

HYGIENIC ANALYSIS OF THE STATE OF MINERAL SUPPLY IN THE FIRST TRIMESTER OF PREGNANCY IN THE WINTER SEASON

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As our esteemed President Sh.M. Mirziyoyev emphasized in the video appeal of February 13, 2025, a healthy person is the key to a healthy nation. A healthy child is born from a healthy mother. In 2017, the United Nations (2017) recognized the high sensitivity of pregnant women to heat and heat-related stress. It was emphasized that it is time to recognize this trend. For example, studies conducted in 2011 and 2015 in several countries of the European Union did not recognize that abnormal heat is a high risk during pregnancy (de' Donato FK, Leone M.2015). The general public, as we know, does not have the knowledge and skills to understand the effects of heat during pregnancy and its dangers. Assessing the dependence of various negative effects during pregnancy on the quality and composition of the daily diet and the level of mineral supply in it is one of the urgent problems facing professionals in this field today.

The purpose of the study is to conduct a hygienic analysis of the state of mineral supply in the first trimester of pregnancy in the winter, which depends on nutritional status.

Materials and methods

The studies were conducted in the first trimester of pregnancy in the winter season at home at the beginning, middle and end of each month, during the general season, at the beginning, middle and end of each month, and in terms of the composition and quantity and quality of the products included in them.

The patients' daily diet and its physiological composition were analyzed in accordance with the requirements of the sanitary norms and rules of SanNvaK 0007-2020 “**Average daily rational nutrition standards aimed at ensuring healthy nutrition for age, sex and professional activity groups of the population of the Republic of Uzbekistan**” and the chemical composition of the daily diet “Chemical composition of food products”.

The statistical processing of the research results was carried out using the personal computer application package “Statistica for Windows 7.0”.

Results and Discussion

The amount of the main minerals in the daily diet in the first trimester of pregnancy in the winter season was hygienically analyzed. The supply of minerals is mainly associated with the consumption of meat and dairy products, seafood, and fruits and vegetables.

While the majority of minerals in the daily diet of pregnant women were found to be deficient in calcium salts, the amount of calcium in the home environment was 576.25 ± 35.26 , which is 425% less than the norm, and the amount of this mineral is related to the level of consumption of milk and dairy products in the daily diet.

The amount of magnesium was 279.74 ± 11.31 , which is 33% less than the norm.

The amount of heme iron is of particular importance in pregnancy and human life. The amount of total iron in the daily diet was 16.08 ± 1.7 , while the amount of heme iron was 12.16 ± 2.11 , which is 67.5% of the norm and is less than the daily norm.

The level of iodine intake in the daily diet of the women under observation is adequate. Despite the fact that they were recommended iodine supplements, their daily diet was 56.3%.

The amount of selenium in the daily diet of the women is adequate. The level of selenium intake in the daily diet was 7.64 ± 1.43 , which is 64% of the norm and is 36% less than the norm. At the same time, the level of selenium intake is also less than the norm.

The amount of sodium in the daily diet is 7826.39 ± 35.36 and is 6.0 times higher than the norm. The patients' daily diet contains a significant decrease in the amount of fish products, milk, cream of various fat levels, butter, and cheese, along with a sharp decrease in the consumption of legumes, fruits, vegetables, and cereals, and the excess of only apples, bananas, and plums in the daily diet compared to other fruits and less than the norm, and the excess of bread and confectionery products, which led to a deficiency of some of the necessary vitamins and minerals.

The deficiency of magnesium, heme iron, zinc, selenium, and iodine in the daily diet of the pregnant women under observation in the winter season, and the excess of sodium salts, are the main risk factors for the course of this process. Prompt correction of this condition will help prevent risk factors. We are continuing our research in this regard.