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## **FEATURES OF TEENAGERS OBESITY**

Actuality of theme. The problem of obesity is the focus of modern medicine. WHO regards obesity as an epidemic that has gripped millions of people. Obesity has negative effects on the physical and mental health, alters metabolism, especially in children and adolescents, that makes the problem very important.[1,3]

The purpose is to examine the risk factors of obesity in adolescents.

To achieve the goal it was used medical and sociological research - a survey of 120 nurses with specially elaborated questionnaire. Among the respondents were 30 students of 1st year, 30 bachelors and 30 masters in specialty "Nursing" of Zhytomyr Nursing Institute, and 30 nurse practitioners of Zhytomyr region.

The results and discussion. It was found that almost half (43.3%) adolescents subjectively incorrectly estimate their own weight when comparing it with an objective criterion - a body mass index (BMI). It was found that among adolescents (nurses 1st year) there were persons with a BMI  $<18.0$  kg / m<sup>2</sup> was 16.7% (lack of body weight), individuals with a BMI  $> 18.1$   $<25.0$  kg / m<sup>2</sup> was 63.3% (normal body weight), individuals with a BMI  $> 25.1$   $<30.0$  kg / m<sup>2</sup> there were 20.0% (overweight). Among those examined adolescents it was not found any person with obesity. Among bachelors the deficiency of body weight was found in 3.3% of cases, normal body weight had 70.0%, overweight persons there were 26.7%. Obesity among nurses-bachelors was not observed. Among the masters of nursing there were neither persons with obesity nor people with the decline of the power (malnutrition). Instead, 66.7% of persons had normal body weight and 33.3% were overweight. Among nurse practitioners there were no individuals with the deficiency of body weight. The normal body weight had only 50.0% of patients, 43.3% were overweight and 6.7% of observed had obesity.

Conclusions.

1. Among adolescents there is a significant proportion of people overweight.
2. There is a tendency with age for increasing the proportion of persons as overweight as with obesity.
3. The correlation of people overweight to people with normal body weight in adolescents is 1 to 3; in bachelors - 1 to 2.6; in masters is 1 to 2.0; in nurse practitioners is 1 to 1.
4. Metabolic disorders started in childhood and adolescence as overweight turn with age into obesity in adults.

## REFERENCES

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