2014), Tashkent city – 76.4%, Tashkent region – 53.8%, Khorezm region – 65.0%.

these areas of indicators high to be one how many factors with related to be probably :

- city in the regions physical activity lowness ;
- high calorie , again worked food products consumption wide prevalence ;
- diagnostics system good on the road being put ;
- population medical to services appeal to do activity high ;
- preventive of the examinations regular to be transferred .

For example , the city of Tashkent population between diseases determination indicators always high will be , this is a real spread level with one in line medical of examinations quality is also determined by .

Lowest scores record done Regions : Kashkadarya region – 0.9%, Surkhandarya region – 9.7%, Jizzakh region – 15.9%.

these areas Low indicators reflect the real situation . reflection not to possible .

Because :

- obesity often disease not , " simple" as " status " consideration
- population medical to institutions less appeal to do
- primary in the syllable diagnostics methods enough at the level inapplicability
- anthropometric measurements regular and systematic take not going such as factors underperforming to be possible .

Especially Kashkadarya in the province real epidemiological indicators to the situation relatively sharp is relatively low attention pulls . Because this in the area high high in calories , high in fat food wide widespread , physical labor share and

last in years decreasing is going on . That's why low scores for diagnostics shortage with interpretation possible .

Regions in the section three year during observed The changes are also different. in the direction was :

Growth observed Regions : Khorezm region : 33.1 → 65.0, Andijan Region : 9.1 → 12.8, Karakalpakstan Republic : 16.6 → 17.8.

Khorezm in the province indicator two even growth healthy marriage of style sluggishness , cities number increase , from transport use increase , carbohydrate-rich foods consumption , primary syllable diagnostics quality in terms of increased with depends .

Decline observed Regions : Navoi region : 45.8 → 32.8, Buxoro region : 26.1 → 22.5, Samarkand region : 28.0 → 21.0.

Such decrease one from the side , medical of the examinations slowdown or diagnostics of activity decrease with related to be possible . Other from the side , in the regions healthy marriage style promote doer programs , physical activity increase according to initiatives effectiveness is also likely factor to be possible .

Analyses Tashkent city , Khorezm , Syrdarya such as economic in terms of active in the regions obesity high that it is shows . In these areas :

- food of products diversity and accessibility high ;
- fast food , sugary drinks , desserts consumption many ;
- sedentary (active (unknown) marriage style wide spread ;
- work day during physical activity will be sharply lower .

Village in the regions and low visibility indicators gives . But this The situation is real epidemiological. the view complete reflection does not , but health storage system activity , diagnostics quality , medical culture level with depends .

Regions according to sharp differences : population medicine to institutions appeal to do habit , anthropometric measurements permanent take to go practice , family doctors qualification , medical reports to conduct quality with is explained . Therefore for Syrdarya , Khorezm or like Tashkent in the regions this processes good on the road placed for indicators to the real situation approached .

Other from , Kashkadarya and Surkhandarya such as in the regions medical of the examinations weakness the results artificial underperforming to be It is possible . This is own in turn country according to general indicators also decreased to the appearance take is coming .

Three annual analysis during obesity according to determined indicators dynamics republic in the population following of factors wide spread shows : high caloric food consumption of sugar , white bread , white flour products many consumption to do ; to sit work and of the movement decrease in women household from work outside physical activity shortage ; fast food and light to be prepared to meals demand increase ; sleep of the regime disorder ; stress factors .

Local population traditional food is also often oily and high in calories for , ration quality general metabolic danger level increases .

Determined high indicators obesity with Related : Type 2 diabetes diabetes , hypertension , cardiovascular disease vein diseases , fat metabolism liver failure steatosis , osteoarthritis , sleep apnea , like diseases are also increasing progress probably evidence gives .

Statistical information set obesity according to clear indicators presented although , potentially diseases of the load significant growth epidemiological point of view from the point of view the most anxious aspect is considered .

Conclusion

1. Adults between excess weight and obesity level In Uzbekistan noticeable at the level high during 2012–2014 decrease not , maybe **stable growth** observed .
2. Regions according to indicators sharp difference to do prevention , diagnostics and population health monitoring to do their work to strengthen demand does .
3. Metabolic disorders with related of diseases prevent to take for :
 - healthy food according to wide extensive information and propaganda works ,
 - regular medical exams ,
 - physical activity to increase aimed at programs are coordinated accordingly done increase necessary.

References

1. Salihova, N. S., Kosimov , R. A., Yuldasheva, Z. R., Shaikhova , G. I., Ermakov, N. J., & Rakhimov, B. B. (2016). Sanitarno-epidemiologicheskie trebovaniya k organizatsii pitanija obuchayushchihsya v obshcheobrazovatelnyx shkolax, uchrejdeniyax sredne spetsialnogo professionalnogo obrazovaniya. SanPiN.–2016, 0288-10.

2. Sultanov E . Y . et hand . Open water basins water samples analysis . - International Scientific and Practical Conference on Healthy Image, 2023.
3. Ikramova NA et al. THE EFFECT OF THERMAL LOAD ON THE BODY OF OUTDOOR WORKERS: ANALYSIS BASED ON MEDICAL AND HYGIENIC INDICATORS. – International Conference on Advance Research in Humanities, Applied Sciences and Education, 2025.
4. Ikramova NA et al. AMBIENT TEMPERATURE AND THE RISK OF THERMOREGULATORY DISORDERS AMONG TRAFFIC POLICE OFFICERS: AN EPIDEMIOLOGICAL ANALYSIS. – International Conference on Advance Research in Humanities, Applied Sciences and Education, 2025.
5. Nurmatov B., Rakhimov B. (2022). Study of virus contamination of indoor air and surfaces of hospital which specializes in the treatment of COVID-19 patients. Tashkent medicine academy Newsletter , 2022(1), 198-201.