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## ANALYSIS AND ASSESSMENT OF ANTHROPOMETRIC BODY MASS INDEX FOR WOMEN OF FERTILIZED AGE IN BUKHARA REGION

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### ABSTRACT

*Changes in anthropometric indicators of body mass index (BMI, kg / m<sup>2</sup>) in young women are directly related to certain risks associated with both reproductive health and the outcome of subsequent pregnancies. Normal values are: BMI from 18.5 to 24.99 kg / m<sup>2</sup>; limiting: BMI <18.5 kg / m<sup>2</sup> and BMI > 30.0 kg / m<sup>2</sup> (thinness / obesity). Iron loss during menstruation is high - about 1.4 mg iron / day, which increases the average daily iron requirement in young menstruating women to 2.1 mg, compared with girls in the previous age group (before puberty). The largest proportion of women of normal weight (BMI 18.5-24.9) in the distribution of frequencies among all subgroups of young women of fertile age (18-39 years) - for the country as a whole, for rural and urban groups of the population, is established among women living in the city 59.6%.*

**KEYWORDS:** *Body Mass Index, Young Women Of Fertile Age, Risks, Anthropometric Status, Nutrition, Reproductive Health.*

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