



PREVALENCE OF OBESITY AND ITS PREVENTION

H.Q. Ruzmatova

Central Asian Medical University

Article history:	Abstract:
Received: September 20 th 2024	During the process of evolution, the human body adapted to store nutrients during times of abundance to ensure energy supply during scarcity or forced fasting. This evolutionary advantage enabled humans to survive. In ancient times, obesity was considered a sign of prosperity, sufficiency, fertility, and health. Unfortunately, today obesity is recognized as a significant risk factor for numerous diseases.
Accepted: October 14 th 2024	
Keywords: Obesity, Metabolic syndrome, Body Mass Index, Mongoloid race, Diabetes mellitus	

In our country, this issue has also become a significant challenge within the healthcare system, causing severe consequences. Research over recent years has confirmed that obesity, particularly its abdominal (central) type, plays a critical role in the development of numerous diseases. Studies have shown that in individuals under the age of 55 with grade 3 obesity, the risk of developing type 2 diabetes is 18 times higher in men and 13 times higher in women compared to individuals with normal weight in the same age group. Similarly, individuals with excess body weight under the age of 55 are 3–4 times more likely to develop diabetes than those with normal weight. Moreover, increased body weight is associated with osteoarthritis and certain types of cancer, including esophageal, colorectal, liver, gallbladder, stomach, pancreatic, thyroid, breast, cervical, kidney, and prostate cancers. Women with excess weight also face an increased risk of menstrual cycle disorders, infertility, and other diseases. In summary, obesity is not merely a disease in itself but a primary contributor and trigger for various other illnesses.

According to the World Health Organization (WHO), over 1.6 billion people aged 15 and above are overweight, and more than 400 million suffer from obesity. By 2020, the number of overweight individuals was projected to exceed 2.3 billion, with 800 million classified as obese.

In developed countries, obesity prevalence is significant. For instance, in the United States, 20% of the population is obese, with 20 million individuals classified as moderately obese (10–20% overweight) and 5 million severely obese (over 20% overweight). European countries such as England, France, and Germany report obesity rates ranging from 20–30%.

In Russia, recent studies indicate that obesity affects 26% of the population. Research conducted in Uzbekistan shows that 20–24% of the population is

obese, with childhood obesity reaching up to 10%. Urban residents tend to have higher body weight compared to rural dwellers, and obesity is more common among women than men. The peak prevalence of obesity occurs between the ages of 30–40, significantly decreasing by the ages of 70–80.

Even in the absence of metabolic disorders, excess weight is not a "healthy" condition. Over time, it inevitably contributes to the development of cardiovascular diseases and other health issues.

In clinical practice, the Body Mass Index (BMI) is commonly used to determine obesity.

Body Mass Index (BMI)

The Body Mass Index (BMI) is a key indicator used to identify excess weight:

BMI classifications:

BMI < 18.5 – Underweight

BMI 18.5–24.9 – Normal weight

BMI 25–29.9 – Overweight

BMI 30–34.9 – Grade 1 obesity

BMI 35–39.9 – Grade 2 obesity

BMI 40–50 – Grade 3 obesity

BMI > 50 – Grade 4 obesity (severe obesity)

In 2000, WHO recommended lowering the overweight threshold for the Mongoloid race from 25 to 23 kg/m² and the obesity threshold from 30 to 25 kg/m². This change was based on epidemiological studies showing that Mongoloid populations suffer from obesity-related issues at significantly lower BMI levels. Meanwhile, some researchers suggested raising the overweight threshold for the Negroid race and Polynesian individuals from 25 to 26 kg/m² and the obesity threshold from 30 to 32 kg/m².

In 2019, the Food and Agriculture Organization (FAO) of the United Nations published a report on obesity, using data from 2017. Below is a table showing the countries most affected by obesity according to the FAO report:



Country	Percentage of Population Suffering from Obesity
Mexico	32,8
USA	31,8
Syria	31,6
Venezuela, Libya	30,8
Trinidad and Tobago	30,0
Vanuatu	29,8
Iraq, Argentina	29,4
Turkey	29,3
Chile	29,1
Czech Republic	28,7
Lebanon	28,2
New Zealand, Slovenia	28,0
El Salvador	27,9
Malta	27,6
Panama, Antigua	26,8
Israel	26,5
Australia, Saint Vincent and the Grenadines	26,1
Dominican Republic	26,0
United Kingdom	24,9
Russia	24,9
Hungary	24,8

Products rich in fiber, vitamins, and other biologically active substances (such as grains and cereals, vegetables, fruits, nuts, greens, and others) should be consumed, while reducing the intake of rapidly absorbed carbohydrates (such as sugar, sweets, pastries, bread, and pasta made from refined flour). Adherence to a healthy diet and regular physical exercise is essential.

In our country, measures to prevent obesity and its consequences are clearly outlined in the Presidential Decree of the Republic of Uzbekistan No. 6035, titled

“Additional measures to ensure public health by improving the efficiency of medical prevention work.” According to this decree, from January 1, 2021, systematic screening examinations are conducted to identify cardiovascular risks (such as hypertension, heart attacks, strokes, diabetes, and other risk factors) among citizens aged 40 and above.

Efforts include:

Raising awareness of personal and public hygiene.
Promoting a healthy lifestyle by conducting surveys and medical examinations to identify risk factors for



World Bulletin of Public Health (WBPH)

Available Online at: <https://www.scholarexpress.net>

Volume-41, December 2024

ISSN: 2749-3644

non-communicable diseases and providing individualized counseling.

Organizing and implementing educational activities on the principles of healthy nutrition, physical activity, personal hygiene, and the importance of avoiding harmful habits.

This decree demonstrates the importance of promoting healthy eating habits and physical activity among the population.

REFERENCES:

1. Presidential Decree of the Republic of Uzbekistan No. 6035, "Additional measures to ensure public health by improving the efficiency of medical prevention work."
2. Global Strategies to Prevent Obesity — By World Health Organization (WHO).
3. The Effectiveness of School-Based Interventions for the Prevention of Childhood Obesity — International Journal of Behavioral Nutrition and Physical Activity.