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### RESEARCH ARTICLE

#### EFFECT OF FAST FOOD ON HEALTH AMONG PRECLINICAL STUDENTS AT IMAM UNIVERSITY, COLLEGE OF MEDICINE.

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#### Manuscript Info

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##### Key words:-

Fast food, Imam University, college of medicine, pre-clinical years, Riyadh, Saudi Arabia.

#### Abstract

**Introduction:-** We decided to take this topic because of its importance in health. Fast food restraints are widely distributed throughout KSA, particularly in big cities like (Riyadh). In addition to that, most fast food restraint uses unhealthy making food. The problem is in increasing fast food consumption by young people that leads to many healthy problems which include health care cost, and physical inactivity.

**Background:-** Effect of Fast Food on Health is popular in our population. The present work is aimed at studying the effect of fast food on pre-clinical student in college of medicine Imam University. Material and method: This is a cross-sectional study that was conducted in the college of medicine at Imam Muhammad bin Saud University in Riyadh. Our target population is pre-clinical medical male students between 18 and 35 years old. Sample size of 90 students was calculated statistically (30 students from each preclinical year).

**Results:-** Thirty-nine percent of those were between 18 and 21 years old, while the others were older than 21 years old. Majority of our population sample (48.4%) are in 3rd year and 29.7 percent of them are in 2nd year. More than half of participants (56.3%) reported that their GPA was between 3 and 3.5 out of 5, with only 15.6% of them was below 3. More than 90 percent of the participants admitted that fast food is not good for their health. The most important factor for chosen fast food was the cost in nearly the half (48.4%), while advertisement came as second driven factor for choosing fast food in 23.4 percent of the participants. The most important factor for chosen fast food was the cost in (48.4%). (23.4%) of the participants driven factor for chosen fast food was advertisement. burger was the most popular kind of fast food, then sandwich (12.5%).

**Conclusion:-** Fast food has become popular in all world country including our community. Because many factors like: enjoy the taste, advertisement, limited time, and cost. Fast food has effect on our health including: increase our weight, cardiovascular disease and (DM).

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## Introduction:-

The term of fast food was named to food that can be prepared and served very quickly, first known in the 1950s in the US. Because any food with low preparation time can be considered to be fast food, basically the fast food means the food that sold in a restaurant or store with preheated or precooked ingredients, and served to the customer in a packaged form for take-out/take-away. Fast food restaurants are traditionally separated by their ability to serve food via a drive-through. The term "fast food" was given in a dictionary by Merriam-Webster in 1951.<sup>1</sup>

In US the burden of obesity and obesity related diseases has increased too fast since the mid-1970s. At the same time, the number of fast food restaurants had increased over the same time period, and if we looked at the other restaurants, they grew at a much slower. In the public debate over obesity it is often assumed that the widespread availability of fast food restaurants is an important determinant of the dramatic increases in obesity rates. Policy makers in several cities have responded by restricting the availability or content of fast food, or by requiring posting of the caloric content of the meals. But the evidence linking fast food and obesity is not strong. Much of it is based on correlation studies in small data sets.<sup>2</sup>The environments with poor-quality food will lead to big effects on adolescent eating patterns and overweight, so by limiting the proximity of fast-food restaurants to schools by Policy going to help to reduce adolescent obesity.<sup>3</sup>If we compare between fast food and non-fast food we will find that adults and children who eat fast food will have had higher intake of energy, fat, saturated fat, sodium, carbonated soft drink, and lower intake of vitamins A and C, milk, fruits and vegetables.<sup>4</sup>We have decided to take this topic because of its important in health. Fast food restraints on widely distributed throughout KSA partially in big cities like (Riyadh). In addition to that most of fast food restraint use unhealthy making food. The problem is in increasing fast food consumption by young people that leads to many healthy problems which include health care cost, and physical inactivity.

