

THE NEGATIVE HEALTH CONSEQUENCES OF POOR NUTRITION

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Abstract: This article examines the negative consequences of poor nutrition for human health, particularly the risks of intestinal infections, foodborne toxic infections, hepatitis A, gastritis, enterocolitis, and cardiovascular diseases. It highlights the importance of adhering to the principles of rational and hygienic nutrition as a means of preventing these conditions.

Keywords: poor nutrition, food safety, intestinal infections, hepatitis A, cardiovascular system, nutritional hygiene.

Relevance of the Issue:

In today's world, food safety and healthy nutrition have become urgent issues of social and medical importance globally. The growing population, rapid urbanization, industrial-scale food production, and worsening ecological factors have created significant challenges in providing safe and nutritious food for the human body. In particular, the consumption of improperly prepared or stored food products-especially those that do not meet hygienic standards-has led to a variety of health problems. These include intestinal infections, foodborne toxic infections, hepatitis A, salmonellosis, enterocolitis, gastritis, and other gastrointestinal diseases. Moreover, prolonged and unbalanced nutrition has a negative impact on the cardiovascular system, liver, kidneys, and endocrine glands. Studies show that neglecting the principles of rational nutrition contributes to weakened immunity, especially in children, adolescents, and the elderly, and leads to slower physical and mental development. This not only affects individual health but also poses a serious threat to public health at large. For these reasons, studying the consequences of poor nutrition, promoting a culture of healthy eating, and advocating for compliance with hygiene and sanitation standards have become critical tasks of the modern healthcare system.

Introduction:

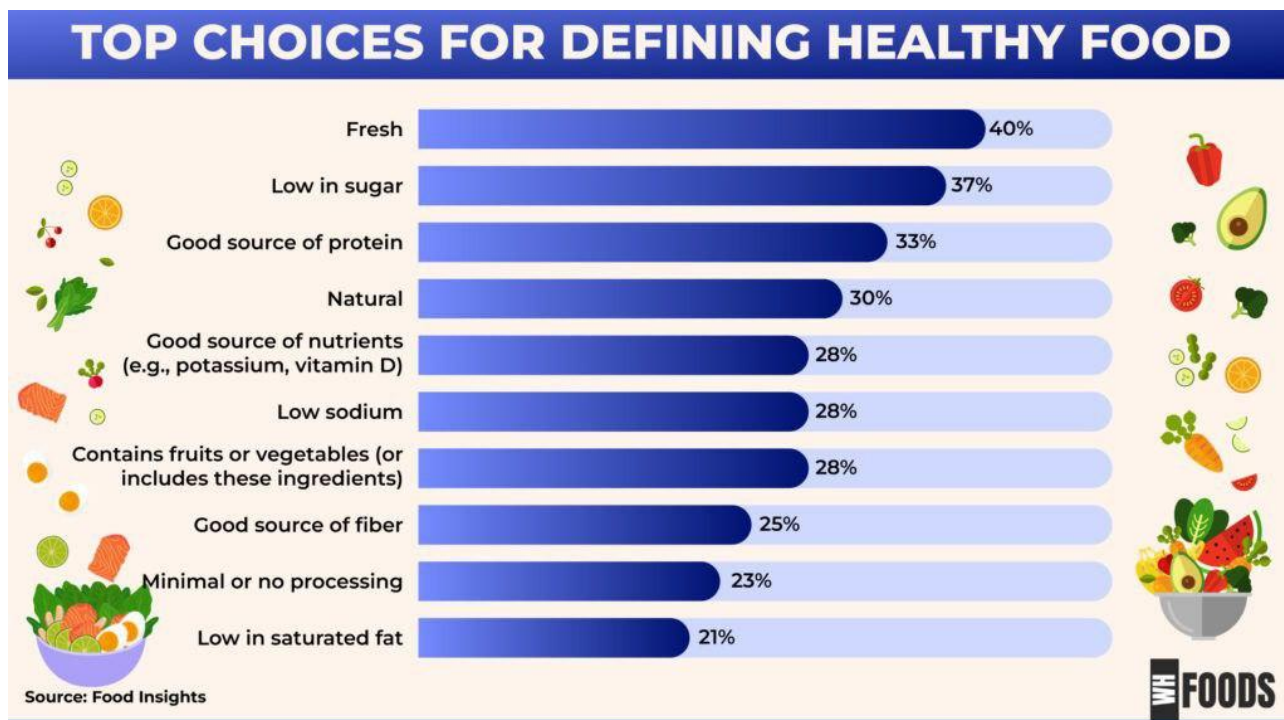
Healthy nutrition plays a vital role in maintaining human health, ensuring normal development, and protecting the body from diseases. In this context, food must not only be nutritious and balanced but also hygienic and safe in terms of sanitary standards. However, in practice, food is often improperly stored, prepared, or consumed. This leads to numerous negative consequences, particularly the spread of infectious and toxic diseases. A lack of awareness regarding proper eating habits, and the constant violation of hygiene and sanitation rules among the population, have resulted in the rise of many diseases such as intestinal infections, hepatitis A, foodborne toxic infections, and chronic gastrointestinal conditions. Improper nutrition is especially dangerous for children, the elderly, and individuals with weakened immune systems, often causing serious complications. Therefore,

