**EARLY DETECTION AND MONITORING THE HEALTH STATUS OF PATIENTS WITH EXCESSIVE BODY WEIGHT**

## *Pomogaybo K., Ovolabi A., KhNMU, Kharkiv*

The insufficient level of registration of obesity cases in Ukraine is due to the imperfection of the existing system of prevention of alimentary-dependent diseases and the lack of unified and standardized programs for the early detection of excessive body weight in children, monitoring the health status of such patients. This leads to the fact that the awareness and alertness of population in our country is at a low level. In many families, obesity is not considered a disease, but rather, it is considered a sign of the health of children, especially boys Therefore, children and adolescents often have complications that are the result of obesity, which is often the reason for visiting a doctor [1, p. 130].

An international consensus on childhood obesity states that early intervention, which includes diet therapy, change in dietary habits and physical activity, is recommended to prevent the development of complications of the disease. It is known that the effectiveness of methods used to treat this disease is small and almost no medicines used in children under 12 years of age [2, p. 41]. Thus, the development and introduction of measures for the early detection of overweight children, registration and monitoring of the state of health, taking into account the risk of developing diseases from the antenatal period must be provided at the primary level of the medical care provision to the children's population. Important measures for this problem in Ukraine, in accordance with the current strategy, are the study of the environment of the child and the way of life of the families where children are brought up with the subsequent organization of prevention and treatment with the use of health-improving technologies that affect lifestyle and children's health [3, p. 45].

**References:**

1. Довгий І.Л., Ворошилов О.П., Микитей О.М. Реабілітаційне лікування надмірної ваги тіла та ожиріння. *Лікарська справа*. 2012. № 7. С. 129–132.

2. Корж А.Н. Современные подходы к профилактике ожирения. *International Medical Journal*. 2012. Т. 18. № 3. С. 39–43.

3. Дячук Д.Д., Заболотна І.Е., Ященко Ю.Б. Ожиріння у дітей: фактори ризику та рекомендації з профілактики. *Современная педиатрия*. 2017. № 2. С. 42–46.