

Formation of Principles of Healthy Nutrition Among Adolescent Girls

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Abstract The issue of adolescent lifestyles and health is of paramount importance in today's world. It is the health status of adolescents that is essential for the health of future generations. Moreover, the health of adolescents, as well as their socialization, is a prerequisite for a good education and, later on, for choosing a profession and, consequently, for continuing their studies in higher education. The health of adolescent girls also means healthy motherhood in the future, with all its attendant health and social benefits. At the same time, it should be understood that adolescents are a special social group, united not only by their age but also by the specific conditions of life and learning, their own values, attitudes and behavioural standards. Literature data indicate that the existence in the modern society leads to the fact that modern teenagers have to adapt to the new factors of life, among which the main place take the constant mental and psycho-emotional stress, information stress, insufficient material security, violations of work, rest and nutrition.

Keywords Eating disorders, Recreation mode, Diet, Lifestyle, Sports, Personal hygiene

1. Introduction

The Significance of Body Mass in Adolescent Girls and its Impact on Reproductive Health. Body mass plays a crucial role in the health of adolescent girls. Studies have shown that obesity during adolescence significantly increases the risk of menstrual cycle irregularities, consequently affecting reproductive function. Conversely, timely weight management often leads to the normalization of the menstrual cycle in most adolescent patients, even without additional therapy, restoring regular cycles. In childhood and adolescence, it's essential to consider predictors of reproductive disorders, one of which is excess body weight.

Furthermore, it's no secret that chronic diseases requiring dispensary observation often develop alongside excess body weight. Being a risk factor for severe metabolic disorders, excess body weight in adolescent girls is associated with a high frequency of not only menstrual irregularities but also hyperandrogenic manifestations of these disorders. Upon reaching reproductive age, these girls may experience infertility, various hyperplastic processes, and even an elevated risk of developing endometrial, ovarian, breast, and other target organ cancers.

Therefore, obesity is currently regarded as a poly-etiological disease, presenting certain challenges in identifying its causes.

Research Objectives and Methodology

The aforementioned considerations have highlighted the

relevance and purpose of our research, which aimed to study the dietary principles of adolescent girls with excess body weight, fostering the development of proper nutrition and healthy lifestyle habits. The research was conducted in Samarkand Region, focusing on adolescent girls aged 11 to 19 attending schools and colleges. Since the establishment of independent Uzbekistan and over the past 30 years, our state has shown unwavering concern for the younger generation. This is evidenced by a number of Presidential Decrees and Laws adopted in our country during the years of independence. In one of the latest Decrees of the President of the Republic of Uzbekistan dated July 25, 2020, No. UP-6035 "On measures to mitigate the coronavirus pandemic, fundamentally improve the sanitary and epidemiological well-being system and protect the health of the population," Shavkat Mirziyoyev stated: "To define the main directions of medical prevention: primary prevention - taking measures for a rational work and rest regime, regular exercise, turning physical exercises into a daily lifestyle, observing personal hygiene rules, healthy and proper nutrition, eliminating excess weight and obesity, combating harmful habits, improving human health, education and upbringing, increasing the medical culture of the population."

However, at the same time, it should be recognized that adolescents represent a special social group; they are united not only by age, but also by specific living and learning conditions, they have their own values, attitudes, and behavioral standards. The literature indicates that existence in modern society leads to modern adolescents having to adapt to new life factors, among which the main ones are

constant mental and psycho-emotional stress, information stress, insufficient material security, violations of work, rest, and nutrition regimes. A decrease in the overall level of culture, including sanitary and hygienic culture, leads to the spread of behaviors such as early sexual initiation, smoking, alcohol consumption, drug use, or psychoactive substances.

