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Research Article

HYGIENIC ANALYSIS OF THE NUTRITIONAL CONDITION OF THE EMPLOYEES OF TEXTILE ENTERPRISE

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ABSTRACT
Flattened enterprise of workers real eating status hygienic analysis of the year cold (winter-spring) and in hot (summer-autumn) seasons done increased. Daily ration contained high risk to the group belongs to There are 10 types food of products comparative analysis take went being this analysis to the results than the flour is cold 46,7-88,0% in the season and hot bakery products by 33,3-44,0% in the season desired analogous 46.4-71.8% and 35,2-54,5% respectively, pasta 16,4-20,0% and 9,1-24,0 %, confectionery products 17-20 grams and 2-7 grams , sugar 1,43-2,4 and 1,14-1,9 times, margarine 17-15 grams and 13-11 grams of salt and 7-6 grams and 4-3 grams excess consumption done was determined.
Keywords: flat style enterprise workers, daily diet, physiological major, danger to the group belongs to food products.

INTROCUTION

Today, textile enterprises are using modern technological methods in order to produce their products as competitive products in accordance with the new level of demand, and to increase the level of quality, the level of expertise of not only the population of the Republic, but also of textile products to a sufficient extent to other countries is increasing. This modern techniques and technology to increase the productivity of cases, as well as modern methods such as automation of the production of textile products, remote control, to cause different inconsistencies in the specific aspects of the influence of harmful and destructive factors on changes in working conditions at different technological stages of production. Workers operating in textile enterprises are listed in information of scientific and practical importance on the implementation of health-improving measures such as improving working conditions, eliminating dangerous and harmful factors, reducing the incidence of weight and tension in the labor process, preventing disease and disease complications, and the correct Organization of healthy eating conditions[2, 28]. Textile enterprises are one of the main sectors of the light industry, providing all segments of the population with products suitable for the seasons. 50,3% of the population of Uzbekistan is made up of women, 68,3% of whom, from the age of 14 to 65 years, constitute the labor-intensive layer and serve in various production enterprises, as well as in textile enterprises. Reducing the influencing factors by analyzing the unfavorable conditions of the workplace in terms of ensuring high working capacity of employees of the enterprise, preventing changes in the body associated with unfavorable working conditions and revealing the importance of introducing full-fledged preventive nutrition for the body of workers, the lack or excess of macro-and micronutrients in the daily diet is a key.[27]

Literature Review

Textile enterprise protecting the health of workers and strengthening, as well ashigh ability to worka balanced diet in finding a solution to the problems that arise related to the supply big importance occupation is enough It is known that, in addition to ensuring the normal growth and development of the organism, a balanced and nutritious diet helps to prolong human life, increase work efficiency, strengthen health, prevent occupational diseases, and protects the organism from adverse environmental factors, including harmful factors of production. creates conditions for adequate adaptation [2, 5, 8, 12, 22.].

Die every year due to the effects of harmful production factors. At the same time, 1.95 million people die from work-related occupational diseases, about 358 thousand people die as a result of industrial accidents, and 337 million workers suffer from non-fatal labor injuries of various degrees [20, 23]. .

In general, the economic losses caused by various accidents and occupational diseases in these cases on a global scale make up 4% of the world GDP [1, 3, 17, 19, 24].

Curative-prophylactic nutrition (DPO) plays an important role in the system of medical and preventive measures aimed at improving the health of people in environmentally unfavorable and harmful conditions of life and professional activity [2, 14,18, 27].

According to the results of the assessment of the actual nutritional status of the workers of production enterprises, more than half of the workers, i.e. 47%, eat from the canteen during working hours, while 50% of the workers eat food prepared at home and brought with them, and the remaining 3% workers do not eat during the work shift. The reason why workers do not eat in the company's kitchen is, firstly, the continuous work process; secondly, it is related to the fact that the catering facility is not close to the workers' workplace, and thirdly, a short break is set for lunch and other preventive hot breakfasts during the working day [7, 13, 15, 25]. These cases are their symptoms to the situation have a negative impact and different professional diseases with to illness take can come [11, 16, 21, 23] .

