

METHODOLOGICAL APPROACHES TO INTEGRATING TOOLS IN ACADEMIC WRITING: THE GLOBAL RISE OF OBESITY

Ishqobilova Xulkar Shaydullayevna

Supervisor: Senior teacher **Gulomova Nodira Baxtiyor qizi**

Uzbekistan State World Language University

Faculty of Foreign Language and Literature, 1-Faculty

nodiragulomova475@gmail.com

Annotation. In the period of increasing global problems, obesity has become one of the most pressing issues. This article examines that overweight and its fundamental contributing factors, especially social, economic, and environmental causes. These include widespread consumption of processed, high-calorie, and junk foods, the sedentary lifestyle resulting from technological advancement, and the lack of sufficient knowledge about proper nutrition and a healthy way of living amid people. In addition, the article discusses the drawbacks of obesity, such as the growth of chronic illnesses including sugar diabetes and cardiovascular vessel diseases, as well as the poor quality of life. Furthermore, the efficient solutions and useful recommendations are offered to implement this issue. These contain prioritizing healthy eating habits, doing consistent physical activities, addressing government regulations and reinforcing policies related to the food industry, and ensuring that the population is well-informed and educated about this topic. Overall, the article emphasizes the need for collective and strategic actions of preservation the global problem obesity.

Key words: Global problems, obesity, high-calorie, junk foods, nutrition, cardiovascular, chronic illnesses, sugar diabetes, strategic.

Annotatsiya. Hozirgi global muammolar ko'paygan davrda, ortiqcha vaznlik ham dolzarb muammolardan biriga aylanib bormoqda. Ushbu maqolada semizlikning asosiy omillari, xususan, ijtimoiy, iqtisodiy hamda hududiy sabablari tahlil qilinadi, jumladan, juda yuqori kaloriyali qayta ishlangan va yarim tayyor yoki tez tayyor boladigan mahsulotlarning keng iste'moli texnologiyalar rivoji natijasida yuzaga kelgan kamharakat turmush tarzi hamda to'g'ri ovqatlanish va so'g'lom hayot tarziga oid bilimlarning insonlarda yetishmasligi. Shuningdek, maqolada semizlikning natijasida yuzaga kelgan salbiy kasalliklar, xususan qandli diabet, yurak- qon tomir kasalliklari kabi surunkali kasallikla xavfining ortishi va hayot sifatining pasayishi korib chiqiladi. Bundan tashqari, muammoni hal qilish uchun bir qator amaliy yechimlar, foydali maslahatlar taklif etiladi. Ular orasida sog'lom ovqatlanishni targ'ib qilish, muntazam ravishda jismoniy faollikni yo'lga qo'yish hamda oziq-ovqat sanoatini tartibga soluvchi davlat qonunlari yoki siyosatlarini kuchaytirish hamda aholining xabardorligini va bu bo'yicha yetarli bilimga ega ekanligini ta'minlash muhim o'rin tutadi. Umuman olganda, maqola global semizlik muammosini oldini olish uchun jamoaviy strategik harakatlar zarurligini ta'kidlaydi.

Kalit so'zlar: Global muammolar, semizlik, juda yuqori kaloriyali, yarim tayyor, ovqatlanish, yurak-qon tomirlari kasalliklari, surunkali kasallk, qandli diabet, strategik.

Аннотация. В условиях роста глобальных проблем избыточный вес становится одной из актуальных проблем современности. В данной статье анализируются основные факторы ожирения, в частности социальные, экономические и региональные причины. К ним относятся широкое потребление высококалорийных переработанных и полуфабрикатов или продуктов быстрого приготовления, малоподвижный образ жизни, возникший в результате развития технологий, а также недостаток знаний у

людей о правильном питании и здоровом образе жизни. Кроме того, в статье рассматриваются негативные последствия ожирения, в частности увеличение риска хронических заболеваний, таких как сахарный диабет и сердечно-сосудистые заболевания, а также снижение качества жизни. Помимо этого, предлагается ряд практических решений и полезных рекомендаций для решения данной проблемы. Среди них важное место занимают пропаганда здорового питания, регулярная физическая активность, усиление государственных законов и политики, регулирующих пищевую промышленность, а также обеспечение информированности населения и наличия достаточных знаний по данной теме. В целом, статья подчеркивает необходимость коллективных стратегических действий для предотвращения глобальной проблемы ожирения.

