ASSESS THE EFFECT OF FAST FOOD AMONG ADOLESCENT GROUP.

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Abstract:

Background – Habit of eating fast food is progressively increasing day by day all over the countries. Teenagers as well as young man and young ladies, are used to consume fast food from across the 10 years, the taking of fast foods has growing universally. Modern research has displayed that the style and fashion of fast-food eating amongst Iranians and the amount of fast-food eating places in Iran are significantly expanding, that is the major health problems in the Iranian citizens, especially in the metropolitans. The consumptive pattern of offspring, teenage, as well as the childhood these all having expressive power by reason of the food behaviours are probably to stay fixed in their whole life time. Hence, the topic of eating fast food can turn specifically very much better for the age group of 13-18. Because of this for controlling the eating habits of fast food first attention might be given to developed some nutritional habit to the adolescents.
The objectives of this study to assess effect of fast food among adolescent group and to find out the association of score with selected demographic variables.
Material and method - It is adolescent group, Descriptive community-based study. The adolescent of age group 13 to 18 years will be assessed for effect of fast food of the adolescent group, as per inclusion/exclusion criteria. The group effect will be assessed by structured questionnaire on fast food and its effect. The test having 20 items and duration of test will be 20 min.
Expected Results: First (Primary)result (outcomes) include assessment or evaluation of effect of fast food among adolescents. And Secondary outcomes involve evaluation of association of effect of fast food among adolescents with their demographic variables.

Keywords: fast food, fast food effect, teenager(adolescents).

Introduction:

Fast food is a food which is speedily available as well as provide, frequently at eating places as well as seasonally related with not so much cost and nutritional things like hamburgers, French fries, and soda.[2]Junk food, fast food, handled food, white flour, sweet and entirely the junk food they worry, pay to overweightness, diabetes, heart attacks, strokes and cancer, countless individuals identify, but various do not understand the study reason of an unnatural nourishment.[3] Fast food also covers mechanically formed trans fats connected with the risk of mass increase and food stuffs obtained from minor autonomous fast food cafes in permits, instead of huge fast food shackles, possibly will have advanced content of energy and usage lesser value body fat.[4]Adolescence is a dynamic stage of life cycle categorized by affected fluctuations in routine.[2] Fast food

tradition is very much popup style in the today's age group. The prepared accessibility, flavour, less expensive, master plan as well as leadership build them widespread with teenagers(adolescents). This point of view described the popup fast food technique in India, its impression on teenagers to counter it. Fast foods are at large quantity obtain in educational institutions through various stores. Canteens are available in educational institutions offer soda water, soft drink, cracks and lots of other foods of less nutritious rate(value). There are many ill impacts of fast food and persons are not aware of its dangerous effects. It can cause many harmful disorders. Prolonged use of fast food is the reason of medical issues, chubbiness means obesity, GI Tract problem and increased in fat. Fast food corporations and eating places are selecting youths and youngster through greatest boosting master plans, delightful catalog for preparing a selective or particular dish, including a list of the ingredients required and lovely announcement.[5]

Fast food eating has been linked to mass increase, minor nutritional pointers, insulin struggle and overweightness in adults in cross-sectional and longitudinal studies, with exclusions.[6] Chubbiness (obesity), high cholesterol, nutritional deficiencies, heart disease, loss of strength , sadness (depression), sexual defects, suffocation (asthma), stroke, type 2 diabetes, Tumor (kidney / uterus / colon / chest / gullet), liver illness, malignancy and cardiac disease can be produced by the intake of fast food according to a routine schedule. Fast food can contain many fats and sugars which are hurtful or injurious as well as addictive and create a vicious circle that makes it problematic for children to select well(healthy)foods. It influences a high trans-fat content in fast food available on the marketplace.[5]

Need of the study:

Universal lessons(studies) display an advanced occurrence of weighty and overweightness(obesity) in offspring and adolescents.[7]Adolescence is the first period mean while infant when the progress frequency really rises. This unexpected development is connected through hormonal, intellectual and sensitive deviations that make adolescence a retro of life span mainly susceptible from a nutritive idea of opinion. If we deliberate the intake customs of youngsters or adolescents, it is determined that subsequently institute events and dynamic societal lifespan, hard agendas can lead to skipping mealtimes or consumption left from home-based. Their food contains hamburgers, pizza, hot dogs and cold drinks. Still, by consumption of junk food, a youth will not contract the nutrients required for the body to function appropriately. Junk food is filled with heavy and calories; considerable than what is essential for the body on a day-to-day origin. This makes the youngster(adolescents) additional disposed to heart illness. Investigation has exposed that the ingesting of junk food is connected to interactive sicknesses. Various individuals, mostly offspring, hurt from ADHD (attention deficit hyperactivity disorder) due to flavors and extra sweetie in junk food. Intake a only 330 ml for each day time of sentimental beverage interprets into further than one pound (0.45 kg) of mass increase to each month. Rendering to information from the NSS (National Sample Survey) for the class of beverages, sparkling food and drink and treated foods, the cash paid on junk food in India was nearly 25% complex than the 33 billion rupees paid on fat diet. Conferring to the NFHS (National Federation of Associations of State High Schools), there is a list that India has graded in the demand of ratio of weighty or obese individuals in which Punjab is in first position. Administration examinations have exposed that at least 16% of families and undeveloped public aged 6 to 19 are measured over heavy(overweight) and that at least 11% of boys are nowadays classified as overweight. From earlier information, adolescents want to estimate the hurtful belongings of fast food / junk in directive to controller ailment situations and progress in their health. Hence, this study plans to evaluate the effect of fast food / junk food among teenagers or adolescents, which in turn will growth in alertness of the hurtful effects of junk food on teenagers and avoidvariousriskyillnesses.[8]

Methodology: It is a scholastic(academic) community-based study. It will be conducted in rural as well as urban area of Wardha district correspondingly.

