
OBESITY INDICATORS AMONG WOMEN

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***Annotation.** Today, obesity is a very common condition and is observed among population groups, including women who are mentally active. Respondents living in desert areas were selected and their overweight, as well as observable indicators, were explained.*

***Keywords.** Respondent, obesity, female, body weight, Kettle index.*

Introduction. According to the World Health Organization, deaths among people who are 20% overweight worldwide will be 50% higher than those with normal body weight. In addition, in the developed countries of the world, children are 10-20% overweight and adults are 30-40% overweight. It should be noted that the number of deaths in developed countries is relatively high compared to developing countries.

Our observations were conducted in the spring and autumn of 2020 in Kasbi and Nishan districts of Kashkadarya region. A total of 100 women (18-75 years old) participated in the follow-up. These respondents were groups of people engaged in mental labor, including health workers, teachers, school principals, and the elderly, and the study was conducted on them. Anthropometric indicators, ie body mass and height, were obtained from the subjects and the results were developed according to the Kettle index.

Literature review. Medical scales were used to determine body mass, and special rostromers were used to measure height. In addition, sphygmomonometers and air spirometers, measured by the Korotkov method, were used to determine blood pressure and lung capacity in the respondents.

Scientific novelty of the article. At the same time, experts have begun to note that regular consumption of nutrients and energy-rich foods is more dangerous to health, because the above-mentioned "period diseases" are more common among this group of people. Fat from macronutrients plays a special role in the development of "period diseases", the high content of which increases the risk of disease. It is the norm to cover at most 35% of the total energy of a meal. People in the northern part of the country get 45-50% of their energy from food. Human consumption of grain and grain products is increasing year by year. Here, too, economically developed countries are far ahead of developing countries, for example, in the former this figure was 725.76 kg per capita per year, in the latter it is 2-5 times lower.

Analysis and results. Importantly, in developed countries, people do not consume so much grain, they fatten it into cattle and eat the resulting fat and meat. This condition is caused by the entry of large amounts of saturated fatty acids into the body and, as mentioned above, accelerates the occurrence of "period diseases".

From our results, it was found that among the respondents aged 18-29 years, women (8 people), body mass is 50% of the norm, of which the first degree of obesity occurs in 50%. In women aged 30–39 years (12 people), normal body mass was 33.3%, of which grade I obesity was 66.7%. In addition, respondents aged 40-59 years (20 women) had a body mass of 10%, of which grade I obesity was 50%. The number of examinees is 40, of which 25 are teachers engaged in mental work, and the remaining 15 are medical staff.

Our observations with the Kettle index show that 31% of the total subjects had normal body mass, the remaining 49% were grade I obese and 20% were grade II obese. As can be seen, only 1/3 of the respondents had normal body mass, and the rest were obese. This, in turn, indicates that in recent years, mentally retarded people (teachers, health workers, etc.) have become more prone to high-calorie diets than they need to be. It should be noted that the decrease in physical activity (physical activity, sports, etc.) in the population of this contingent leads to a constant increase in energy in the generally accepted diet, which leads to an increase in

body mass and, consequently, obesity. Now, if we talk about the normative and obesity levels mentioned among all the respondents, having a normal body weight is equal to 25% among women.

Women account for 55% of women due to a lack of direct physical activity other than household-related efforts. Grade II obesity is 20% in women. The following results were obtained when analyzing the level of obesity by age of the respondents. In this subgroup, women with normal body mass had a higher rate of grade I obesity than those with normal body mass.

Of the subjects aged 30-39 years (12 people), 33.3% had normal body mass, and the remaining 66.7% were grade I obese. We also observe a high level of obesity among women in this age group. In age group III, ie between the ages of 40-59 years, the situation is as follows: 13.3% of them have normal body weight, 50% are obese people of I degree and 36.7% are obese people of II degree (this occurs only in this age group).

Thus the following conclusion can be drawn from this data; the onset of obesity begins in respondents aged 18-29 years, and it occurs only in women. This condition can also be observed in 30-39 year olds. At the same time, it should be noted that obesity in these groups is 50% in women in case I and 66.7% in case II. It is also noteworthy that grade II obesity was reported only in respondents aged 40-59 years.

Conclusion. The results we obtained are consistent with the general data presented in the literature, indicating that people's obesity is primarily related to their age and that there is no reduction in food intake after age 40 and that their capacity is higher than that of physical activity.

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