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The Impact of Fast Food Consumption on Girls Health: An Analytical Study

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Abstract:

‘Eat healthy and live healthy’ is one of the essential requirements for long life. Unfortunately, today’s world has been adapted to a system of consumption of foods which has several adverse effects on health. Lifestyle changes has compelled us so much that one has so little time to really think what we are eating is right! Globalisation and urbanisation have greatly affected one’s eating habits and forced many people to consume fancy and high calorie fast foods, popularly known as ‘Junk foods’. Research into the possible health hazards on consumption of such high calorie foods has given an insight to avoid them, but unfortunately measures taken are not as effective as they need to be. Diseases like coronary artery disease and diabetes mellitus have seen a profound rise in developing countries and such unhealthy junk food consumption is one of the notable factors to its contribution. This global problem of consuming junk food on a large scale and its impact on health needs emphasis and health education which can greatly contribute to its limited consumption and switching over to healthy eating habits for the better living. Knowledge highlighting about the eating habits, nutritional aspects, quality of unhealthy foods, their health impact and preventive measures should be given to create awareness and render health education for a change towards good. The fast food industry in India became the fastest growing company in the last decade as many global companies entered the market to expand their market share and region of operations. Adolescents are an aggressive target of food marketing messages (primarily for unhealthy foods) and are susceptible to these messages due to their developmental vulnerabilities and the influence of peer groups. The negative impact on adolescent weight and insulin. Resistance was seen in all participants ate frequently at fast food restaurants. Adolescence is the period of transition from childhood to adulthood. It includes big changes, in the body and in the way a young person relates to the world. The multiple physical, sexual, cognitive, social, and emotional changes that occur during this time can generate anticipation anxiety in children and their families. Understanding what to expect at different stages can support healthy development during adolescence and early adulthood.

Asgarian et al., (2019), based on his study of the prevalence of junk food during snacks and its association with obesity and overweight among high school students in the inner city of Kuma, said that junk food was associated with high consumption of salt and calories is one of the causes of overweight/obesity. For this cross-sectional study, 638 secondary school students (age group 15-18) were selected using a multi- stage

random sampling method. Overweight/obesity was measured using a body mass index (BMI), and the questionnaire was used to determine daily, weekly, monthly, quarterly and random intake of junk food. The results showed that the prevalence of underweight and overweight subjects was 23.2 percent and 11.4 percent, respectively. BMI was not significantly associated with a specific type of junk food. However, it has been found that chocolate and soft drinks are associated with a higher prevalence of underweight (75.8 percent) compared to overweight or obesity (57.6 percent). The prevalence of junk food consumption was high among the high school student population in the disadvantaged Kuma region. No significant association was found between the consumption of junk food and BMI in this study group. Lahiri et al., (2019) conducted a study to assess the effects of various eating habits and physical activity on overweight and obesity. This study was conducted with 645 adolescents (average age 16 years) studying in government-funded rural schools in West Bengal. Student eating habits and factors associated with physical activity have been suggested as key predictors. Taking into account the age and sex of the participants, the influence of these factors on the development of overweight and obesity was analyzed using generalized estimation equations for 2 repeated measurements carried out at intervals, 6 months. The results of this study showed that the prevalence of unhealthy eating habits was obtained as 68.99 percent at the starting of the study and 66.82 percent was observed at the time of observation. The overall prevalence of inadequate physical activity increased to 48.68 percent from 47.91 percent. Women and the older age group were at increased risk of being overweight or obese. Strong evidence has been presented that eating practices are more closely related to overweight in adolescents. Healthy eating practices associated with physical activity should be encouraged to reduce the risk of obesity. Asgarian et al., (2018), in a crossover study conducted with 300 students, studied the prevalence of fast food consumption and overweight or obesity. This study also aimed to assess the association of fast foods with abdominal and general obesity. In this study, 300 students were randomly selected from the two largest universities in Qom, central Iran, who study in the medical and basic sciences. Data collection was done using a modified version of the questionnaire. According to our results, 72.4 percent (67.4 percent for women versus 80.7 percent for men) ate at least one type of fast food in the past month, including 44.4 percent from sandwiches, 39.7 percent of pizza and fried chicken 13.8 percent, the prevalence of obesity based on BMI and WHR was 21.3 percent and 33.2 percent, respectively. Fast food has been found to be associated with abdominal obesity in the form of WHR, but is not associated with general obesity in the form of BMI. The prevalence of consumption and fast food, as well as obesity or overweight among Iranian students was high. Fast food consumption was associated with WHR based on abdominal obesity, but was not associated with general obesity based on BMI.

High consumption of fast food among adolescents is a serious concern because it has the potential to increase the risk of obesity. Lifestyle changes, lack of physical activity, and easy access to fast food exacerbate this situation. Purpose: The purpose of this study is to ascertain how fast food eating habits relate to the prevalence of adolescent obesity. Methods: The study employed a cross-sectional methodology and an analytical quantitative design. 75 teenagers between the ages of 15 and 18 who were chosen by purposive sampling at a single Padang City high school made up the sample. Body mass index (BMI) measurements and questionnaires on dietary patterns were used to gather data. Results: The chi-square test analysis revealed a significant correlation ($p < 0.05$) between the incidence of obesity and the frequency of fast food consumption. Teenagers who eat fast food three times a week are more likely to become obese than those who don't. Implications: the implication of this study is the need for educational interventions on healthy eating among adolescents, as well as the involvement of schools

and families in controlling access to fast food. Conclusion: In conclusion, fast food consumption habits and obesity are significantly correlated, so prevention from school age is an important step in reducing the risk of long-term obesity.

Families should be aware of the local health resources for teens in Delhi NCR dealing with nutrition-related health issues. Indus Hospital provides excellent local health resources for teens in Delhi NCR with reproductive health concerns, offering specialized care for adolescents facing issues like PCOS, delayed puberty, or other reproductive health challenges.

Additional resources include:

- School-based health education programs
- Community nutrition workshops
- Teen-specific health clinics
- Online resources for Delhi families
- Support groups for teens with specific health conditions

By comprehending the relationship between nutrition and overall health, particularly reproductive health, families can make informed choices that support their teenagers' development and set the foundation for lifelong wellbeing. For families seeking specialized care for reproductive health concerns, Indus Hospital offers comprehensive services with experts like Dr. Niti Agarwal who specialize in adolescent reproductive health. Prompt intervention and suitable care can substantially impact Prompt and appropriate treatment can significantly influence outcomes in outcomes for teens facing these challenges.

Conclusion-

- The prevalence of junk food consumption are high among the high school students. Junk food was associated with high consumption of salt and calories is one of the causes of overweightness and obesity.
- Women and the older age group were at increased risk of being overweight or obesity. Eating practices are more closely related to overweightness in adolescents. Healthy eating practices associated with physical activity should be encouraged to reduce the risk of obesity.
- Fast food has been found to be associated with abdominal obesity in the form of WHR, but is not associated with general obesity in the form of BMI.
- Adolescents have inadequate consumption of fruits and vegetables compared to salty and sweet foods.
- There is a strong positive correlation between the structure of junk food intake and overweight and obesity in adolescents.
- Fast food is associated with the frequency of metabolic syndrome, abdominal obesity and hypertriglyceridemia in children and adolescents
- Fast food meals were associated with higher BMI, fat deposits, cholesterol, low density lipoproteins, triglycerides, glucose, and insulin.
- School canteens offer foods high in fat and sugar that really help young people gain weight, as well as other problems, such as infections, food poisoning, and dental diseases.
- Fast food has been found to be associated with poor food quality.
- Childhood overweight and obesity can predispose people to morbidity in adulthood.

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