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MODERN PROBLEMS OF IMMUNITY AND CHILDREN'S OBESITY

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Annotation: This scientific article provides a scientific and theoretical analysis of the increasing incidence of obesity among children and the role of malnutrition in this process. The study covers the daily diet of children, the composition of food products, the impact of high-calorie food consumption on the body, and the negative consequences of a sedentary lifestyle. The need to form a culture of healthy eating is substantiated based on scientific sources conducted in Uzbekistan.

Keywords: childhood obesity, malnutrition, rational nutrition, fast food products, healthy lifestyle.

INTRODUCTION: In recent years, the increase in obesity among children's health problems has become a matter of special concern. Socio-economic development, the widespread introduction of information technologies, and the acceleration of the pace of life have a significant impact on the eating and physical activity habits of people, especially children. Since children's bodies are in the stage of growth and development, their diet should be balanced and consistent with biological needs. However, today, many children's daily diets lack useful nutrients, and on the contrary, products with a high fat and sugar content predominate. This situation leads to disruption of metabolic processes and an increase in body weight. Also, a decrease in physical activity among children and the habit of spending more free time with electronic devices further increase the risk of obesity. Therefore, it is of urgent importance to study the relationship between malnutrition and childhood obesity on a scientific basis.

RESEARCH METHODOLOGY: The study used the methods of analysis of scientific literature, logical comparison, generalization and descriptive methods. Scientific works of Uzbek scientists, official statistical data and regulatory documents in the field of health care were selected as the main sources.

MAIN PART: Childhood obesity is a multifactorial process, in the development of which a violation of the culture of nutrition plays an important role. Failure to adhere to the principles of rational nutrition, irregular meal times and non-observance of portion standards lead to an increase in body weight. Fast food products are widespread among children, and they contain high-calorie components that are not necessary for the body. Regular consumption of such products disrupts the balance between energy expenditure and calorie intake. Sugary drinks and sweet products negatively affect insulin metabolism, causing excessive accumulation of adipose tissue. In addition, insufficient consumption of vegetables and fruits leads to a deficiency of vitamins and minerals. Lack of physical activity is one of the main factors accelerating the process of obesity. Reduced mobility reduces energy expenditure, and excess calories are stored as fat. ANALYSIS AND RESULTS: An analysis of the studied sources shows that malnutrition is one of the main causes of childhood obesity. A balanced diet and regular physical activity significantly reduce the risk of obesity.

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CONCLUSION: In conclusion, it can be said that in order to prevent childhood obesity, it is necessary to form a culture of healthy eating, strengthen advocacy on proper nutrition in the family and in educational institutions. This is an important condition for ensuring the health of the future generation.

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