



Probing impact of fast food on health and obesity of the youth aged 11-15 in Tehran city in 1993

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Background: Obesity is currently affecting people all over the global. The problem of overweight and obesity groups at risk, such as children and adolescents threatens our country too. The aim of this study was to probe one of the obesity risk factors such as fast food on the health of adolescents. The Increase in fast food consumption in recent years has left negative impacts on the youth. Accordingly, recognition of reason and the level of fast food consumption and its effects on the health of children and adolescents are more important.

Methods: This descriptive and analytical study was conducted among 471 general students (261 boys and 210 girls) aged 11-15. Also, multi-stage sampling was performed. The questionnaire included: Causes and the extent of use of fast food, physical activity, family situation and anthropometry factors that were measured by the nutritionist. The data collected was analyzed using SPPSS19 software.

Results: The result of this study illustrates the level and relevance of consumption of fast food to family literacy, economic situation, parent's occupation, branch eating frequency and paucity of nutritious food in family. The study revealed that 7.15% were in the vicinity of BMI obesity grade 1, 29.3% were overweight, 6.48% normal and the rest were thin. Also the 2.28% of obesity and overweight students surveyed were boys. In this study, 3.36% of the adults declared that they had eaten fast food in the previous week. Weekly consumption of fast food was as follows: 29.4% sandwiches, 22.4% snack, 15.9% Hamburger, 14.8% pizza, 9.4% hotdog, 8.1% chicken nugget.

Conclusion: By comparing today's weight of the adolescents with the last year, we can conclude that students who ate fast food more than twice a week had a 74% chance of being subject to obesity. The finding; show that complications of fast food consumption are revealed in the youth and that non-epidemic diseases spread among the youth every day. Therefore it's necessary to probe other factors paving the way for obesity.

Keywords: Fast food, healthy, obesity