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# Knowledge regarding risk factors associated with junk foods among adolescents in Kamakshi Nagar at Nellore

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### Abstract

**Background:** Junk food consumption trend is increasing in all parts of the world. The transition in lifestyle and dietary habits is leading to many non-communicable diseases. Adolescence is the only time following infancy when the rate of physical growth actually increases. This sudden growth spurt is associated with hormonal, cognitive, and emotional changes that make adolescence an especially vulnerable period of life. First, there is a greater demand for calories and nutrients due to the dramatic increase in physical growth and development over a relatively short period of time. Second, adolescence is a time of changing lifestyles and food habit--changes that affect both nutrient needs and intake. Third, adolescent drive for individuation means more opportunity to assert food choices and expand or narrow healthy options.

**Objectives:** 1. To assess the level of knowledge regarding risk factors associated with junk foods among adolescents. 2. To find out the association between the knowledge regarding risk factors associated with junk foods among adolescents with their selected socio demographic variables.

**Materials and methods:** The descriptive research design was used to conduct research study. The 30 adolescents were selected by using non probability convenience sampling technique in Kamakshi Nagar at Nellore.

**Result:** The results shows that, with regards to level of knowledge regarding risk factors associated with junk foods among adolescents 19 (63%) had inadequate knowledge, 9(30%) had moderate knowledge and 2(7%) had adequate knowledge.

**Keywords:** Risk factors, junk foods, adolescents

### Introduction

Junk food is defined as a food which is readily available, usually inexpensive, may or may not be nutritious. Such food contains more calories, more salt, has a higher content of saturated fat and contains less iron, calcium and dietary fiber. Common junk food includes fast food, carbonated drinks, chips, desserts, chocolates, etc. Adult's food choices are not consistent with the dietary guidelines, leading to many preventable diseases. Over the past few decades, junk food consumption has increased worldwide. Consuming large amounts of junk food is associated with a dramatic decrease in healthy food like milk, fruits and vegetables intake. High income, rapid urbanization, free home deliveries, mouthwatering advertisements and international cuisines have contributed to a rising trend in increased junk food intake.

Visible changes in the lifestyle patterns are noticed once the individual reaches his/her adolescence. The tradition of family dinner is getting replaced by eating "on the run". Unfortunately, these modifications are usually not healthy, ranging from eating junk food in restaurants to lack of physical activity. Based on some recent reports, more than one-third adults consume junk food two or even more times during a week. Other reasons for these unhealthy habits include eating junk for pleasure, taste, laziness, Friends Company, independence and easy availability of these amenities. These unhealthy habits have several adverse effects on health.

Good nutritious diet or balance diet is basic need of every child for their growth and development because of its delicious taste. Most of the children of this age during their meal time eat junk food and get addicted to the taste of the junk food. Though, junk foods are tasty but it has low nutritive value and high calories. Many people try to avoid or limit junk food

in their diet. Out of that such food is not healthy, despite the fact that numerous food manufacturers manufacture various ranges of products which could be considered as junk food. It food comprises of anything that is quick, tasty, convenient and fashionable. Junk foods are not healthy and have various ill-effects. Because of low nutritive value and high calories, children become obese. Junk foods are also laced with colours which are often in edible, carcinogenic and harmful to the body. These foods and their can affect digestive system, its effects can emerge after many years.

According to Centers for Disease Control and Prevention, Eating Behaviors of Young People. Between 2001 and 2010, consumption of sugar-sweetened beverages among children and adolescents decreased, but still accounts for 10% of total caloric intake. Between 2003 and 2010, total fruit intake and whole fruit intake among children and adolescents increased. However, most youth still do not meet fruit and vegetable recommendations. Empty calories from added sugars and solid fats contribute to 40% of daily calories for children and adolescents age 2–18 year affecting the overall quality of their diets. Approximately half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk. Most youth do not consume the recommended amount of total water.

As per WHO, 39% of adults aged 18 years and over were overweight in 2014, and 13% were obese. Increasing trend of obesity among adolescents is a worldwide phenomenon and considered as one of the major public health challenge of the 21st century. Obesity in adolescence is a significant risk factor for a range of serious non-communicable diseases in adulthood such as cardiovascular diseases, diabetes mellitus, osteoarthritis, gall bladder diseases, cancers with an increased risk of mortality. Although prevalence of obesity is increasing worldwide, it is faster in developing countries due to declining levels of physical activity as well as nutrition transition characterized by a trend towards consumption of a diet high in fat, sugar and refined foods and low in fiber. Dietary practice is a modifiable risk factor for obesity in childhood and adolescence.

### Problem statement

A Study assess the knowledge regarding Risk Factors Associated with Junk Foods among Adolescents in Kamakshi Nagar at Nellore

### Objectives

1. To assess the level of knowledge regarding risk factors associated with junk foods among adolescents
2. To find out the association between the knowledge regarding risk factors associated with junk foods with their selected socio demographic variables.

