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HYGIENIC ANALYSIS OF THE NUTRITIONAL COMPOSITION OF DAILY
MEAL PLANS IN PRESCHOOL EDUCATIONAL ORGANIZATIONS

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Food poisoning in children is a significant medical and social issue that negatively impacts the health of children in preschool educational institutions. The physiological characteristics of preschool-aged children-such as an underdeveloped immune system and a sensitive digestive system-along with violations of sanitation and hygiene standards during food preparation, storage, and distribution, can increase the risk of food poisoning. In such cases, it is crucial to conduct an early assessment of the illness's severity, ensure the timely referral of patients to a medical facility, and select an appropriate treatment strategy.

The objective of the study is to analyze the age- and region-based distribution of food poisoning cases among preschool-aged children and to evaluate the metrics of inpatient and outpatient medical care provided to the patients.

Research materials and methods. The study analyzed data on food poisoning cases and medical visits recorded in the Bekabad, Buka, Nurafshan, Almalyk, Akkurgan, Pskent, and Kuyichirchik districts of the Tashkent region. In the course of the study, a comparative-statistical assessment was conducted on the distribution of patients by age groups, regions, and the type of medical care provided-inpatient and outpatient treatment.

Analysis of the obtained results. The analysis conducted by age groups revealed that a total of 919 cases of food poisoning were recorded. The highest indicator was observed among 4-year-old children, amounting to 351 (38.2%). This is followed by 5-year-old children - 236 (25.7%), 3-year-old children - 168 (18.3%), and 6-year-old children - 162 (17.6%). Among 7-year-old children, 2 cases (0.2%) were identified. When analyzed by region, the highest number of food poisoning cases was observed in the Pskent district - 301 (32.8%) and in the city of Almalyk - 283 (30.8%). While 145 cases (15.8%) were registered in the Akkurgan district, the lowest rates were found in the Kuyichirchik district (12 cases (1.3%) and the Bekabad district (19 cases (2.1%)). An analysis of a total of 1,271 medical cases revealed that 1,145 (90.1%) were treated in inpatient settings and 126 (9.9%) in outpatient settings. By region, the highest number of medical visits was recorded in the Akkurgan district - 468 (36.8%), Pskent district - 312 (24.5%) and the city of Almalyk - 287 (22.6%). The lowest number of appeals was observed in the Bekabad district - 29 (2.3%) and Buka district - 55 (4.3%). The results of the analysis by type of treatment showed that 100% of the patients who sought treatment in the Pskent, Akkurgan, Bekabad and Buka districts received inpatient treatment. In the city of Almalyk, out of 287 patients, 260 (90.6%) received inpatient treatment and 27 (9.4%) received outpatient treatment. In the city of Nurafshan, out of 108 patients, 99 (91.7%) received outpatient treatment and 9 (8.3%) received inpatient treatment.

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Conclusion. The results of the study showed that cases of food poisoning in preschool children are unevenly distributed by age and region. The highest indicator was observed among 4-year-old children. In the context of regions, cases of food poisoning were relatively high in the Pskent district and the city of Almalyk. The fact that 90.1% of all medical visits were treated in inpatient conditions indicates the importance of timely medical examination in cases of food poisoning in children, assessing the severity of the disease and, if necessary, organizing inpatient treatment. In order to reduce cases of food poisoning, it is necessary to strengthen compliance with sanitary and hygienic requirements for the storage, preparation, and distribution of food products in preschool educational organizations, as well as to improve measures for the early detection and timely treatment of disease cases.

