

THE CONSEQUENCES OF THE RAPID INCREASE IN GLOBAL OBESITY RATES ON CHRONIC DISEASES

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Abstract: Weight problems, once considered a trouble broadly speaking in affluent countries, has now grow to be a worldwide epidemic affecting humans of all ages and backgrounds. The speedy increase in body weight round the arena has alarming outcomes for public health, normally due to its robust correlation with the upward thrust in chronic illnesses. this text explores the interconnectedness of obesity and persistent illnesses, the global scope of the problem, and the urgent want for comprehensive strategies to address this urgent public health issue.

Key words: weight, obesity, global health problem.

The Global weight problems Epidemic: Weight problems, characterized with the aid of excessive accumulation of frame fats, has reached exceptional degrees global. the sector fitness employer (WHO) estimates that over 2 billion adults are obese, with greater than 650 million classified as obese. This problem isn't constrained to adults; youth weight problems is also at the upward thrust, posing a chance to the well-being of future generations. The global weight problems epidemic refers to the widespread issue of overweight and obesity that has become a significant public health concern on a global scale. This epidemic is characterized by an increasing number of people who are carrying excess body fat, which can lead to a range of health problems and complications.

Table 1: Prevalence of Obesity Worldwide (2023)

Region	Obesity Prevalence (Adults)
North America	36.2%
Europe	26.9%
Middle East	29.2%
Asia	12.7%
Sub-Saharan Africa	9.3%

Reasons of the weight problems Epidemic: Several factors make contributions to the worldwide obesity epidemic: 1.nutritional conduct: The consumption of energy-dense, nutrient-bad ingredients high in sugar and dangerous fats has become increasingly more not unusual. 2.Sedentary lifestyles: present day technologies and modifications in work and amusement sports have caused decreased bodily activity. 3.Environmental elements: factors consisting of urbanization, smooth access to bad foods, and restrained opportunities for bodily activity play a position. 4.Genetic Predisposition: Genetic elements can impact an man or woman's susceptibility to obesity.

Material and methods: The link among obesity and chronic diseases: the connection between

weight problems and chronic illnesses is nicely-documented. The immoderate fats accumulation in the frame contributes to various fitness problems, such as kind 2 Diabetes.

Table 2: Obesity and Type 2 Diabetes Risk

BMI Category	Relative Risk of Type 2 Diabetes
Normal Weight (18.5-24.9)	1 (Reference)
Overweight (25.0-29.9)	1.9
Obese (30.0-34.9)	2.8
Severely Obese (35.0-39.9)	4.2
Morbidly Obese (≥ 40)	7.1

Weight problems is a massive hazard component for developing kind 2 diabetes. excess fat can result in insulin resistance, wherein the frame's cells do now not respond effectively to insulin, ensuing in excessive blood sugar tiers.

2. Cardiovascular sicknesses:

Table 3: Obesity and Cardiovascular Disease Risk

BMI Category	Relative Risk of Cardiovascular Disease
Normal Weight (18.5-24.9)	1 (Reference)
Overweight (25.0-29.9)	1.3
Obese (30.0-34.9)	1.6
Severely Obese (35.0-39.9)	2.1
Morbidly Obese (≥ 40)	2.8

Weight problems is intently related to an increased chance of heart illnesses, inclusive of hypertension (excessive blood pressure), coronary artery sickness, and stroke.

3. Positive Cancers:

Table 4: Obesity and Cancer Risk

Type of Cancer	Increased Risk with Obesity
Breast	Postmenopausal women with obesity are at a higher risk.
Colorectal	Obesity is associated with an increased risk of colorectal cancer.
Endometrial	The risk of endometrial cancer is elevated in obese individuals.

Research has related weight problems to an increased danger of various cancers, together with breast, colon, and endometrial cancers.

4. Respiration problems:

Table 5: Obesity and Respiratory Conditions.

Respiratory Condition	Association with Obesity
Sleep Apnea	Obesity is a primary risk factor for sleep apnea.
Asthma	Obesity exacerbates asthma symptoms and increases the risk of its development.

Weight problems can reason respiration problems, along with sleep apnea and asthma, which have long-time period fitness outcomes.