## Material and Methods:-

This is Cross sectional study that were conducted in the college of medicine at Imam Muhammad bin Saud University in Riyadh. Our target population is Pre-clinical medical male student between 18 and 35 years old. The list of all medical student (obtained from the student affairs department) used to define our population sample. Sample size of 90 students was calculated statistically (30 students from each preclinical year). Our population sample was determined through systemic random sampling, we started with 20th one in the list of student from each year, and skip 3 student and choice the 4<sup>th</sup> one until we reach our sample size. Data collection tool was a revised web Questionnaire. We included in our study every male, pre-clinical medical student, older than 17 years old, younger than 36 years old and studying at Imam University. Our exclusion criteria included the incomplete or with faulty data were excluded from the study. Data were statistically analysed using the mean and standard deviation for quantitative data and frequencies for qualitative data through the SPSS program.

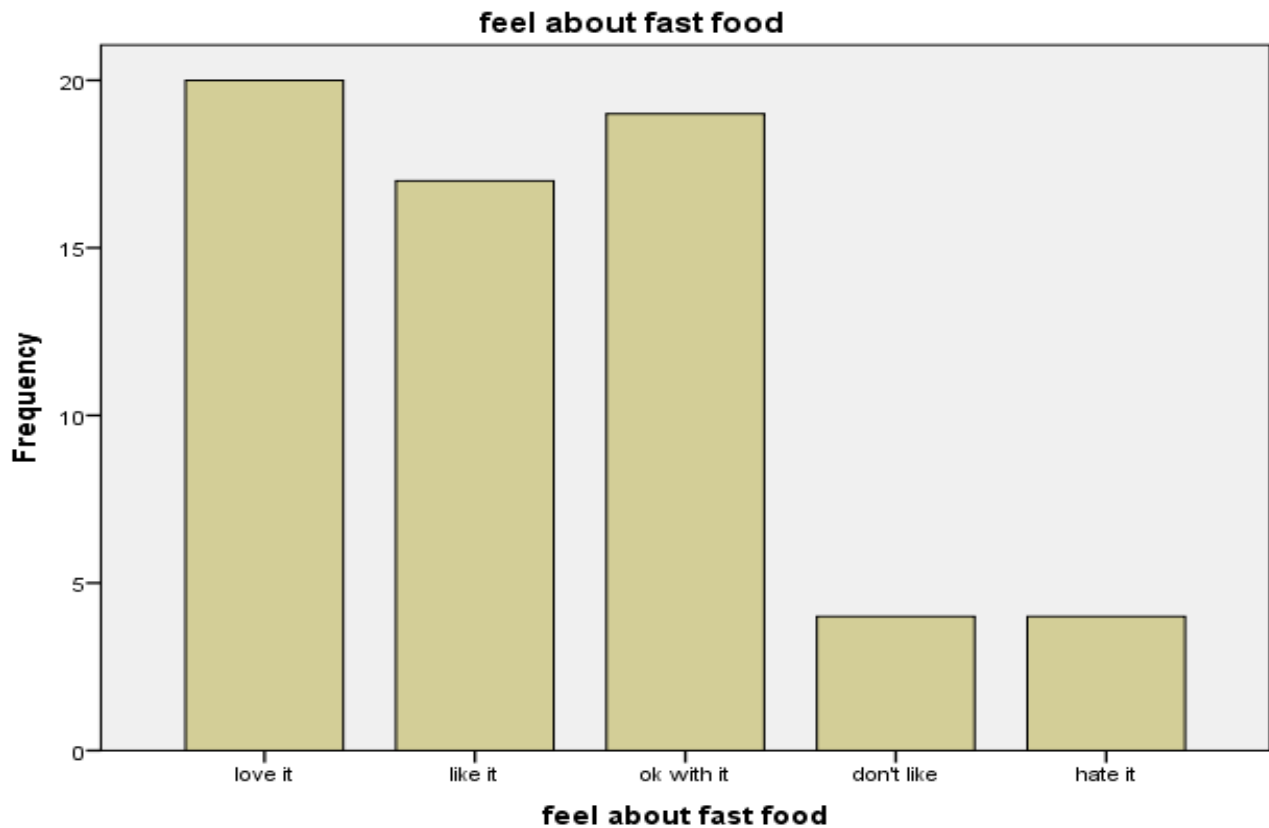
## Results:-

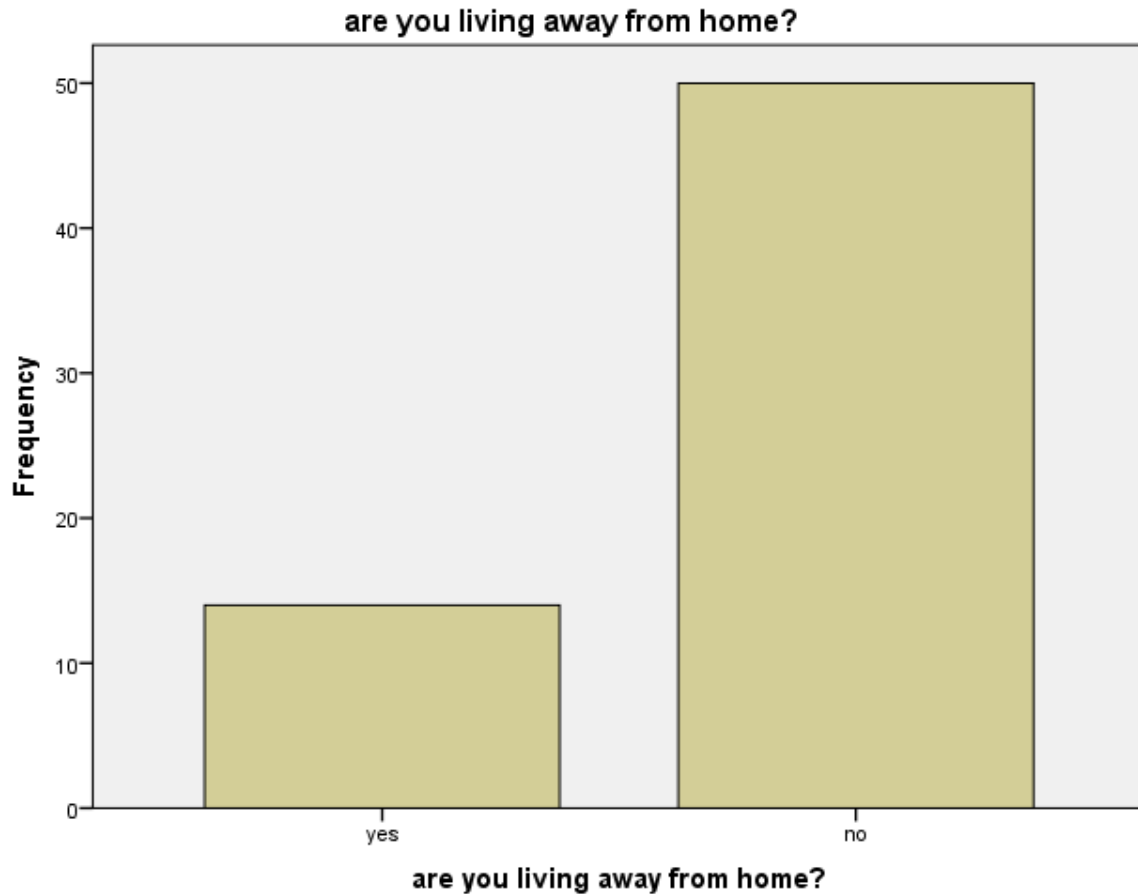
Final number that met our inclusion criteria is 64 out of 90 participants (Table 1). Thirty-nine percent of those were between 18 and 21 years old, while the others were older than 21 years old. Majority of our population sample (48.4%) are in 3<sup>rd</sup> year and 29.7 percent of them are in 2<sup>nd</sup> year. More than half of participants (56.3%) reported that their GPA was between 3 and 3.5 out of 5, with only 15.6% of them was below 3. More than 90 percent of the participants admitted that fast food is not good for their health. The most important factor for chosen fast food was the cost in nearly the half (48.4%), while advertisement came as second driven factor for choosing fast food in 23.4 percent of the participants. The burger was the most popular kind of fast food, followed by sandwich (12.5%). Only 21.9 percent of the participants are living away from home with 42.8 percent of them their eating habits are greatly affected.

