

EFFECTIVE METHODS OF WEIGHT REDUCTION IN WOMEN OF REPRODUCTIVE AGE

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Abstract

This thesis analyzes modern and effective methods for reducing excess body weight and obesity in women of reproductive age. Excess body weight may have a negative impact on reproductive health, metabolic processes, and the hormonal status of women. In the study, body mass index (BMI), waist circumference, dietary patterns, and the level of physical activity were considered as the main assessment criteria.

Keywords: reproductive age, women, excess body weight, obesity, body mass index, waist circumference.

Introduction

Today, excess body weight and obesity are among the most widespread metabolic problems worldwide and have a particularly significant impact on women's health. Especially during the reproductive period, excessive body weight not only increases the risk of cardiovascular and metabolic diseases but may also contribute to menstrual disorders, alterations in ovulation, insulin resistance, and complications associated with pregnancy.

The development of excess body weight is influenced by high-calorie and unbalanced nutrition, a sedentary lifestyle, disrupted sleep patterns, chronic stress, and an imbalance between energy expenditure and caloric intake. Therefore, short-term diets alone are insufficient for achieving effective and sustainable weight reduction. A comprehensive approach that includes improving dietary habits, increasing physical activity, and establishing a healthy lifestyle is required to achieve long-term results.

Weight reduction in women of reproductive age requires particular caution. Rapid and uncontrolled weight loss may negatively affect the body's energy and hormonal balance. Therefore, a weight management program should be developed individually, taking into account the woman's body mass index, waist circumference, dietary habits, level of physical activity, and reproductive plans.

Research Methodology

The study was conducted to evaluate effective methods for reducing excess body weight and obesity in women of reproductive age. A total of 300 women of reproductive age who were under observation at family polyclinics in Surkhandarya Region were included in the study. The main group consisted of 200 women with excess body weight or obesity, while the control group consisted of 100 women with normal body weight.

Clinical-anamnestic, anthropometric, and analytical methods were used in the study. Data regarding participants' age, dietary habits, level of physical activity, sleep patterns, and lifestyle were collected. Anthropometric assessment included body weight, height, body mass index (BMI), waist circumference, and hip circumference. BMI was calculated by dividing body weight in kilograms by height in meters squared. The obtained data were processed using variation-statistical methods. Quantitative indicators were expressed as mean values and standard deviations. Statistical significance of differences between the groups was assessed using a significance level of $p < 0.05$. The research methodology was aimed at determining the anthropometric effectiveness of a comprehensive approach to weight reduction in women of reproductive age.

Results and Analysis

The results demonstrated that metabolic and reproductive disorders occurred considerably more frequently among women with excess body weight and obesity. In particular, an elevated waist circumference was observed in 58.0% of women in the excess-weight/obesity group, which was 46.0 percentage points higher than in the normal-weight group. Menstrual cycle disorders were observed in 31.0% of women, anovulatory cycles in 24.0%, and signs of insulin resistance in 37.0% of cases. These findings indicate that increased body weight is not merely an anthropometric characteristic but also an important risk factor affecting women's metabolic and reproductive health.

Table 2. Frequency of Major Clinical and Metabolic Risk Factors Associated with Increased Body Weight

Indicator	Normal-weight women (n=100)	Overweight/obese women (n=100)	Difference, %
Elevated waist circumference	12 (12.0%)	58 (58.0%)	+46.0
Menstrual cycle disorders	9 (9.0%)	31 (31.0%)	+22.0

Anovulatory cycle	6 (6.0%)	24 (24.0%)	+18.0
Signs of insulin resistance	8 (8.0%)	37 (37.0%)	+29.0
Arterial hypertension	7 (7.0%)	21 (21.0%)	+14.0
Signs characteristic of polycystic ovary syndrome	5 (5.0%)	19 (19.0%)	+14.0

Conclusion

The analysis demonstrated that a comprehensive approach is one of the most effective methods for reducing excess body weight and obesity in women of reproductive age. A balanced and individually tailored diet, regular physical activity, normalization of daily routines and sleep, and the development of a healthy lifestyle contribute to gradual and sustainable weight reduction.

A weight reduction program for women of reproductive age should be based not on strict diets or uncontrolled physical exertion, but on an individualized, scientifically based approach that can be maintained over the long term. Therefore, women with excess body weight should be encouraged to implement simultaneous corrections in nutrition, physical activity, and lifestyle.

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