

A cross sectional survey on Health effects of junk food among the undergraduate students



Daffodil
International
University

Project On

A cross sectional survey on Health effects of junk food among the undergraduate students

Submitted To

The Department of Pharmacy

Faculty of Allied Health Sciences

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In the partial fulfillment of the requirements for the degree of Bachelor of Pharmacy

Submitted By

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Department of Pharmacy

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A cross sectional survey on Health effects of junk food among the undergraduate students

APPROVAL

This Project. **A cross sectional survey on Health effects of junk food among the undergraduate students**, submitted to the Department of Pharmacy, Daffodil International University, has been accepted as satisfactory for the partial fulfilment of the requirements for the degree of Bachelor of Pharmacy and approved as to its style and contents.

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DECLARATION

I hereby declare that, this project report is done by me under the supervision of **Md. Shajib Khan**, Lecturer, Department of Pharmacy, Faculty of Allied Health Sciences, Daffodil International University, impartial fulfilment of the requirement for the degree of Bachelor of Pharmacy. I am declaring that this project is my original work. I am also declaring that neither this project nor any part there of has been submitted elsewhere for the award of Bachelor or any degree.

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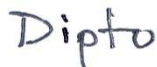
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Finally, I'd like to express my gratitude to my parents and other family members for their support and encouragement in completing this project.

A cross sectional survey on Health effects of junk food among the undergraduate students

DEDICATION

DEDICATED TO ALL OF MY RESPECTED TEACHERS AND MY FAMILY MEMBERS WHO HAVE ALWAYS SUPPORTED AND ENCOURGED ME

ABSTRACT

Unhealthy foods are referred to as junk food. These foods are composed of high in calories due to the presence of sugar or fat, but they are lacking in dietary fiber, protein, vitamins, minerals, and other vital components. It is referred to as HFSS food most of the time (high in fat, salt and sugar). It's possible that certain meals strong in protein, such meat prepared with a lot of fat, may be deemed to be junk food. While meals from fast food and drive-through restaurants have a reputation for being low in nutritional value, these dining options are not always synonymous with inferior quality cuisine. The purpose of the survey was to find out how many undergraduate students consume junk food on a daily or weekly basis and to learn the reasons behind their eating habits, and what is the impact of this junk food their physiological health. So, firstly, we have designed a series of 10-15 question and printed this question in paper. After that, it was distributed through the student's hand to hand, and the total countable response was 184. This survey found that the majority of people who eat fast food or junk food are taken by 61.96% whose age 21-25 years, and the other 38.04% are below 20 years old. In my view, the overall health impact of junk food, as well as the accompanying heart disease, cancer, obesity, and type-ii diabetes may occurred. This study is conducted only a small people. So, to know more about this investigation, further study may require in broad scale.

Key words: Cancer, soft drinks, snakes, type-II diabetes, Hypertension, Obesity, and fast food.

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Chapter 1

Introduction

1. Introduction

Junk foods are those that are rich in calories, particularly those that are abundant in sugar or fat, but provide little in the way of dietary fiber, protein, enhancement, minerals, or other fundamental forms of stimulating value. Junk food is an example of this kind of meal. [1][2][3]. [4][5] People often refer to it as HFSS food, which stands for "high in fat, salt, and sugar." The precise meanings of words shift throughout time for a variety of different causes. There are other high-protein meal combinations that may be labelled junk food, such as meat with hidden fat [6]. Cheap food and drive-through cafés have a reputation for serving subpar meals, yet the combination of inexpensive and convenient food cannot be entirely discounted [7]. [8][9]. Incomprehensible handling practices are used on the vast majority of foods of poor quality. There are worries about the harmful effects that helpless food will have on the ecosystem. In a select number of nations, careless eating patterns and obesity in particular have contributed to an overall flourishing consideration mission and hindrance to development and course of action [10][11][12]. Since the 1950s [13], terrible food has been a negative force.



Figure 1.1: Junk food

1.1 Popularity and Trend of Junk food

Food of inferior quality, presented in a variety of ways, is without a doubt prevalent, and it is an essential component of contemporary society. The value of annual commercial food transactions in the United States is estimated to be 160 billion dollars [21]. To be distinguished from the \$620 billion in game plans for corner shops [22] (a figure that includes offensive food as lodging food groups, snack sources of food, and sweets). In the pop song "Horrendous Food Junkie," which peaked in the top ten of the US charts in 1976, the main character was a horrendous food beast who claimed to

A cross sectional survey on Health effects of junk food among the undergraduate students adhere to a healthy eating routine during the day but would later binge on Hostess candy bars, Fritos chips, McDonald's, and KFC in the evening [23]. In an article published thirty years later and headlined "Top 10 Famous Junk Foods," Time placed Twinkies at the top of the list, stating that "They've been a fixture in our regular society and, most importantly, in our spirits, not only on our shop shelves and in our tummies." The Twinkie has come up with a plan to advance as a social and vegan food symbol [24], despite the fact that it has been criticized for the absence of any nutritive benefit it may possess. The United States of America also celebrates National Junk Food Day on July 21. Early phases are unclear; it is one of around 175 American drinks days, the most of which are arranged by "individuals who actually need to sell more food," and are sometimes supervised by chosen professionals as part of an exchange organization or item group [25]. "As a memento of our appreciation for the day," The year 2014 saw the publication of an article by Time titled "5 Insane Junk Food Combinations." Other popular and local media highlights include the following: "Take notice that National Junk Food Day. Oreos with a brew?" (MTV); [26] Public Junk Food Day: Vote for your least favorite food in our poll (Baltimore); [27][28]. The article "A Nutritionist's Guide to National Junk Food Day" published by the Huffington Post contains the sections "Rules for Splurging" and "It's National Junk Food Day: Have Snacks?" (Kansas City) [30]. There is no conclusive answer that can be given rationally on the basis of the attractiveness of helpless food; both mental and physiological components are proposed. Food manufacturers invest billions of dollars on research and development in order to establish taste profiles that cater to the human craving for sweets, salt, and fat in their foods. The usage of a substance results in pleasurable and, most likely, affinity-enhancing consequences inside the mind. Meanwhile, significant promotional efforts are conducted, which results in confusing brand loyalty, which polls have previously proven can best taste [31]. This is a consequence of the fact that the brand is being promoted. While it is a well-known fact that, on average, those in lower socioeconomic status consume food of lower quality than those in higher socioeconomic status [32], the factors that contribute to this disparity are not well understood. (a few studies that have divided wards based on SES suggest that the monetarily challenged do not see remarkable food as marvelously as the rest of the population) [33]. Few studies have focused on groupings in food comprehension based on financial situation; (a few studies that have divided wards based on SES suggest that the economically disadvantaged do not see remarkable food as marvelously as the rest of the population). Recent research on need, based on social science and financial data, suggests that when faced with a silly financial shortfall, where even going out to eat might not have been a slam dunk, decision making is hindered, and the desire is to the second delight of bad food, rather than investing in the longer-term benefits of a prominent diet [34][35].

