

ANALYSIS AND ASSESSMENT OF THE UKRAINIAN POPULATION OBESITY PROBLEM.

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Introduction. Obesity is one of the most common chronic diseases in the world. It is reaching the proportions of a non-contagious epidemic. The WHO estimates that about 1.8 billion people are overweight and 590 million are obese worldwide, largely due to urbanization, reduced physical activity. All social strata of society and age groups are susceptible to obesity. An increasing incidence of obesity in children and adolescents has been observed everywhere. Currently, up to 24% of adolescents are overweight, and 14.5% are obese in the developed countries of the world. Obesity becomes a direct threat to health, as it entails serious illness. In 75% of cases, it is the cause of type 2 diabetes (type 2 diabetes) and in 33% of cardiovascular pathologies. Life expectancy is significantly reduced, by 9 years for women and 12 for men.

Aim. The purpose of our work is to analyze and assess the prevalence of obesity in Ukraine.

Materials and methods. In our work, we relied on the materials of the State Statistics Service of Ukraine for 2020r, data and statistics of the World Health Organization, materials of the World Obesity Organization.

Results and discussion. 39.8% of Ukrainians are overweight and 15.4% are obese. Thus, more than half of Ukrainians weigh more than the norm. Ukrainian women over the age of 18 weigh an average of 71 kg and are 164 cm tall. 35% of women in Ukraine are overweight and 18.3% are obese. Ukrainians over the age of 18 weigh an average of 80 kg and grow 175 cm tall. It is noteworthy that among men a larger proportion is overweight (45.4%), but slightly less - obesity (14.3%) compared to women. It was also found that among urban residents, every eighth man and every fifth woman are obese. The annual detection of obesity among children in Ukraine is 15.5 thousand cases. For the diagnosis of obesity in Ukraine, the body mass index is used. This indicator is calculated by dividing the body weight (in kilograms) by the square of the height (in square meters). For example, the body mass index for a person weighing 65 kg and a height of 170 cm is $65 / 1.7 \times 1.7 = 22.5$. If your body mass index is above 30, it could indicate obesity.

Conclusions. It is necessary to take active measures to actualize the problem of obesity and deal with it in our country. A potential way out of this situation may be the creation of national recommendations for the correction of obesity, taking into account the affect international standards.

MECHANISMS AND METHODS OF ALLERGEN-SPECIFIC IMMUNOTHERAPY

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Introduction. Allergen-specific immunotherapy (ASIT) is also referred to as allergy injections. It is prescribed for patients with allergic rhinitis, allergic asthma, or life threatening reactions to insect venom. It is the only medical treatment that could potentially modify allergic