Malnutrition of workers, insufficient consumption of nutrients: proteins, vitamins, macro- and microelements (calcium, iodine, iron, fluorine, etc.) or their ratio in the daily diet leads to deterioration of health indicators [4, 6,9,10].

The main task of curative-prophylactic nutrition is to increase the body's resistance due to food products, to strengthen the protective functions of physiological barriers, to change the metabolism of xenobiotics in the body, to reduce the costs of food and biologically active substances.

Rationale:

It is determined by the fact that new approaches have been developed to measures aimed at improving the nutritional conditions of workers of the textileproduction enterprise. the hygienic norms and rules developed for the organization of the nutrition of workers of a textileproduction enterprise are explained by the fact that they satisfy the extents of workers and make it possible to carry out nutrition enriched with optimal food products.

Aim of the study:

Analyze the nutritional status of workers working at the Shavat enterprise.

Objectives:

207 workers operating at SHOVOT TEKISTIL LLC, located in the Shovat District of the Khorezm region of the Republic of Uzbekistan, and their materials for analyzing the composition of the daily diet were obtained.

Materials and methods of research: The study included the results of analysis of materials and collected data on the absolute nutritional status (at home and work conditions) of 210 workers (98 men and 112 women) working at the Shavot Plain LLC-enterprise in 2020-2024. "Statistica for Windows 7.0" personal computer application package was used for statistical processing .

The obtained results:

Our study was a hygienic analysis of the nutritional status of 210 workers working at the Shavot plain LLC-enterprise of the Khorezm region. Conducting this analysis, based on the analysis of the health status of the workers, among the workers, blood circulation (38,1%), respiration (21,0%), digestive system (18,1%) and sense a The group of food products that were consumed in excess of the normative indicators in the occurrence of occupational diseases as a result of the increase in the effects of injuries, poisonings and external causes was isolated, and their daily consumption indicators were analyzed .

It was determined that the workers of the textile enterprise belong to the 3rd group (JFK – 1,9 (2500-3300 kcal)) depending on the severity and intensity of their work (SanMvaQ 0007-20 "Health of the population of the Republic of Uzbekistan by age, gender and professional activity groups) It was carried out on the basis of comparison with the normative indicators of "average daily rational nutrition norms aimed at ensuring adequate nutrition ".

In the cold season (winter-spring) of the year, the analysis results of 10 types of high-risk group food products in the daily ration of textile enterprise workers are given in Figure 1.

