

MODERN METHODS OF WEIGHT REDUCTION IN WOMEN OF REPRODUCTIVE AGE

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Abstract

This thesis analyzes modern approaches to reducing overweight and obesity in women of reproductive age, their effectiveness, and their impact on reproductive health. Excess body weight is an important factor that increases the risk of metabolic disorders, insulin resistance, menstrual cycle disturbances, and complications associated with pregnancy and childbirth in women. In weight management, an individualized dietary regimen, regular physical activity, behavioral and lifestyle modification, normalization of sleep patterns, and, when necessary, pharmacological treatment are important components of a comprehensive approach.

Keywords: reproductive age, women, overweight, obesity, body mass index, weight reduction, healthy nutrition, physical activity.

Introduction

Today, overweight and obesity are among the most common metabolic problems worldwide and have a significant impact on the health of women of reproductive age. Excess body weight may lead to disturbances in carbohydrate, lipid, and hormonal metabolism, contribute to the development of insulin resistance, and increase the risk of cardiovascular and endocrine diseases.

In women of reproductive age, the clinical significance of obesity is also determined by its effects on the reproductive system. Excess adipose tissue may affect estrogen metabolism and can be associated with menstrual irregularities, impaired ovulation, polycystic ovary syndrome, and reduced fertility. During pregnancy, excessive body weight increases the risk of gestational diabetes mellitus, arterial hypertension, and other obstetric complications.

Therefore, weight management in women of reproductive age is important not only from an aesthetic perspective but also from preventive and clinical perspectives. In modern medicine, weight reduction is considered not as a short-term diet but as a process of establishing a healthy lifestyle that can be maintained over the long term. An individualized diet, regular physical activity, behavioral modification, adequate

sleep, stress management, and, when necessary, pharmacological treatment are considered among the most appropriate approaches.

Research Methodology

The study was aimed at investigating modern methods of weight reduction in women of reproductive age and evaluating their effectiveness. A comprehensive clinical and statistical approach was used in the study.

The study population consisted of women of reproductive age, defined as 18–49 years, who had excess body weight. During the study, anthropometric parameters, including body weight, height, body mass index (BMI), waist circumference, and hip circumference, were measured. BMI was calculated by dividing body weight in kilograms by the square of height in meters.

Information regarding participants' dietary habits, level of physical activity, daily sleep duration, and lifestyle was collected using a questionnaire. To identify the main factors influencing weight reduction, approaches based on rational nutrition, calorie restriction, physical activity, and behavioral modification were analyzed.

Modern methods of weight reduction were evaluated in three main areas: **lifestyle modification, pharmacological approaches, and surgical methods for cases of severe obesity.**

Results

Among the 200 women of reproductive age who participated in the study, 100 women (50.0%) had normal body weight. Overweight was identified in 61 women (30.5%), Grade I obesity in 23 women (11.5%), Grade II obesity in 11 women (5.5%), and Grade III obesity in 5 women (2.5%). Thus, overweight or obesity of varying severity was detected in 50.0% of the women examined.

Table 1. Distribution of body weight status among women of reproductive age

Body weight status	BMI (kg/m²)	Number of women (n=200)	Proportion (%)
Normal body weight	18.5–24.9	100	50.0
Overweight	25.0–29.9	61	30.5
Grade I obesity	30.0–34.9	23	11.5
Grade II obesity	35.0–39.9	11	5.5
Grade III obesity	≥40.0	5	2.5
Total	—	200	100.0

Conclusion

The results of the analysis demonstrated that a comprehensive approach is one of the most appropriate strategies for reducing overweight and obesity in women of reproductive age. Rational and balanced nutrition, regular physical activity, normalization of sleep and daily routines, and the development of healthy behavioral habits contribute to gradual and sustainable weight reduction.

Along with normalization of body weight, reductions in body mass index and waist circumference may contribute to a decrease in metabolic risks and improvement of overall health. In general, the most effective strategy for weight reduction in women of reproductive age is to develop an individualized, long-term, and evidence-based comprehensive approach that takes into account individual characteristics.

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