



**CAUSES AND HARMFUL EFFECTS OF EXCESS WEIGHT.**

**Bobomurodova Shahzoda G`ulomjon kizi**

**Shavkatova Parvina G`olibovna**

**Beginqulova Sabina Qahramon kizi**

**Hamdamov Jonibek Olimovich**

Students of Samarkand State Medical University

Scientific advisor: **A.E. Kubayev**

Samarkand State Medical University

**Abstract:** The article presents the causes of overweight and obesity, their impact on human health and their harm to health. The importance of a healthy lifestyle, proper nutrition and physical activity is also analyzed.

**Keywords:** overweight, obesity, metabolism, diet, healthy lifestyle, physical activity.

Today, the issue of overweight is becoming an urgent problem not only among adults and young people, but also among the general public. As a result of moving away from a healthy lifestyle, getting used to fast food and reducing physical activity, excess fat accumulates in the human body. This situation has a very negative impact not only on appearance, but also on the human body.

Causes of overweight

Overweight is a condition that occurs as a result of the amount of fat in the human body exceeding the norm, and many factors influence its occurrence. Sometimes this process occurs gradually, without a person noticing. The following are the causes of overweight:

1. Unhealthy diet: This is the most common cause. Excessive consumption of fast food, sweets, carbonated drinks and fatty foods leads to excess calories entering the body. If these calories are not used as energy, they are stored in the form of fat. In addition, eating in the evening or at night also disrupts the digestive process and causes excess weight.
2. Sedentary lifestyle: In modern life, most people work all day, sit, do not walk much, and are not physically active enough. At this time, the energy consumed by the body decreases, but the calories consumed through food increase. As a result, this leads to the accumulation of excess fat.
3. Stress and emotional eating: Many people are used to calming down through food during times of stress, sadness or boredom. In such cases, a person loses control over his appetite and eats even when he does not need to, which leads to the accumulation of excess calories.
4. Insomnia: Not getting enough sleep also leads to excess weight. Because during sleep deprivation, the appetite-enhancing hormone called "ghrelin" increases in the body, while the satiety hormone "leptin" decreases.
5. Hormonal disorders: This type of excess weight can only be eliminated through medical supervision and treatment.
6. Hereditary factors: If the parents are obese, the child will also have a higher tendency to be obese. Because genetic factors determine the body's metabolic rate and fat storage properties.
7. Aging: As we age, the body's metabolism slows down. That is, the calories that were previously burned are no longer fully consumed.



8. Medications: Some medications (for example, hormonal drugs, antidepressants, antidiabetic drugs) increase appetite or cause the body to retain water and fat.

9. Improper eating habits: Some people skip breakfast or eat very little during the day, and eat a lot in the evening.

10. Drinks and Sweet Gas: Many people do not realize that extra calories come from drinks. Sugary carbonated drinks cause weight gain.

Harmful effects of excess weight:

Excess weight poses a serious threat to human health. It has a detrimental effect on almost all systems of the body, causing the development of various serious diseases.

Firstly, excess weight puts a heavy burden on the heart and blood vessels. Blood pressure increases, heart function is disrupted, the risk of atherosclerosis, coronary heart disease and stroke increases.

Secondly, excess fat accumulation reduces the effect of insulin in the body, which ultimately leads to the development of type 2 diabetes. This disease requires lifelong control.

Thirdly, obesity also has a negative effect on the respiratory system. A person quickly gets tired, has shortness of breath when walking, and even during sleep there are cases of respiratory disorders.

Also, excess weight puts excessive pressure on joints and bones, especially in the knee, lower back and heel areas, and movement becomes difficult. In women, hormonal imbalances occur, menstrual cycles become irregular, and sometimes we can witness infertility. In men, testosterone levels may decrease.

In addition, obesity weakens immunity, making the body vulnerable to viruses and infections. As a result, a person often gets sick and the recovery process is prolonged. Excess weight also affects the mental state. A person loses self-confidence, which leads to stress and depression.

In general, excess weight is a serious factor that reduces health, mood and quality of life. It is in the hands of every person to identify it at an early stage and prevent it through proper nutrition and active movement.

Conclusion:

Overweight and obesity are one of the most serious health problems in the world today. It negatively affects not only the appearance, but also the functioning of the internal organs of a person. Diseases of the cardiovascular, endocrine, respiratory systems, bone and joint diseases, as well as changes in mental state are often closely related to excess weight. The most important factor in preventing this problem is adherence to a healthy lifestyle, proper and balanced nutrition, regular physical activity and sufficient rest. If each person takes a responsible approach to their health and abandons harmful habits, it is possible to prevent overweight and obesity and eliminate the existing problem.

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**AMERICAN  
ACADEMIC  
PUBLISHER**

# **INTERNATIONAL JOURNAL OF MEDICAL SCIENCES**

**ISSN NUMBER: 2692 - 5206**

**Volume 5, October, 2025**

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