

DIABETES COUNCIL AMONG YOUNG PEOPLE - IMPACT ON EATING HABITS AND LIFESTYLE

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Abstract: The rapid increase in type 2 diabetes among young people has become a serious health problem. This article analyzes the role of dietary habits and lifestyle in the development of diabetes among young people. Preventive measures aimed at improving the health of young people are discussed based on national and international data.

Keywords: Diabetes, young people, dietary habits, lifestyle, prevention. Совет по диабету среди молодежи – влияние на привычки питания и образ жизни

Аннотация; Стремительный рост заболеваемости диабетом 2 типа среди молодежи стал серьезной проблемой здравоохранения. В статье анализируется роль пищевых привычек и образа жизни в развитии диабета среди молодежи. На основе национальных и международных данных обсуждаются профилактические меры, направленные на улучшение здоровья молодежи.

Ключевые слова: диабет, молодежь, пищевые привычки, образ жизни, профилактика.

Introduction: In recent decades, diabetes mellitus has been increasing dramatically all over the world, including in Uzbekistan. Although type 2 diabetes traditionally occurs more often in adults, in recent years this disease has also been observed to occur more often among young people and adolescents. According to the World Health Organization in 2024, the incidence of type 2 diabetes among patients under the age of 18 has doubled over the past 10 years. According to statistics from the Ministry of Health of the Republic of Uzbekistan, in 2023, 9–11% of patients with diabetes registered in the republic were aged 15–25. This figure has almost doubled compared to 2010. The main causes of this condition include unhealthy eating habits, excessive consumption of sweet and high-calorie products, a tendency to fast food, low physical activity, stress, and sleep disorders.

LITERATURE REVIEW AND METHODOLOGY

The origin of diabetes, clinical signs of the disease, methods of prevention and treatment are widely covered in Uzbek medical literature. These sources emphasize the importance of various factors in the predisposition to diabetes, in particular, eating habits and an inactive lifestyle. The methodology was based on the analysis of national statistical data, a study of the level of nutrition and physical activity among young people, as well as a systematic review of previously conducted scientific studies.

DISCUSSION AND RESULTS:

The conducted analyses and the available scientific literature data show that one of the main reasons for the increase in diabetes mellitus (especially type 2 diabetes) among young people is unhealthy diet

and changes in modern lifestyle. Fast food products (hamburgers, pizza, chips), high-sugar carbonated drinks and high-calorie ready-made meals provide excess energy to the body. This excess energy, especially in cases of insufficient physical activity, leads to fat accumulation. Fat accumulation, especially in the abdominal area (abdominal obesity), increases insulin resistance and thereby strongly promotes the development of diabetes mellitus. Also, a decrease in physical activity among young people is distinguished as a risk factor. The results of a survey conducted in Tashkent, Samarkand and other large cities show that only 30-35% of respondents engage in regular physical exercise three or more times a week. The rest mainly prefer passive types of recreation (telephone, computer games, social networks). This reduces the ability of muscle tissue to absorb glucose. Stress is also a factor that requires special attention. Increased academic workload among young people, late bedtimes, insomnia and nervous tension during exams lead to hormonal changes in the hypothalamic-pituitary-adrenal system. Chronically increased levels of the hormone cortisol can reduce the effect of insulin and cause an increase in glucose levels. Although genetic predisposition plays an important role in the development of diabetes, the results obtained show that lifestyle factors (nutrition, physical activity, stress level) are controllable and modifiable factors. This allows for prevention of the disease through preventive measures. Thus, to prevent the spread of diabetes among young people, a healthy eating culture must be promoted. It is important to develop and implement programs to promote physical activity, increase physical activity, and manage psychological stress. Increasing sports events, conducting training on healthy eating, and increasing the share of healthy foods in school and university canteens in cooperation with the state and educational institutions may yield positive results.

CONCLUSION:

The rapid spread of type 2 diabetes among young people remains a serious threat to health. To prevent it, it is necessary to strengthen measures to form a culture of healthy eating among young people, increase physical activity, and reduce stress. To this end, prevention programs should be organized in cooperation with state and public organizations.

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