



FEATURES OF THE PREVALENCE AND TREATMENT OF OBESITY IN CHILDREN AND ADOLESCENTS IN THE SAMARKAND REGION

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Introduction: *Childhood and adolescent obesity is one of the most pressing issues in modern pediatrics. According to the World Health Organization (WHO), there has been a significant increase in the number of obesity cases among children worldwide. This trend is primarily linked to changes in lifestyle, reduced physical activity, and unhealthy eating habits. In the Samarkand region, obesity is becoming increasingly relevant, especially among urban children. This is due to cultural dietary traditions, urbanization, and insufficient physical activity. The present study aims to analyze the prevalence of obesity among children and adolescents in the region, identify risk factors, and assess possible preventive and treatment measures.*

Keywords: *Obesity, children, adolescents, Samarkand region, risk factors, prevention, treatment.*

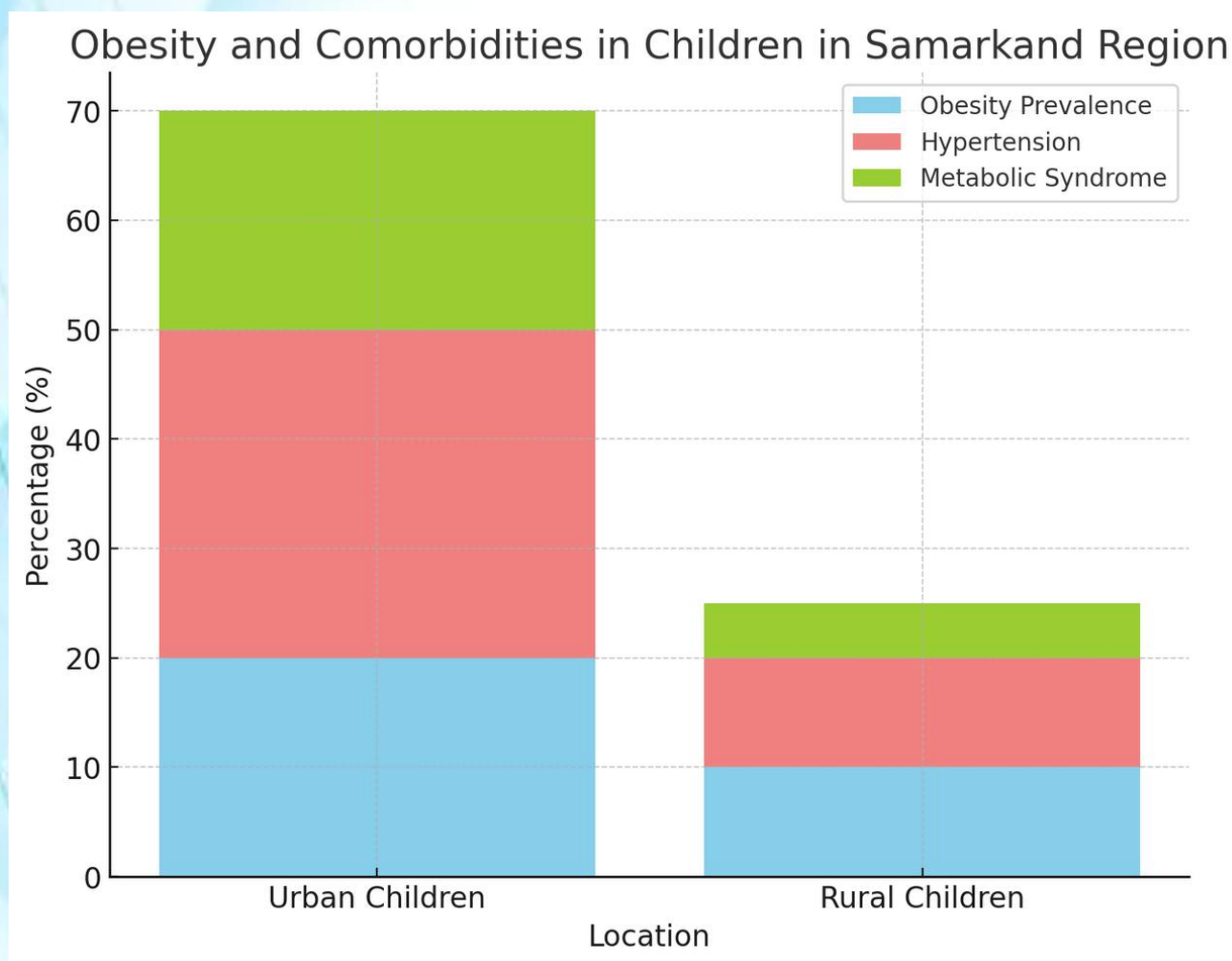
Aim of the Study

To investigate the prevalence of obesity among children and adolescents in the Samarkand region and propose effective preventive strategies.

Materials, Methods, and Results : The study was conducted among 200 children and adolescents aged 6 to 17 years living in Samarkand and nearby rural



areas. Anthropometric measurements, including body weight, height, and Body Mass Index (BMI), were used to diagnose obesity based on WHO standards. Questionnaires were completed by children and their parents to assess dietary habits, physical activity levels, and the presence of a family history of obesity and related diseases. Clinical evaluations were also performed to identify comorbidities such as hypertension, metabolic syndrome, and type 2 diabetes mellitus. The results showed that 15% of the participants were diagnosed with obesity, with a higher prevalence in urban areas (20%) compared to rural areas (10%). Key risk factors included high-fat diets, which were reported by 80% of the participants, insufficient physical activity, noted in 65%, and a family history of obesity or related diseases in 50%. Comorbidities such as hypertension were found in 30% of children with obesity, while metabolic syndrome was diagnosed in 20%.





Discussion: The findings confirm that obesity is more prevalent among urban children in the Samarkand region, primarily due to lifestyle changes, frequent consumption of high-calorie foods, and a lack of physical activity. In rural areas, children are less affected by obesity, likely due to their active lifestyles and traditional eating habits. Additionally, the role of genetic predisposition in the development of obesity is significant. These results emphasize the need for preventive measures and educational programs to address childhood obesity in the region.

Conclusions: The prevalence of obesity among children and adolescents in the Samarkand region is 15%, with urban children being at greater risk. The primary contributing factors are unhealthy dietary habits, reduced physical activity, and genetic predisposition. Effective preventive measures, including promoting physical activity, encouraging healthy diets, and regular health monitoring, are essential to mitigate this issue.

Recommendations:

- Develop educational programs for children and parents about healthy eating habits.
- Increase physical activity initiatives in schools and communities.
- Conduct regular health screenings to detect and address obesity and its complications early.

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