

Knowledge regarding fast food in adolescents

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Abstract

Background: The National Food Security Act of India (2013) aims to provide food preparation and food and food measure by arranging access to adequate of quality food at fixed prices. An in-depth exploration of food consumption patterns and its acquisition in urban households was undertaken to examine the scale of the food security problem.

According to the National Institutes of Health (NIH), fast foods are substitutes of home – cooked means, having high saturated fat, sugar, salt and calories. Environment has laid down strength law for each person. When a person starts eating yond a common unit place previous to him, he breaks the strength rule and diversity place in such the body. The accelerate phase of industrialization and urbanization in recent decades has as expected bring about adjust in the life way.

Objective: To determine the significant association between the knowledge regarding the fast- food among adolescents.

Methods: Key word searched by use of database delnet, ebescio, Google scholars and journals and reference list of searched articles.

Result: The major finding of the study in term of the factors influencing fast -food consumption among adolescents is described as follows. several participate expressed that they avoid eating fast food as it negatively affects their figure I think girls eat less fast food than boys, because the figure of the body is very important to girls than to boys. Now a days both the Father and the mother are employed and they do not have much time to cook, so they just buy

Fast - food. (Female, 13 to 18 years.

Conclusion: The review expressed that factors influencing fast food consumption appeared to be more than the inhibiting factors and the promote healthy food choices in, school food service staff should consider offering taste testing sessions for new foods; improve food presentation by making food appealing.

Keywords: fast food, adolescents, assess, knowledge

1. Introduction

Don t digs your grave with your own knife and fork. English. Fast food was first mentioned by Merriam. Webster 1951. Food has significant in the development, growth of power. Fast foods are high in calories with are prepared instantly. Fast foods are eating available in the restaurant and prevalent to make believe content from appetite of appetite. Fast food have direct impact on the overall health. Fast food enough amounts of carbohydrates, supplementary, salt, favor of unhealthy fats. A study by Robert Wood Foundation expected that common of people having calories of eating calories in their food. Study published in JAMA pediatric’’ family of adolescents take more calories in restaurant as well as home. Fast food contains additive, preservatives which are causing problems to the body.

2. Example: MSG (Monosodium glutamate enhances the taste in food commonly used in Chinese foods like vegetables soups, process meats which is responsible for hypothyroidism, weakness, headache, breathing difficulties, rapid heartbeats and drowsiness. There is ample of information available about the fast food but stile it is enough attractive to the youth, adolescents to resort eating fast food. Education level is one of the factors influencing the consumption of fast food. Lack of information of parents affecting the children to have more

attempt of self harm. Food practices are also cultural found affecting the food preferences. Daisy Sharma “We live in an age when pizza gets to your home before the police”

The Aim of the study to find out the significant factors influencing fast food consumption among adolescents

The scope of study therefore, the success of weight management in childhood depends on how well parents can identify their adolescents as overweight/obese. Eating fast food and leading a sedentary lifestyle leads to obesity. Obesity leads to other complications like increased in the cholesterol level, blocking of the arteries, the increased risk of coronary diseases, in addition to the general physical discomfort posed by the extra weight. Fast food is also addictive and hence it is very difficult to give up on their greasy and fatty foods and carbonated drinks and switch to healthier options.

Need of study Adolescents is the only time following infancy when the rate growth actually increases. This sudden growth spurt is associated Adolescence is the only time following infancy when the rate growth actually increases. This sudden growth spurt is associated with hormonal, cognitive, and emotional change that makes adolescence an especially vulnerable period of life nutritionally. Their diet includes burgers, pizza, hotdogs, and cold- drink. However by eating fast food, a teenager will not get any nutrients required for proper functioning of the body. Fast food is full of fat and

calories; a lot more than what is required for the body on a daily basis.

3. Method

The primary focus of the review was on coping of factors influencing fast food consumption among adolescents an electronic search of 10 published articles in the Pub Med, with using the Keywords of factors influencing fast food consumption among adolescents. Most of the studies are based on quantities methodology. By using the electronic sources total 14 articles identified through the database and any additional articles was not identified removed total 4 articles (full- text) are excluded because these articles are not relevant with my review. The 10 full- text articles are assessed for eligibility.

