

**BODY MASS INDEX OF EMPLOYEES UNIVERSITY
NAMED AFTER P.M. MASHEROVA**

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It is known that hypodynamia is common among the population of Belarus. The profession of teacher belongs to group I of hygienic standards for daily energy consumption [1, p.98]. Hypodynamia affects body mass and causes obesity. Obesity can be the cause of hypertension, atherosclerosis, and joint damage. Body mass index is a simple, accessible and informative indicator of changes in body weight.

The purpose of this article is to study body mass index in the staff of the University named after PM. Masherov.

Material and methods. Surveyed 26 women, university staff. Their age was 40-56 years. The body mass index was calculated using the formula $BMI = \text{body mass (kg)} / \text{squared body length (m}^2\text{)}$.

According to the WHO classification (1997) in adults, there are 4 BMI ranges: less than $18.5 \text{ kg} / \text{m}^2$ - insufficient body weight; $18.5\text{-}24.9 \text{ kg} / \text{m}^2$ - normal body weight; $25\text{-}29.9 \text{ kg} / \text{m}^2$ - overweight; $30 \text{ kg} / \text{m}^2$ and more - obesity [2, p.34].

Findings and their discussion. The average value of body mass index in the group was $28.6 \text{ kg} / \text{m}^2$, that is, it is characterized as excessive.

Obesity was observed in 6 employees, which is 23.1%. Among all employees, 4 had insufficient body weight, which was 15.4%. 7 women had normal body weight, which is 26.9%. 9 employees were found to be overweight, which is 34.6%.

Conclusion. The data obtained confirm that individuals with low physical activity, have a high body mass index and are prone to joint damage, hypertension, atherosclerosis.

Reference list:

1. Malakh, ON. Analysis of the adequacy of nutrition to the physiological needs of the body in women of different somatic types. Malach - Fundamental and applied research in biology: Proceedings of the II International Scientific Conference of students, graduate students and young scientists. – Donetsk: Donetsk National University, 2011. – P.97–98.
2. Obesity/ Preventing and managing the global epidemic/ Report of a WHO consltation on obesity. Geneva / 3–5 June1997 // Geneva, 1998. – 724p.