

**CHARACTERISTICS OF THE PREVALENCE OF RISK FACTORS LEADING
TO THE DEVELOPMENT OF NON-COMMUNICABLE DISEASES AMONG
MILITARY RESPONDENTS VISITING THE REHABILITATION ROOM OF THE
MILITARY MEDICAL DEPARTMENT**

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Objective of the Study: The aim of the research is to investigate the role of risk factors in the spread of non-communicable diseases (NCDs) among military personnel.

Materials and Methods: The analysis was conducted based on the results of 10317 military respondents, including those serving in the Armed Forces of the Republic of Uzbekistan and retired personnel from the Central Military Hospital Polyclinic of the Military Medical Academy, Tashkent city, Tashkent, and Syrdarya regions. All patients underwent extensive biochemical lipid spectrum tests using standard reagent kits. Data from 10317 military respondents visiting military medical rooms between 2022 and 2024 were analyzed. The respondents' ages ranged from 18 to 70 years, with an average age of 52.02 ± 18.65 years. The study was conducted in accordance with the norms and principles of the Helsinki Declaration, and all military respondents were informed about the study and signed written consent forms.

Results and Discussion: The results of the study showed that among the military respondents, the risk factors leading to the development of non-communicable diseases (NCDs) included: stress + irrational nutrition in male military respondents (28.0%, n=2875) and female military respondents (7.55%, n=779), $p < 0.001$. Obesity + hypodynamia were observed in 10.43% (n=1076) of male military respondents and 5.80% (n=597) of female respondents, $p < 0.001$. Inherited diseases were observed in 17.23% (n=1778) of male respondents and 4.65% (n=480) of female respondents, $p < 0.001$. Alcohol consumption + smoking were observed in 17.62% (n=1818) of male military respondents and 8.86% (n=914) of female military respondents, $p < 0.001$.

Conclusion: There was a noticeable difference in the prevalence of stress and improper nutrition risk factors between male and female military respondents. In the male group, the significant outcomes were attributed to the irregular working hours and heavy workloads, which made it difficult to maintain a rational eating schedule during working hours. Both age groups displayed an irregular eating pattern during their youth, with older respondents showing that the main components of their diet were calorie-dense and unbalanced. This was corroborated by the findings of our study.