### Materials and Methods

A quantitative research approach and descriptive research design was used to assess the knowledge regarding risk factors associated with junk foods among adolescents in Kamakshi Nagar at Nellore. The sample includes all the adolescents who are studying in ZPH School Kamakshi Nagar at Nellore. 30 Adolescents were selected by using non probability convenience sampling technique. With the help of extensive reviews from various text books, net sources and journals, 33 structured questionnaires were developed to assess the knowledge regarding risk factors

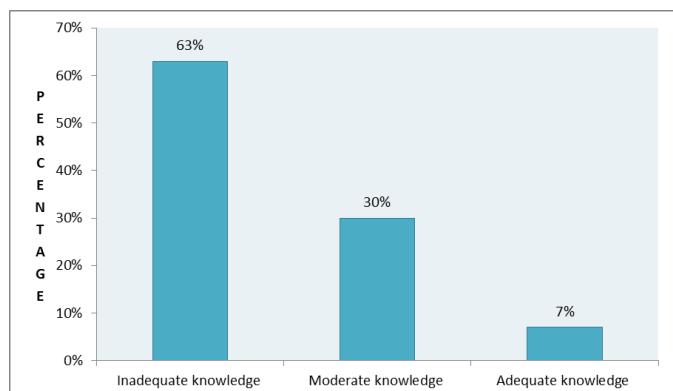
associated with junk foods. Each correct answer was given by score '1' and wrong answer by score '0'. The score interpretation was >75% Adequate knowledge, 55-75% Moderate knowledge and <50% in adequate knowledge. The tool was sent to nursing experts for content validity. The reliability of the tool 'r' value was 0.9. The tool was tested for the feasibility by conducting pilot study among adolescents. Prior formal permission was obtained from the institutional ethical committee, Narayana Medical College Hospital, Nellore and formal permission obtained from District Educational Officer. The samples were informed by the investigator about the purpose of the study and the written consent was obtained. The data collection was carried out 2 weeks. Data was collected by using socio demographic variables and a structured questionnaire was used to measure the level of knowledge regarding risk factors associated with junk foods. It took 10- 15 minutes to collect the data from each participant. The data was analyzed and tabulated by using descriptive and inferential statistics based on objectives of the study.

### Result and Discussion

**Table 1:** Frequency and percentage distribution of level of knowledge regarding risk factors associated with junk foods among adolescentsn (n=30)

| Level of knowledge    | Frequency (f) | Percentage (%) |
|-----------------------|---------------|----------------|
| In adequate knowledge | 19            | 63             |
| Moderate knowledge    | 9             | 30             |
| Adequate knowledge    | 2             | 7              |
| Total                 | 30            | 100            |

**Table no-1:** Shows that with regard to level of knowledge regarding risk factors associated with junk foods among adolescents 19 (63%) have inadequate knowledge, 9(30%) have moderate knowledge and 2(7%) have adequate knowledge.



**Fig 1:** Percentage distribution of level of knowledge regarding risk factors associated with junk foods.

**Table 2:** Mean and standard deviation of level of knowledge regarding regarding risk factors associated with junk foods among adolescents

| Criteria           | Mean | Standard deviation |
|--------------------|------|--------------------|
| Level of knowledge | 48.9 | 13.9               |

**Table no-2:** Shows that level of knowledge regarding risk factors associated with junk foods mean value is 48.9 with Standard deviation of 13.9.

### **Association between the level of knowledge regarding risk factors associated with junk foods among adolescents with their selected socio demographic variables**

There is a significant association between the level of knowledge regarding risk factors associated with junk foods with their selected demographic variables like, Amount of consumption junk foods, Duration of consumption of junk foods and dietary habits at the level of  $P<0.05$ .

There is a non significant association between the level of knowledge regarding risk factors associated with junk foods with their selected demographic variables like, age, sex and educational qualification at the level of  $P<0.05$ .

**Nursing Implications:** The findings of the study have several implications nursing education, nursing administration and nursing research

#### **Nursing Education**

- Community health nurse have the responsibility to educate the risk factors associated with junk foods
- Health education Programmes to be organized for adolescents regarding risk factors of junk foods to update their knowledge.
- Mass awareness Programmes need to be initiated.

#### **Nursing Administration**

- The nurse administrators to introduce protocols through media regarding risk factors associated with junk foods.
- The nurse administrator should take up responsibility to conduct education programme regarding risk factors associated with junk foods.

#### **Nursing Research**

- The findings of the study can be disseminated through the print journals as well as electronic journals.
- The essence of research is to build up knowledge in nursing, as in a profession it is important.

#### **Recommendations**

- Based on the findings, the following recommendations are suggested in the future research.
- The study can be replicated to a large number of sample.
- A similar study can be done in different settings and in different population.
- A cross sectional descriptive study can be done to assess the knowledge regarding risk factors associated with junk foods in rural population.
- A comparative study can be undertaken to compare the knowledge regarding risk factors associated with junk foods among children and adolescents.

**Conclusion:** The study concluded that majority of the adolescents had inadequate knowledge about risk factors associated with junk foods. The community health nurse needs to explore health educational activities to create awareness among consumption junk foods and healthy dietary habits.

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