



ORIGINAL RESEARCH PAPER

General Surgery

A STUDY OF AWARENESS ON CONSUMPTION OF FAST FOOD AMONG MEDICAL STUDENTS

KEY WORDS: Fast Food , Diet , Medical Students , Nutritional Value , Healthy Eating

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ABSTRACT

Fast food consumption is a concern for medical students as it can have health consequences. However, with their knowledge of nutrition and healthy living, medical students are well-positioned to make informed dietary choices and set an example for a healthier lifestyle. It's essential for medical students to strike a balance between their demanding schedules and maintaining their health. the relationship between fast food and medical students revolves around the challenges posed by the demanding nature of medical education and the importance of making healthy choices despite these challenges. Medical students, as future healthcare providers, should be aware of the health consequences of fast food consumption and strive to set an example for healthier living.

INTRODUCTION

Fast food refers to food that is prepared and served quickly, often through a drive-thru window or at a counter. It is known for its convenience and speed of service, making it a popular choice for people with busy lifestyles. Fast food restaurants typically offer a limited menu of items that can be prepared and served rapidly. Common examples of fast food items include hamburgers, french fries, fried chicken, pizza, tacos, and sandwiches.

Fast food establishments are known for their standardized preparation methods and often offer a limited number of options in each category. This standardization allows for efficient cooking and service, which is essential for providing quick meals to customers. Some well-known fast food chains around the world include McDonald's, Burger King, KFC, Subway, and Taco Bell.

While fast food can be convenient, it is often criticized for being high in calories, fat, sugar, and salt. Consuming too much fast food can contribute to health issues like obesity, heart disease, and diabetes. Many people are becoming more health-conscious and seeking alternatives to fast food in an effort to maintain a balanced and nutritious diet.

In response to these health concerns, some fast food chains have expanded their menus to include healthier options, such as salads, grilled chicken, and fruit. Additionally, some regions have implemented regulations and menu labeling requirements to make consumers more aware of the nutritional content of the fast food they are consuming.

Fast food consumption can have various implications for medical students, just as it does for anyone. Some key points to consider:

Health Implications:

Medical students, like anyone else, should be mindful of their dietary choices. Regularly consuming fast food, which is often high in calories, saturated fats, salt, and sugar, can lead to health problems over time. These include obesity, high blood pressure, diabetes, and cardiac disease. Medical students, who are trained to understand these health risks, should be aware of the importance of a balanced diet.

Time and Convenience:

Medical students often lead busy lives with demanding schedules, making it tempting to turn to fast food for its

convenience. However, there are healthier and quicker meal options available, such as meal prepping, choosing healthier fast food options, or finding local restaurants that offer nutritious meals.

Stress and Coping:

Medical school can be extremely stressful. Some students may turn to fast food as a form of stress relief or comfort eating. This coping mechanism can lead to overeating and unhealthy food choices. It's important for medical students to find healthier ways to manage stress, such as exercise, meditation, or seeking support from peers or mental health professionals.

Nutrition Education:

Medical students receive education on nutrition as part of their training. This knowledge equips them to make informed decisions about their diet and to educate others about healthy eating. They should strive to apply this knowledge in their own lives and set an example for patients and the community.

Peer and Institutional Support:

Medical schools can play a role in promoting healthy eating habits among their students. They can provide resources and programs to support nutrition education and healthier food options on campus

Objectives

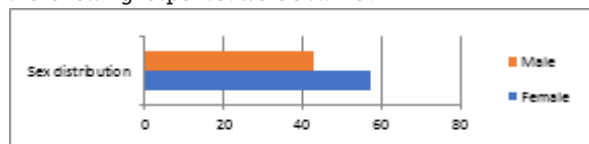
- 1) To Study And Analyze The Pattern Of Fast Food Consumption Among Medical Students
- 2) To Study The Awareness Of Adverse Effects Of Fast Food Among Medical Students

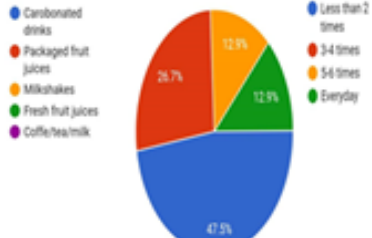
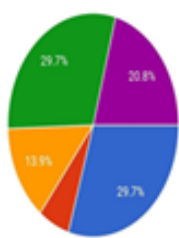
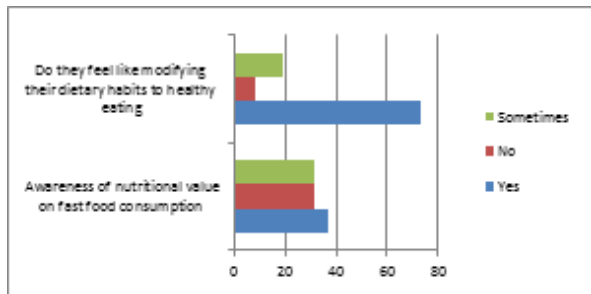
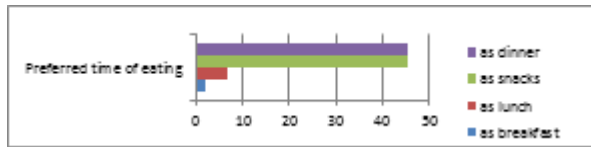
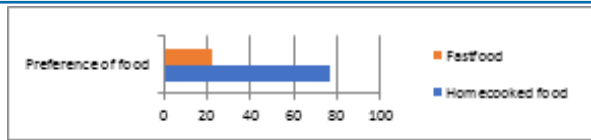
METHODS

