

## Risk Factors and Prevention of Obesity in Children

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**Abstract.** Currently, obesity is recognized as a new chronic non-communicable "epidemic". All over the world, not only among adults, but also among children, a catastrophically rapid increase in the number of people suffering from obesity is observed. In Russia, according to the data cited in the literature (Dedov I. I., 2006; Vernigorova N. V., 2012; Malievsky O. A., 2013), from 2006 to 2013, the number of adolescents suffering from obesity increased by more than 1.5 times.

**Key words:** Prevetion, Children, Pregnant

In 2017, UNICEF, together with the Ministry of Health of the Republic of Uzbekistan, conducted a nationwide study on nutrition. The focus was on three main vulnerable groups: children under 5 years of age, women of reproductive age, and pregnant women. The study showed that 4.6% of children in Uzbekistan are overweight. Although this situation is not yet a serious problem, the weight-for-height ratio in Uzbekistan is higher than the WHO average growth standard. It was also found that 40.7% of non-pregnant women aged 15-49 are overweight or obese, and the older the woman, the more likely she is to be overweight. This phenomenon is a serious public health problem.

**Research objective:** Study of risk factors for the development of obesity in children.

**Research materials and methods:** Collection and analysis of literature sources on the topic of the study.

### Research results

In 2016, almost half of overweight and obese children under 5 lived in Asia. In 2016, 340 million children and adolescents aged 5 to 19 were overweight or obese. The prevalence of overweight and obesity among children and adolescents aged 5 to 19 has increased dramatically, from just 4% in 1975 to just over 18% in 2016. In 1975, just under 1% of children and adolescents aged 5 to 19 were obese, and in 2016, that number had reached 124 million (6% of girls and 8% of boys). In Africa, the number of children under 5 who are obese has increased by almost 50% since 2000. Overall, overweight and obesity cause more deaths than underweight. It should also be noted that people suffering from obesity are more likely to be hospitalized with complications of coronavirus infection than others and have a higher risk of dying from this disease. Risk factors for the development of obesity in children include: obesity and type 2 diabetes in parents and close relatives, an unfavorable course of pregnancy, a child's birth weight of more than 4 kg, artificial feeding, early introduction of complementary foods, excessive weight gain in the second half of life, and being overweight at the age of 1 year. Data indicate that if appropriate approaches are taken to protect the health of mothers, fathers, and children, the risk factors for overweight and obesity in adulthood can be prevented. These approaches should be applied throughout the reproductive period of life, especially before and during pregnancy, as well as in infancy, childhood and adolescence. The medico-social significance of the obesity problem is determined not only by its growth, prevalence, but also by the severity of its complications. Obesity in children has both short-term and long-term adverse consequences for physical and psychosocial health.

## **Conclusion**

Thus, it is necessary to apply sequential and comprehensive measures to combat this condition, which is considered a significant threat to public health. Prevention of obesity should begin with proper nutrition of the expectant mother and control of fetal weight, and it is very important to ensure breastfeeding after birth. Subsequently, it is necessary to monitor eating habits, especially the consumption of sweets. The data obtained as a result of WHO studies indicate the need for urgent measures to promote healthy eating among children, especially to increase the daily consumption of vegetables and fruits. It is also necessary to widely inform the population about the seriousness of the disease and measures for its prevention in order to prevent obesity among children.

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