

различных стадий личности. В основе соматического подхода лежит критерий постоянства телесного остова, который вызывает много вопросов и противоречит позиции здравого смысла.

2. Для решения проблемы тождества личности, наряду с соматическим и психологическим подходами, существует также нарративный подход, согласно которому личность является протяженной во времени сущностью, нарративом. Опираясь на такое определение понятия «личность», можно объяснить заботу о будущем и ответственность за прошлое, а также избавиться от временных границ существования личности, которые послужили недостатком соматического подхода.

3. Нарративный подход можно конкретизировать через обращение к понятию «центра нарративной гравитации» Д. Деннета и дать следующее определение личности, согласно Д. Деннету: личность – это рассказ, который человек создает сам о себе.

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УРОВЕНЬ ИНФОРМИРОВАННОСТИ МОЛОДЕЖИ О ПРОБЛЕМАХ
ЗДОРОВЬЯ, СВЯЗАННЫХ С ИЗБЫТОЧНЫМ ВЕСОМ**

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YOUNG PEOPLE AWARENESS OF HEALTH PROBLEMS RELATED TO
EXCESS WEIGHT**

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Аннотация. В этой статье рассматриваются проблемы лишнего веса, причины, его последствия и методы борьбы. Чтобы выяснить уровень осведомленности людей о проблемах со здоровьем, связанных с избыточным весом, авторы провели комплексное исследование, основанное на опросе, проведенном среди людей с проблемами лишнего веса.

Annotation. This article discusses the problems of excess weight, causes, its consequences and methods of struggle. In order to find out the level of people awareness of the health problems related to overweight the authors did a comprehensive research based on the survey conducted among people with excess weight problems.

Ключевые слова: избыточный вес, консервативная терапия, психическая инвалидность, гиподинамия.

Key words: overweight, conservative therapy, mental disability, hypodynamy.

Introduction. The obesity has been one of the most important social problems. Obesity is not a mere aesthetic problem, but a chronic disease that manifests itself primarily through the accumulation of excess adipose tissue in the human body. Being the reason for various pathologies the excess weight often results from metabolic disorders. Obesity is now considered a chronic metabolic disease that can occur at any age. It manifests itself in an excessive increase in body weight, mainly due to excessive accumulation of adipose tissue, accompanied by an increase in the incidence of general morbidity and mortality of the population. The incidence of obesity in a civilized society is growing regardless of hereditary factors.

There are two stages of obesity – stable and progressive. But a common sign for all forms of obesity is overweight. Depending on BMI (body mass index) there are four degrees of obesity: the first class – an excess of the ideal body weight by more than 29%; the second degree – an excess of 30 to 40%; the third degree – an excess of 50-99%; the fourth degree – an excess of 100% or more. To calculate your BMI, you need to: divide your body weight (kg) by the square of your height (m). For example: human weight – 92 kg, height 1.65 m. The square of height is 2.7225. Hence the BMI: $92/2,7225 = 33,8$.

The purpose of the study. The article aims at conducting a survey finding out the causes and consequences as well as the most commonly used methods of struggle with the excess weight.

Materials and methods of research.

Facts about obesity: in 2016, more than 1.9 billion adults aged 18 years and older were overweight. Of these over 650 million adults were obese. In 2016, worldwide, 41 million preschool children were overweight. Globally, being overweight and obese leads to more deaths than being underweight.

Causes of weight gain: 1. Overeating. In healthy people, the most common cause of weight gain is regularly eating more calories than is required for a given growth and active degree. The qualitative compound of food is in the 2nd place. Excess weight appears because carbohydrates the surplus of which converts into lipids. Weight increase occurs gradually, 1-3 kilo in a month. 2. Stress. Prolonged emotional stress can be the reason of release in hormones, changing the metabolic process that appears of rising fat delaying. Those reasons frequently induce fast weight gain in women who are prone to mood swings. Fat delaying happens according to gender: in women in the lower abdomen and on the hips and in men in the trunk area. 3. Wrong lifestyle. Hypodynamy causes an increase of weight even at the point of normal caloric intake. Weight can enlarge for some kilograms, skin looks flabby, cellulitis appears, fat folds on stomach, back and armpit. 4. Mental disability. In schizophrenia, a rapid increase in weight is associated with a violation of the nervous regulation of hunger and satiety, so the patient can eat every half hour or hour and still remain hungry. With dementia and senile dementia, overeating is also observed, which contributes to the appearance of excess weight. Sometimes excess body weight becomes a consequence of bulimia nervosa, when a person absorbs food in large quantities, and then tries to cleanse gastrointestinal tract. With bulimia, weight increases by no more than 3-5 kilograms.

Overweight in women. For the female sex, the problem of excess weight is much more acute than for the male. The World Health Organization cites sad medical statistics on the prevalence among the female population: obesity - 15%; excess weight - 40% .

According to the data of the Research Institute of Nutrition of the Russian Academy of Medical Sciences in Russia obese women are found in different regions 8-15% more often than men. At the same time, the average statistical prevalence among citizens of the Russian Federation is as follows: obesity - 28.5%; excess weight - 59% .

