

PREVALENCE OF OBESITY IN ADULTS IN THE REPUBLIC OF UZBEKISTAN: ANALYSIS OF STATISTICAL DATA FOR 2012–2014

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Relevance. In recent years, the role of nutrition in the prevention and occurrence of a large group of chronic non-communicable diseases in the population of developed countries has been determined more precisely. It has been proven that the increase in the number of diseases associated with overweight and obesity, atherosclerosis, hypertension, decreased glucose tolerance, metabolic disorders, and secondary immunodeficiencies is due to several “external” factors, the leading of which are rapid non-evolutionary changes in nutrition (changes in the ratio of the main nutrient groups) and lifestyle changes (decreasing physical activity and increasing stress). The fundamental reasons for changes in nutrition are recognized as industrialization, urbanization and globalization of the food and services market, which have changed not only food production, but also the stereotype of food choice [1,2,3,4].

Key words: obesity, prevalence in adults and children, structure of general morbidity in children with obesity.

At present, the prevalence of overweight and obesity has become an epidemic. There are about 250 million obese patients on the planet, which is 7% of the total adult population. WHO experts expect an almost twofold increase in the number of obese people by 2025, which, compared to data for 2000, will amount to 45-50% of the adult population of the United States, 30-40% of Australia, Great Britain and more than 20% of the population of Brazil. In this regard, obesity was recognized by WHO as a new non-infectious “epidemic” of our time [5].

The obesity epidemic is a major health problem in the European Region. Over the past two decades, obesity rates have nearly tripled here. In the countries of the European Region, half of the adult population and one in five children are overweight, and a third of them are already obese[6,7].

About 30% of the planet’s population, i.e. over 2 billion people, is overweight. If the current rate of increase in obesity continues, by 2030, 70% of the world’s overweight population is expected to be obese. Overweight diseases cause more than one million deaths each year [8,10]. The aim of the study is to analyze the frequency of obesity in the adult population of Uzbekistan.

Research materials and methods. The prevalence of obesity in adults has been studied by us for 3 years (2012–2014) according to the data of the reporting documentation of treatment and prevention institutions of primary health care [11].

The diseases registered in the period 2012-2014 were taken into account, with the subsequent calculation of the average for 3 years of extensive indicators. The structure of disease was analysed in accordance with ICD-10.

Results and discussion. Analysis of the reporting materials of primary health care institutions showed that in the period 2012-2014. 17,274 cases of obesity in adults (5,720 to 5,860 per year) were registered in the Republic for the first time. The high prevalence of obesity (tab.1.) varies widely, from 0.9 to 119.3 per 1,000 of the population.

The average level of obesity in the Republic of Uzbekistan in 2014 was 29.6 per 1,000 population, which is 1.6 higher than in 2013 (28). This indicates that the obesity problem is increasing rather than decreasing.

There is a significant regional difference in the prevalence of obesity in the Republic of Uzbekistan. The highest rates of obesity are observed in Tashkent city (76.4 per 1000 population in 2014), Sirdaryo region (93.9) and Tashkent region (53.8). The lowest levels of obesity are observed in the Kashkadarya region (0.9 per 1000 population in 2014), Jizzakh region (15.9) and Surkhandarya region (9.7).

Some areas have seen an increase in obesity rates from 2012 to 2014, such as Andijan region (from 9.1 to 12.8), Khorezm region (from 33.1 to 65.0) and the Republic of Karakalpakstan (from 16.6 to 17.8). In other regions, a decrease in obesity rates has been observed, for example, in the Bukhara region (from 26.1 to 22.5), Navoi region (from 45.8 to 32.8) and Samarkand region (from 28.0 to 21.0).

The prevalence of obesity among the adult population of the Republic of Uzbekistan currently averages 31-34 per 1000 population, with significant differences in indicators depending on specific territories. It is assumed that these differences largely depend not on the actual situation, but on the quality of diagnosis in primary health care.

Table 1. Prevalence of obesity in adults in the Republic of Uzbekistan per 1000 population (2012-2014).

Territories	2012 per 100,000 population	2013 per 100,000 population	2014 per 100,000 population
Tashkent	76,9	76,2	76,4
Andijan region	9,1	11,3	12,8
Bukhara region	26,1	21,4	22,5
Jizzakh region	10,0	14,7	15,9
Kashkadarya region	1,2	1,0	0,9
Navoi region	45,8	34,6	32,8
Namangan region	29,1	26,0	26,5
Samarkand region	28,0	22,3	21,0

Surkhandarya region	6,3	9,0	9,7
Syrdarya region	119,3	87,2	93,9
Tashkent region	64,0	44,1	53,8
Fergana region	14,5	16,5	16,7
Khorezm region	33,1	61,5	65,0
Republic of Karakalpakstan	16,6	13,8	17,8
The Republic of Uzbekistan	30,1	28,0	29,6

Conclusions. In general, it can be said that obesity is a serious health problem in the Republic of Uzbekistan, which requires comprehensive measures for prevention and treatment. In addition, it is necessary to conduct regular medical examinations and consultations with doctors to promptly detect and treat obesity and related diseases.

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