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CORRELATION OF OBESITY AND SALT COMSUMPTION

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Relevance. According to the statistics of World Health Organization approximately 10-30% of people all over the world are overweight and obese, and the number of such people is growing every year. Obesity inevitably affects the health of people around the world. The solution to this problem is an important step towards improving the general level of public health.

Aim: the aim of this work is to study the mechanisms of the influence of salt on the development of obesity, as well as on the pathogenesis of the disease. We should also learn about the level of awareness of young people in our country in the field of concern, analyze the daily diet and dishes of traditional Belarusian cuisine for the amount of salt.

Materials and methods. To open up the issue, various national and foreign resources, statistical information dating from 1980 to the present time were studied. Sociological surveys were conducted among university students in Minsk to learn about their awareness of the causes of obesity and prevention methods, and to consider their opinions on nutrition.

Results. Over the past 35 years, the number of people with obesity in the world has increased by 40%. So the quantity of obese people in 2020 is estimated to be more than 2 billion people and the forecasts are disappointing. About 50% of the interviewed students believe the problem of obesity not to be characteristic of our country, which is inconsistent with the official statistics on obesity. In the course of my research various scientific studies and experiments were considered to identify the ways of the effect of salt on the body. It was found out that about 47% of responders consume 7 or more grams of salt per day, and are also not informed about the recommended daily amount of this product, which is 2 grams less. Besides, only 6% of responders believe, that they eat properly, and 33% say they try to follow a healthy diet. Taking into account that most responders are aware of their BMI, about 86% admit that excess salt can cause obesity, overeating considered the mean reason of overweight. An interesting fact is that half of responders think that Belarusian cuisine provokes excessive consumption of salt, however, the other half of responders are of the opposite opinion.

Conclusion. To conclude, despite high awareness of causes of obesity and its correlation with salt consumption, people are not ready to start solving this problem. Yet, obese patients are extremely susceptible to various diseases, ranging from disorders of the cardiovascular system to common viral infections. People's awareness is a serious and important step in solving this problem, because without knowledge of the risk of obesity, people are not likely to monitor their nutrition more meticulously, which is the only way to avoid health-related problems.