

## IMPACT OF OBESITY ON THE QUALITY OF LIFE

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**Introduction.** Obesity is one of the most common diseases of XXI century, especially in developed countries. According to the researches which were performed in this field, number of people who suffer from this pathology became three times higher than in 1975. In European countries average number of people with obesity is 20%, in USA – 36.2%. The low level of physical activity, sedentary lifestyle and popularity of junk food are the main reasons of such situation. We should not forget, that obesity is almost always is accompanied by other disorders and complications, which lead to decreasing of lifespan and quality of life. All these factors make obesity very actual problem nowadays.

**Aim of research.** To investigate influence of obesity on the quality of life of the patients.

**Materials and methods.** The initial base of research is the results of a comprehensive, multipurpose, randomized study conducted using a standardized questionnaire, where the main attention is paid to the description of the respondents' psychological and physical state.

**Results.** The respondents were 100 people at the age of 30-40, they were divided in two groups. First group consisted from 50 people, who have body mass index (BMI) in range from 30 to 40 and the second group was presented by 50 people with normal BMI (from 18 to 25). Respondents answered on the questions about their psychological state and physiological disorders.

**We found the following:**

- often headaches noted 86% of respondents from the first group and 22% from the second one;
- arthralgia was found in 74% percent from the first group and in 10% in second group;
- difficulties during performing moderate physical activity was observed in 84% of patients from the group with high BMI level and in only in 8% in people with normal BMI.
- feeling of constant, persistent fatigue, not only in the evenings, but also in the morning, immediately after sleep, had 56% of the first group and 14% of the second one;
- indifference, boredom, passivity, we found in 78% of the patients with obesity and in 16% of people with normal weight;
- complete or partial insomnia, had 82% patients with high BMI level, and only 18% of the control group.

**Conclusions.** Obesity is enough actual problem of modern medicine, often it is called an epidemic of XXI century. Many people in countries all over the world suffer from this disease. During our study we could see that obesity has strong negative influence on the level of patients' lives and it decreases the quality of their life a lot. All of these reasons should motivate medical workers to pay attention on this problem and to find new ways of its prevention and treatment.