The eligibility criteria are selected only those studies will be included in which, 3) factors influencing fast food consumption among adolescents in age 13 to 18 years my review. All studies collected the data through the in- depth interview or semi-

structured interviews either face to face or the telephone. For conducting the interviews they are used the open ended questionnaires. The duration of the interviews should be 60 minutes to one hour in all studies. The majority of studies conducted the interviews with the maintenance of confidentiality and privacy. In many of the studies interviews were audio – Recorded (with permission from participants) and audio recordings were transcribed verbatim.

Most of studies recruited participants from the clinical sites with the help of health Professionals. Sometimes letters, emails and telephone are used to inform the families about the study and invite for their participation. Non- probability purposive sampling techniques are used in most of the studies. Only one technique for recruitment of participants. After data Collection, most of the studies data should be analyzed by the thematic analysis. A quantities Data softer ware MAXQDA 10 also used in many of the studies. All the studies were ethically Approval.

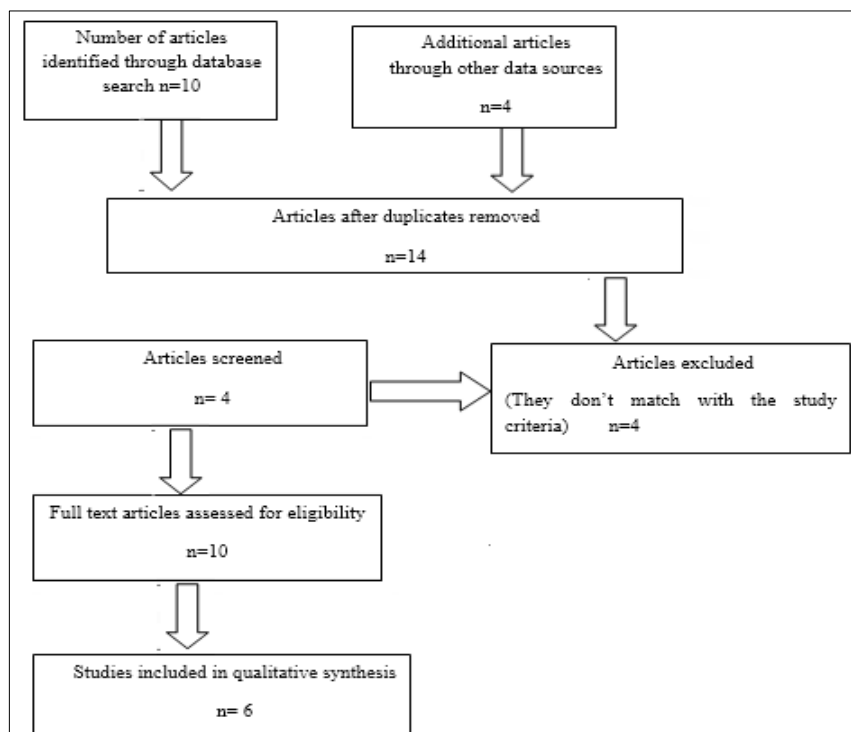


Fig 1: Prisma chart

4. Result

Summarize the participants’ gender, family socioeconomic status, and pattern of fast- food Consumption among the participant and their parents. The result showed that boys were more interest in eating fast cooking than girls; both these groups mentioned different t reasons for their varying level of interest in fast food, which are presented in the subsequent paragraphs. With regard to the demographic and socio economic factors, it was found that of adolescents. Who ate fast food more frequently were from middle income Multiple levels of influence on students’ food choices were indicated, including taste, food appearance, the name of the food and or knowledge with the food, cultural preferences, and perceived food safety. Students reported receiving little nutrition knowledge from educate.

Major factors identified by the respondents were taste, peer pressure, parental influence, and easy access to unhealthy fast food, limited availability of healthy food, appeal of snacks, habit, high price of healthy snacks, and media advertisements. Nutritional value and healthiness was not one of the first priorities when buying refreshments, as adolescents thought it was too early for them to worry about illness and adverse consequences of eating fast foods.

Factor power quick cooking expenditure in adolescents aged 13-18 year Participated in the focus groups. Mean age of students was 14.2 year. The educational levels of the Parents of participants were relatively low. Only 23% of fathers and 9% of mothers had college- level educations. Family size in 61% of adolescents was four or less. Determinants identified by the adolescents were taste, peer pressure, parental influence, and

easy access to unhealthy refreshments, limited accessibility as well as high price of healthy drinks, appeal of snacks, habit, and media advertisement.

The major finding of the study in term of the factors influencing fast -food consumption among adolescents is described as follows. Several participate expressed that they avoid eating fast food as it negatively affects their figure. I think girls eat less fast food than boys, because the figure of the body is very important to girls than to boys. Now a day’s both the Father and the mother are employed and they do Fast - food. (Female, 13 to 18 years).

