

# PREVENTION AND NUTRITION OF OVERWEIGHT OBESITY, WHICH OCCURS IN CHILDREN

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**Annotatsiya:** Bolalarda ortiqcha vazn va semizlik muammosi zamonaviy jamiyatda tobora keng tarqalgan masalalardan biridir. Ushbu holat nafaqat estetik jihatdan, balki sog'liq uchun ham jiddiy xavf tug'diradi. Bolalarning ortiqcha vazn olishining sabablari ko'p, ulardan ba'zilari genetik omillar, ovqatlanish odatlari, jismoniy faoliyat darajasi va psixologik holat bilan bog'liq. Shuning uchun, bolalarda ortiqcha vazn va semizlikning profilaktikasi va ovqatlanish masalalari juda muhimdir.

**Kalit so'zlar:** ovqatlanish, bolalar, sog'lom turmush tarzi, ortiqcha vazn, gazlangan ichimliklar, oziq-ovqat mahsulotlari.

**Аннотация:** Проблема избыточного веса и ожирения у детей является одной из все более распространенных проблем в современном обществе. Такая ситуация представляет не только эстетическую, но и серьезную опасность для здоровья. Существует множество причин, по которым дети набирают избыточный вес, некоторые из которых связаны с генетическими факторами, привычками питания, уровнем физической активности и психологическим состоянием. Поэтому профилактика избыточного веса и ожирения у детей, вопросы питания очень важны.

**Ключевые слова:** питание, дети, здоровый образ жизни, избыточная масса тела, газированные напитки, продукты питания.

**Abstract:** The problem of overweight and obesity in children is one of the increasingly common issues in modern society. This situation is not only aesthetic, but also a serious health hazard. There are many reasons why children become overweight, some of which are related to genetic factors, eating habits, physical activity level and psychological state. Therefore, prevention of overweight and obesity in children and nutritional issues are very important.

**Key words:** nutrition, children, healthy lifestyle, overweight, carbonated drinks, food products.

## INTRODUCTION

Children's eating habits are one of the most important factors affecting their health. Factors such as the composition of food products, the time of their consumption, the speed of feeding can cause an increase or decrease in children's weight. Many children consume large amounts of sweets, carbonated drinks, fast food, and other high-calorie but low-nutrients-enriched foods. This, in turn, leads to overweight and obesity. Therefore, the correct formation of eating habits in children is very important. The food diet should be enriched with fruits, vegetables, whole grain products, protein sources and healthy fats. A healthy diet for children is essential for their growth, development and general health. It is also important to encourage children to drink water, as water is essential for the normal functioning of the body and in many cases helps to reduce the feeling of hunger.

## MATERIALS AND METHODS

Children's physical activity also plays an important role in preventing overweight and obesity. Physical activity, sports, active games and a sedentary lifestyle are important for children not

only in maintaining a healthy weight, but also in improving overall health. It is recommended that children engage in physical activity for at least 60 minutes during the day. This, in turn, strengthens their muscles, strengthens the cardiovascular system and reduces the risk of gaining excess weight. Psychological factors in children can also affect overweight and obesity. Children may be prone to overeating due to stress, depression, or other psychological problems. Therefore, it is important to engage in various activities, games and sports to support the mental health of children, support them and relieve them of mental stress. Parents and teachers should monitor the emotional state of the children and help if necessary. In addition, the role of the family in the Prevention of overweight and obesity in children is enormous. Family members should encourage healthy eating and physical activity. [1]

### RESULTS AND DISCUSSIONS

Parents should help their children prepare healthy meals, teach them to eat healthy foods, and play sports together. Creating an atmosphere of healthy competition and support among family members is important in shaping a healthy lifestyle for children.[2]

Schools and community organizations also play an important role in preventing overweight and obesity in children. By introducing healthy eating programs at the school, strengthening physical education classes, and bringing children into sports, schools can help improve children's health. Community organizations can also hold events promoting healthy lifestyles, and provide healthy food preparation workshops for children and their families. In general, the prevention and nutritional issues of overweight and obesity in children require an important and comprehensive approach. Joint efforts of the Family, School, Society and the state are necessary in solving this issue. A healthy lifestyle of children can be formed by eating healthy, stimulating physical activity and supporting psychological health. This, in turn, ensures their future health and helps prevent problems such as overweight and obesity.[3]

### CONCLUSION

The problem of overweight and obesity in children is a complex and largely interconnected issue, and a comprehensive approach is necessary to solve it. The formation of healthy eating habits, the stimulation of physical activity, the support of mental health and the role of the family are important. Each child should be able to maintain their health and lead a healthy lifestyle. Therefore, it is very important to pay attention to the issues of prevention and nutrition of overweight and obesity in children. This is necessary not only for children, but also for the future of society.

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