

HYGIENIC ANALYSIS OF THE INFLUENCE OF NUTRITION ON HEALTH STATUS OF PRIMARY CLASS STUDENTS

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The urgency of the problem. Disruption of daily routines among elementary school students, decrease in the quality of mastery of subjects, deterioration of nutritional status, increase in the number of somatic diseases as a result of the occurrence of alimentary diseases related to nutrition, and specific changes in the promotion of healthy eating habits of schoolchildren are related to the occurrence. According to the information provided by several authors, the number of endemic goiter disease is increasing day by day as a result of the occurrence of iron deficiency anemia and iodine deficiency among schoolchildren[6,7]. Taking this into account, a number of normative and legal documents have been adopted in our country, including the Decree of the President of the Republic of Uzbekistan No. PF-60 of January 28, 2022 "On the Development Strategy of New Uzbekistan for 2022-2026" [1], 4063 of December 18, 2018 - No. "On measures to support the prevention of non-communicable diseases, support a healthy lifestyle and increase the level of physical activity of the population" [2].

At the same time, in order to ensure the implementation of these decisions in order to improve the health status of schoolchildren, according to the decision of the Cabinet of Ministers of the Republic of Karakalpakstan and the Khorezm region on measures to further improve the system of healthy nutrition [3] No. 472 of August 26, 2022, free of charge at the expense of the state compulsory breakfast is recommended. Despite this, not only the decrease in working ability as a result of disordered eating among schoolchildren, but also the prevention of somatic diseases among them is one of the urgent problems facing the field workers today. The purpose of the study. It consists of a hygienic analysis of the effect of the diet of elementary school students on the disease state.

Materials and methods of research. Primary school students studying in urban and rural conditions of Khorezm region were studied.

Chemical composition of the daily diet of primary school students SanRandHR 0017-2021 "Sanitary rules, norms and hygiene regulations for the organization of



student nutrition in general secondary, secondary special, professional educational institutions"[4] "Chemical composition of food products"[3] analyzed based on

The analysis of diseases according to the results of preventive medical examination of schoolchildren and referrals was carried out based on the International Classification of Diseases ICD-10 (1993) [6].

Specialists such as pediatrician, hematologist, endocrinologist, neuropathologist, otolaryngologist, ophthalmologist and orthopedic surgeon are involved in the medical examination process.

Statistical processing of the research results was done using the "Statistica for Windows 7.0" personal computer application package.

Analysis of the obtained results. We studied the daily food intake of children of primary school age, dividing them into high and low risk groups. High-risk products include high-quality bread, pasta, flour and rice, coffee, margarine, sugar, vegetable oil, table salt and colored drinks.

Schoolchildren can drink coffee up to 2.5 times, table salt up to 2.0 times, Cola, Fanta, Pepsi, Ice tea and other colored drinks up to 350 ml, pasta up to 3.5 times in excess, low-risk meat, milk, fish, vegetables and it was determined that fruits were consumed less, and as a result, when analyzing the incidence rate of schoolchildren by youth, it was 285.7 at the age of 7 per 1000 children of this age group; 286.7 at the age of 8; 238.1 at the age of 9; At the age of 10, it was 318.1. The result of the conducted medical examinations is 107.6 at the age of 7 compared to 1000 children of this age; 193.3 at the age of 8; 273.3 at the age of 9 and 360.9 at the age of 10. 63.6% of the average "true" morbidity rate of primary school students was determined as a result of medical examinations.

On average, in 4 years, 60.8% of diseases were detected in boys, and 66.0% of diseases were detected in girls.

While children turned to primary health care institutions for acute diseases (acute bronchitis, hepatitis, injuries, etc.), medical examinations mainly revealed latent chronic diseases, chronic tonsillitis, anemia, myopia, stomatitis, dental caries, goiter, gastritis, etc.

Based on the obtained results, it is worth noting that the daily schedule among schoolchildren has not been analyzed, the results of medical examinations have not been analyzed, the internal factors of schools do not meet the hygienic



requirements, the number of school diseases has increased sharply, and conditions have been created for the development of nutrition-related diseases.

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