

**INFLUENCE FACTORS OF THE ENVIRONMENT ON THE STATE
OF HEALTH OF THE POPULATION AT THE REGIONAL LEVEL**

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Abstract: Environmental factors are one of the leading factors that have an impact on the health and well-being of the population.

Keywords: fertility age, reproductive health, nutrition, pregnancy, tuberculosis, morbidity, mortality.

Relevance of the work. Several studies have established a very low level of the state as the somatic and reproductive health of women, as evidenced by the huge number of complications of pregnancy, childbirth, the continuing high level of gynecological morbidity, significant of the spread the infertility and pregnancy loss [1]. Nutritional factors are one of the leading factors affecting the health and well-being of the population, especially for vulnerable groups such as women of childbearing age [5]. Therefore, this factor is of general human, social and political importance and closely linked with the problems of demography, reproductive health, economy and culture [3].

In the modern period, one-third of the world's population is infected with the causative agent of tuberculosis, of which 5-10% is patients [2].

Despite the vast experience of mankind in the fight against tuberculosis, including affordable and effective treatment annually worldwide registered 9 million new TB cases and nearly 2 million have died of it. The burden of TB is closely connected not only with huge pressures on the health care system, but also losses in the country's economy, because, basically, tuberculosis affects working-age population. In accordance with the Resolution of the World Health Organization (Resolution WHA 44.8 / 2004) declared TB as a major global public health problem [4].

Purpose of the study. The study of the influence of environmental factors on the health of the population at the regional level of the Republic of Uzbekistan and the development of complex event to reduce the negative impact of these factors on the human body.

Materials and methods. Actual power orphanages studied in layouts menu. The study was conducted over three consecutive days: at the beginning, middle and end of each month by seasons. The content of the nutrients and energy was calculated from the table of the chemical composition of food Pokrovsky A.A. (B.L.Smolyanskii, Z.I.Abramova/on therapeutic nutrition Guide, 1985). The results were compared with average daily recommended food consumption norms for calculation of minimum consumer budget of Uzbekistan's population (Sanitary rules and norms №0135-03).

The first stage of the study was to survey respondents, which was conducted in the clinic and the hospital "The TB dispensary" in Ferghana. All of the respondents as the primary clinical diagnosis at the time of the study, exhibited diagnosed pulmonary tuberculosis. The presence of the respondent concomitant chronic disease (without exacerbation) does not prevent its inclusion in the group of patients. For the study, we used a questionnaire adapted to the conditions of the Republic of Uzbekistan. This is a general questionnaire for group comparisons, which recommended the Health of the Republic of Uzbekistan for Biomedical Research of the adult population.

The results were processed by variation statistics calculating the average error (m), the confidence coefficient (t) and the probability of error (P). Mathematical treatment of the material was carried out on a PC in Windows 95, Microsoft Excel, version 7.0.

Results and discussion. The study was carried out of the actual power supply in rural areas in the Fergana region. The study content of basic food ingredients (proteins, fats and carbohydrates) has been studied, some vitamins and minerals in the daily diets of 2,000 women of childbearing age from 15 to 49 years, taking into account climatic conditions. It revealed the actual imbalance of power of women of childbearing age. 61% of women established fed 4 times daily, 47% - 3 times, 9% of women - 5% and 7 times - 2 times. The study showed that 95% of women of childbearing age, mainly feed on the house where the food, in most cases, is made irrationally. It should be noted that 26.6% of women complain about the poor state of health, and in the proportion of morbidity prevalent mental stress. Among surveyed from 26-33% have hair loss, at 37-40% - blurred vision, from 27-46,6% - violation of the capillary resistance, at 20-23% - bleeding gums, at 6.6% - petechial, have 30% - dry skin, 10% - cheilosis, 10% - pale tongue. Marked by a very low level of consumption of fish products, and in the spring - reduced consumption of fresh vegetables, fruits and berries. However, in some excess consumed cereals, pasta and bakery products. The content of the nutrients, particularly animal proteins constitute 61% and the amount of vitamin C, B1, B2, B6, and minerals potassium, calcium, magnesium, phosphorus, iron, copper, manganese women food rations spring is lower than the fall and did not meet the physiological needs. Accordingly, the detected seasonal variations of some parameters of cellular and humoral immunity. Reduction of T-lymphocyte, immunoglobulin, preferably of class

G and the number of CEC in the spring compared to autumn, combined with a significant increase in the relative and absolute number of B-lymphocyte.