1.2 Junk Food Facts

The twenty-first century has seen an increase in the consumption of "poor food" all across the world. Whether it's for the better or for the worse, revolting food can now be found in every area of the globe (by and big more horrifying). It seems to follow us around practically wherever we go, including supermarkets, coffee shops, and even the television, and it never fails to mesmerize us. Nevertheless, what precisely are some of the current ingredients that are used in unhealthy food? In general, low-quality nutrition refers to dietary patterns that provide a great deal of caloric intake but provide little in the way of nutritional benefit. Who you question will obviously determine how you interpret the phrase "meal of poor quality." One example of a food that some people would regard to be unhealthy is pizza. In any case, I do not think that to be the case due to the fact that it combines genuine food with other supplements, such as liquid tomatoes and cheddar. I would argue that pizza is no longer regarded a low-quality dish now that it can be made with whole wheat or half whole wheat as the base and veggies as the topping. One of the issues with poor-quality food is that it has a low satiation factor. This means that individuals do not feel as full after eating it, which might lead to their eating more than they need to. Disgusting food has a tendency to take the place of more beneficial food collections, which is another cause for worry. For instance, when individuals consume a lot of flies, they aren't getting a lot of low-fat dairy or other helpful nutrients like green tea or freshly squeezed orange juice. When they eat chips and snacks, they aren't often stocking up on lavish food assortments as you would expect them to be. The bulk of what we refer to as "low-quality food" may be placed into either the "nibble food" or the "unobtrusive food" category. But there are other things to think about, such as grains for breakfast. While they give off the impression of being guilt-free, many of them really qualify as "helpless food" due to the fact that they often include a significant amount of sugar or heavy corn syrup, white flour, or processed maize. Calories from Snack Foods

Eminent snack food supplies, such as chips, cheddar puff, snacks, nibble cakes, and treats, are frequently monetarily ready and wrapped. The responsibility of nibbling food to calories we consume should not be demonized. According to a research published in the Chilean medical journal *Revista Medica de Chile*, between 1977 & 1996, the task of nibbling calories to make up to calories for American children aged 2 to 5 years increased by 30%.

1.3 Junk food impact on human Health

When poor-quality food is consumed on a daily basis, the excess of fat, basic carbohydrates, and controlled sugar present in poor-quality food increases the risk of strength, cardiovascular disease, and various other robust flourishing conditions [36]. A setting-focused investigation of the usage of low-cost food variety in Ghana found a strong link between the use of poor-quality food and high rates. The report requires that strong address complex thriving issues such as an increase in the rate

A cross sectional survey on Health effects of junk food among the undergraduate students of heart attacks [37]. According to studies, as early as age of 30, courses can begin to impede and establish the groundwork for future heart attacks [38]. Buyers will also consume a lot in one sitting, [39], and those who have satisfied their hunger with poor quality food become less likely to eat great food supplies like regular meals or vegetables [40]. Experiments on rodents has revealed the negative effects of bad eating, which may reveal what's greater in persons. In 2008, a Scripps Research Institute scientist claimed that messy food alters cerebrum function in the same way that drugs such as cocaine and heroin alter it. The pleasure organizations of rodent thoughts became desensitized after several weeks of unlimited acceptance to bad food, requiring more significant meal for rapture; that after inferior food was removed and replaced with a solid eating standard, the rodents deprived of food for around 14 days rather than eating nutritious fare [41][42]. Another study published in the British Journal of Nutrition found that female rodents that ate bad food during pregnancy increased the likelihood of their offspring having vexatious dietary models [43]. Another study looked into the impact of sweet food sources on people's lively success, and found that eating Low-quality food can negatively impact levels of energy and energized well-being [44]. The recurrence of utilization of 57 sources of food of 4000 kids aged four and a half were collected by maternal report in an examination published in the European Journal of Clinical Nutrition. The 4000 children were administered the Strengths and Difficulties Questionnaire (SDQ) at the age of seven, which included 5 scales: hyperactivity, direct issues, peer issues, energetic signs, and useful for social leadership. A one-standard-deviation increase in offending food was then linked to absurd hyperactivity in 33 percentage points of the participants, implying that children who eat a lot of junk food at the age of seven will undoubtedly be in the top 3 of the hyperactivity scales. There was no clear link between his bad eating and all the other scales [45].

