

METHODS OF LEARNING VOCABULARY ON TOPIC HEALTH

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The convenience of fast food and instant meals has led to a nutritional compromise, where foods high in calories and low in essential nutrients are increasingly consumed. Stress and sadness often drive emotional eating, leading people to favor sugary and fatty comfort foods, which can result in unintentional weight gain.

Keywords: Food, stress, risk of oral and systemic conditions, unhealthy diets, packaged foods, sugary foods, health issues, junk foods, beverages, diabetes, United States Research's ,electronic devices, sedentary activities, calories, digestive process, stomach, heart, intestines, liver, overeating.

Fatness has been recognized as a widespread epidemic that affects people of all ages and genders demanding immediate action for its control and treatment. Its association with cardiovascular issues has become a pressing concern worldwide, with obesity rates expected to reach 18 percent in men and 21 percent in women by 2025, placing immense pressure on individuals, societies, and healthcare systems. According to the European Society of Cardiology journal, reveal that heart attack survivors with excessive intestinal fat face a significantly higher risk of experiencing another cardiac event.

A good example would be, people may gain weight unintentionally as a result of certain things you consume, such as sugary foods and beverages. Scientific evidence shows that, the rise of non-communicable diseases worldwide is a serious concern, linked to lack of exercise, unhealthy diets, harmful lifestyles, and smoking.

Moreover, high-fat foods are often chosen over non-fat alternatives by many people. Deficient nutrition could lead to lowered immunity, increased risk of oral and systemic conditions, hindered mental and physical growth, and reduced functional capacity. A lack of awareness and busy lifestyles often lead adolescents to disregard their health. India, with more than 14.4 million obese children, holds the second-largest population of obese children globally, projected to increase to 17 million by 2025.

According to a PAN India survey by the Centre for Science and Environment, 93% of 13,274 children aged 9–14 ate packaged foods, and 68% consumed sugary drinks at least twice a week, with 53% indulging daily. About 25% of schoolchildren consumed ultra-processed foods like burgers and pizza more than once weekly. Popular junk foods included bakery items, chips, soft drinks, and noodles, contributing to health issues such as obesity, high blood pressure, metabolic risks, and behavioral disorders.

Weight gain can be frustrating, especially when you do not know what is causing it. Here are three causes of unintentional weight gain.

1. You rely too much on heavily processed foods.

As an example, a 2019 study involving 19,363 Canadian adults, cited by online sources, revealed that individuals with the highest intake of ultra-processed foods were 32% more likely to be obese than those with the lowest intake. Focus on eating whole foods instead of processed snacks and meals to help maintain a healthy weight.

2. You eat a lot of sugar regularly.

Consuming sugary foods and beverages on a regular basis could elevate your risk of health issues such as diabetes. Consuming sugary foods and beverages on a regular basis could elevate your risk of health issues such as diabetes...

Candy

Cakes

Ice cream

Sweetened coffee drinks

Soda

Beverages high in sugar are the main source of added sugars consumed in the United States. Research from 2018, analyzing 30 studies with 242,352 participants, associated sugary drink intake with weight gain and obesity.

3. You tend to have a physically inactive lifestyle.

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Inactivity often plays a role in the development of weight gain and long-term health issues. Sitting at a desk for work, watching TV, driving, and using electronic devices are all considered sedentary activities.

A study by English scientists revealed that the daily sitting time for 464 people averaged 6.2 hours on working days and 6 hours on days off. The largest portion of sedentary time was due to work-related tasks, followed by TV viewing.

What are the long-term effects of overeating?

The body uses a portion of the calories from food for energy, with the remainder being stored as fat. Taking in more calories than you burn can result in weight gain and increase your chances of developing cancer or other long-term health conditions. Evidence shows that habitual overeating can result in a slower digestive process, causing food to linger in the stomach and increasing the potential for fat accumulation.

What happens when you overeat?

ESOPHAGUS

Extra acid accumulates in the stomach, causing a burning sensation in the chest.

HEART

Extra food consumption causes your metabolism to work faster for digestion.

STOMACH

When you eat too much, your stomach enlarges to hold the excess food, putting pressure on other organs and resulting in discomfort and gas buildup.

LIVER AND PANCREAS

Your system has to increase its production of hormones and enzymes to break down the food.

INTESTINES

Nutrients, such as macronutrients, vitamins, and minerals, are absorbed to fuel the body or become fat reserves.

In conclusion, Unhealthy eating habits leading to weight gain can be controlled through conscious efforts. People can prevent the negative effects of weight gain by choosing healthier foods and improving their diet. Governments, local organizations, and individuals must work together to create opportunities for nutritious eating and healthier lifestyles. Even small changes, when done consistently, can greatly enhance overall health and quality of life.

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