ensuring food quality, promoting a healthy eating culture, and raising awareness about hygiene practices are now critical scientific and practical priorities. This article addresses these issues and provides a scientific analysis of the diseases resulting from poor nutrition and methods of prevention.

Main Body; Intestinal Infections and Foodborne Toxic Infections:

Poor nutrition-especially the consumption of food that is unhygienically prepared or stored-is a major cause of the widespread occurrence of intestinal and foodborne toxic





infections. Poorly washed fruits and vegetables, food prepared with contaminated water, and expired products create favorable conditions for the growth of pathogenic microorganisms.

Bacteria such as Salmonella, Shigella, and Escherichia coli (E. coli) thrive in such environments and, when ingested through food, cause serious illnesses with clinical symptoms such as fever, diarrhea, abdominal pain, and weakness. If left untreated, these infections can lead to severe complications.

Research indicates that poor sanitary and hygienic conditions in open markets and street food vendors significantly contribute to the spread of these infections. High summer temperatures further promote the rapid growth of bacteria and viruses. Therefore, strict adherence to hygiene in storing, preparing, and consuming food is essential.

Hepatitis A and Viral Infections:

Hepatitis A virus (HAV) is one of the most contagious viruses, commonly transmitted via the fecal-oral route in unsanitary conditions. The virus often spreads through unwashed fruits and vegetables, food prepared with contaminated water, and poorly maintained kitchens.

Once inside the body, the virus replicates in the liver, causing inflammation and disrupting liver function. Infected individuals may experience fatigue, nausea, loss of appetite, abdominal pain, dark-colored urine, and yellowing of the skin and eyes.

Hepatitis A is especially common among children and adolescents and tends to spread rapidly in communal settings like schools and kindergartens. This highlights the need for strict control over food preparation and distribution in such institutions.

Preventive measures include practicing personal hygiene, washing hands before eating, boiling drinking water, thoroughly washing and cooking food, and vaccinating against hepatitis A.

Gastritis and Enterocolitis: Frequent consumption of spicy, fatty, fried foods and alcohol, as well as irregular eating schedules, are major factors in the development of gastritis and enterocolitis. These conditions affect the stomach and intestinal lining, leading to inflammation, pain, and digestive disturbances.

Cardiovascular Diseases:

Foods high in salt, sugar, and unhealthy fats negatively affect the cardiovascular system. Such dietary patterns increase the risk of hypertension, ischemic heart disease, and stroke.

Preventive Measures:

1. Thoroughly wash food products before consumption.
2. Properly store and cook food.
3. Strictly follow sanitary and hygienic regulations.
4. Promote a culture of healthy eating among the population.
5. Choose safe and nutritious foods, especially for children and vulnerable groups.

Conclusion:

In conclusion, poor nutrition negatively affects not only the digestive system but also overall health. Intestinal infections, foodborne toxic infections, hepatitis A, gastritis, enterocolitis, and cardiovascular diseases are often closely linked to food prepared in violation of hygienic standards. Today, raising public awareness about proper nutrition, conducting educational campaigns on healthy and safe eating, and strictly adhering to sanitation and hygiene requirements are among the most urgent tasks. Compliance with hygienic standards in schools, kindergartens, and public catering establishments, proper storage and preparation of food, and following personal hygiene rules can prevent many infectious and chronic diseases. Therefore, every individual—especially those responsible for the health of children and the elderly—must understand the importance of healthy nutrition and follow its principles in daily life.

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