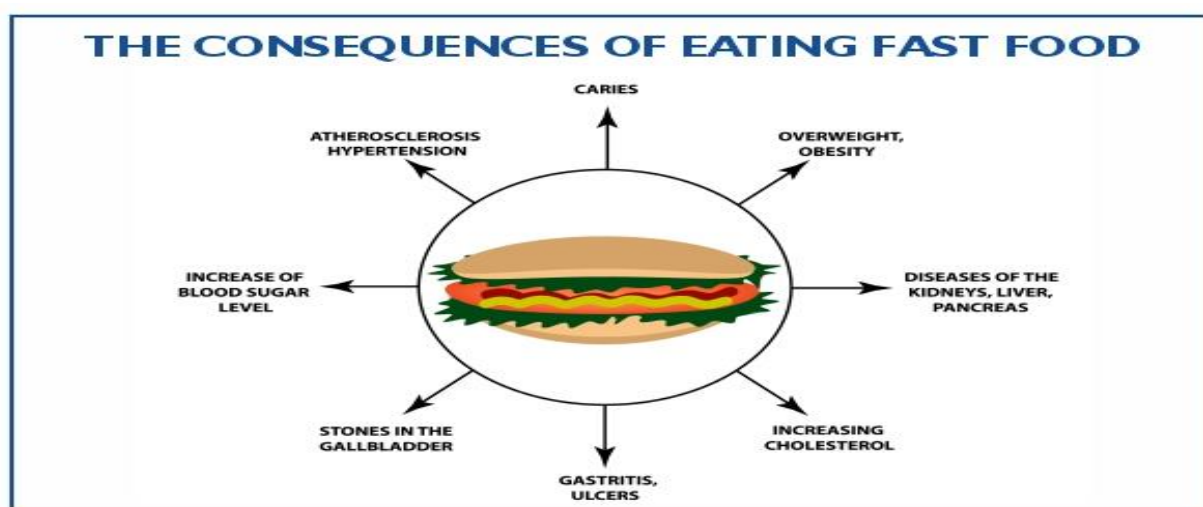


Figure 1.2: Junk food impact on human Health

1.4 Hypertension

It is a well-established fact that hypertension, also known as high blood pressure, may be brought on by the ingestion of an excessive quantity of salt in one's diet. Salt is used in the preparation process of many different ready-to-eat meals, which is the primary cause of the high amounts of sodium that are found in these foods. Burgers, tacos, French fries, and super-hot ordinary stuff pies are examples of meals that contain a significant quantity of salt. In the process of preparing themselves as roasted prawn, a pair has gone much beyond what the guidelines established by the American Heart Association would have the majority of people believe is even possible. [64] The rate at which atherosclerosis develops and the likelihood of getting coronary artery disease are both increased when hypertension is present, as revealed by research.

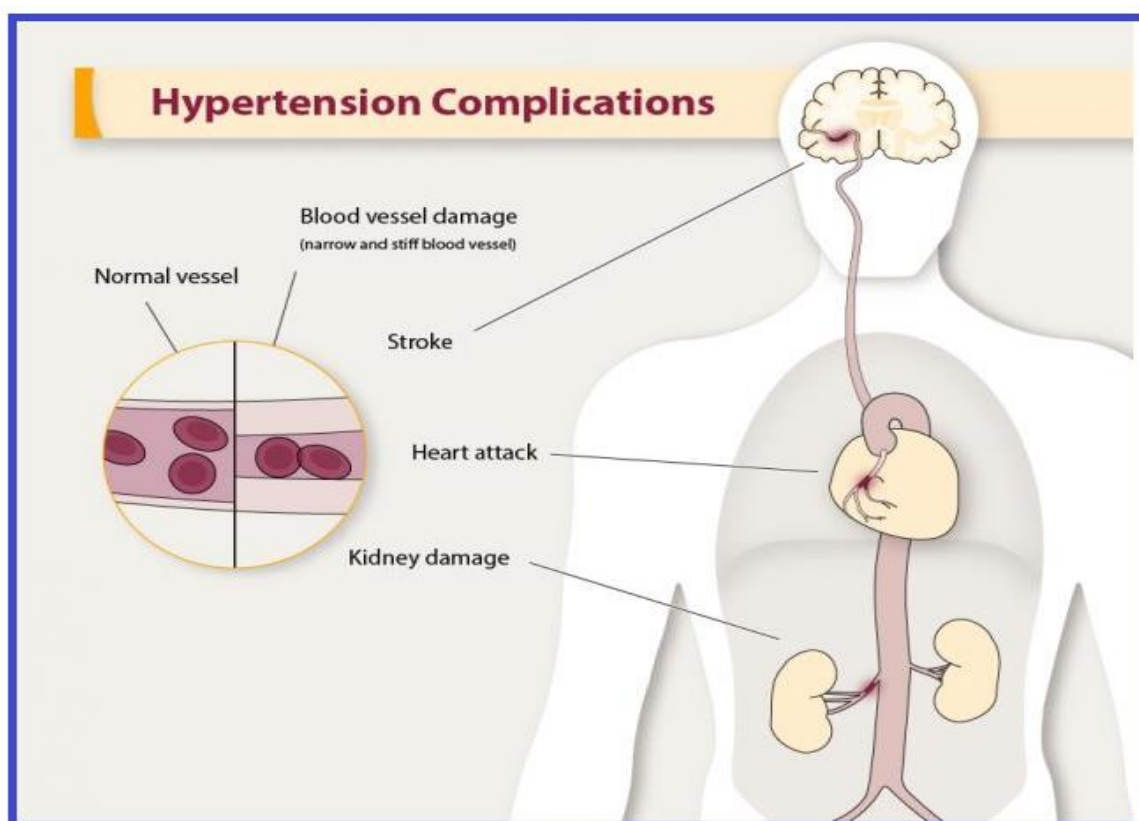


Figure 1.3: Hypertension

1.5 Type 2 Diabetes

Although no one knows whether convenient meal combinations cause diabetes, illnesses linked to low-cost food sources can increase your chances of contracting pollutants. Type 2 diabetes has been linked to obesity, greatness, hypertension, and elevated glucose levels. According to a 2005 clinical review published in "The Lancet," consuming inconspicuous food meals for more than seven days can result in a normal 10-pound weight gain in active adults over the long term [65]. Putting on that much more weight increases your risk of insulin resistance and type 2 diabetes.