Inclusion Criteria: Participators should be between 13-18 yrs. of age group, irrespective of sex.

1. School children's those who are 6-13 years and only.
2. Available at the time of data collection.
3. Who are willing to participate in the study?
4. They are able to read and write the English and Marathi language.
5. Who are taking fast food?

Exclusion Criteria: Participators who having following ailments will be excluded in this assessment.

1. Adolescents who have already attended similar type of study.
2. Adolescent who is not taking fast food.

Withdrawal Criteria – Participators who fulfil the following fact will be withdrawn in this study:

1.   Want to withdraw from the study
2.   Occurrence of a genuine illness
3.   Not fulfilling study schedule

Sample size: In many studies, the sample size varies as of 80 -100
85 adolescents selected from rural and urban area of Wardha district.

Prevalence rate is 55 %

$P = 55\%$

$Q = 100-55$

$= 45$

$L = $ Allowable error $= 20\%$

$$= \frac{20 \times 55}{100}$$

$$= 11$$

$$n = \frac{4PQ}{(L)^2}$$

$$= \frac{4 \times 55 \times 45}{(11)^2}$$

$$= \frac{9900}{121}$$

$$n = 81.81$$

the sample size is extended to 85

Outcome measures

First(primary) result (outcomes) include assessment of effect of fast food among adolescent group.

Secondary outcomes involve evaluation of association of effect of fast food among adolescent group with their demographic variables.

Data management and assessment - The demographic data (age, sex, religion, class of studying, family income, duration of eating fast food) before conducting the assessment the consent taken from adolescents and introduce our self to adolescents and after that structured questionnaire on effect of fast food given to adolescents. Structured questionnaire on fast food and its effect contain 20 items and for 20 min. duration.

Statistical analysis - Statistical examination(analyses) should be done with the help of SPSS computer software form 20. Paired t-test (Wilcoxon sign rank) and unpaired t- test (Wilcoxon Rank-sum) should be useful to analyzed the facts(data).

Ethics and dissemination- This research is officially agreed (approved) by the Institutional Ethics Committee of DMIMS (DMIMS (DU/IEC/ Dec-2019/8647) all participators will ask to read and sign the informed consent. The study outcomes(results) will be circulated to study participants and report(published)in peer-reviewed reporting(publications).

Expected Outcomes/Results: This study is evaluating the effect of fast food among adolescents, this study will show some adolescent having no effect, some having mild effect, some having moderate effect and some adolescents having severe effect of fast food.

Discussion

A study will be administered to assess the effect of fast food among adolescent group. In this study sample size was 85 adolescents randomly selected from wardha district. Cross sectional research design was used. Descriptive approach was used. According to this study the result of the study should be that some of them are having no effect, some are having mild effect, some having moderate effect and some are severe effect of fast food.[9]

According to another study by Babasaheb Bhimrao Ambedkar (Central University), Lucknow district in 2014, the goal of this study is to learn the effect of fast food consumption on the health of school-aged children (9-13 years). This learning showed that consistent feeding of these components can lead to well-being difficulties or complications such as heart disease, diabetes and malignance. Fast food is satisfactory and delightful even if it is made through unnatural components. In this study Among 10 years, 42.8% of respondents were originate obese level 3. Among 11 years, 8.6% of respondents were originate obese level 3. Among 12 years, 36, 3% of respondents were originate to be obese level 2 In 13 years, 8.3% of respondents were originate to be obese level 3.[10]The readiness of foods rich in body fat, salty and sweetie through Fast Food (FF) or readymade supplies is concerned in the underlying pathway of the obesity widespread.[11] Well intake designs perform a possible character in the stoppage of several long-lasting sicknesses, such as obesity, coronary heart disease, hypertension, type 2 diabetes and certain types of malignancy that characteristically arise in mid stage or later.[12]Some studies have exposed that adolescents' over-all alertness of vigorous drinking or consumption behaviors is moderately standard or good, but the problematic is that they don't interpret this familiarity into good eating behaviour.[13]

In a study showed in Jammu Kashmir, India, 7.4% of school children favoured exclusive fast food which was considerable lesser than our grades. This vast variance could be due to the fact that this study was directed in well-to-do Mangalore schools. In a study conducted in Australia, 25% of scholars regularly selected soft drinks as a replacement of water or milk compared to 43.8% of scholars described in this study.[14] Most of the study shows that adolescents are having moderate effect of fast food.[15] Overeating of fast foods leads rise to a number of co-morbidities and related articles were reported[16-18.] Effect of Alirocumab on Lipoprotein(a) and cardiovascular risk were studied in detail by Bittner et al [19], Goodman et al [20], Jukema et al [21]. Also similar studies on acute coronary syndrome and myocardial infarction were reported by Ray et al [22], Steg et al [23] and White et al [24].

Conclusion: The conclusion will be strained after arithmetical investigation.

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