

Date: 21<sup>st</sup>January-2026

**HYGIENIC RECOMMENDATIONS FOR THE HYGIENIC ASSESSMENT OF  
OBESITY IN WOMEN**

**B.B. Ortikov, M.F.Tangirova**

Tashkent State Medical University

Relevance of the topic. The issue of obesity among women of reproductive age is currently one of the most pressing challenges for global public health. According to WHO data, more than 40% of adult women worldwide are overweight, and 15–20% suffer from obesity. Obesity is a major risk factor for the development of cardiovascular diseases, type II diabetes, arterial hypertension, musculoskeletal disorders, and reproductive health impairments. The specific climatic, socio-economic, and dietary habits of the Surkhandarya region necessitate a profound hygienic analysis of obesity among middle-aged women.

Keywords: Women of childbearing age, obesity, dietary intake, hygienic analysis, physical activity, metabolic risk factors.

Research Objective. To provide a hygienic justification for the state of obesity among women in relation to their dietary intake and lifestyle.

Research Materials and Methods. Anthropometric indicators (body weight, height, body mass index, waist-to-hip ratio), hygienic assessment materials of the diet, and physical activity indicators were studied. Anthropometry is the primary hygienic method for identifying obesity. Bioimpedance analysis was used to determine body fat tissue, muscle mass, and total body water, while metabolic risk factors were assessed through biophysical indicators.

Introduction. Forming a healthy lifestyle among the population, particularly strengthening women's health, is one of the priority directions of state policy in our country[1,6,9]. Middle age is characterized by hormonal changes in a woman's life, decreased physical activity, and improper eating habits. Non-rational nutrition, high consumption of high-calorie and high-fat products, and a sedentary lifestyle lead to the development of obesity[3,5,7]. Consequently, alimentary-dependent diseases such as metabolic syndrome, dyslipidemia, and insulin resistance emerge. Therefore, early detection, hygienic assessment, and the development of preventive measures for obesity among middle-aged women are of paramount importance[2,4,8].

Expected Result. It is expected that the research will identify a direct correlation between the energetic value of the diet, the amount of fats and carbohydrates, and the degree of obesity in women.

Hygienic Analysis of the Diet. Dietary quality is a fundamental factor in the development of obesity and is analyzed in the following areas: Energy Balance: Assessing the total caloric intake and the ratio of proteins, fats, and carbohydrates for compliance with hygienic standards. Macro and Micronutrient Supply: Determining the types of fats (saturated and unsaturated), sugar and salt consumption, and the adequacy of vitamins and

Date: 21<sup>st</sup>January-2026

minerals (especially Vitamin D, calcium, magnesium). Dietary Pattern: Studying the frequency of meals throughout the day, the caloric content of dinner, and the level of fast-food consumption.

Hygienic Recommendations on the Relationship Between Obesity and Diet. Based on the research results, preventive measures will be developed to organize rational nutrition, ensure the balance between energy expenditure and consumption, and increase physical activity. It is recommended to create hygienic booklets and methodological manuals to form healthy eating habits and prevent obesity in women.

Conclusion. A complex hygienic assessment of obesity among middle-aged women using modern methods such as bioimpedance analysis allows for the detection of early stages of obesity. This approach is crucial in preventing obesity-related complications, balancing the diet with macro and micronutrients, and strengthening women's health.

#### **REFERENCES:**

1. Blüher M. "Obesity: global epidemiology and pathogenesis" // Nature Reviews Endocrinology. – 2020/2021. – Vol. 16. – P. 20–34. – DOI: 10.1038/s41574-019-0291-z.
2. Swinburn B., et al. "The global obesity pandemic" // The Lancet. – 2021 Update. – Vol. 393. – P. 791-846. – DOI: 10.1016/S0140-6736(18)32822-8.
3. Hraby A., et al. "Determinants and consequences of obesity" // Nature Reviews Endocrinology. – 2022. – Vol. 18. – P. 121-135. – DOI: 10.1038/s41574-021-00621-x.
4. Azizova F. L., Bo'riboyev E. M., Bo'riboyeva M. M. Tamaki mahsulotlarni ishlab chiqaruvchi korxonada ishchilarning tana vazni indeksini gigiyenik taxlili //Медицинский журнал молодых ученых. – 2024. – №. 12 (12). – С. 272-278.
5. Ortiqov B. B. KALIY ISHLAB CHIQARISH KORXONALARIDA ISHLOVCHI ISHCHILARNING OVQATLANISH TARTIBIGA QO 'YILADIGAN GIGIYENIK TALABLAR //Медицинский журнал молодых ученых. – 2025. – №. 13 (03). – С. 194-200.
6. Ortiqov B. B., Baxtiyorova G. R., Tugilova S. N. ANALYSIS OF THE MAIN RISK GROUP PRODUCTS IN THE DAILY DIET OF TEKSTIL ENTERPRISES'EMPLOYEES. – 2024.
7. Ermatov N. J. et al. HYGIENIC ANALYSIS OF THE NUTRITIONAL CONDITION OF THE EMPLOYEES OF TEXTILE ENTERPRISE. – 2024.
8. Jumakulovich E. N., Sheraliyevna K. A., Yuldashevich K. D. "VIRGIN TANAGON" BIOLOGIK FAOL QO'SHIMCHASINING TOKSIKOLOGIK VA GIGIYENIK JIHATDAN XAVFSIZLIK KO'RSATKICHLARINI BAHOLASH. – 2024.
9. Хайдаров Ш.М., Алимухамедов Д.Ш. (2025). Тез-тез касалланувчи болаларнинг кунлик рационини микронутриентлар билан бойитилгандан кейин таомноманинг самарадорлигини гигиеник баҳолаш. Медицинский журнал молодых ученых, 1(16) (12), 282–286. извлечено от <https://journals.tnmu.uz/yotj/article/view/3135>