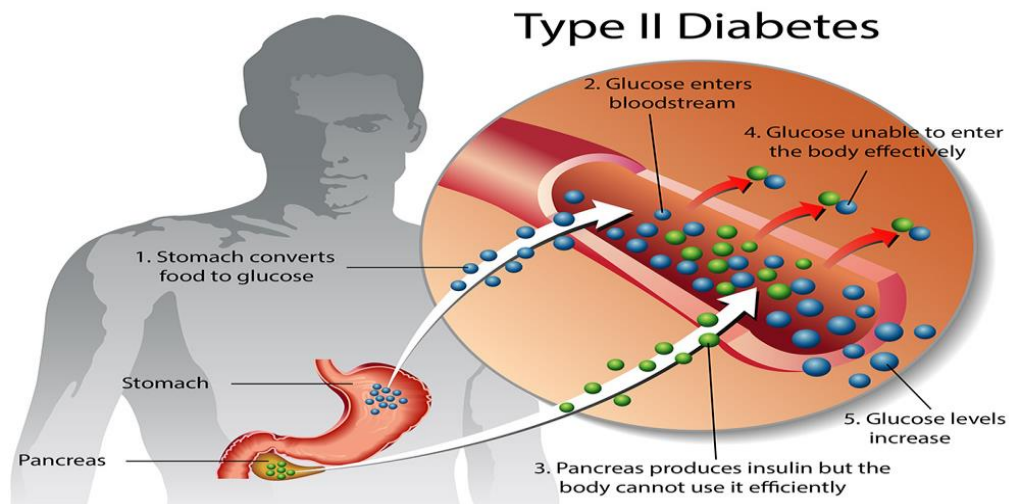


Figure 1.4: Type 2 Diabetes

1.6 Cancer

Stomach ulcers may develop into more serious illnesses due to taking junk food. The difficulty is that many people have a tendency to take different types of fast food such as burger, pizza, soft drinks, and many more others oily food. We are noticing an increase in the number of young individuals who are diagnosed with cancers of the stomach, colorectal region, and gall bladder "According to the famous oncologist Dr. Gautam Mukhopadhyay, preservatives and chemicals used in packaged food may pose a cancer risk. Pesticides and other chemicals that are present in foods like fruits and vegetables still represent a risk to human health, even if those foods, such leafy greens, are consumed in greater quantities. The physicians suggested that washing the veggies using the appropriate technique might be of assistance. They went on to say that although there is no harm in indulging in packaged food once in a while, it may be helpful to stick to traditional foods more often. Besides, "Consumption of tobacco products and smoking are traditionally thought to be the cause of cancer.



Figure 1.5: Cancer

Chapter 2

Objective

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2. Objective:

The purpose of this survey is to see what individuals think about junk food.

- To learn more about the negative effects of junk food on our health.
- To determine which age group consumes the most junk food.
- To determine how frequently people consume junk food.
- To establish a new field for advanced study.

Chapter 3

Methodology

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3. Methodology:

The assessment has been consisted of a series of questionnaires, each of which will include between 10-15 qualifying questions. There are around 184 participants in this research. I printed the question, distributed it to the undergraduate students at Daffodil International University, and then gathered the data for this study. I have included their findings in my studies after compiling the outcomes of their assessments and providing this summary. Within the context of this research, I am interested in hearing people's perspectives on junk food and the way it impacts our health.

The questionnaires of my survey are as follows:

1. Gender
 - (i) Male
 - (ii) Female
2. Area of living
 - (i) Rural
 - (ii) Urban
3. Age
 - (i) 15-20 years
 - (ii) 21-25 years
 - (iii) 26-30 years
 - (iv) Above 30 years
4. In which year, do you study?
 - (i) 1st Year
 - (ii) 2nd Year
 - (iii) 3rd Year
 - (iv) 4th Year
5. Where did you first hear about 'Junk Food'?
 - (i) Social Media
 - (ii) Television
 - (iii) Teacher
 - (iv) Newspaper
 - (v) Radio
 - (vi) Others
6. Do you eat Junk Food?
 - (i) Yes
 - (ii) No
7. What is your favorite Junk Food?
 - (i) Fast food
 - (ii) Snacks
 - (iii) Soft drinks
 - (iv) Candies
8. Do you check the Junk Food quality?
 - (i) Yes
 - (ii) No
 - (iii) Sometimes
9. Do you really know the harmful effects of Junk Food?
 - (i) Yes
 - (ii) No
10. If YES, what type of complication occurs? (N.B: Select Individual or Multiple)
 - (i) Type 2 diabetes
 - (ii) Heart problems (such as cardiovascular disease)
 - (iii) Obesity
 - (iv) High blood pressure
 - (v) High cholesterol
 - (vi) All of the above

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11. Have you faced acidity problem due to taking Junk Food?

- (i) Agree (ii) Strongly agree (iii) Neutral
(iv) Disagree (v) Strongly disagree

12. Do you think Junk Food may cause obesity?

- (i) Agree (ii) Strongly agree (iii) Neutral
(iv) Disagree (v) Strongly disagree

13. What are the factors influencing the choice of Junk Food?

- (i) Time (ii) Taste
(iii) Changing lifestyles (iv) Influence of advertisements

14. How many times do you eat Junk Food on an average per week?

- (i) Once (ii) Twice (iii) Thrice
(iv) Four times (v) More than five times

15. Do you take Junk Food as an alternative to breakfast?

- (i) Yes (ii) No

16. In your opinion do you consider Junk Food is healthy or not?

- (i) Yes (ii) No

Chapter 4

Result and Discussion

4. Result and Discussion:

4.1 Gender:

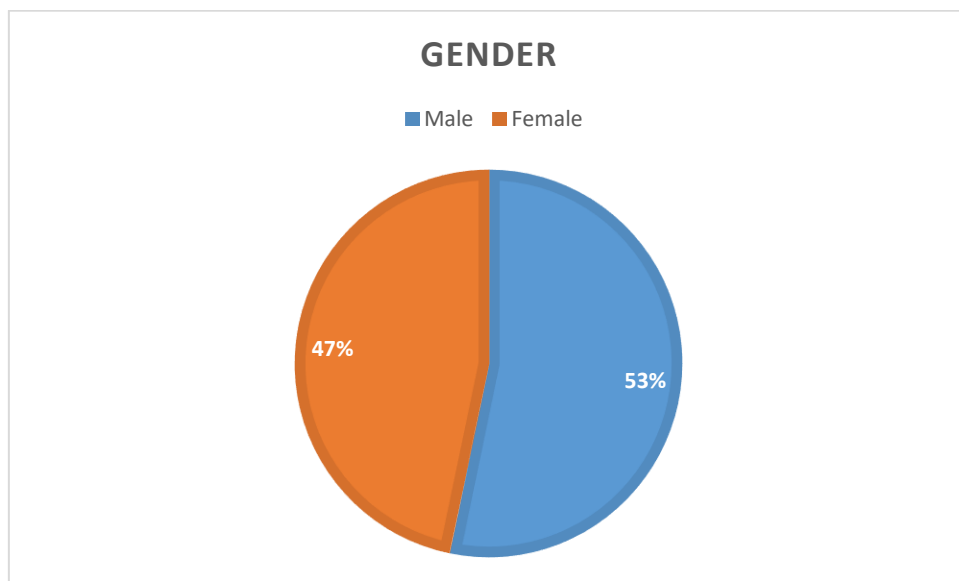


Figure 4.1: Gender

In my survey's response, 47% were female participants and 53% male participants have eaten junk food.

