

OBESITY AND ITS NEGATIVE CONSEQUENCES

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Abstract: *This article details obesity among people in the world and what kind of factors may trigger this problem. Moreover, which types of illnesses may appear among folks who are obese, plus what sorts of solutions are there for overcoming this issue?. Furthermore, miscellaneous exact evidence and percentages were told by some scholars through experiments.*

Keywords: *Diabetes, Cancer, Strategies, fat, vessels, exercises, keyhole surgery, laser surgery, osteoarthritis, joint problems, healthy diet, interval hunger, blood pressure, cardiovascular issues.*

Аннотация: *В этой статье рассматривается проблема ожирения среди людей в мире и какие факторы могут способствовать этой проблеме. Более того, у людей с ожирением могут возникнуть различные виды заболеваний, а также существуют какие-либо решения для решения этих проблем. Кроме того, были определены различные точные данные и проценты, которые были озвучены в некоторой степени учеными в ходе экспериментов.*

Ключевые слова: *Диабет, рак, стратегия, жир, сосуды, упражнение, лапароскопическая хирургия, лазерная хирургия, остеоартрит, проблемы с суставами, здоровое питание, периодическое голодание, кровяное давление, сердечно-сосудистые проблемы.*

INTRODUCTION

In this day and age, the proportion of obese human beings is soaring speedily in the world among nearly all countries. Some people affirm that it is a normal condition; however, to my way of thinking, it is one of the most serious and common issues worldwide. Furthermore, even the majority of doctors and dietologists confirm that obesity is a kind of substantial disease because this problem can originate various sorts of illnesses. A decade ago, this woe mostly existed in European countries such as the United States, the United Kingdom, Canada, and so on. On the other hand, this issue is flourishing in Central Asian countries, especially China, South Korea, Uzbekistan, India, etcetera. Unfortunately, the amount of fat in humans is rising gradually day by day instead of decreasing. Most people do not know the repercussions of this woe, so that many of them always overestimate obesity. But, according to the facts, obesity is considered one of the most serious illnesses among all diseases; the main justification for that is fatness causes other non-curable sicknesses among folks. In addition to this, the more we become obese, the more our immune system becomes weaker to other ailments, and because of several factors, obesity appears in our bodies. First

of all, in an inactive lifestyle, we know that masses of people are becoming lazy day by day; thus, most of them do not want to do any exercises or physical activities. To my mind, it is the impact of technological innovations on humans that causes, step by step, those gadgets and devices to convert us into dawdle beings. Secondly, poor nutrition: many of us do not focus on our meals and other products that we eat daily. Interestingly, we always want to consume high-calorie foods such as fast foods or meals that contain or are made by using dough. Lastly, not sleeping on time because most people who are night owls do not want to sleep on time. A minority of them follow this rule; that is why lack of sleep or not sleeping on time may also cause fatness because of changes in our internal hormones. Besides this, all those factors originate obesity if we do not control one of them permanently. Additionally, if we are obese, several serious ailments may arise in our bodies, such as cancers, two types of diabetes, osteoarthritis, cardiovascular problems, and blood pressure. Most of those sicknesses are non-curable, and curing some of them takes a lot of time. How does this problem arise? Firstly, if we eat high-calorie meals and do not burn that food after eating, it will turn into fat, and then our body muscles will start accumulating that fat. After that process, obesity appears. The worst one is when our vessels start gathering that fat because the accumulation of fat in our veins triggers diverse kinds of heart problems, such as stroke, blood pressure, and even heart attacks, after some time during our lifetime. Despite knowing those negative consequences of obesity, many folks do not control their diet, lifestyle, and slumber. Surprisingly, nearly worldwide, 60% or 65% of the whole world's population suffers from fatness. According to the evidence, however, it is a pity that 20% of those are youngsters. Therefore, every year roughly 2.8 million people die of obesity around the globe.

Methods and Materials.

There are some strategies that can help us to tackle that woe or can teach us how to suppress or avoid obesity in the present day.

1. We should always control our diet while we are eating; also, we have to try to eat enough protein, vegetables, greens, and fruits permanently. Luckily, diet plays a crucial role in our lives all the time.

2. Training with sports or doing exercises, either physical activities every day in order to keep fit and take our body into shape.

3. Drinking adequate water daily by calculating the amount of beverage according to our body weight.

4. Sleeping enough at night and going to bed early than before cause when we sleep our metabolic system begins working.

5. For those who lost motivation, eminent celebrities can encourage them to do more exercises or follow a healthy diet. The reason for that, approximately 75% or 80% of world citizens always admire them; with the help of those prominent humans, they can simply change their lifestyle.

6. If all those solutions will not help, they should go to the endocrinologist to discuss their problem. I contend that doctors can help them easily by checking the level of hormones in our bodies.

Thus, all the above-mentioned rectifications were proven by some scientists throughout their careers via lots of experiments and practices. By following those rules or strategies, millions of people lost their body fat and put their figure into a shape.

Results.

With regard to the results, by utilizing all those methods, masses of obese men and women lost weight, treated their various illnesses that they had before, such as blood pressure or heart issues, or overcame other health problems. Unfortunately, some experiments, such as operations, interval hunger, or other types of diets, were unsuccessful, so that some humans even died or acquired several types of serious ailments. For instance, the majority of obese folks who had operations like keyhole surgery, laser surgery, and plastic surgeries in order to slim down faced huge issues because of feeble immune systems. Furthermore, many of them even died throughout the recovery period on account of their weak organisms. Additionally, some people who attempted to follow interval hunger after some time came to the doctor with pain in their intestines or stomach, and then, when gastroenterologist checked their internal organs, there were wounds on the walls of their guts and stomachs.

Discussion.

In this section, I am going to talk about those results that I mentioned above. Why were those experiments not successful? The reason for that, I reckon, is that it is a fault of those folks who tried to conduct or follow those rules without discussing them with specialists or without the control of doctors.

When it comes to interval diets or hunger, if we want to pursue those sorts of diets, we should always ask for advice from professionals, and also we should be under the control of those humans. Because when any kind of issues arise, they can teach us how to handle upcoming predicaments. Moving on to diverse operations, which can help us to lose weight or to minimize the size of our stomach; however, before having those operations, we should be careful, and we have to find the most knowledgeable and experienced doctors because even one little mistake of those doctors may kill us. That is why all our actions should be highly planned before experimenting; it will suppress upcoming problems.

CONCLUSION

To conclude, according to the given information, obesity is not as simple a disease as many people thought. Moreover, we should always control ourselves in order to avoid fatness by following healthy diets and doing physical activities daily to keep our bodies in shape. Besides this, as I emphasized before, obesity is one of the most serious and sometimes non-curable illnesses with its various sorts of negative consequences. In addition to this, the treatment process also takes a lot of time and money from us. Furthermore, if any kinds of ailments, such as cardiovascular issues, may appear, curing those sicknesses will be

impossible so we should motivate each other to do more exercises every day and eat healthy, also beneficial meals for our health. The main important thing is we must teach our youth to follow a healthy lifestyle and how to prevent obesity because they are our future. Likewise, prominent and wealthy iconic humans can help us because our youngsters really respect them and try to copy even tiny actions of those people. If they start uploading special motivational videos that urge youth to do physical activities more, it can simply avoid obesity among all citizens around the world.

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