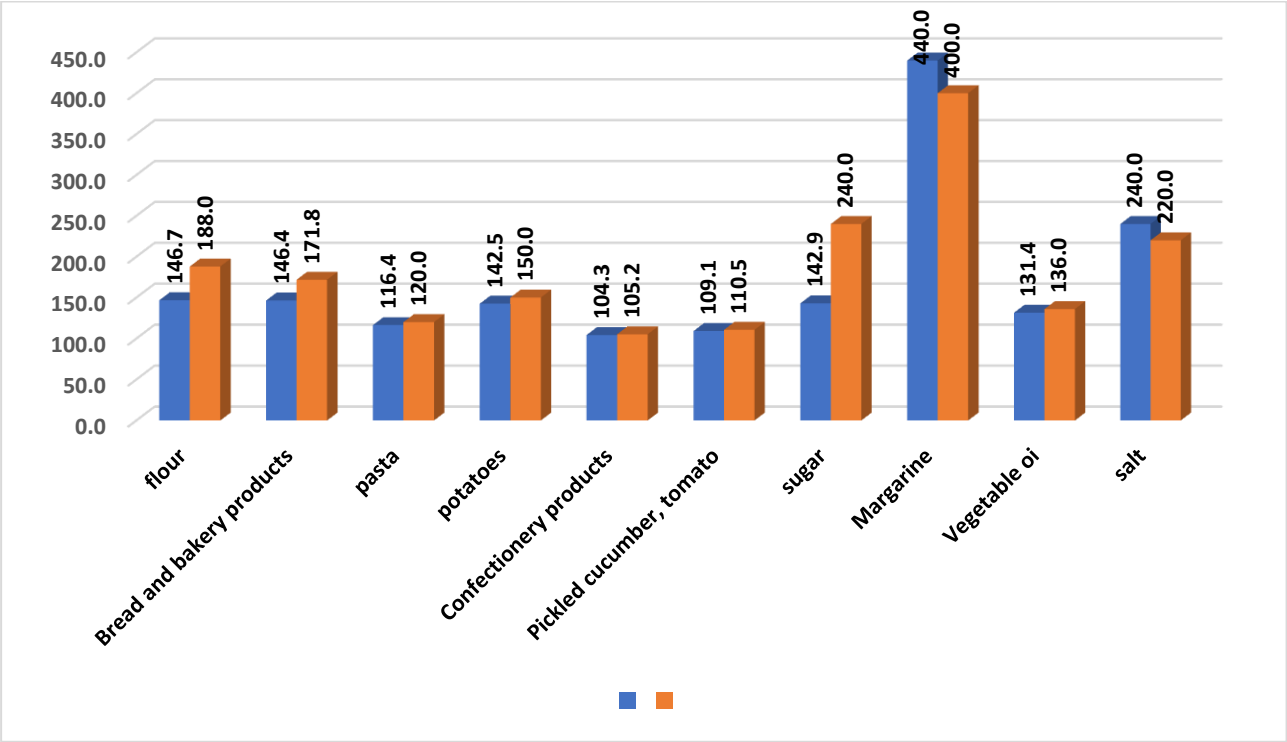

Figure 1. The level of consumption of high-risk group products by workers of the Tekistil enterprise in the winter-spring season, %

*Note: * - differences are significant compared to the indicators of the physiological norm group (* - P<0.05, - P<0.01, * - R<0.001)*

Based on the data presented in Figure 1, it can be seen that almost all of the 10 types of food products belonging to the high risk group in the daily ration of the workers of the plain enterprise are significantly higher than the physiological norm level.

It was found that the level of daily supply of flour and flour products in the daily ration of workers is 46,7% (14g)-88,0% (22g) higher than the physiological norm.

If we pay attention to the total bread and bakery products in the daily diet, the main part of bread and bakery products is bread made from wheat flour, 146,4%(366±12,8 *)-171,8%(378±11,2 *) was found to be provided.

If we pay attention to the consumption of pasta products, it has been proven that it is 16,4% more than the physiological norm in male workers, and 20,0% in female workers.

In this season, it was found that 17 grams and 20 grams of female workers were consumed in excess of daily confectionery products.

Among the police products, potato is of special importance due to its high molecular carbohydrate (starch) content, and its demand is 262±8,7 g (104,3%) in male workers and 235±6,1 g (105,2%) in female workers. did

In the daily diet, the sugar requirement is the norm relatively it is seen that it is 1,43 times more in men and 2,4 times more in women.the requirement of margarine in the daily diet is 17 grams (340%) in male workers and 15 (300%) grams in female workers.

It was found that salt intake during the day is 12 g (140% of the supply level) in male workers, and 11 g (120% higher) in female workers.