4.2 Age:

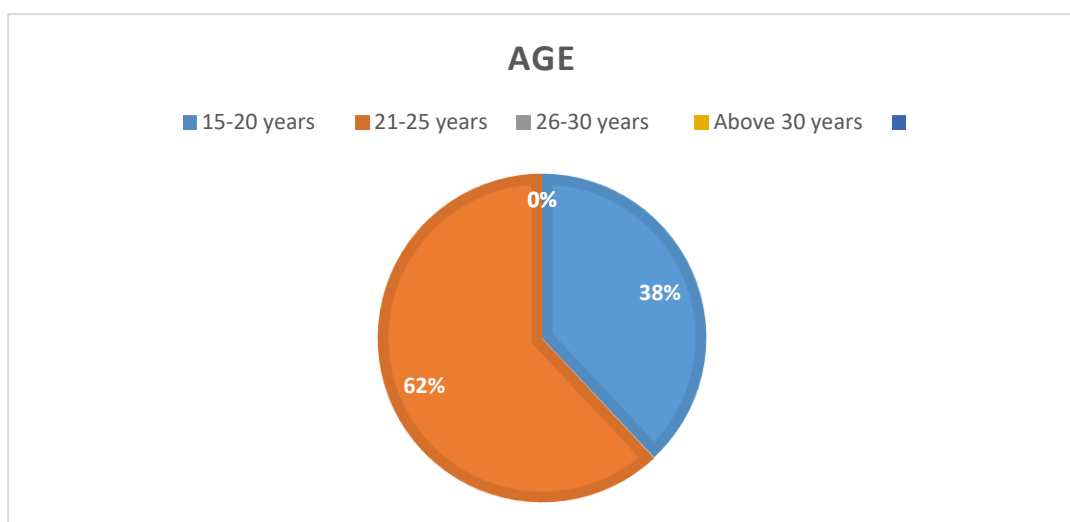


Figure 4.2: Age

According to this study, 21-25 years old are 62% who have eaten junk food, and 38% people are 26-30 years old to eat junk food.

4.3 Area of living

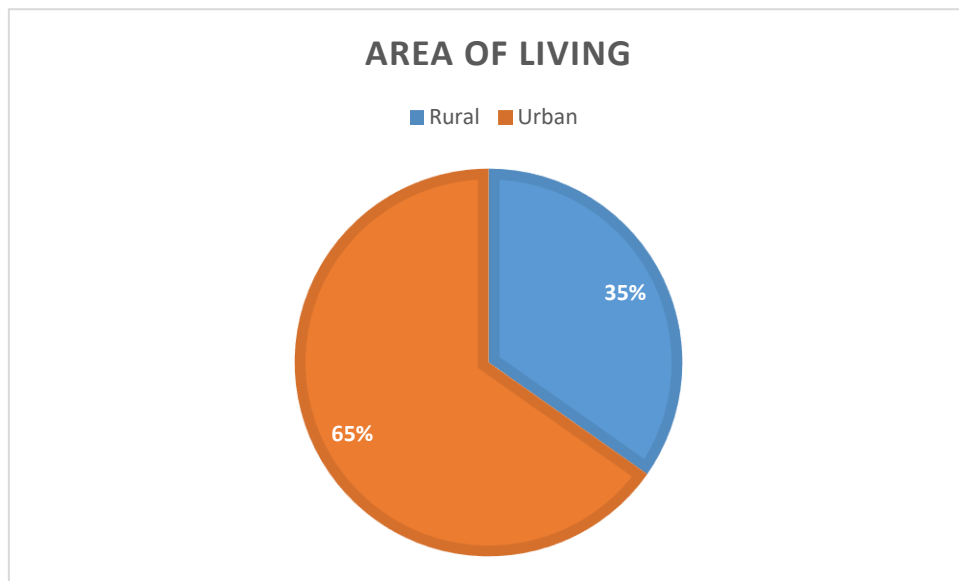


Figure 4.3: Area of living

According to the result of the survey, 65% of the participants lives in the urban area who have eaten junk food. The remaining 45% lives in the rural area.

4.4 How they know about Junk food

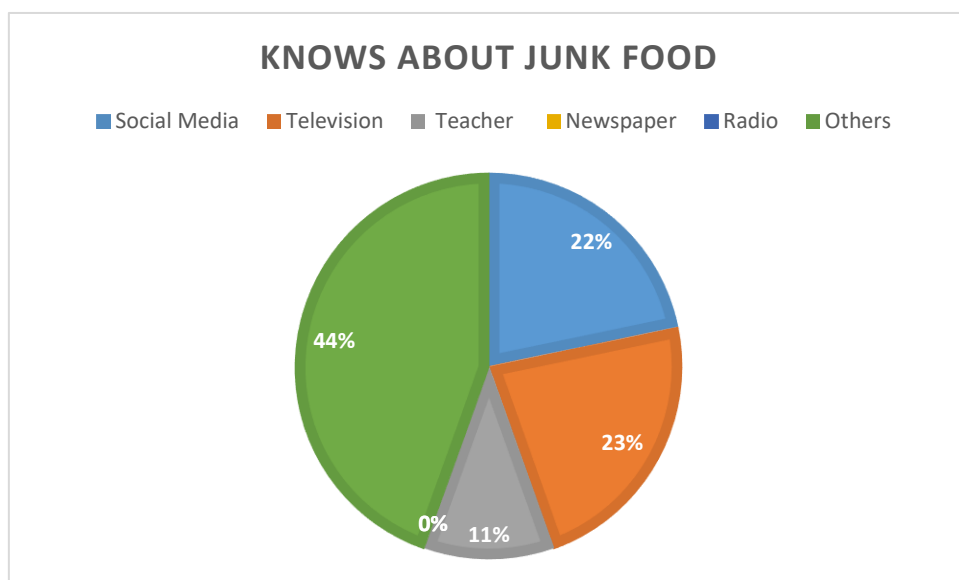


Figure 4.4: First hear of the term junk food

The students have heard about junk food 22% social media, 23% by television, 11% knows by their teacher, and the others 44.56% knows by different other sources

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4.5 Favorite Junk food by participants

In our studies, about 59.78% always enjoyed taking fast food. Among them, 13% like to eat snacks, 22.83% soft drinks, and 4.35% candies.