**Table 1:-**

	Number	Percentage
<b>Age</b>		
18-21	39	60.9
22-25	18	28.1
30-33	6	9.4
34-35	1	1.6
<b>GPA</b>		
<3	10	15.6
3-3.4	36	56.3

3.5-3.99	2	3.1
4-4.49	10	15.6
4.5-5	6	9.4
<b>Frequency of fast food eating</b>		
less than once a week	14	21.9
two to four time a weak	26	40.6
more than four times a week	24	37.5
<b>Believes fast food is bad to his health</b>		
Yes	58	90.6
No	6	9.4
<b>does the prices of fast food influence the chosen</b>		
Yes	54	84.4
No	9	14.1
Missing	1	1.6





### Discussion:-

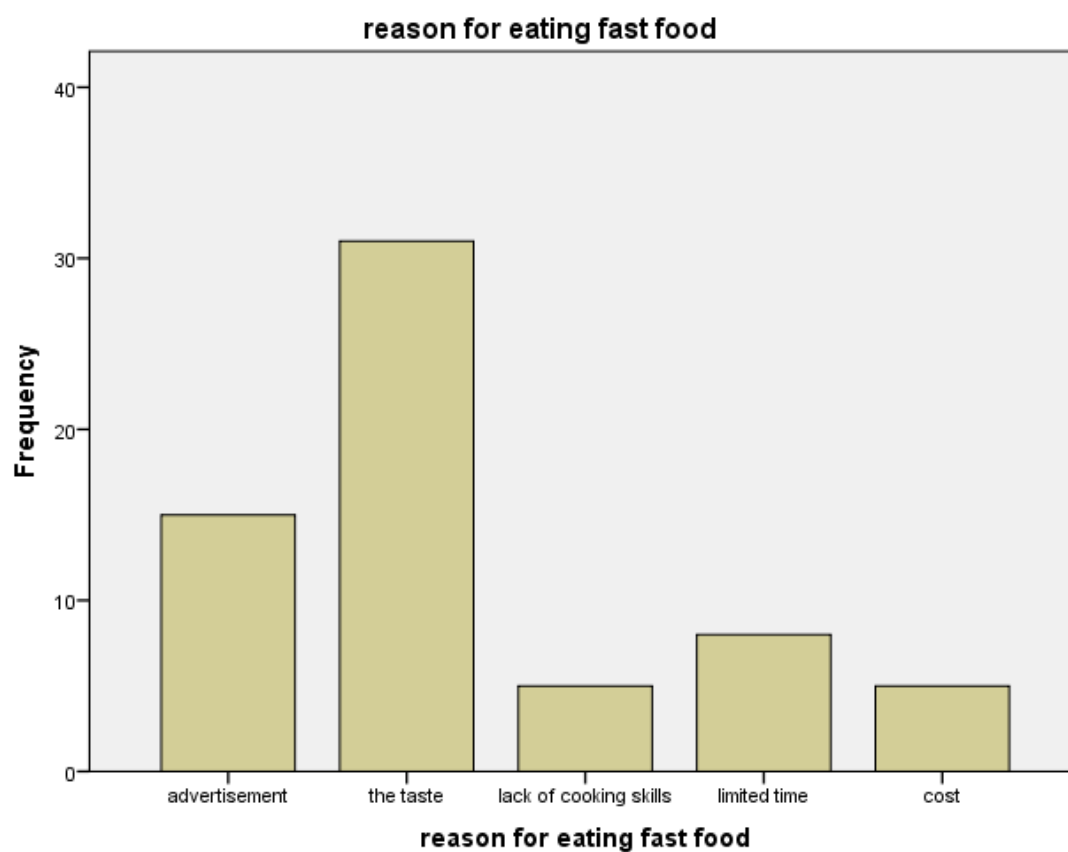
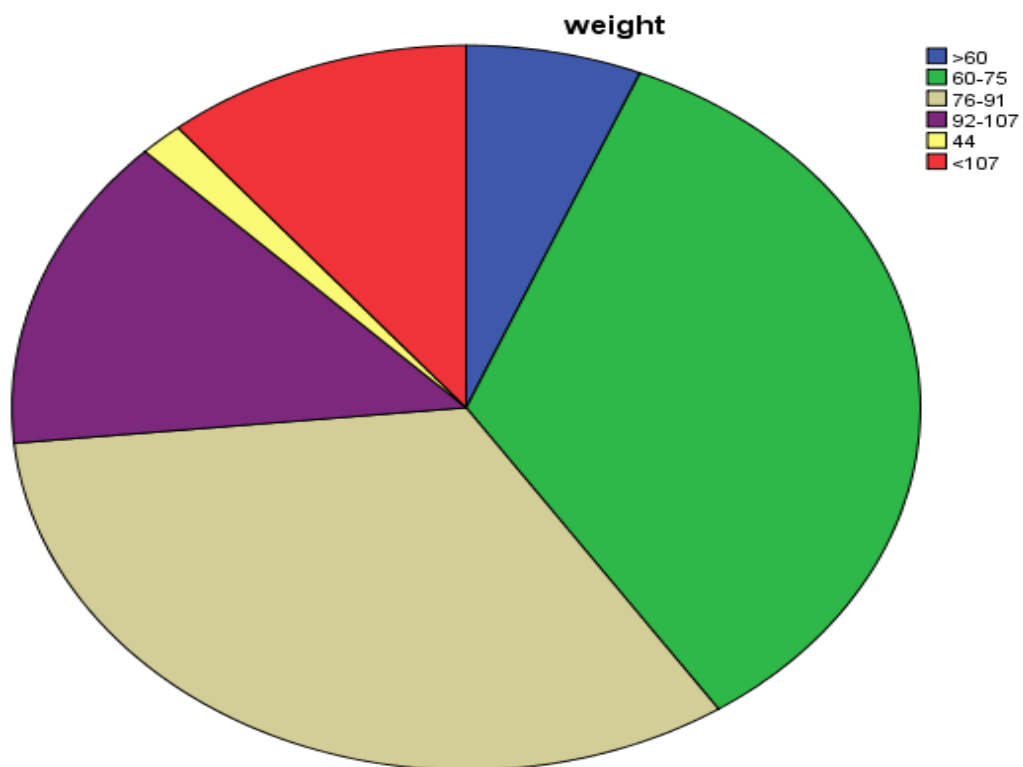
The definition of fast food was discussed with all participants of this study to avoid confusion and misconception. With the use of probability sampling, the results gave a fairly representative view of effect of fast food on preclinical student.

Results of the present study showed that (26) of the participants eat two to four time a week (40.6%), and only (14) of them eat once a week (21.9%). The majority of student's weight between (60 KG – 91KG) (67.2%). only (9.4%) of the participants don't believe that fast food is bad for their health.

Most of the participants agree to consider prices one of the influence factor for choosing fast food kind.

The most popular kind of the fast food among Pre-clinical student was burger (71.9%).

The most important driven factor for fast food is the taste while limited time factor represent (12.5%).



**Conclusion:-**

Fast food become popular in all world country including our community. Because many factor like: enjoy the taste, advertisement, limited time, and cost.

Fast food has effect on our health including: increase our weight, cardiovascular disease like: Coronary artery disease, Cardiomyopathy, Hypertensive heart disease, Heart failure, congenital heart disease. And may develop type 2 diabetes, this type of diabetes is often caused by poor lifestyle choices, such as being overweight and not being physically active. There is a side effect to consuming frequent amounts of fast food 'obesity' which can lead to the development of diabetes.

As food does not provide family members opportunity to set and eat at one place. Everyone can buy and eat walking in the way, driving a vehicle and during his work in office.

The satisfaction which a combine meal provide is lacking in Fast Food.

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