5. Discussion

The result of study that factors influencing fast food consumption among adolescents. While future studies should explore findings in more representative populations, potential intervention strategies can be inferred, including emphasizing

healthful aspects of the food environment. Intervention and advocacy efforts are needed to improve aspects of the food environment that make healthy choices difficult.

The study was conducted to provide locally exact support around the exposure, awareness and effects of fast food a depressing and promotion to children and adolescents in Fiji. The study selected a total of 88, primary school student and 103 secondary school student from high school in Suva, Fiji. The data was collected by questionnaire. An arrangement of epi data and Microsoft excel were used in analysis. Statistical significance was determined using a chi square test. The result revealed that secondary school participants were statistically more likely to watch television on more days of the week then primary participants. The study concluded the adolescents in Suva are being exposed to and affected the junk food advertisements which are abundant in their daily environment.

Table 1

No	Author	Place of research and year	Objectives	Variables	Tools	Time and duration of interview	Outcomes	Remark
1.	Vea Mazarello Paes	Institute of Child Health, University College London, London, UK 2015	To assess the knowledge regarding factors influencing the consumption of fast food among adolescents	Research variable:- factors influencing fast food consumption among adolescents	Semi-structure in depth interview	20 to 60 min interview for each participant	Most of the expenditure expend at the food item. This study process that adult at two to three time but it children at more frequently. Eating sequence were best on culture beliefs.	Most of the expenditure expend at the food item. this study process that adult at two to three time but it children at more frequently. Eating sequence were best on culture beliefs.
2.	Veena Mazarello Paesken Kong	Institute of child Health, University College London, UK 2015 Division of Epidemiology, University of Minnesota,	To find out the significant an association between the knowledge regarding factors influencing the fast food consumption Among adolescents.	Research variable: factors influencing fast food consumption among adolescents	Semi structures in depth interview	45min min interview for each participant	This study show that numbers of factors are responsible for fast food consumption then inhibits factors. These factors like social influence among adolescents.	This study show that numbers of factors are responsible for fast food consumption then inhibits factors. These factors like social influence among adolescents
3.	SA French	Minneapolis, USA 2010 Mumbai Managing Editor and Senior Research scientist Cochrane heart group, London School of	To determine the factors influencing fast food consumption in adolescents	Research variables: Factors influencing fast food in adolescents	Focus groups in interview	60 min interview for each participant	adolescents The Factors influencing fast food in adolescents Obesity, family factors, monthly income etc.	Factors influencing fast food consumption and like food in adolescents
4.	D.Neumark sztainer	Hygiene and Topical Medicine (LSHTM),UK (2010)	To certain the factors influencing fast food consumption adolescents	Research variables: factors influencing fast food in adolescents	In depth interviews	60 min interview for each participant	The participants who share health related information shows the perceived privacy risk fast food behavior in adolescents	Participate were more sentivites towards sharing their health records and different behavioral responses were shown
5.	P. Rafferty	The Office for Survey Research at Michigan state University (2012)	understand of factors influencing fast food consumption in adolescents	Research variables: influencing fast food in adolescents	In depth interviews	45 mint interview for each participant	Majority of a adolescent in normal weight while 14% obese.	Majority of adolescents in normal weight while 14% obese.
6.	S Agrawal	K (2013) Epidemiologist, South Asia Network for Chronic Disease (SANCD), Public Health Foundation of India, New Delhi	The objective of this qualitative study was to determine the factors influencing the consumption of fast foods among adolescents	Research variables: influencing fast food in adolescents	In depth interviews	20 minutes to 60 minutes interview for each participate	Adults usually ate two to three times a day while children ate more frequently. Eating sequence was based on the work pattern within the household and cultural beliefs.	Adults usually ate two to three times a day while children ate more frequently. Eating sequence was based on the work pattern within the household and cultural beliefs

6. Conclusion

This study showed that the number of factors promoting fast food consumption appeared to be more than the inhibiting factors, and. that the diverse factors at the individual and social level influenced fast- food consumption among adolescents.

There is consistent qualitative evidence that several factors at various levels of the socio-ecological model (child, parent and environment), influence obesogenic dietary intake, although modeling appears to have the most influence. These findings support the rationale for the design and testing of multilevel

interventions to reduce obesogenic dietary intake in young preschool age children.

7. References

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