

OVEREATING AND ITS PECULIARITIES

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ABSTRACT

It is known that nutrition is one of the main factors determining the functional activity of the body. Being overweight and obese is one of the fastest growing problems in the world today. This is the case in all countries of the world, men and women, young and old, ordinary workers and officials, students and others, regardless of their lifestyle. Overweight and obesity pose a number of new challenges to human health and economic processes.

KEYWORDS: *obesity, men, women, ordinary workers and officials, students.*

Excess body weight or obesity, on the one hand, alters the normal physiological processes in all systems, organs and internal fluids of the human body and causes various diseases, on the other hand, is sufficient with adequate food for the growing population from year to year. not only at the family level, but also at the state level[3,5]. In general, according to age, gender, intensity of mental and physical activity, place of residence and other factors, the origin of obesity has long been associated with the provision of food to scientists, thinkers, folk healers and the general public. Although of interest to experts, the study of physiological and biochemical processes associated with overweight, the identification of their mechanisms and the elimination of diseases that occur in organs and systems due to this factor Began to take shape within 200 years [1, 2, 4]. Extensive research has been conducted, mainly in large cities. Taking this into account, the population of the Karshi city Temiryolchi mahalla, who are overweight at different ages, has increased body mass, height, chest width, chest excursion (somatometric indicators), indicators such as blood pressure (maximum and minimum), pulse pressure, and heart rate (physiometric indicators) were studied.

Materials and methods

The survey was conducted on 60 people of different ages. We divided the subjects into 3 age groups. Group 1 18-29 years old Group 2 30-39 years old Group 3 40-59 years old. The study identified some somatometric parameters in the subjects, including height, body mass, chest circumference, as well as the Kettle index and chest excursion. The tests used modern and common methods to determine body mass and height.

The subjects' height was measured using a rostomer, body mass was weighed on a medical scale, and chest circumference was measured with a tape measure. The results for height, body mass, and chest circumference were compared with the norm, and the percentage was

averaged. The results of the Kettle, Pinye, Erisman indices, and chest excursion study were compared with the norm size to determine what percentage of the subjects were classified.

The results were compared and evaluated with the normative indicators. The results of the study were statistically processed and analyzed in the Statistical Functions section of the standard functions presented in Microsoft Excel 2013.

Results obtained and their analysis

We conducted our observations on women and men of different ages. The results obtained are presented in the tables below. Table 18-29 years old table 2 table 30-39 years old and table 3 40-59 years old women and men body mass height height, chest width, (calm, breathing) chest excursion, blood pressure (maximum and minimum), pulse pressure, and heart rate. Now let's move on to analyzing the data in each table. As can be seen, the Kettle index is higher than the average for both men and women aged 18-29 years, with 26.5 for men and 26.1 for women. Thus, when examining both groups of examiners at this age, body weight is more pronounced than height, ie women are 164.0 cm tall and their average weight is 70.0 kg. Here we see that the body weight is 6-8 kg more than the height. Approximately the same situation has been reported in men.

Chest width is normal in men and women, and the chest excursion during respiration is 5.2 cm in women and 4.3 cm in men. We see that this is close to the average development rate. The systolic and diastolic pressures in this group were 108/73 mm Hg in women and 115/79 mm Hg in men, respectively. If we analyze the dependence of the Kettle index on blood pressure, the fact that it is slightly higher in men than in women, is also reflected in blood pressure. We see that the heart rate is normal when they are at rest, that is, the heart rate in women is 80.6 beats per minute, while in men it is 75.5.

(Table 1)

Physical development indicators for 18-29 year olds

Indicators	Men	Women
Kettle index	26,5	26,1
Body mass (kg)	81,4	70,0
Height (cm)	175	164,0
Chest width at rest (cm)	92,2	89,1
when breathing	97,4	93
Chest tour	4,3	5,3
Blood pressure Maximum pressure	115	107,5
Minimum pressure	79,1	72,5
Pulse pressure	36,0	35,0
Heart rate	75,5	80,6

Summarizing the data in the first table, we can note the following: first, it was found that the blood pressure and heart rate in both groups of subjects were close to normal. Second, although the body mass was partially overweight, it did not lead to significant adverse effects. The fact that women and men in this group have a normal level of physical development can be explained by the fact that most of the subjects we studied were young, active and regularly engaged in physical activity. Table 2 below shows the physical development indicators of men and women in the second group compared to the age groups. As can be seen, the Kettle index of both groups clearly indicates high body weight. The figure is 30.5 for women and 31.5 for men. Body mass averages 93.3 kg for men and 77.8 kg for women. The width of the chest is also slightly higher than the previous groups, and their excursion does not differ from the previous ones.

(Table 2)

Physical development indicators for 30-39 year olds

Indicators	Men	Women
Kettle index	31,5	30,5
Body mass (kg)	93,3	77,8
Height (cm)	172,0	160,0
Chest width at rest (cm)	106	92,2
when breathing	111	96,6
Chest tour	5,6	4,7
Blood pressure Maximum pressure	123,3	113,3
Minimum pressure	82,5	73,3
Pulse pressure	40,8	40,0
Heart rate	83,0	77,5

The following cases were noted when the blood pressure was checked. If in men this figure is equal to 123.3 / 82.5 mm / column of mercury, in women it is equal to 113.3 / 73.3 mm / column of mercury. If we look at the numbers at the end of the table, we can see that the heart rate is also normal. From this table, we can conclude that in men and women aged 30-39 years, the Kettle index and physical development indicators are higher than the norm for this age group.

The third table shows the physical development indicators of the 3rd group of subjects, ie women and men aged 40-59 years. Here, too, what is immediately noticeable is the Kettle index (32.2 and 36.1 in men and women, respectively), which shows that the weight of the subjects is much higher than the norm (95 in men and women, respectively). 0 and 93.0, respectively). We can see that the results obtained from the chest are similar to those of the previous groups. The same situation can be observed in the heart rate.

Table 3

Physical development indicators for 40-59 year olds

Indicators	Men	Women
Ketle index	32,2	36,1
Body mass (kg)	95,0	90,3
Height (cm)	172,0	158,0
Chest width at rest (cm)	111,2	100,5
when breathing	118,3	107,5
Chest tour	7,1	6,5
Blood pressure Maximum pressure	126,4	116,3
Minimum pressure	85	76,4
Pulse pressure	41,4	40,0
Heart rate	89,0	73,0

It is known that more than 1.5 billion of the estimated 7.6 billion people living in the world today are overweight or obese, which is found in both developed and developing countries. The number of overweight people has been increasing over the last 50-60 years. This condition, called overweight or obesity, is more common in women and young children.

Conclusions: The most important aspect of the problem is that being overweight and obese is a risk factor for double or triple chance. First of all, being overweight leads to many diseases, such as endocrine system diseases, central nervous system, metabolic and energy metabolism, and deterioration of physical and mental functioning. Second, being overweight or obese dramatically reduces physical and mental performance and reduces productivity. Third, overweight or obese people undermine the state's economic position by consuming large amounts of food in violation of the rules of normal nutrition. Fourth, our study found that in all subjects, the body mass index was above average, and this difference became more pronounced with age. Fifth, we mentioned in the literature review of our study that the higher the body weight, the higher the blood pressure. Sixth, similarly, as the age of the subjects increased, the differences in pulse pressure became more pronounced.

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