

THE ADVANTAGES OF OPTIMIZING THE PROPHYLAXIS DIET FOR RESTORING THE HEALTH OF WORKERS OF WASTE RECYCLING ENTERPRISES

Alimukhamedov D. Sh.
Tashkent Medical Academy

Kenyaev Y. M.
Termez University of Economics and Service

The relevance of the problem

Today, the problem of waste is becoming one of the most pressing environmental issues in the world. Analyses show that in recent years, household and industrial waste has been increasing year by year. In particular, in the 21st century, the growth of household waste by 60% began to have a very negative impact on environmental sustainability. In this regard, along with the economic efficiency of enterprises producing secondary products from waste, the health of workers working there is also one of the pressing problems today. In order to increase the resistance of workers to various diseases, increase the stability of their immune system, it is necessary to study preventive diets and optimize food products that are beneficial to the workers' body.

Materials and Methods

A questionnaire was used to study the diet of workers at work and at home in 4 seasons of the year among workers of waste processing enterprises and a hygienic analysis was conducted.

Results and Discussion

The results of the survey conducted among 186 workers and the results of the hygienic analysis of the actual nutrition and vitamin supply of workers indicate that it is disproportionate and insufficient to the average daily rational nutrition standards (SanNvaQ- 0007-2020) aimed at ensuring healthy nutrition for age, gender and professional activity groups of the population of the Republic of Uzbekistan. The consumption of the main bread products flour, rice, bread and pasta in men was 16 to 40% higher and 187.2% in total, and 174.5% higher in women. In the winter season, the consumption of beef in men was 63.3% and 56.7% in women, and mutton and chicken meat were also significantly lower.

Despite the fact that high-quality bread was consumed by 84.2 and 74.5% higher, bread made from Uzbek flour and rye flour, which are milled in a local water mill and are rich in vitamins and minerals, was not consumed.

The consumption of sugar increased by 216.7% in men and 250% in women in the winter season. At the same time, the consumption of margarine, vegetable oils and table salt was significantly higher.

The amount of rice was sharply reduced, the amount of rice was provided by 42.0% in men and 40.0% in women, respectively, by 76.4%.

Grapes were not consumed in the spring season. This is not a solution to the problem. Since the amount of sugar and other nutrients in grapes is not found in other products, the amount of other products with low main risk, but high risk factors, was sharply exceeded.

The amount of vegetables in the daily diet was from 57.3 to 96.74% in men, and from 50.9 to 72.7% in women.

The amount of vegetable oil was provided by 83.3 to 116.7% in men, and from 60 to 100% in women.

Conclusion

The results show that the workers' diet does not meet hygienic requirements. The development of a diet aimed at improving the health status of workers is one of the urgent problems today.