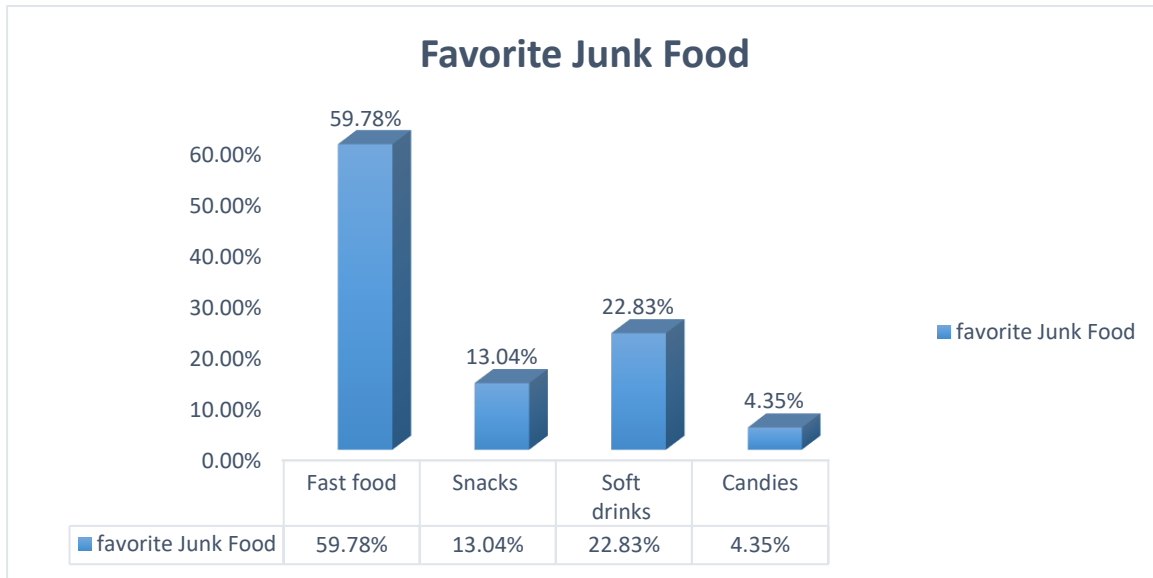


Figure 4.5: Favorite Junk food by participants

4.6 Obesity

In our current investigation, around 51.09% thinks that may cause obesity and about strongly agree 38.04% where neutral 10.87%.

