

HYGIENIC ANALYSIS OF THE LEVEL OF MINERAL SUPPLY IN MILITARY SERVICEMEN WITH HYPERTENSION IN THE SUMMER SEASON

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Military operations involve complexity, restrictions and demands, which can cause additional physical stress, reduce functionality and challenge the physiological reserves of the soldier. For example, sleep deprivation, energy deficiency, as well as exposure to heat and cold, stress factors impair the work of soldiers. At the same time, an increase in physiological endurance is associated with targeted physical training and a sufficient mineral and vitamin diet, which improves physical fitness and the ability to meet the unique demands of the military profession. One of the urgent problems is the assessment of the nutritional status and mineral supply of patients with cardiovascular diseases associated with the working conditions of soldiers.

Purpose of the research. The purpose of the study is to assess the amount of minerals in the daily diet of military personnel diagnosed with hypertension, which is associated with nutritional status.

Materials and Methods. The studies were conducted in the summer season in a military hospital and at home at the beginning, middle and end of each month, and during the general season, 27 (an average of 9 per month) meals were analyzed for their composition and quantitative and qualitative indicators of the products included in them.

The daily diet of patients and its physiological composition were carried out in accordance with the requirements of the sanitary norms and rules of SanNandK 0007-2020 “Average daily rational nutrition standards aimed at ensuring healthy nutrition for age, sex and professional activity groups of the population of the Republic of Uzbekistan” and the amount of the

chemical composition of the daily diet was determined in accordance with the “Chemical composition of food products”.

The statistical processing of the research results was carried out using the personal computer application package “Statistica for Windows 7.0”.

Results and Discussion

In the case of hypertension in military personnel, which is associated with nutritional status, the amount of the main mineral substances in the daily diet was hygienically analyzed.

While the majority of minerals in the daily diet of military personnel were found to be in excess of calcium and phosphorus salts, the amount of calcium in household conditions was 687.87 ± 59.37 , which was 0.85 times less than the norm.

The amount of magnesium in the hospital ration was 383.09 ± 5.51 and in the home ration was 304.77 ± 13.97 , which was found to be below the norm.

The amount of heme iron was 20.76 ± 1.72 and 25.2 ± 1.7 , which was 2.0 times higher than the norm, but it was found that the daily ration contained non-heme iron.

The amount of iron in the daily ration of the soldiers is reasonable. The daily ration of the hospital ration was 13.31 ± 1.43 , and in the home ration it was 12.71 ± 0.79 , which was found to be below the norm. At the same time, the amount of selenium and iodine is below the norm.

The amount of sodium in the daily ration is 2870.14 ± 3.36 and 2.15 times higher than the norm, while the consumption level is 2454.34 ± 65.94 at home, which is 1.88 times higher than the norm.

The significant decrease in the amount of fish products, mutton, milk, cream of various fat levels, butter, and cheese in the daily ration of patients has created conditions for the deficiency of some vitamins and minerals in the daily ration.

The lack of magnesium, heme iron, zinc, selenium, and iodine in the daily ration of the military personnel under observation in the summer season and the excess of sodium salts are risk factors for the disease. Immediate correction of this condition allows preventing the risk factors of the disease.