5. Joint issues:

Table 6: Obesity and Joint Problems

Joint Condition	Impact of Obesity
Osteoarthritis	Excess weight places additional stress on joints, leading to osteoarthritis.
Chronic Joint Pain	Obesity is associated with chronic pain in the joints.

The extra weight locations brought stress at the joints, growing the chance of osteoarthritis and continual joint ache.

6. Fatty Liver ailment:

Table 7: Obesity and Fatty Liver Disease

Condition	Association with Obesity
Non-Alcoholic Fatty Liver Disease (NAFLD)	Obesity is a significant risk factor for NAFLD.

Non-alcoholic fatty liver disorder (NAFLD) is extra regular in obese people and may lead to liver infection and cirrhosis.

7. Kidney disease:

Table 8: Obesity and Kidney Disease

Kidney Condition	Relationship with Obesity
Chronic Kidney Disease	Obesity increases the risk of chronic kidney disease.

Weight problems is a chance aspect for persistent kidney disease, further highlighting the want for weight control.

8. Gallbladder disease:

Table 9: Obesity and Gallbladder Disease

Gallbladder Condition	Association with Obesity
Gallstones	Obesity increases the risk of gallstones and gallbladder disease.

The danger of gallstones and gallbladder disease will increase with weight problems.

9. Intellectual fitness troubles:

Mental Health Condition	Impact of Obesity
Depression	Obesity is linked to a higher risk of depression.
Low Self-Esteem	Obesity can contribute to low self-esteem and negative body image.

Obesity is related to mental health worries, inclusive of despair and coffee affecting each fine of lifestyles and general health.

10. Digestive issues:

Digestive Condition	Association with Obesity
Gastroesophageal Reflux Disease (GERD)	Obesity is a risk factor for GERD.
Irritable Bowel Syndrome (IBS)	Obesity is linked to IBS and gastrointestinal symptoms.

Overweight individuals are extra liable to conditions like gastroesophageal reflux disease (GERD) and irritable bowel syndrome (IBS).

11. Sleep issues:

Sleep Disorder	Association with Obesity
Sleep Apnea	Obesity is a primary risk factor for sleep apnea.
Poor Sleep Quality	Obesity often leads to poor sleep quality and daytime fatigue.

Weight problems is a main danger component for sleep apnea, main to negative sleep quality and daylight hours fatigue.

Results: Aside from the devastating fitness effects, the worldwide weight problems epidemic has sizable economic implications. The charges associated with treating chronic diseases related to obesity are incredible. Healthcare structures international are confused with the fees of treating these diseases, and productivity losses due to fitness-related problems have a massive impact on economies. Tackling the global weight problems disaster: to combat the global weight problems disaster and its related fitness results, a multi-pronged technique is necessary. here are a few key techniques: 1. Public awareness and schooling: raising awareness approximately the dangers of obesity and the significance of a healthful life-style is critical. educational applications and campaigns can empower individuals to make informed selections. 2. Promoting wholesome Diets: governments and health businesses ought to paintings collectively to inspire more healthy ingesting habits. enforcing rules like sugar taxes and clean food labeling can steer humans toward higher selections. 3. Bodily hobby merchandising: Efforts ought to be made to create environments that guide physical pastime, such as building pedestrian-friendly cities, promoting energetic transportation, and enhancing access to recreational areas. 4. Healthcare Interventions: Healthcare companies play a essential position in handling obesity and its related chronic diseases. comprehensive care, inclusive of counseling, nutritional steering, and access to bariatric surgical operation while essential, is crucial. 5. Authorities policies: Governments have to enact policies to adjust the meals and beverage industry, making sure that more healthy options are greater on hand and low priced. implementing guidelines to lessen advertising of unhealthy meals to children is also vital. 6. Global Collaboration: The global nature of the weight problems epidemic necessitates international cooperation. Sharing high-quality practices, studies, and resources can help combat this difficulty correctly.

Conclusion: The fast increase in international obesity fees is inextricably linked to the rise in chronic sicknesses. This public health disaster no longer handiest poses a tremendous chance to character properly-being however also lines healthcare systems and economies. Addressing the issue requires a complete, multi-faceted approach, related to governments, healthcare carriers, groups, and people. best by means of operating together can we desire to mitigate the outcomes of the global weight problems epidemic and enhance the health and properly-being of populations international.

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