



## MODERN METHODS OF PREVENTING IRON DEFICIENCY IN CHILDREN (On the example of Surkhandarya region materials)

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### Abstract

In this article, modern methods of prevention of iron deficiency anemia in children living in Surkhandarya region, causes of origin, preventive measures are scientifically based and conclusions are given.

**Keywords:** anemia, iron deficiency, rational nutrition, hemoglobin depletion, blood circulation.

### The Urgency of the Problem

Rational nutrition, high intake of iron inhibitors, chronic blood loss, worm infestation, chronic diseases of the gastrointestinal tract, and doctors should take into account the classification of the World Health Organization when diagnosing anemia. Based on WHO classification, the hemoglobin norm is 110 g/l for pregnant women, 120 g/l for women, 110 g/l for children under 5 years old, 115 g/l for 5-12 years old, 120 g/l after 12 years old, and 130 g/l for men. It is recommended to use





the hemoglobin cyanide method for determining hemoglobin, which is a modern and reliable method.

According to UNICEF, there are 2 patients with latent iron deficiency per one patient with iron deficiency anemia, and if the prevalence of anemia in the population is 40% or higher, then extensive preventive measures should be taken among at-risk groups. According to UNICEF recommendations, it is necessary to recommend age-appropriate preventive iron preparations once a week. Patients with severe anemia should be treated first, and then prevention should be continued. The advantages of taking iron preparations once a week are that there are no negative effects of the drug, there is no need to conduct laboratory tests during the preventive process, and less money is spent.

In order to solve the problem of anemia and prevent it, it is necessary to pay attention to the following issues. To carry out large-scale propaganda work among the population, to increase the knowledge of medical workers about anemia, to increase the public's attention to the problem of anemia.

Based on the above, it is one of the urgent issues of today to study the risk factors of iron deficiency anemia among children, to eliminate them, to improve children's health, and to develop measures to increase the efficiency of medical services provided to children.

## **The Purpose of the Study**

Deep study of the causes of the spread of iron deficiency anemia among children living in Surkhandarya region, development of a set of measures aimed at reducing them, and scientific justification.

## **Discussion of Research Results**

One of the important tasks of health workers of our republic is prevention of iron deficiency anemia, timely recommendation of iron preparations in preventive amounts among high-risk groups, recommendation of iron-enriched foods, explanation of rational nutrition. It is one of the issues of economic and social importance for every family and society to take measures before the decrease of hemoglobin, to detect iron deficiency in time, to prevent the development of severe anemia.

Although a significant reduction in maternal and child mortality has been achieved in our country, in many cases, EGK is still a direct cause of maternal death or serious complications during childbirth. Among these diseases, anemia takes a special place. The reason for this is, first of all, its prevalence among women of childbearing age and



pregnant women in our Republic (it is found in 60-70% of all EGKs in some regions), and secondly, it has a negative effect on the birth process and causes various serious complications. This disease causes various complications during childbirth in 47.3% of cases. These figures are equal to 90% in Karakalpakstan, 74.8% in Bukhara, 72.1% in Tashkent, and 60.7% in Fergana. Among other things, you can see the dynamics of children with anemia in the Tashkent region through the following. The analysis of children's diseases was studied based on statistical data.

In 2018, the rate of anemia in the cities and districts of Curkhondarya region was found to be as follows in relation to the total number of children: 7.3% in Sherabod district, 4.2% in Boysun district, 11% in Angor district, 28.6% in Denov district, 15% in Muzrabod district. 61.3% in Kumkurgan district, 35% in Shorchi district, 12.8% in Zharkurgan district, 12.6% in Sariosiya district, 18.6% in Uzun district, 14.3% in Termiz district, 22.7% in Termiz city, 22 in Kyziriq district, 7%, in Altinsoy district it was 12.6%.

Based on the study of the epidemiology of anemia and its results, the use of improved modern methods of its primary, secondary and tertiary prevention in practice is considered an urgent issue.

In 2020, among children under the age of 0-14, this indicator increased from 7.3% to 17% in Sherabod district, from 4.2% to 7.9% in Boysun district, from 11% to 18.9% in Angor district, 28 in Denov district, From 6% to 43.7%, from 15% to 11.2% in Muzrabod District, from 61.3% to 59.3% in Kumkurgan District, from 35% to 38.4% in Shorchi District, from 12.8% in Zharkurgan District to 17.5%, from 12.6% to 11.9% in Sariosia District, from 18.6% to 25.8% in Uzun District, from 14.3% to 17.4% in Termiz District, to 22.7% in Termiz City It can be seen that it changed from % to 35.4%, from 22.7% to 39.3% in Kyziriq district, from 12.6% to 12.9% in Altinsoy district.

