PREVENTIVE MEASURES FOR THE PREVENTION OF METABOLIC SYNDROME AMONG SCHOOL STUDENTS

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The relevance of the problem. The fact that the deviation from the daily routine among children and adolescents, the consumption of excess carbohydrates in the daily diet, the level of consumption of phosphates, dyes and sugary drinks in school conditions, the incorrect distribution of excess time, and the creation of conditions for the development of abdominal obesity and its complications have been documented in the works of a number of authors [1,2,3,4].

In the conditions of the new Uzbekistan, the development of measures aimed at improving the health of schoolchildren and preventing metabolic syndrome is one of the urgent problems facing professionals in the field today.

The aim of the study is to develop preventive measures aimed at preventing metabolic syndrome among schoolchildren.

Materials and Methods. Of the 311 adolescents aged 11-15 years studying in schools in the city of Nukus and Kungirod district of the Republic of Karakalpakstan, 200 were adolescent boys and 11 were adolescent girls.

The analysis of the results obtained and the implementation of measures aimed at preventing metabolic syndrome form the basis of our study.

Preventive measures should include components aimed at preparing breakfast in the morning, breakfast, the duration of school lessons, lunch, independent preparation, outdoor walks, dinner, rest and sleep.

Compliance with the rules of personal hygiene in the daily routine, including prevention of skin diseases and sanitation of the oral cavity, as well as periodic prevention of gum diseases; time allocated for physical education classes and compliance with them; organization of breakfast at home and on the basis of full hygienic requirements; time allocated for organizing the educational process and compliance with its duration; compliance with breaks during classes; vacations during the year are one of the main factors preventing the neuropsychic activity of students, possibly mental and physical fatigue. The activity at school, in additional classes and in various directions and the place of classes depends on the size of the rooms, their microclimate parameters, temperature, humidity, air movement speed, lighting of the rooms, the condition and level of artificial lighting devices, the amount of carbon dioxide, formaldehyde and dust in the air; creating conditions for healthy nutrition and achieving its systematic provision. Sleep is high on the agenda of students.

In conclusion, it should be noted that non-observance of prescribed preventive measures, changes in students' daily routines and changes in their health, physical development, metabolic syndrome and various somatic diseases will create conditions for the development of disability.

References

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