Today, in particular, the problem of preserving and strengthening the health of the younger generation requires a new approach in order to ensure their guaranteed access to quality medical care at all stages of its provision, to find new forms of its organization, and to develop a special model of health management for adolescents. These issues, from the point of view of organizing medical care and its practical implementation for this contingent of the population, their treatment and rehabilitation, have not been sufficiently studied to date and are debatable. Scientific research and justification of ways to improve the organization of medical care for adolescents is a topical issue, there is a need to reconsider existing organizational forms of providing medical care to students from the standpoint of its accessibility, assessment, effectiveness, and other components.

2. Methods and Materials

This year, a new organizational and functional model of a clinic for adolescent girls was created in Uzbekistan for the first time. It is assumed that one of the main functional duties of such a clinic will be not only to provide medical gynecological care to girls, but also to create comprehensive health programs for adolescents. In addition, maximum continuity in providing medical care to girls should be ensured by using the capabilities of the diagnostic center and hospitals. In our opinion, such a clinic should be part of a multidisciplinary specialized medical and preventive institution capable of providing medical care to adolescents at all stages, as well as carrying out a complex of preventive measures.

The reform of clinics providing care to adolescents should eliminate shortcomings and utilize the advantages of the organizational and legal form of healthcare institutions.

Unfortunately, an analysis of scientific works on the problems of adolescent girls' health in our country, the factors that determine it, confirms the need for in-depth research into their health status, the development of a set of measures to cultivate the principles of a healthy lifestyle in the younger generation, strengthen the principles of family values in them, as well as strengthen their health, and also the development of a new functional model of organizing medical care for adolescent girls.

The main criteria for evaluating the dietary habits of adolescent girls with excess body weight during the study were: body mass index (BMI), main consumed products, characteristics of meal frequency, physical activity, as well as family socioeconomic status. In addition, we conducted a sociological survey to study the lifestyle and nutrition

of adolescent girls with obesity using specially designed questionnaires.

3. Discussions and Results

Over a 6-month period, 110 girls with obesity were identified in Samarkand Region. All examined patients showed an alimentary type of obesity. The average body weight of the examined patients was 77.2 ± 0.67 kg, the average height – 162.7 ± 2.26 cm. The duration of obesity varied widely and averaged 4.56 ± 0.74 years. The average WC of the examined patients was 93.65 ± 0.48 cm, HC – 79.85 ± 0.23 cm, while the value of the HC/WC index exceeded 0.8 and was 0.851 ± 0.003 .

26 (23.6%) of the examined girls had 1st degree alimentary obesity, 55 (50%) had 2a degree, and 29 had 2b degree of obesity (26.4%). At the same time, the body mass index (BMI) ranged from 25.45 kg/m^2 to 33.09 kg/m^2 , averaging $29.02 \pm 0.26 \text{ kg/m}^2$. For girls with 1st degree alimentary obesity, this figure was $25.45 \pm 0.06 \text{ kg/m}^2$, with 2a – $28.52 \pm 0.12 \text{ kg/m}^2$, with 2b – $33.09 \pm 0.12 \text{ kg/m}^2$.

72 (65.5%) of the examined girls with alimentary obesity showed android (central) type of obesity, which was characterized by a HC/WC ratio >0.85 , 38 (34.5%) of the women showed a mixed type of obesity. Almost all girls consider their health to be good. However, analysis of BMI shows the widespread prevalence of obesity among adolescents. This indicates a discrepancy between the assessment of one's health and the existing pathology. In our opinion, one of the reasons for this is the low medical activity of young people, their lack of understanding of the need for proper nutrition and physical activity to strengthen their health and prevent various risks associated with excess body weight. Here, it is particularly important to note the lack of preventive medical examinations of adolescents.

4. Conclusions

The results of the sociological study of the eating habits of adolescent girls, conducted using the method of questionnaires and measurement of basic anthropological parameters, show that most girls have low motivation to adhere to the principles of a healthy lifestyle and diet. These include:

- Irregular eating patterns;
- Preference for eating outside the home, at cheap fast food restaurants;
- The prevalence of unhealthy habits such as fast food and consuming a large amount of sugary carbonated drinks;
- Low physical activity, a lack of need for hardening procedures;
- Low medical activity.

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