Ключевые слова: Глобальные проблемы, ожирение, высококалорийные продукты, полуфабрикаты, питание, сердечно-сосудистые заболевания, хронические заболевания, сахарный диабет, стратегический подход.

Introduction. In the contemporary era marked by rapid globalization and technological advancement, the prevalence of obesity has risen dramatically, making it one of the most critical global public health challenges. Obesity is no longer perceived solely as a personal health issue; rather, it is a complex and multifaceted condition shaped by an interplay of social, economic, environmental, and behavioral factors. The transition towards urbanized lifestyles, coupled with the increasing accessibility of inexpensive, energy-dense foods, has significantly contributed to this epidemic. Furthermore, globalization has transformed dietary patterns and physical activity levels across both developed and developing nations. As a result, obesity has reached alarming proportions, necessitating urgent academic and policy attention. This study aims to explore the primary determinants of obesity and evaluate its consequences, while also identifying potential strategies to mitigate its global impact.

Methods. This research employs a qualitative, descriptive, and analytical methodology based on an extensive review of secondary data sources, including academic journals, global health reports, and policy documents. The study systematically examines the key drivers of obesity, focusing on dietary patterns, lifestyle changes, and socio-economic inequalities. Particular attention is given to the increased consumption of ultra-processed foods, characterized by high levels of sugar, fat, and salt, as well as the growing reliance on fast and convenience foods due to time constraints and urban living conditions.

In addition, the research analyzes the impact of technological advancements on physical activity, highlighting how digitalization, automation, and sedentary occupations have reduced daily energy expenditure. The study also evaluates disparities in health awareness and education, particularly in low- and middle-income regions, where access to information about balanced nutrition and healthy lifestyles may be limited. By synthesizing findings from multiple sources, this research provides a comprehensive understanding of obesity as a global phenomenon.

Results. The findings of this study reveal that obesity is driven by a combination of interrelated and reinforcing factors. One of the most significant contributors is the widespread availability and aggressive marketing of high-calorie, nutrient-poor foods, which has led to excessive caloric intake among populations. Additionally, socio-economic factors such as income level, education, and urbanization play a crucial role in shaping dietary choices and lifestyle behaviors. The study also indicates that technological progress, while beneficial in many respects, has inadvertently promoted sedentary habits by reducing the need for physical

movement in both professional and personal contexts. Consequently, energy imbalance—where calorie intake exceeds energy expenditure—has become increasingly common.

As a direct outcome, obesity is strongly associated with a heightened risk of numerous chronic diseases, including type 2 diabetes, cardiovascular diseases, hypertension, and certain forms of cancer. Moreover, individuals affected by obesity often experience a decline in overall quality of life, including reduced physical mobility, psychological stress, and social stigma. These findings underscore the far-reaching consequences of obesity, extending beyond individual health to broader societal and economic burdens.

Discussion. The results of this study emphasize the urgent necessity for multidimensional and coordinated interventions to address the obesity epidemic. Effective solutions must adopt a holistic approach that targets both individual behaviors and structural determinants. At the individual level, promoting healthier dietary habits and encouraging regular physical activity are essential components of prevention strategies. Educational initiatives should be designed to improve health literacy and empower individuals to make informed lifestyle choices.

At the societal level, governments and policymakers play a pivotal role in shaping healthier environments. This includes implementing regulations to limit the marketing of unhealthy foods, introducing taxes on sugar-sweetened beverages and ultra-processed products, and ensuring clear nutritional labeling. Furthermore, urban planning strategies should aim to create environments that facilitate physical activity, such as accessible parks, pedestrian-friendly infrastructure, and recreational facilities. Equally important is the need to address socio-economic inequalities that contribute to disparities in obesity rates. Vulnerable populations often face limited access to affordable, nutritious food and safe spaces for exercise, making them more susceptible to unhealthy lifestyles. Therefore, targeted interventions are required to bridge these gaps and promote equity in health outcomes.

In conclusion, obesity represents a complex and escalating global challenge that demands collective and strategic action. Combating this issue requires collaboration among governments, healthcare systems, communities, and individuals. Without sustained and comprehensive efforts, the prevalence of obesity and its associated health and economic consequences will continue to rise, posing a significant threat to global well-being.

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