

COMPARISON OF DIETARY STYLES IN DIFFERENT OBESITY PHENOTYPES

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Abstract. Obesity has become the most important medical and social problem today, and according to the World Health Organization, the number of patients with obesity has increased threefold from 1975 to 2016. According to the World Health Organization, 44-57% of people with overweight and obesity problems have diabetes mellitus (type II), 17-23% have coronary heart disease, 17% have arterial hypertension, 30% have gallstone disease, 14% have osteoarthritis, and 11% have malignant tumors. Etiological factors that contribute to the development of obesity include dietary disorders, physical inactivity, harmful habits (alcoholism, smoking, nicotine-containing products), and stress

Keywords: Metabolically unhealthy obesity, Metabolically healthy obesity, physical inactivity.

СРАВНЕНИЕ СТИЛЕЙ ПИТАНИЯ ПРИ РАЗЛИЧНЫХ ФЕНОТИПАХ
ОЖИРЕНИЯ

Аннотация. Ожирение стало важнейшей медицинской и социальной проблемой современности, и по данным Всемирной организации здравоохранения, количество пациентов с ожирением увеличилось в три раза с 1975 по 2016 год. По данным Всемирной организации здравоохранения, 44-57% людей с избыточным весом и проблемами ожирения страдают сахарным диабетом (II тип), 17-23% - ишемической болезнью сердца, 17% - артериальной гипертензией, 30% - желчнокаменной болезнью, 14% - остеоартрозом и 11% - злокачественными опухолями. К этиологическим факторам, способствующим развитию ожирения, относятся нарушения питания, физическая неактивность, вредные привычки (алкоголизм, курение, никотиносодержащие продукты) и стресс.

Ключевые слова: Метаболически нездоровое ожирение, Метаболически здоровое ожирение, физическая неактивность.

Objective: To identify the dietary differences behind metabolically healthy obesity and metabolically unhealthy obesity.

Materials and methods of the study. The study involved 40 volunteers aged 20 to 40 years with obesity and overweight problems and 10 patients with normal weight who followed a healthy lifestyle who came to the Olivai polyclinic No. 4, Bukhara city, Bukhara region for preventive examination. The group with obesity problems was divided into 18 metabolically healthy groups with one sign of metabolic syndrome and 22 metabolically unhealthy groups with two or more signs of metabolic syndrome according to the classification (NCEP ATP III (2001)).

In order to study the characteristics of nutrition, which is part of the lifestyle that plays a key role in the development of obesity, a written questionnaire was administered among them.

Ban result: The results of the survey are in the table below.

Questions	Group I Metabolically Healthy	Group II Metabolically unhealthy	Group III Control group
In what situation do you eat?			
-When you are hungry	67.7%	63.6%	90%
-When you are stressed, nervous	16.7%	27.2%	0 %
-Always at the same time	27.8%	22.7%	10%
What are your favorite sweets?			
-Honey	33.3 %	18.1%	30 %
-Chocolate	72.2%	72.7%	40 %
-Pastry	44.5%	41 %	20 %
Non-alcoholic beverages?			
-Coffee	61.1%	31.8%	40 %
-Sweet carbonated drinks	27.78%	31.8 %	10 %
Frequency of drinking alcoholic beverages			
-Every week	33.4%	41 %	10 %
-On holidays	38.8 %	50 %	40 %

Conclusion: When comparing the diets of metabolically healthy and metabolically unhealthy obese people, it became clear that overweight people eat not when they are hungry, but when they are stressed, consuming large amounts of sweets, carbonated drinks and alcohol. This leads to metabolically unhealthy obesity. The main factor in the development of obesity in patients is psycho-emotional disorders and stress.

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