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EXOGENOUS FACTORS OF OVERWEIGHT AMONG CHILDREN AND ADOLESCENTS

Currently, one of the urgent problems of schoolchildren health is overweight. In our country, this pathology among children has not yet reached such extent as in the United States and the countries of Western Europe, but alarming trends are already being traced. We conducted a survey of the main and control groups, which included 413 children with overweight and obesity and 396 children with normal weight, respectively. The questionnaire we developed included questions regarding the lifestyle of schoolchildren. According to the results of a survey of children, it was found that 55.2 ± 2.5% of children in the main group versus 29.3 ± 2.3% in the control group, almost every day, the diet was dominated by products with excessive fats and easily digestible carbohydrates (η– 7%; p <0.001; OR = 3.0; CI = 2.2–4.0). Revealed, that 58,4 ± 2,4% of the children in the main group took food less than 3 times a day and often missed breakfast оr ate before bedtime. In the control group, the peculiarities of the diet were noted only in 32.3 ± 2.3% of children (η–7%; p<0,001; OR=2,9; СІ=2,2–3,9). It was found that in 51.3 ± 2.5% of obese and overweight children compared with 28.5 ± 2.3% of normal weight children, physical activity on weekends and weekdays was reduced, or they did not attend sports sections, physical education at school (η–5%; p<0,001; OR=2,6; СІ=2,0–3,5).

*Conclusions:* The reasons for the development of excess body weight in this group were: irrational nutrition, excessive consumption of products with high calorie content, as well as low physical activity during the day. Thus, school meals should be balanced, it is necessary to reduce the caloric content of food consumed by eliminating foods rich in carbohydrates: sweets, pastries, chips, soft drinks, as well as fried and fatty foods. Need to add more vegetables and fruits to your diet. Important elements are diet compliance, the exclusion of all kinds of snacks, as well as the correct distribution of calories between the main meals. For this purpose, it is recommended to keep a food diary and check weighing. It is necessary to increase physical activity, both on weekdays and on weekends, for this it is also recommended to make an individual schedule of physical activity.