



## **IMPROPER NUTRITION AND ITS NEGATIVE CONSEQUENCES**

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### **Abstract:**

In the article, the author describes the concept of malnutrition and its possible negative consequences, diseases caused by malnutrition, fast food (he spoke about the dangers of fast food), and also explained the rule of proper nutrition.

**Keywords:** Improper nutrition, proper nutrition, stomach, fast food, protein, calcium.

Malnutrition, defined as undernutrition or undernourishment, refers to the intake of too little or too much of a nutrient. It can cause serious health problems such as developmental problems, eye problems, diabetes and heart disease. What is wrong nutrition in some? Malnutrition is a condition caused by a lack of nutrients or an excess of food.

It mainly appears in 2 different situations: 1. Eating less food 2. Eating more food

### **UNDERNUTRITION**

This type of malnutrition is caused by a lack of sufficient protein, calories or micronutrients.

Short height (too thin) leads to stunting (short stature) and weight for age (not enough).

Malnutrition is caused by not getting the necessary nutrients.

This can cause the following symptoms:

Lose weight

Loss of fat and muscle mass

Hollow cheeks and sunken eyes

Bloated stomach

Dry hair and skin

fatigue

It is difficult to concentrate

Anger

Depression and anxiety

People with a low level of nutrition may have one or more of these symptoms. Malnutrition micronutrients

It can also lead to its deficiency.

Some of the most common deficiencies and symptoms include:

Vitamin A

Dry eyes, night blindness, increased risk of infection.

zinc

Loss of appetite, delayed growth, delayed wound healing, hair loss, diarrhea.

iron

Brain disorders, body temperature regulation problems, stomach problems.

iodine

An enlarged thyroid gland (goiter) reduces thyroid hormone production and causes growth and development problems.

A LOT OF FOOD

Eating too much of certain nutrients, such as protein, calories, or fat, can also lead to overeating. This often leads to being overweight or obese. Malnourished people often have vitamin and mineral deficiencies, especially iron, zinc, vitamin A and iodine. At the same time, a lack of micronutrients can also occur with overeating. Excessive caloric intake can lead to overweight or obesity, as well as insufficient intake of vitamins and minerals. This is because foods that cause overeating, such as fried and sugary foods, are high in calories and fat but low in other nutrients. The main symptoms of malnutrition are overweight and obesity, but this can lead to nutrient deficiencies. Studies show that people who are overweight or obese have insufficient intake of certain vitamins and minerals compared to normal weight, and low blood levels. One study found that in 285 adolescents, obese people had 2-10% lower blood levels of vitamins A and E than those of normal weight. This is because overweight and obesity are high in calories and fat, but low in other nutrients. It can be caused by excessive consumption of prepared and processed foods.

### **FAST-FOOD**

A fast food restaurant is a restaurant that offers fast food and minimal service. There, takeaway food is pre-cooked and kept warm, sold, and available to eat in or take away. Although there were some types of fast food before that, restaurants of this type began their activity in the 20th century. It is known that fast food contains smoked meat, cheese, pickles, cabbage, etc. All this is a very large amount of salt. According to WHO, one person should consume no less than 5 µg/gram of salt per day. And our people are often not satisfied with this, the daily norm exceeds 14.9 grams, that is, three times more. Most of it is taken by fast food. In addition, the fries and chips that we love to eat also lead to an increase in fat and salt. Undercooked meat products are considered the main ingredient of fast food. They cause many serious diseases such as toxoplasma and brucellosis. These are one of the causes of miscarriage especially among women. It can even cause infertility. In addition, fast food not only causes non-infectious diseases, but also



creates the ground for acquiring infectious diseases. More precisely, one out of five people is obese. It was observed that 46% of the population has always high cholesterol in their blood, of course, this does not confirm that they have a disease, but it indicates that they are at risk of developing the diseases that we mentioned above. A third of the population has high blood pressure. A fifth of people between the ages of 40 and 64 are at increased risk of heart disease. If today's lifestyle continues in this way, it indicates that the incidence of these diseases will increase among the population in the next five years. (2019)

Malnutrition causes several diseases:

