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Prevalence of overweight and obesity in Uzbek population depending on carbohydrates metabolism status**Anna Alieva**

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To assess prevalence of overweight and obesity in Uzbek population with and without type 2 diabetes mellitus (DM) and prediabetes. 2521 individuals aged 35 and older living in urban and rural settings of three regions of the Republic of Uzbekistan was examined: waist, hips circumference, height, weight were measured according to WHO recommendations, BMI was calculated. IGT, IFG and DM were diagnosed using oral glucose tolerance test according to IDF standards. In the whole observed population 28.7% (33.6% of men and 34.2% of women) had normal BMI (18-25kg/m²), 1.2% were underweight, 34.9% overweight, and 22.6%, 8.6%, and 4% had I, II and III stage of obesity. Among people without DM or prediabetes, 35.9% were overweight, 21.2%, 7.3%, and 3.2% had I, II and III stage of obesity. Among patients with IFG, 37.1% were overweight, 25.7%, 14.3%, and 11.4% had

I, II and III stage of obesity. Among patients with IGT, 30.4% were overweight, 33.0%, 13.4%, and 8.9% had I, II and III stage of obesity. And among patients with type 2 DM, 22.5% were overweight, 34.0%, 19.1%, and 10.2% had I, II and III stage of obesity. There is a high prevalence of overweight and obesity in Uzbek population, and there is an increase in prevalence and worsening of obesity with deterioration of carbohydrates metabolism disorders.

Speaker Biography

Anna Alieva works as a scientific researcher on the field of diabetology and also as a clinical doctor at the intensive care unit of the Republican Specialized Scientific-Practical Medical Centre of Endocrinology. Her scientific interests are diabetes epidemiology and prevention of insulin resistance: Its pathophysiology and methods of treatment, insulin pumps therapy, and diabetic ketoacidosis. She is one of the authors of National standards of care for patients with acute endocrine complications.

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