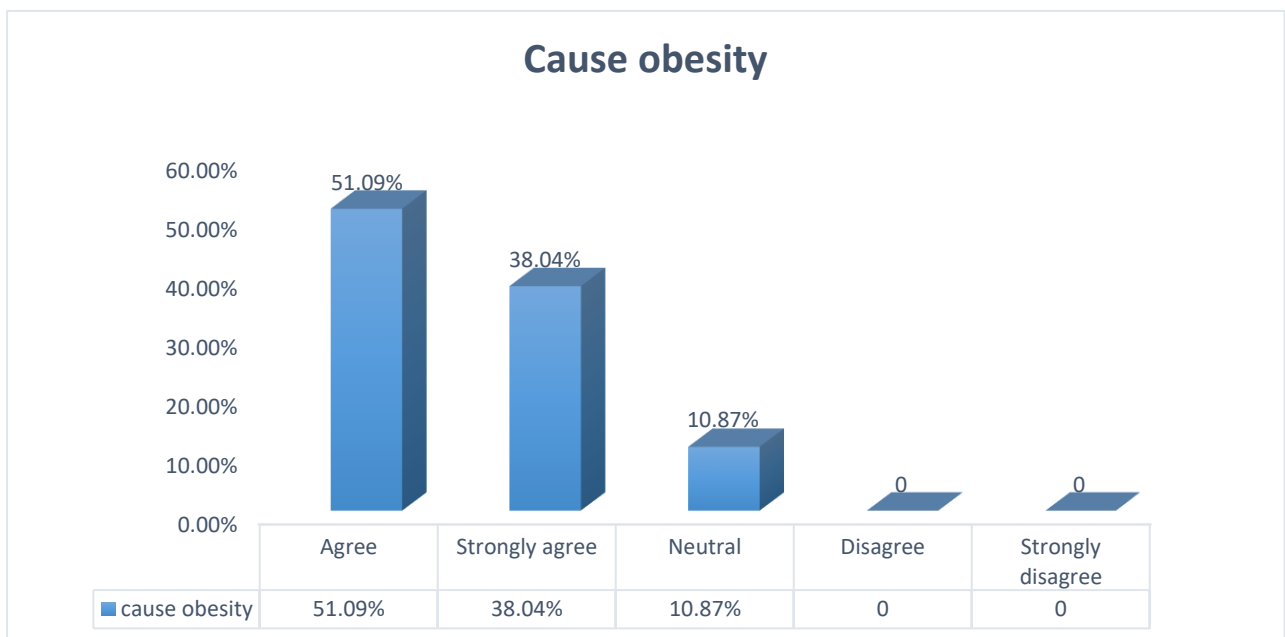


Figure 4.6: Obesity

4.7 Acidity

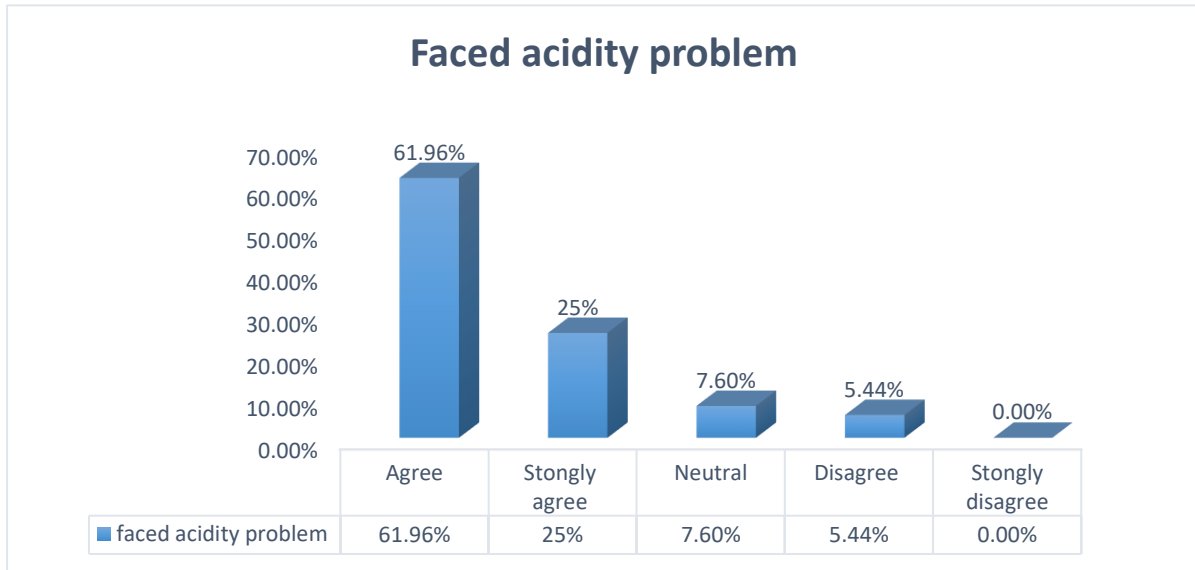


Figure 4.7: Acidity

According to the current finding of our survey, around 61.96% people think they faced acidity after having junk food. 25% strongly agree with the question and 5.44% disagree with the acidity problem.

4.8 Student take junk food as alternative to breakfast

According to the study, it has been reported that around 39.13% students have taken junk food as a breakfast and 60.87% participants do not take junk food as a breakfast.

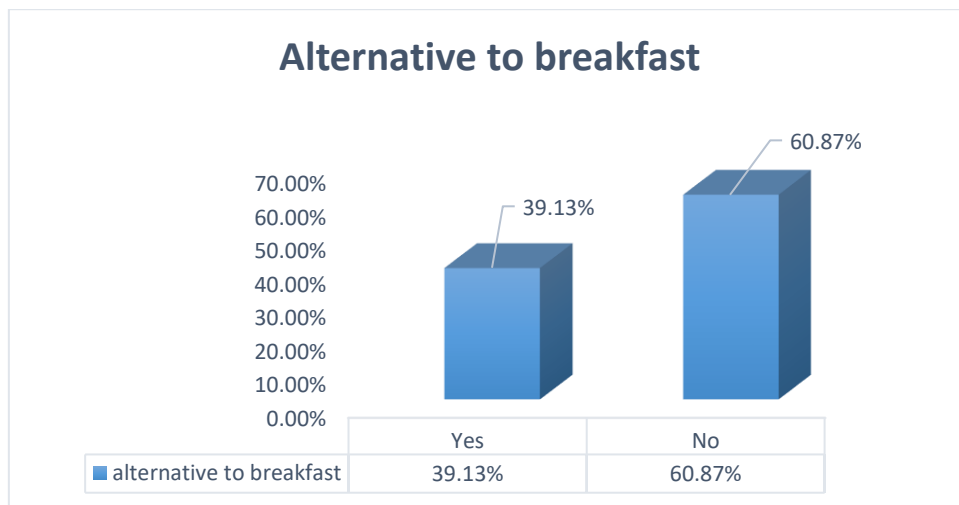


Figure 4.8: participants take junk food as breakfast

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4.9 Complication after taking junk food

Our survey also reported that 5.43% people may faced diabetes problem due to taking junk food where the other disease included heart problem 8.7%, obesity 18.48%, high blood pressure 5.43%, high cholesterol 7.61%. So, it is very much concern that most of the participants may faced obesity problem due to taking junk food which further may cause other chronic disease such as diabetics.

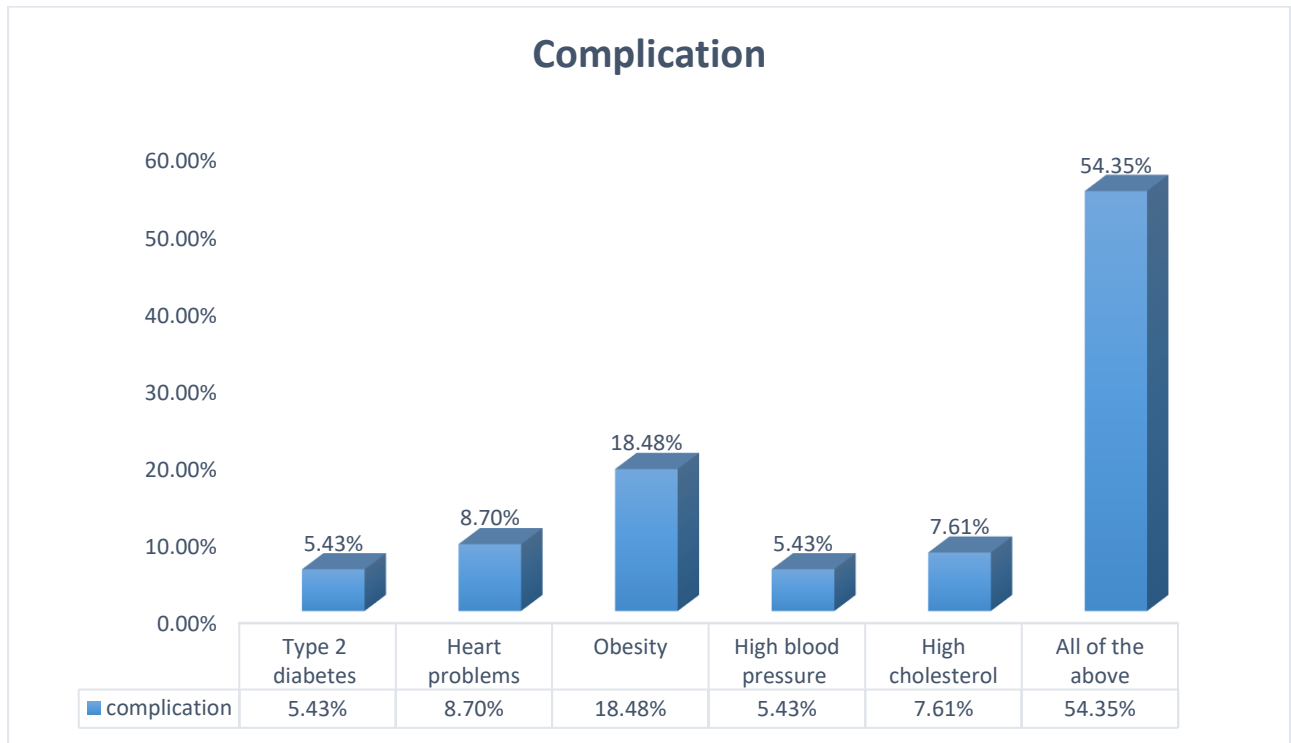


Figure 4.9: Complication after taking junk food

4.10 Factor that influences to take junk food

Our investigation has been reported that 71.74% participate has taken the junk food due to attractive tastes, and deliciousness where 11.96% taken junk food due to changing life style and the other 7.60% taken junk food by influencing advertisement.

