**USE OF THE METHOD OF ASSESSING THE LIFE QUALITY**

**FOR A COMPREHENSIVE ASSESSMENT OF THE OBESE CHILDREN HEALTH STATUS**

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The relevance and social significance of life quality studying of obese children is constantly increasing due to the growing prevalence of excess weight and its effect on life expectancy and on the development of other chronic diseases. Currently in developed countries of the world up to 15% of adolescents are obese. Evaluation of the life quality, in comparison with traditional medical methods, allows a complete and objective assessment of the patient's health and to develop an integrated and rational approach for treatment. The multidimensionality, reliability, simplicity, efficiency and profitability of this method determined its use in our study [1, P. 219–229], [2, P. 122–130], [3, P. 282–304], [4, P. 387–400].

We conducted a survey of 237 obese children and adolescents aged 9 to 17. Complicated forms were observed in 13.5% of children. It was found that life quality of the largest number of children and adolescents, namely 79.3% corresponded to the average level. The optimal level of life quality was established only for 6.3% of the studied and 14.3% of children had a low level. It was revealed that the quality of life of children and adolescents with complicated forms is much lower than in children with uncomplicated obesity, 62.62% ± 0.43 and 48.26% ± 1.04, respectively. There was no significant difference in gender-specific indicators. Thus, in boys the average life quality was 60.62% ± 0.84, and in girls - 60.78% ± 0.85. The average index in the age group from 13 to 17 years was lower than in the age group from 8 to 12 years, respectively - 58.31% ± 1.2 and 61.47% ± 0.53. When analyzing individual spheres of life of children and adolescents with this pathology, it was noted that the index of life quality was most influenced by physical and psychoemotional functioning.

**Conclusion:** The study of the life quality is one of the most effective methods for assessing the health status of obese children, because alongside with somatic disorders, it allows us to identify the patient's psychosocial problems. Thus, the obtained results can be used for the development of complex prevention measures.

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