A questionnaire was formed using Google forms and the questionnaire was sent to the medical students of a medical college . Responses were obtained from them. It was then transferred to an Excel sheet and data analyzed using EXCEL. Graphs and charts were constructed using it

Analysis And Interpretation

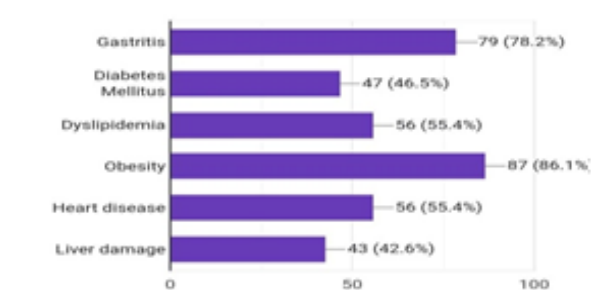
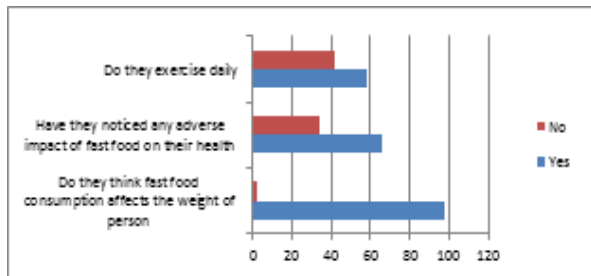
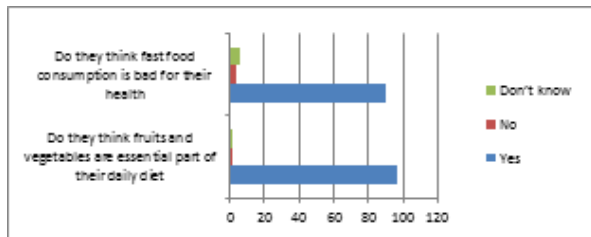
By the use of Google form, sufficient data was collected and the following responses were obtained



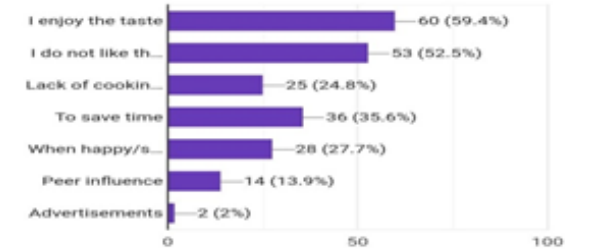


Most Preferred Beverage

Frequency Of Consumption In A Week



Health Problem That Can Be Caused Due To Consumption Of Fast Food On Regular Basis



Reason For Preferring Fast Food

RESULTS

A total of 101 responses were obtained out of which age variation from 19 to 33 years were obtained out of which 24 years were the most . 57.4 % were female where as 42.6 % were males . The most preferred food seemed to be Pizza followed by burger/ sandwich and chips. A total of 77.2 % prefers home cooked food over fast food . While in beverages 29.7 % preferred both carbonated drink and fresh fruit juice over coffee/ tea / milk . The frequency for consumption of fast food turns out to be 47.5% for less than 2 times a week . Most people (45.5%) prefers fast food for dinner or snacks over lunch and breakfast. A total of 77.2 % knew about the nutritional value of fast food and for 36.6 % it influences their choice. Most students enjoy fastfood as a means for its taste and 36.6 % spends less than 500 a month for it . On health basis , 66.3 % noticed adverse effect of fast food in them with gastritis being seen in 78.2 % of them . A total of 90.1 % considers fast food consumption to be bad for health and thus opts for fruits and vegetables as essential part of diet . On a regular basis 58.4 % does regular exercise and 73.3 % considers changing their dietary habits to healthy eating .

CONCLUSION

From the above results we can conclude that most of the medical students consumes fast food on a daily basis , preferring them for lunch or snacks. But , the awareness regarding its adverse effect is also at a high such that majority of them would Like to change their dietary habits , life style changes and lead a healthy life . Unhealthy eating habits among medical students are not uncommon, and they can have a significant impact on both physical and mental well-being. Medical school can be demanding, stressful, and time-consuming, which may lead some students to develop poor eating habits . The consequences of bad eating habits in medical students can include weight gain, decreased energy levels, impaired concentration, increased risk of chronic health conditions, and mental health issues such as anxiety and depression. Medical schools may also have support systems in place to help students address these issues. Ultimately, maintaining healthy eating habits is crucial for both physical and mental well-being, and it can contribute to better academic performance and overall success in medical school.

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