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Fast food obesity in Adolescents

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The changes in dietary habits and way of life of adolescents lead to some nutrition problems. The purpose of this study is to compare dietary habits of children living in metropolitan and non-metropolitan areas regarding their physical characteristics, socio-economic milieu and educational level. Fast food is an easy solution to meal times. Fast food advertisements are often aimed directly at children, making them desire fast food even more.

Obesity during adolescence has been found to increase mortality rates during adulthood. For many people, especially those in their early teens, body image can be closely linked to self-esteem. That's because as kids develop into teens, they care more about how others see them. The obesity risk of adolescents is to be high. Some literature has found a relationship between fast food consumption and obesity. Including a study which found that fast food restaurants near schools increases the risk of obesity among the student population.

Exposure to poor-quality food environments has important effects on adolescent eating patterns and overweight. Policy interventions limiting the proximity of fast-food restaurants to schools could help reduce adolescent obesity. Intervention programs should be organized in order to inform the students about the importance of healthy nutrition and lead them to change their current consumption behavior.

Biography

Kamile Kukul is a graduate of Nursing School, Hacettepe University. She had her Ph. D degree in 1997 in Nursing, Hacettepe University. She has been an Associate Professor at Akdeniz University since 1999. Her major research areas are women's health, child development and nursing education. She has published some articles in journals. She is director of health school.