

THE DIET OF MILITARY PERSONNEL AND ITS IMPACT ON THEIR FUNCTIONAL CAPABILITIES

Jamshid A. Kutliev,
Abbos A. Rustamov,
Zukhriddin A. Karimov,
Murod. Y. Imamaliyev

Military Medical Academy of the Armed Forces, Tashkent, Uzbekistan

Abstract

Over the past few decades and even now, public health assessment is primarily conducted based on data characterizing indicators such as the total population size, physical development, morbidity, disability, and mortality. Of course, such an approach to assessing health does not seem quite reliable, because although the state of physical development can indeed to some extent characterize the level of human health, cases of illness do not determine the level of health, but provide information about its disruption, the development of one or another pathological process in the body. Unfortunately, to date, criteria and indicators that fully determine the health status of people have not been developed or defined, and direct integral indicators and criteria that can be used for these purposes are difficult to assess the level of human health, especially in organized communities and at the population level as a whole.

Introduction

Research Objective:

Studying information available in international databases on the quality of food for military personnel and its impact on their functional capabilities.

Materials and Methods:

Data analysis was conducted using the e-library scientific library of literature, the Google Scholar scientific publication search engine, and international databases such as Cyberleninka, Web of Science, PubMed, Medline, and Scopus.

Results:

According to a number of researchers, thanks to the effective efforts of specialists in the field of food hygiene, a promising direction has emerged in recent years in the field of nutritional hygiene, such as assessing the nutritional status of people, and this direction can provide an adequate assessment of the level and state of human and population health.

Nutrition is the body's most important physiological requirement and is important for building and constantly renewing cells and tissues, as well as for providing the necessary energy to replace the body's energy expenditure. The consumption of food leads to the formation of enzymes, hormones,





metabolic processes, and other regulators of the body's vital activity in the body. The metabolism, function, and structure of all cells, tissues, and organs depend on the nature of nutrition, that is, on the components of food [1,2].

Nutritional characteristics are characteristic of military personnel, which is undoubtedly linked to the specifics of the physical activity they perform. For this reason, taking into account the quality of military personnel's nutrition and its impact on functional capabilities, the armies of different countries around the world offer different dietary regimens and rations, depending on their geographical location, climate, and the nature of the training and combat tasks assigned to military personnel. Poor and unregulated nutrition of military personnel can inevitably lead to a deterioration in their physical and cognitive indicators. Specifically, cases such as inability to perform physical tasks related to professional activities imposed on military personnel, decreased orientation, concentration, and vigilance [3,4,5]. Long-term consequences of macro-and micronutrient imbalance can include the risk of vitamin and mineral deficiency, obesity, hypertension, cardiovascular disease, diabetes, osteoporosis, and kidney failure, among others. Health problems caused by poor and irregular feeding of military personnel may lead to a decrease in the number of qualified military personnel due to increased early release from service to the reserve and, ultimately, to a decrease in combat readiness [6,7,8].

In a number of developed countries around the world, such as the United States, Germany, England, Italy, and France, the problem of alimentary obesity among military personnel was primarily considered a problem starting in the 1990s and began to be scientifically studied, while in a number of developing countries, such as Uzbekistan and Kazakhstan, attention began to be paid to issues of alimentary obesity starting in the 2000s [9,10,11]. Despite this, a number of scientific sources worldwide contain sufficient data on the health status of each serviceman, their diet, daily diet, and the direct impact of these factors on the functional capabilities of servicemen.

Conclusion

Therefore, the evidence gathered during the analysis shows that professional factors directly related to the diet and diet, such as changes in the daily routine, the imbalance of time allocated for meals, excessive food consumption to overcome the influence of strong stress and pressure in the service, have a significant impact on the prevalence of overweight and obesity among military personnel. It is relevant to develop scientifically sound proposals to eliminate or reduce the impact of factors such as stress, harmful and dangerous working conditions, alcoholic beverages, a disproportionate diet, improper organization of physical training and daily routines, as well as other similar factors, which are risk factors for alimentary obesity among military personnel.

References

1. Azizova F. L., Ermatov N. J., Kutliev J. A. HYGIENIC RECOMMENDATIONS FOR ORGANIZING A HEALTHY DIET TO INCREASE THE PHYSICAL ACTIVITY OF MILITARY ATHLETES //Art of Medicine. International Medical Scientific Journal. –2022. –T. 2. –No. 1
2. Jamshid A. Kutliev, Bobokalon H. Xalimov, Abbos A. Rustamov and Dilafruz, F. Aripova 2024. MODERN APPROACHES TO SERVICE CONDITIONS FACTORS AFFECTING THE





HEALTH OF MILITARY SERVICEMEN AND PREVENTION PROBLEMS. *Web of Medicine: Journal of Medicine, Practice and Nursing* . 2, 3 (Mar. 2024), 104–109.

3. Ўзбекистон Республикаси Вазирлар Маҳкамасининг 2019 йил 3 декабрдаги 966-сонли «Ўзбекистон Республикаси Қуролли Кучларининг озик-овқат таъминотини янада такомиллаштириш чора-тадбирлари тўғрисида»ги қарори. Тошкент, 2009.

4. Аксенова, А. Н., Варинов В. В. Развитие координационных способностей у курсантов Федеральной службы исполнения наказаний России, занимающихся плавательной подготовкой // Ученые записки университета им. П.Ф. Лесгафта. – 2019. – № 11(177). – С. 7-10.

5. Андриянов А. И., Кравченко Е. В., Кузьмин С. Г. Состояние и перспективы использования функциональных пищевых продуктов в питании населения и военнослужащих // Морская медицина. – 2020. – Т. 6. – № 1. – С. 43-55.

6. Azizova F. L., Ermatov N. J., Kutliev J. A. HYGIENIC RECOMMENDATIONS FOR ORGANIZING A HEALTHY DIET TO INCREASE THE PHYSICAL ACTIVITY OF MILITARY ATHLETES // *Art of Medicine. International Medical Scientific Journal*. – 2022. – Т. 2. – No. 1.

7. Эрматов, Н. Ж., Алимухамедов, Д. Ш., Рустамов, А. А., Кутлиев, Ж. А., & Хажиев, Д. Б. (2022). Гигиенический анализ заболеваний работников предприятий по производству полимерных изделий (Doctoral dissertation).

8. Jamshid A. Kutliev, Uktamjon R. Davronov, Abbos A. Rustamov, Akram S. Khushvaktov, Dilafruz, F. Aripova, & Shuxrat SH. Sodikov. (2024). HYGIENIC ANALYSIS OF THE DAILY ROUTINE OF CADETS OF HIGHER MILITARY EDUCATIONAL INSTITUTIONS. *Proceedings of International Conference on Educational Discoveries and Humanities*, 3(4), 259–260. Retrieved from <https://econferenceseries.com/index.php/icedh/article/view/4301>

9. Азизова Ф., Эрматов Н., Кутлиев Ж. Х. Д. Б. Ҳарбий спортчиларнинг овқатланиш тартибининг гигиеник таҳлили : дис. – 2022.

10. Ermatov E., Kutliev J., Khajiev D. B. Баҳор мавсумида ҳарбий спортчиларнинг овқатланиш рақибларидаги сабаботларнинг мутлақ истеъмолини гигиеник жиҳатдан баҳолаш : дис. – 2022.

11. Azizova F. L. et al. Current state of health and functional capabilities of military personnel (Literaturj reyew). – 2022.

