

CHARACTERISTICS OF CHILDREN'S NUTRITION IN THE FIRST YEAR OF LIFE

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Enter. The first year of a child's life is an important window that not only lays the foundation for healthy growth and development, but also determines the long-term health of adults. During this period, proper nutrition of the baby is the main factor of health and ensures their full growth, health and development. If malnourishment and stunting are observed, this effect can last throughout life, leading to poor school performance, reduced work productivity, and impaired intellectual and social development. Thus, it is very important to meet the requirements for energy, macro and micronutrients.

The purpose of the study: to conduct a comprehensive medical and social assessment of the prevalence and duration of breastfeeding in the case of the Republic of Uzbekistan.

Materials and methods: a survey of mothers with children aged 1-24 months (n = 1200) was conducted. Statistical data processing was carried out using the computer program "SPSS.17".

The first year of a child's life

The World Health Organization (WHO) recommends exclusively breastfeeding a child up to six months of age, which has a positive effect on survival and health until the age of 6. Breast milk contains energy and nutrients appropriate to the level of physiological maturity of the baby, in addition to protective factors against diseases, making it ideal for the first months of life. After six months, when the amount and composition of breast milk is insufficient to meet the nutritional needs of the baby, it is important to start complementary feeding. According to statistics, only 42% of the 135 million babies born every year are breastfed in the first hour of life, only 38% of mothers exclusively breastfeed their children for the first six months, and 58% of mothers continue to breastfeed until they are two years old. is also low.



Inadequate inclusion of foods in a baby's diet, especially when offered before full physiological development, can have harmful health consequences. On the nutritional side, this is inconvenient because it increases the risk of contamination and allergic reactions, interferes with the absorption of important nutrients in breast milk, and means the risk of early weaning. On the other hand, starting foods late is harmful because after the sixth month of life, mother's milk does not meet the child's energy needs, which leads to slower growth and increases the risk of nutritional deficiencies.

There are several studies on the pattern of complementary food intake in Brazil, and there are samples that assess the probability of survival of children in different regions of the country without adequate food. This study aimed to assess the frequency of breastfeeding and introduction of complementary foods in children aged zero to 24 months.

Studies. Since the 1970s, there has been an increase in the prevalence of breastfeeding in the West. The number of breastfeeding women ranges from 95% in Scandinavian countries to about 90% in Austria, Bulgaria, Germany, Hungary, Switzerland, 67% in Great Britain, 50% in France, and 35% in Ireland. In European countries, the average duration of breastfeeding is 2-4 months, but in some countries it reaches 9 months. The end of the 90s of the 20th century - the beginning of the 22nd century, in Uzbekistan, during the same period, this indicator decreased, and in 2015 it reached a very significant level among children aged 6-12 months - 27.6 percent, this happened in Uzbekistan. It can be imagined that it is related to the socio-economic changes. Urbanization, the acceleration of the pace of life, employment, economic priorities in the mind and mass media did not allow a woman to focus on feeding and raising a child and forced her to refuse breastfeeding.

Results and discussion: In 2021, the prevalence of breastfeeding among children aged 6-12 months in Uzbekistan was only 35.9 percent. The decrease in the prevalence and duration of breastfeeding in Uzbekistan is largely due to the practice of late breastfeeding in maternity hospitals, separation of mother and child, as well as the recommendations of medical staff, which is their does not contribute to successful initiation and continuation.

breastfeeding (feeding the baby according to fixed hours, bottle feeding, early introduction of complementary foods, etc.). In 2015-2021, questionnaire-survey method in 7 regions of Uzbekistan Early attachment of the mother to the breast in the maternity ward is 58%, mother and child stay together in the ward - 70%, night feeding - 82% , showed that the free feeding of newborns in the maternity hospital took place in 72%, 2.5% of children were born with artificial feeding. Breastfeeding decreases significantly from 50.5% to 5.2% between 3 and 6 months.

Conclusions. Despite the existence of a global scientific, necessary legal and regulatory framework based on evidence about the benefits of breastfeeding in Uzbekistan, there is a certain inconsistency between the theory and practice of feeding children in the first year of life. From 2015 to 2021, breastfeeding in Uzbekistan up to 6 months has increased from 64.8% to 77.1%. the duration is also not satisfactory in many cases.