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EXCESS BODY WEIGHT MEETING BETWEEN INTELLECTUAL WORKERS

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ABSTRACT

Obesity or overweight, which is one of the diseases of the period, is one of the most common conditions today. The presence of this condition affects many physiological functions in the human body. It causes a number of diseases, including cardiovascular, digestive, respiratory and others.

Keywords: body mass index, population groups, anthropometer, moving fats.

INTRODUCTION

It is known that metabolism plays a crucial role in the course of all vital processes in the body. Metabolism is divided into protein, fat, carbohydrates, minerals, vitamins, water and other types of metabolism. In order for life to continue, the types of metabolism mentioned in each organism are constantly interrelated. If protein metabolism plays a crucial role in the growth and development of the body, the metabolism of carbohydrates and fats plays an important role in providing the body with adequate energy. The accumulation of fat in the body is carried out in different ways, and now there are 4 types:

- First, the physical and chemical interactions with proteins in the cell cytoplasm;

- Secondly in adipose tissue;

- Third between tissues;

- Fourth, infiltration of visceral cells.

Fats are generally divided into two types: consumable fats (fat depots in fatty cells) and sedimentary fats or cytoplasmic fats. These fats are actively involved in metabolism and are reduced when the body is hungry for a long time. In the skin of the cell nucleus, they bind to proteins and accumulate in the form of lipoproteins. Sedimentary fats are also found in the nucleus, the nucleus accumbens, and various membranes.

Consumption of fats accumulates in adipose tissue and accounts for an average of 16% of body weight in people who follow a normal diet. These fats are distributed differently in different parts of the body. Its least common location is observed under the scalp. Most of this fat is found under the skin in the

chest and abdomen, in the waist and buttocks, as well as in the intestines and intestines.

Our research was aimed at detecting overweight and obesity in the population, using simple methods that are widely used in modern nutrition. Our observations were made in the spring and autumn in the desert regions of Kashkadarya region (Kasbi and Nishan). In total, more than 100 female and male respondents participated in the survey. Our observations mainly determined height (body length using a wooden rostomer or Martin's metal anthropometer) and body mass, using floor scales. This scale can accurately weigh up to 125 kg (accuracy is 100 grams). In addition, sphygmomanometers and air spirometers, measured by the Korotkov method, were used to determine the blood pressure and lung capacity of the respondents.

In determining body mass, its normal level or less than the norm was used to determine the Ketle index. Body weight and weight are measured directly. The effect depends on the amount of fat under the skin. The following formula is used to find the Ketle index:

$$\mathbf{Q=kg/m^2}$$

Here Q-Ketle index, kg-body mass, m - height.

The normative values of the Ketle index are 18.5-25% for middle-aged people. The normal size of the Ketle index for healthy people aged 34-36 years is around 22.9-27.9 kg / m2. The recommended body mass index for an adult depends on his or her gender, age, and body length. If body weight increases by 10-15% due to the accumulation of fat in the body, it is an excess body weight, which is not considered obesity. Obesity is characterized by the following levels of origin:

Grade I - increase in body mass by 10-29%; II degree - 30-49%; III degree - 50-99%; Level IV - 100% and more.

The following table describes the performance of two groups (women and men) as a result of our research:

№	Control group	Quantity, people	Normal body mass,%	I degree obesity,%	II degree obesity,%
1	**Total examinees**	**55**	**31**	**49**	**20**
	Men	15	46,7	33,3	20
	Woman	40	25	55	
2	**18-29 years old**	**8**	**50**	**50**	**-**
	Man	-	-	-	-
	Woman	8	50	50	-
3	**30-39 years old**	**17**	**53**	**47**	**-**
	Man	5	100	-	-

	Woman	12	33,3	66,7	-
4	**40-59 years old**	**30**	**13,3**	**50**	**36,7**
	Man	10	20	50	30
	Woman	20	10	50	40

As can be seen in the table above, the respondents in this group were 55, of whom 15 were men and 40 were women. By profession, 35 of them are teachers and the remaining 20 are medical workers.Our observations with the Ketle index show that 31% of the total subjects had normal body mass, the remaining 49% were grade obese and 20% were grade II obese. Apparently, only 1/3 of the respondents had a normal body mass, and the rest were obese. This, in turn, indicates that in recent years, mental labor has led people (teachers, health workers, etc.) to eat more high-calorie foods than they need. It should be noted that the population of this contingent Decreased physical activity (physical activity, exercise, etc.) leads to a constant increase in energy intake, which leads to an increase in body weight and, consequently, obesity. Now, if we talk about the above-mentioned normative and obesity rates among all respondents, it should be noted that while normal body weight is 46.7% among men, it is higher among women. the ratio is 25%. This indicates that men are more physically active than women. Due to the lack of direct physical activity in women, if grade I obesity in men is 33.3% among respondents, it is 55% among women. Grade II obesity is 20% in both men and women. The following results were obtained when analyzing the level of obesity by the age of the respondents. Men in this small group did not participate, and women with normal body mass had an equal rate of grade I obesity. It is noteworthy that in the 30-39-year-old subjects, all men had 100% normal body mass according to the Ketle index, while 12 women had 33.3% of normal body weight, and the remaining 66, 7% were class I obese. We also see high levels of obesity among women in this age group. In age group III, ie among 40-59 year olds, the situation is as follows: 13.3% of them have normal body mass, 50% are obese people of I degree and obese people of II degree (this occurs only in this age group). 36.7%. Here, too, those who are overweight are more likely than men to be obese, meaning that men have a 30% grade II obesity rate, compared to 40% for women.

Thus, the following conclusion can be drawn from this table: 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 although obesity in these groups is not common among men, it 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 (30% in men and 40% in women). It can be concluded that people's obesity is primarily related to their age, as well as the fact that food intake does not decrease after the age of 40, and that their energy is higher than that of physical activity performed.

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