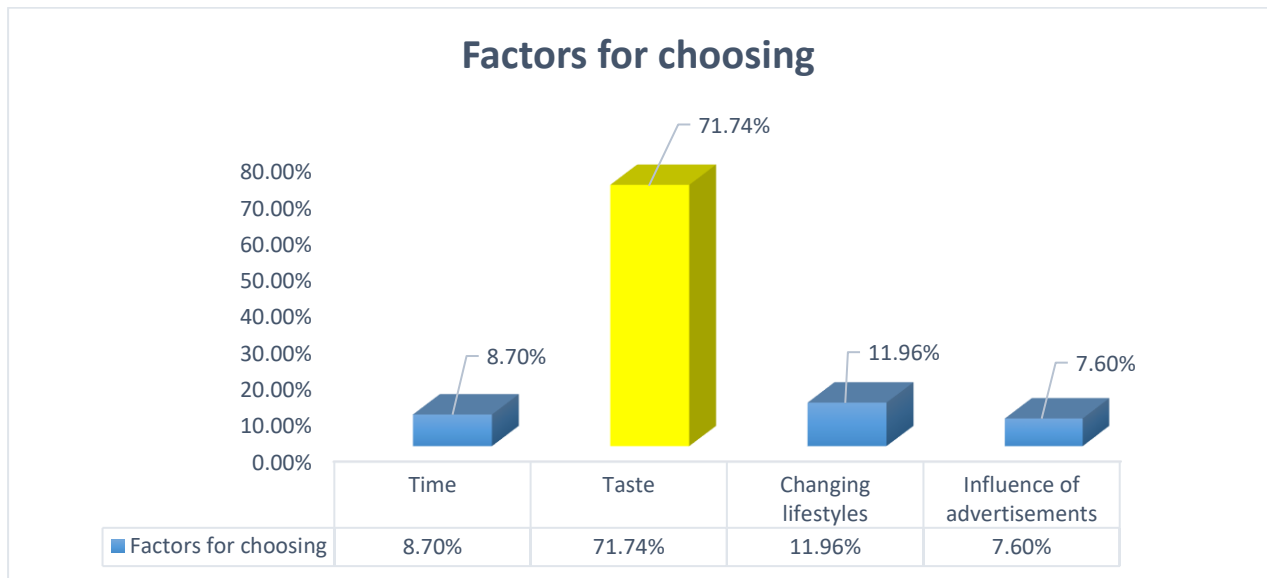


Figure 4.10: Factor for choosing Junk food

4.11 Consume junk food per week

Our survey reported that most of the students which is almost 38.75% consume junk food more 5 times in a week where 17.78% students consume junk food once a week and four times a week taken by 16.30%

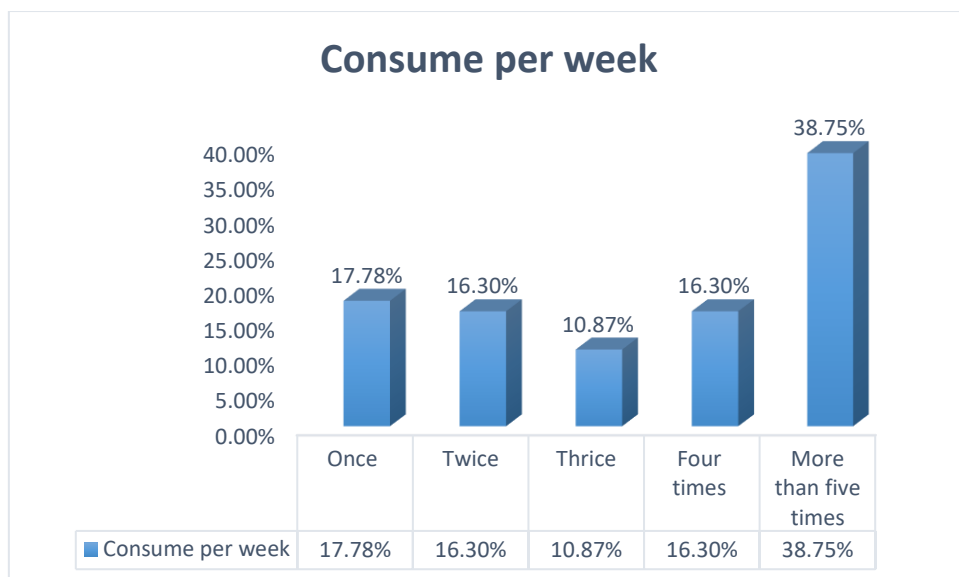


Figure 4.11: Consume junk food weekly by student

Chapter 5

Conclusion

5. Conclusion:

In conclusion, our investigation reported that most of the participants consume junk food on a regular basis, and think that it is beneficial for their health. On the other hand, consuming junk food as often as possible may lead to conditions such as obesity and diabetes. The high levels of sugar, salt, and fat that are often found in inexpensive foods are the primary factors that contribute to their negative effects. The majority of people are today overweight as a direct consequence of poor nutrition, and junk food is a key contributor to this epidemic that has become all too frequent in current society. In addition, a large majority of people groups are suffering from sharpness as a direct result of the consumption of junk food. As a result of the basic acidity, societies are suffering from conditions such as stomach ulcers, GERD, throat ulcers, and so on. Peoples' groups need to be worried about the usage of bad nutrition, and they ought to progressively minimize their consumption of junk food for reasons pertaining to their health. So, people should be conscious about taking junk food. Otherwise, many chronic diseases may happen which ultimately impact on their daily life.

Chapter 6

Reference

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