Sleep Problems - Dozens of studies have found that lack of sleep leads to insulin resistance and weight gain. In addition, overeating can cause sleep difficulties, and undernutrition can cause sleep problems. Animal and human studies have shown that caloric restriction associated with starvation causes sleep disruption and a decrease in slow-wave sleep, known as REM sleep. The growth, normal development and living of the human organism, as well as health depend on healthy nutrition. This, in turn, leads a person to a healthy lifestyle. According to the World Health Organization, six out of ten types of diseases and causes of death - obesity, anemia, cardiovascular, liver and kidney diseases, and diabetes - are related to poor nutrition. It is confirmed that excessive consumption of food and sweets, failure to follow the order and rhythm of the diet leads to a violation of the balance between the main components of food and, as a result, to the occurrence of these diseases. Because they are one of the main causes of increased cholesterol (fatty particles) in the blood, high blood pressure, myocardial infarction, cerebral hemorrhage or ischemic stroke (acute blood circulation disorder due to accumulation of fat in the brain and neck vessels), diabetes mellitus. Currently, the number of overweight, that is, obese people is increasing all over the world. Doctors of the world are worried that by 2025, the number of people suffering from obesity may double if appropriate measures are not taken. NIGOH Regular exercise reduces systolic (upper) and diastolic (lower) blood pressure by 5-10 mm. lowers the mercury column, has a positive effect on fat metabolism in the blood and reduces the amount of cholesterol that causes heart diseases. From a medical point of view, it is advisable to eat four times a day and at the same time every day. About 25% of it corresponds to the first breakfast, 15% to the second breakfast, 35% to the lunch, and 25% to the dinner, which is the main condition for a healthy diet. It is very important to pay attention to its composition when eating. Since protein-rich foods increase the excitability of the nervous system, it is

better to eat them in the first half of the day, when a person is actively moving.

Otherwise, it prevents sleep or deep sleep from occurring. When dinner is the majority of the daily diet, the oxidation of fats is not fully observed, which leads to a tendency to obesity. Organizing a healthy diet provides an opportunity for good digestion of nutrients. An increase in the amount and number of meals reduces the excitability of the digestive center and suppresses appetite. Food consumed by people over the age of 50 should not exceed 2500-2600 calories and the amount of fat and sugar should be strictly limited. We would like to emphasize that dinner should be eaten at least 2-3 hours before bedtime. Meat and fish dishes (including fatty ones) should be eaten mainly in the morning and afternoon. It is advisable to have a sharp limitation of table salt in the dinner, and to have more milk dishes. Because they do not change the physiological activity of the body during sleep. Unlike them, salty and meaty foods have a negative effect on the cardiovascular and respiratory systems, causing an increase in blood pressure, heart rate and breathing rate, rather than a decrease. It should not be forgotten that the foods consumed are rich in fiber (black, dried and baked bread, etc.), vitamins, potassium and magnesium salts, and the preparation of food in vegetable oil prevents the development of sclerosis in blood vessels. In the daily menu, salads made from vegetables and fruits, vinaigrettes, cabbage, tomatoes, cucumbers, zucchini, cilantro should be in sufficient quantity, and legumes, that is, peas, beans, mash, as well as various mushrooms should be used in limited quantities. Cheese and cottage cheese made from skimmed milk are also useful. Non-bitter tea, fruit juices, herbal infusions are recommended for drinking. In a word, the diversity of the food diet and their positive effect on the human body can stop or slow down the processes that lead to aging and disease. Regularly living a physically active life moderates cardiovascular activity and prevents disease. Regular exercise reduces systolic (upper) and diastolic (lower) blood pressure by 5-10 mm lowers the mercury column, has a positive effect on fat metabolism in the blood and reduces the amount of cholesterol that causes heart diseases. It also regulates the body's demand for energy and its consumption, improves mood and general condition. Increased resistance to carbohydrates (diabetes), reducing the risk of obesity, musculoskeletal diseases and tumors is directly related to regular physical activity. Movement shapes our bodies. Physical education embodies discipline, will, organization, hard work, high intellectual faith and valuable qualities of social importance. It illuminates the biological capabilities of the organism. At this point, it should be



said that conditioning the body (water treatments) increases its resistance to adverse climatic conditions, i.e. heat or cold. Also, getting used to going to bed and waking up at the right time every day, taking a light shower is effective for human health. Getting at least seven hours of sleep every day will boost your tomorrow's performance. Factors affecting the mood also have a special place in a healthy lifestyle. There is a vital and natural connection between human psyche and health. A healthy body, a healthy mind, a healthy perception, and a healthy soul must be shared by every person. Stress and negative factors are the cause of all diseases. Take care of yourself from nervousness and mental stress.

