



THE IMPACT OF NUTRITION ON THE DEVELOPMENT OF CHRONIC GASTRITIS IN STUDENTS

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This article analyzes the factors influencing the development of chronic gastritis among students, with a particular focus on dietary habits. The study examines how improper and unbalanced nutrition contributes to the inflammation of the gastric mucosa, as well as the negative effects of excessive consumption of fast food, fatty, and spicy foods. The article highlights the principles of healthy eating, preventive measures, and the importance of implementing a rational diet.

Kalit so‘zlar:

nutrition, chronic gastritis, students, improper diet, gastric mucosa, fast food, prevention, healthy eating.

Relevance. Nowadays, improper nutrition is not only an individual health issue but also a globally significant problem. According to the World Health Organization (WHO), unhealthy eating habits and excessive consumption of harmful food products contribute to the widespread prevalence of gastrointestinal diseases, including chronic gastritis. This issue is particularly relevant among students, as many young people frequently consume fast food, fail to maintain a healthy diet, and regularly use harmful beverages.

Statistical data indicate that the incidence of gastritis among students has been increasing over the years. In 2022, a study conducted by the U.S. National Institutes of Health found that more than 40% of individuals aged 18–25 showed symptoms of gastritis. Similarly, data from the Russian Ministry of Health indicate that 30–35% of students develop gastrointestinal diseases due to poor nutrition. In Uzbekistan, student nutrition issues are also pressing, with challenges related to dietary routines and food quality.

Scientific sources highlight the primary factors contributing to the development of chronic gastritis:

- **Unbalanced diet** – improper intake of essential proteins, carbohydrates, and fats;
- **Fast food and processed foods** – excessive consumption of trans fats, preservatives, and spicy seasonings;

- **Disrupted eating patterns** – skipping breakfast and consuming heavy meals late at night;
- **Beverages and harmful habits** – consumption of carbonated drinks, alcohol, and smoking, all of which negatively affect the stomach;
- **Stress and psychological factors** – high levels of academic stress, exams, and other factors that contribute to gastritis development.

Therefore, this study aims to analyze the causes of gastritis among students and explore preventive measures based on scientific findings.

Methods. In this research, surveys, statistical analysis, and clinical observations were used to identify factors contributing to the development of chronic gastritis among students. The dietary habits, food consumption patterns, and symptoms of the participants were studied. Additionally, an analytical approach was applied based on scientific literature and recommendations from gastroenterologists.

Main Section

1. Epidemiological Indicators of Chronic Gastritis

Gastritis is one of the most widespread diseases worldwide. According to WHO, over 2 billion people are at risk of developing gastritis annually. This disease is particularly prevalent among students. A 2023 study conducted by Heidelberg University in Germany found that over 37% of university students exhibited symptoms of chronic gastritis.

In Uzbekistan, nutrition-related issues are common among students. A 2021 study by the Republican Gastroenterology Center revealed that the incidence of chronic gastritis among students reached 28%. The primary causes identified were poor dietary habits, excessive consumption of fast food, and high levels of stress.

2. The Impact of Dietary Habits on Gastritis Development

Poor nutrition is one of the leading causes of gastritis. Studies indicate that students commonly engage in the following harmful dietary habits:

- **Fast food consumption** – high-fat and spicy foods negatively impact the stomach lining;
- **Carbonated drinks and caffeine** – disrupt stomach acid balance and contribute to inflammation;
- **Irregular eating habits** – skipping breakfast and eating at inconsistent times;
- **Excessive intake of fatty and spicy foods** – damages the stomach lining and increases the risk of chronic gastritis.

3. The Influence of Stress and Psychological Factors

High levels of stress among students directly contribute to gastritis development. The stress hormone cortisol increases stomach acid secretion, leading to inflammation of the stomach lining. Additionally, stress disrupts eating patterns and encourages students to consume unhealthy, readily available food products.

4. Prevention of Gastritis and Recommendations

Research findings indicate that the following measures are crucial in preventing chronic gastritis among students:

- **Establishing a balanced diet** – ensuring adequate intake of essential proteins, vitamins, and minerals;
- **Avoiding fast food and harmful beverages** – consuming more natural products, vegetables, and greens;
- **Implementing stress management techniques** – practicing meditation, engaging in physical activities, and maintaining a regular sleep schedule;
- **Adhering to a consistent eating schedule** – not skipping breakfast and eating at designated times throughout the day.

Results. The results indicate that poor nutrition significantly contributes to the development of chronic gastritis among students. Those who frequently consume fast food and fatty foods have a higher risk of inflammation of the stomach lining. Conversely, students who adhere to healthy eating principles exhibit fewer cases of gastritis.

Conclusion. The study results demonstrate that students' dietary habits directly influence the development of chronic gastritis. Maintaining a healthy and balanced diet is one of the primary factors in preventing gastritis. Therefore, providing students with proper nutritional guidance, promoting a healthy lifestyle, and strengthening preventive measures are essential steps in reducing the prevalence of this disease.

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