



Prevalence of Abdominal Obesity among Women and Men

Toirov M. S.

Bukhara State Medical Institute

Abstract: Objective: To study the prevalence and detectability of abdominal obesity (AO) among the unorganized population in the conditions of primary health care.

Materials and methods of the study: A representative sample of 250 people from the unorganized population aged 20 to 69 years. The study was conducted in 4 polyclinics of Bukhara among 162 women and 88 men. Metabolic syndrome (MS) was diagnosed in the presence of abdominal obesity (waist circumference > 94 cm for men and > 80 cm for women) if the body mass index exceeds 30 kg/m².

Results: The overall prevalence of abdominal obesity among women was 42.59%, and among men 29.54%. It should be noted that in the fourth decade there is a large increase in the frequency of AO. At the age of 30-39 years, the frequency of AO (44.82%) is 2.84 times higher than at the age of 20-29 years (15.78%). Then, until the age of 50, the frequency of AO practically does not change, but in the age groups of 50-59 years and 60-69 years, the frequency of AO increases significantly again (47.22% and 48.78%, respectively). Given that AO is one of the triggers of MS, it should be recognized that in the female population there is a very high risk of CVD formation and associated mortality of the population.

Abdominal obesity occurs among men -18,18%, 21,42%, 30,43%, 42,10% and 28.57%, respectively. The frequency of AO in men aged 30-39 years compared to 20-29 years by 1.57 times, and at the age of 50-59 years, than at the age of 40-49 years increased by 1.38 times.

As it turned out, 53.84% of men who had abdominal obesity during screening examination were not diagnosed with this pathology by the doctors of the medical and preventive institution. At the same time, among women, the percentage of undetected cases of abdominal obesity was slightly lower – 47.82%.

Conclusions. Thus, the frequency of abdominal obesity as the main criterion of MS after 30 years is very high. Abdominal obesity is 1.44 times more common among women than men.

Literature

1. Nurillaeva N.M., Mnogofaktornaya prophylaxis ishemicheskoy bolezni serdtsa V usloviyax pervichnogo zvena zdravooxraneniya // Autoref. doct. diss. Tashkent, 2012. S. 46.
2. Rekomendasii po lecheniyu stabilnoy ishemicheskoy boleznyu serdtsa. ESC 2013 // Rossiyskiy cardiologicheskiy Journal. – 2014. – № 7. - S. 7–79.
3. Cardiovascular prevention 2017. Rossiyskie nacionalnie rekomendasii // Rossiyskiy cardiologicheskiy Journal. – 2018. – № 6. - S. 7–122.

4. Malakar AK, Choudhury D, Halder B, Paul P, Uddin a, Chakraborty S. A review on coronary artery disease, its risk factors, and therapeutics. / J Cell Physiol. 2019 Aug; 234 (10): 16812-16823. DOI: 10.1002 / jcp.28350. Epub 2019 Feb 20
5. Juraeva X. I. Vliyanie Komponentov Metabolicheskogo Sindroma na Klinicheskoe Tehenie Ostrogo Koronarnogo Sindroma //online scientific journal of rules of management and ethics. – 2021. - T. 1. – №. 6. - S. 71-76.