It is known that good nutrition for pregnant and lactating mothers includes providing a body of the fetus and the baby all the necessary nutrients, proteins, fats, carbohydrates, macro and micronutrients, vitamins. Deficiencies of nutrients at certain stages of fetal development can lead to the formation of organic pathology, and even fetal death.

The results of our study showed that a daily diet of protein deficiency are installed in 15% of fat deficit - 20-25%, especially polyunsaturated fatty acids, vitamin deficiency A, C, P, B1, B6, B12, excessive consumption of carbohydrates: sucrose - 40 %, at the expense of grain products in the daily diet of micronutrient deficiencies.

We carried out a medical examination of women of childbearing age in the city Kuvasay. Studies have shown that in the group of 80 surveyed women of childbearing age, 12 is detected tachycardia, 9 - hepatomegaly, 30 girls and women - dull, thinning and hair loss, pale mucous conjunctiva, 54 - pale face, as well as in 8 - xerosis conjunctiva, 11 - angular stomatitis, 9 - cheilosis, 13 - swelling of the tongue, 16 - the phenomenon of periodontal disease, in 56 surveyed admitted functional changes in the nervous system, 9 - parotid glands, 16 - an increase in thyroid size 1- n degrees. The combination of 2 or more abnormalities found in 45% of the surveyed girls and women of childbearing age.

In 2000-2010 gg. the Republic of Uzbekistan and the Fergana Valley incidence rates of tuberculosis have been studied. In Fergana region incidence rate it was in 2000 - 50.6 (in the country - 64.5), in 2001 - 60.0 (in the country - 72.4), in 2003 - 70.0 (in republic - 77.1). The highest rate of tuberculosis in the Fergana region made in 2010 - 67.4 (in the country - 73.5), ie, if we compare 2000 and 2010, we see that in 10 years the incidence rate increased by 16.8.

Due to the unfavourable housing situation TB was: the population - 62%, in boarding schools - 56%, in the receivers - 70%, among the orphans - 67%, among the migrants - 65%. In connection with alcoholism tuberculosis is: the population - 61%, in boarding - 9%, receivers - 14%, among the orphans - 71%, among the migrants - 43%. In connection with the tobacco tuberculosis is: the population - 61%, in boarding schools - 67%, receivers - 71%, among the orphans - 64%, among the migrants - 78%. In connection with the environmental factors of tuberculosis was: the population - 24%, in boarding schools - 45%, receivers - 42%, among the orphans - 38%, among the migrants - 35%. In connection with the nutritional status of tuberculosis is: the population - 65%, in boarding schools - 64%, receivers - 62%, among the orphans - 65%, among the migrants - 34%. Due to the unknown ethology was tuberculosis: the population - 28%, in boarding schools - 31%, receivers - 31%, among the orphans - 25%, among the migrants - 21%, among the homeless - 34%.

Conclusions:

1. Character nutritional status of women of childbearing age of the rural population of Fergana region is unbalanced, due to the shortage of proteins, fats and carbohydrates. Disrupted formula of balanced nutrition.

2. For the normalization of immune parameters, anemia, iodine deficiency, vitamins, trace elements, as well as raising the level of food culture among women of childbearing age, we can recommend a diet based on traditional cooking methods, including a food additive, "Tabib-1."

3. Tuberculosis is a social and hygienic problem and requires a series of necessary preventive measures to reduce it.

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