It should be noted that the rate of anemia is slightly higher in Kumkurgan, Kyziriq Denov, Shorchi districts and Termiz city than in other districts.

Taking into account that children's diseases are mainly due to primary diseases, we analyzed the total diseases.

In 2019-2020, diseases among children aged 0-14 years decreased (33.8%).

The decrease in child morbidity was due to a decrease in both acute and chronic diseases. The decrease in children's illnesses was mainly due to the following diseases: diseases of the circulatory system (by 63%), diseases of the skin and subcutaneous tissue (by 52%), diseases of the respiratory organs (by 44.3%), diseases of the nervous system (by 42%). .7%), ear and mammary tumor diseases (by 40.7%), infectious diseases (by 31.5%), endocrine system diseases (by 30.3%), congenital anomalies (by



18.1%). Among the nosologies of diseases of the above class, it is possible to see a decrease in diseases such as myopia (by 22.1%), viral hepatitis V (by 88.1%), bronchial asthma (by 20.4%).

The increase in children's diseases due to external causes of injuries, injuries, illnesses (by 38.2%) calls parents, UASH to be aware.

The increase in anemia among children (by 8.2%) is caused by the low quality of children's nutrition, poor diet, and high consumption of artificial mixtures.

The incidence of children aged 0-14 years did not differ significantly from the incidence of children aged 0-17 years. The first place was occupied by diseases of the respiratory organs, which accounted for 63%. In 2018, children and adolescents are followed by diseases of the eye and its auxiliary apparatus (6.8%), diseases of the musculoskeletal system (5.6%), diseases of the ear and mastoid tumor (4.4%), diseases of the urinary system (3.6%), digestive system diseases (2.8%), endocrine system diseases (2.8%), nervous system diseases (2.8%) and infectious diseases (2.8%).

By 2020, no significant changes were observed in the structure of children's diseases. The first place is occupied by diseases of the respiratory organs, followed by diseases of the eye and its auxiliary organs (11.1%), diseases of the musculoskeletal system (8.5%). Diseases of the ear and mammary tumor fell to the fifth place, and its place was taken by diseases of the urinary system. It was noted that diseases of the digestive system increased from 8 to 4 places, and diseases of the hematopoietic system increased from 13 to 11 places.

From 2019 to 2020, adolescent infections decreased by 13.4%. The lack of positive dynamics of adolescent diseases is related to the registration of a number of diseases: congenital anomalies (by 71.6%), tumors (by 41.5%), diseases of the musculoskeletal system (by 35.8%), diseases of the blood and blood-forming organs (by 25.8%). The following nosological forms increased: anemia (by 177.4%), diabetes (by 68.5%), gastritis (by 46.2%).

It was noted that children's diseases of ear and mammary tumors decreased by 58.7%, diseases of the nervous system by 39.7%, diseases of the urinary system by 34.1%, and diseases of the eye and its auxiliary apparatus by 23.9%.

It should be noted that with increasing age, both primary morbidity and general morbidity increase. The gap between the rates of childhood and adolescent diseases is constantly growing, and this is evident in general diseases. In particular, in 2017 it increased 2.6 times in general diseases, 1.6 times in primary diseases, in 2021 – 3.4 and 2.5 times, respectively (growth rate was 23.5%).



If we compare the level of morbidity among children aged 0-14 and adolescents aged 15-17 by disease classes, it can be seen that the level of morbidity in all classes increased in 2014. As children grew up, diseases of the circulatory system (9.1 times), diseases of the endocrine system (8.2 times), diseases of the musculoskeletal system (5.5 times), diseases of the digestive system (5.3 times) increased intensively. . It should be noted that 21.8 times more anemia, 10.5 times bronchial asthma, and 10.3 times more gastritis were recorded in teenagers.

In addition, diseases of the eye and auxiliary apparatus, diseases of the nervous system, and diseases of the respiratory organs are recorded more than 3 times with the growing age of the child.

## Summary

Enriching foods with iron-preserving products is the most effective and inexpensive way. The result of this program will be felt after a few years. The amount of iron in iron-enriched foods covers only the body's physiological needs.

Obstetrician-gynecologists should strengthen the measures to protect them from pregnancy until the women of childbearing age suffering from STD have fully recovered and are discharged from the dispensary.

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