

THE RELATIONSHIP BETWEEN OBESITY AND DIABETES

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ARTICLE INFORMATION

ABSTRACT:

ARTICLE HISTORY:

Received:03.04.2026

Revised: 04.04.2026

Accepted:05.04.2026

KEYWORDS:

*obesity, diabetes,
type 2 diabetes, insulin
resistance, lifestyle,
genetic factors,
prevention, metabolic
syndrome,
pharmaceuticals, drug
therapy.*

This article provides detailed information about the relationship between obesity and diabetes, including biological mechanisms, risk factors, types of diabetes, and methods for prevention and management. It also emphasizes the role of genetics and lifestyle in type 2 diabetes development, as well as the importance of genetic research in the pharmaceutical field.

Introduction

Obesity and diabetes are major public health concerns worldwide. Obesity, defined as excessive body fat accumulation, is a significant risk factor for type 2 diabetes. Both conditions are influenced by genetic and environmental factors. Understanding the biological link between obesity and diabetes is essential for prevention, early detection, and effective management.

Definition of Obesity

Obesity is characterized by excessive fat accumulation in the body. Body Mass Index (BMI) is commonly used for classification:

- BMI 25–29.9 – overweight
- BMI ≥ 30 – obese

Excess abdominal fat is strongly associated with metabolic disorders and insulin resistance.

Types of Diabetes

1. **Type 1 Diabetes:** Caused by autoimmune destruction of insulin-producing cells; usually develops in childhood.

2. **Type 2 Diabetes:** Characterized by insulin resistance and relative insulin deficiency; strongly associated with obesity.

Biological Basis of Obesity and Diabetes

- **Insulin resistance:** Fat accumulation, especially abdominal, reduces cell sensitivity to insulin.
- **Inflammatory mediators:** Adipose tissue releases inflammatory substances, worsening insulin resistance.
- **Hormonal imbalance:** Obesity alters leptin and adiponectin levels, disrupting glucose regulation.

Causes and Risk Factors

- Genetic predisposition to obesity and diabetes
- High-calorie diet and sedentary lifestyle
- Hormonal imbalances and metabolic syndrome
- Stress and lack of physical activity

Role of Genetics

Genetics plays a significant role in obesity and type 2 diabetes development:

2. Genes influence fat distribution, insulin sensitivity, and appetite regulation.
3. Family history of diabetes increases disease risk.

Importance in Pharmaceuticals

Genetic and obesity-diabetes research has important applications in pharmaceuticals:

6. **Pharmacogenetics:** Each person's genetic makeup affects drug response; genetic analysis helps select the right medicine and dosage.

7. **Development of new drugs:** Genetic studies help identify disease causes and provide a foundation for effective drug development.

8. **Gene therapy:** Allows treatment of diseases by correcting or replacing genes.

9. **Biotechnological drugs:** Insulin, vaccines, and other drugs are produced using genetic engineering.

Prevention and Management

1. **Healthy lifestyle:** Balanced diet, regular physical activity, and maintaining healthy weight.
2. **Medical monitoring:** Regular screening of blood glucose and metabolic risk factors.
3. **Genetic counseling:** For families with history of obesity or diabetes.
4. **Public health interventions:** Programs promoting physical activity, healthy nutrition, and awareness.

Conclusion

The link between obesity and type 2 diabetes is clear. Understanding biological, genetic, and environmental factors can prevent or delay diabetes onset. Healthy lifestyle choices, early diagnosis, genetic awareness, and pharmaceutical research are key strategies for effective management and improving public health.

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