Relationship between fast food and Anthropometric indices in Ardabil childrens 12-6 years old in 2013

Abstract

Introduction:

Today, with advances in science, technology and industry, lifestyles have changed and we can see fading of traditions and indigenous cultures in areas such as nutrition and food behavior; and in many communities fast foods consumption have been promoted. Some studies have reported a relationship between fast food with low learning rate, increased BMI and low quality of diet. Regarding to that scientific study has not been performed on fast food consumption field among children and adolescents in the Ardabil city and its relation to anthropometric indices, so that, the study in this field seems to be necessary.

Material and Method:

Current study is a prospective, descriptive and analytical study. At first the list of all schools in Ardabil was extracted by reffering to the Office of Education and then all schools was divided into 6 clusters based on area, and among the clusters according to the code of each school was selected 5 schools randomly. Then was reffered to the schools and 20 students selected randomly (couples number in the score notbook) and was given them check list which has already been designed. Check lists contained demographic information about children, education level, type, amount and number of fast food consumption per week by children and their families, height and weight of children, etc. After completing them their information were analyzed by SPSS v16 software.

Results:

This study was performed on the data from 600 children that 54.5% were girl and their average age was 8.35 years. 66.7% of children were with normal BMI, 8.55% with overweight and 5.5% with obese. In review was found that the consumption of sausage was 0.54, Kielbasa 0.44 , burgers 0.58, fries 3.44 and pizza 0.40 unit per week. It was also observed that the average weight of childrens daily food was 766.41g, protein 48.56g, fat 102.02g, calories1665.20 kcal and carbohydrates 146.23g. After analyzing the data, it was observed that there was a significant relationship between the consumption of bacon(time consuming) and BMI and also between fast food consumption (except burgers) with number of family whereas there was found no relation between other fast food with BMI, gender and education level. Also, was found no significant relationship between the weight of consumed food, protein, fat, calories and carbohydrayes with BMI and gender.

Conclusion:

The results showed that there was not enough good correlation between the increased fast food consumption and BMI in primary school children in Ardabil.

Keywords: Fast food, Anthropometric, Ardabil city