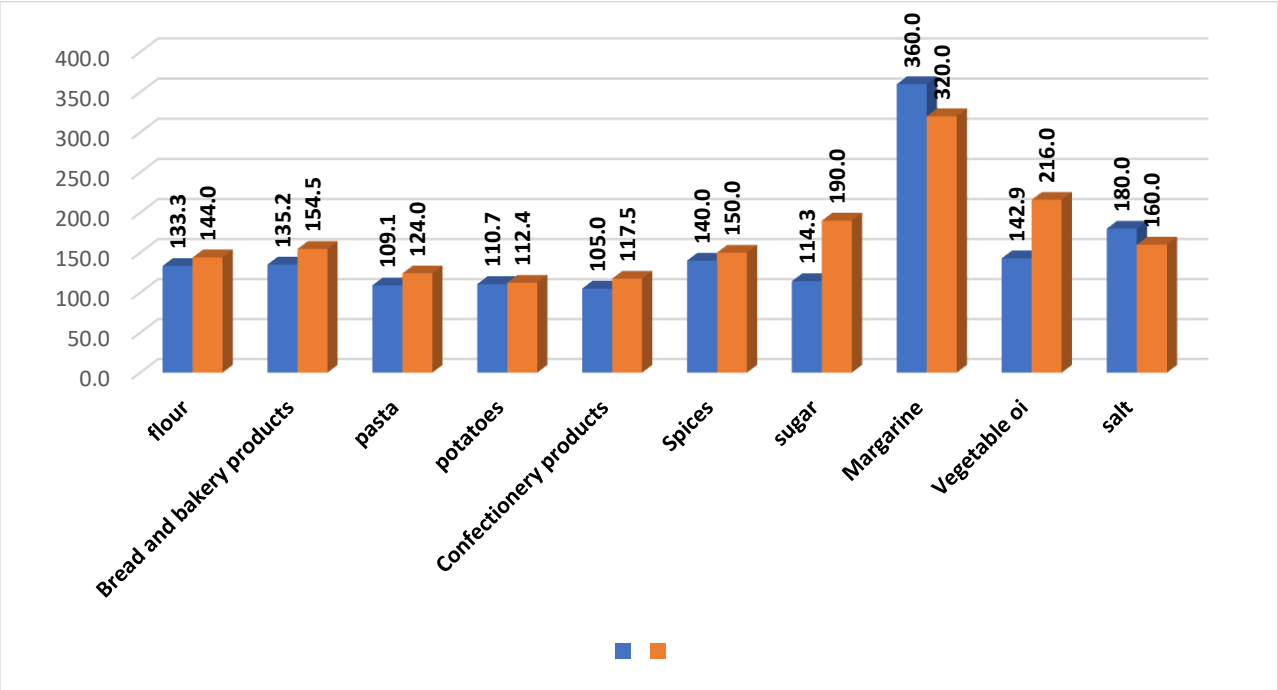

Figure 2. The level of consumption of high-risk group products by workers of the Tekistil enterprise in the summer-autumn season, %

*Note: * - differences are significant compared to the indicators of the physiological norm group (* - P<0.05, - P<0.01, * - R<0.001)*

2 shows the consumption indicators of food products in the summer-autumn season of the workers of the plain enterprise.

In this season, the level of daily supply of flour and flour products was found to be 33,3% (10g)-44.0% (11g) higher than the physiological norm.

Demand for bread and bakery products level of 135,2 % (338±10,4 **)-154,5 % (340 ± 9,8 **) let's see can.

If we pay attention to the consumption of pasta products, it is proven that it is 9.1% more than the physiological norm in male workers, and 24.0% in female workers.

The daily ration of potatoes was 310 ± 5,2g (110,7 %) for male workers and 281 ± 4,1 g (112,4 %) for female workers.

That 2 grams and 7 grams of excess were consumed by male workers and 7 grams by female workers.

Daily ration contained spices with supply gorge male 40% of workers are women by 50% in workers redundancy was determined.

Workers to the desired norm of sugar in the diet relatively it is seen that it is 1,14 times more in men and 1,90 times more in women.

The requirement of margarine in the daily diet was 13 g (260,0%) in male workers, and 11 g (220,0%) in female workers.

It was found that salt intake during the day is 9 g (80,0% higher than the level of supply) in male workersand 8 g (60,0% higher) in female workers.

Conclusion:

The analysis of 10 types of high-risk foods in the daily diet of Tekistil workers in the cold (winter-spring) and hot (summer-autumn) seasons of the year. Flour in the cold season by 46,7-88,0% and in the hot season by 33,3-44,0%, bakery products in the same order by 46,4-71,8% and 35,2-54,5%, pasta 16 by 4-20,0% and 9,1-24,0%, confectionery by 17-20 grams and 2-7 grams, sugar by 1,43-2,4 and 1,14-1,9 times, margarine by 17 It was found that -15 grams and 13-11 grams, and salt was consumed excessively by 7-6 grams and 4-3 grams.

The fact that the consumption level of these products in the daily rate exceeds the physiological norms, in turn, creates conditions for the derailment of a healthy diet and the impact of unfavorable factors of working conditions and the development of occupational diseases.

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