**What is malnutrition?**

**Symptoms, causes and treatment methods**

Malnutrition Defined as undernutrition or undernourishment, it refers to the intake of too few nutrients or too many nutrients.

It can cause serious health problems such as developmental problems, eye problems, diabetes and heart disease. Malnutrition affects billions of people worldwide.

**What is malnutrition?**

Malnutrition is a condition caused by a lack of nutrients or an excess of food.

**Types of malnutrition are as follows:**

**Overeating**

Eating too much of certain nutrients, such as protein, calories, or fat, can also lead to overeating. This often leads to being overweight or obese. Malnourished people often have vitamin and mineral deficiencies, especially iron, zinc, vitamin A and iodine.

At the same time, micronutrient deficiencies can also occur with overnutrition. Excessive caloric intake can lead to overweight or obesity, as well as insufficient intake of vitamins and minerals. This is because foods that cause overnutrition, e.g. , fried and sugary foods are high in calories and fat, but low in other nutrients. Malnutrition increases the risk of death because it causes serious physical and health problems. The main symptoms of malnutrition are overweight and obesity, but this can lead to nutrient deficiencies. Studies show that people who are overweight or obese have lower blood levels of certain vitamins and minerals than those of normal weight. One study found that in 285 adolescent, obese people, A and blood levels of vitamin E are 2-10% lower than normal weight. This is because overweight and obesity are caused by overeating prepared and processed foods that are high in calories and fat but low in other nutrients.

**Malnutrition diagnosis**

Tools used to determine nutrition are weight loss and body mass index (BMI) charts, blood tests for micronutrient status, and physical examinations. For

weight loss and other symptoms associated with malnutrition, the doctor may order additional tests to determine the lack of micronutrients. However, it is more difficult to determine the lack of nutrients caused by overeating. Malnutrition is a worldwide problem that can be caused by environmental, economic and medical conditions.

The World Health Organization estimates that more than 460 million adults and 150 million children are undernourished, and more than two billion adults and children are overweight or obese. Malnutrition affects people in all parts of the world. Malnutrition and micronutrient deficiencies are particularly common in sub-Saharan Africa and South Asia. Individuals with increased nutritional needs, especially children and pregnant or lactating women In some developing countries, 24-31% of pregnant and lactating mothers are undernourished. People living in poverty or with low incomes Low socioeconomic status leads to undernourishment. Older adults, especially those who live alone or have disabilities. Research shows that 22% of older adults are malnourished and 45% are at risk of malnutrition.

**Treatment and prevention of malnutrition**

Prevention and treatment of malnutrition involves addressing the underlying causes. Government bodies, independent organizations and schools play an important role in the prevention of malnutrition. Research shows that the most effective methods of malnutrition include iron, zinc and iodine tablets, food supplements and In addition, activities that promote healthy food choices and physical activity for children and adults at risk of overnutrition can help prevent overweight and obesity. Adequate amounts of carbohydrates, proteins , eating a variety of foods that contain fats, vitamins, minerals and water also helps prevent malnutrition.

**Conclusion:** Proper nutrition is very important for a healthy lifestyle.

The reason is that a healthy lifestyle is about 50% of a person's life. It can be seen that proper nutrition plays an important role in human life. Because human health is important for everyone. In order to establish a proper diet, first of all, we should pay attention to our daily diet, the useful elements in it, diet if there is excess weight, digestion after eating. Until then, I recommend walking a little more on the street and walking more on a daily basis. More walking has a positive effect on the activity of the heart system and prevents diabetes.

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