Physiologically girls are more at risk of obesity than boys. According to the results of a large-scale study by scientists from the University of Pennsylvania (Philadelphia, USA) obesity is closely connected with hormone levels. Laboratory tests showed that all participants who were a lot overweight had significantly lower levels of estradiol compared to women without excess weight, regardless of age, race, and habits. Many mothers-to-be gain weight during pregnancy. Sometimes unwanted pounds appear during breastfeeding. For many followers of a healthy lifestyle, who have always been proud of a slim figure, premenopause and menopause itself becomes a real test.

The problem of excess weight for men. Overweight men are less common in the population than women. According to the World Health Organization among male on average, the following is registered: overweight - 38%; obesity - 11% . For the male population of the Russian Federation, the average indicators are much higher: excess weight - 54%; obesity - 15%. Excess weight affects the male reproductive function. If a man has a lot of excess weight, as a rule, testosterone production decreases, androgen deficiency develops, and erectile function is inhibited. Both in male and female the

consequences of obesity can be type 2 diabetes mellitus; systemic atherosclerosis, in men after 40 years, in women during menopause; hypertension (often diagnosed at a young age); many types of oncological neoplasms in the body (malignant tumors of internal organs); reproductive disorders of the body (infertility of both sexes); violation in the muscular and skeletal apparatus of a person; diseases of the digestive tract.

Treatment. If the appearance of extra pounds is due to the abuse of high-calorie food or a sedentary lifestyle you can cope with this on your own or with the help of a nutritionist without medication. It is necessary to revise the diet: the basis of the diet should be cereals and whole grains, fresh or stewed vegetables, lean meat and fish. The frequency of meals is 4-5 times a day. It is imperative to increase physical activity, while overwork should not be allowed. Rapid weight gain for no reason is the basis for seeking the advice of a specialist. Conservative therapy. Specific drugs for the treatment of weight gain are indicated only in advanced stages, when it is impossible to achieve results with the help of diet therapy and physical activity. These medicines have many side effects, so they are used under constant medical supervision. After the establishment of the disease that caused the obesity, etiotropic therapy is prescribed.

Result of research and discussion.

To find out what attitude exists to overweight among young people and to attract their attention to the problem a survey was conducted. There were 41 participants of which 58.5% were female and 41.5% were male.

Questionnaire

1. Your gender (Male Female)
2. Your age (15-18, 18-25, 25- more)
3. Are you overweight? (Yes No)
4. How many times a day do you have meals? (2 times, 3 times, 4 and more)
5. How often do you eat sweets for a week? (1-2 times, 3-4 times, more than 5 everyday, D\do not eat)
6. How many liters of water per day do you drink? (Less than 1 liters, 1-1.5 liters, 2 or more liters)
7. Do you eat at night? (often, sometimes, no)
8. How often do you eat baked goods? (several times a day, 2-3 times a week, rarely)
9. Have you seen a doctor about being overweight? (going to turn, yes, no)
10. Have you tried fasting as a weight loss method? (yes, no)
11. Do you follow a special diet for weight loss? (yes, no, partially)
12. Have you tried to lose weight? How did they end? (There were, and I lost weight, there were, but to no avail, no, they weren't)
13. How many kilos did you lose last year? ____
14. Have you tried sports as one of the ways to lose weight? If so, how often did you exercise? (Not, Yes, ____ per week)
15. How long have you been fighting overweight? ____ years /month/ week
16. Are you aware of the health problems related to the overweight? ____

Half of the respondents were 25 years old, the rest were younger. According to the poll, 1/4 of those who voted noted that they eat more often 4 times a day. It is also worth noting that more than half of the respondents voted for drinking less than one liter of water per day. A person with insufficient daily water intake runs the risk of dehydration, fatigue, deterioration of brain activity, digestive problems, deterioration of metabolic processes, a slowdown in liver metabolism, thrombosis, and obesity. About 54% of those surveyed often eat at night. Eating at night can be the result of an unhealthy body. More than eighty percent did not go to the doctor for being overweight. This is also one of the reasons for the ineffective path to weight loss, since excess weight can be caused not only by overeating and a sedentary lifestyle, it can be hormonal changes, internal edema, stress and other factors. Sports as one of the methods of losing weight can lead to positive results. against the fight against excess weight. According to the survey, 60% prefer not to play sports. Also, 58% of those surveyed have tried fasting in order to lose weight. But fasting can not always have a positive effect on weight loss, since its consequence can often be uncontrolled overeating which contributes to a sharp increase in weight. Summing up the results of the poll, we note that half of those who voted last year were able to lose no more than 2 kilograms, 1/4 of them could not lose, and the rest were able to lose 6 or more kilograms.

Conclusion: Excess weight is excess fat that accumulates in the body as a result of poor nutrition and a sedentary lifestyle. The higher the excess weight is, the more health problems appear. To combat excess weight, various diets, folk remedies, cosmetic procedures, and pharmaceutical preparations are used. But for effective weight loss, you need a whole system based on proper nutrition, physical activity, and, if necessary, the support of a psychologist.

Our survey showed us that most of the people we interviewed have been struggling with weight for quite a long time. For weight loss, they use various methods: sports (running, walking, basketball) and special diets. Also, some of them turned to doctors to identify the cause of their excess weight. The majority of those surveyed were able to successfully lose weight, which shows the effectiveness of some of these methods for losing weight.

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