

## ABSTRACT

This dissertation examines the Study of the Effect of the Fast Food Culture as a contributing factor to obesity and long term health related illnesses in students at the St. Augustine Campus. It explores the students' eating preferences and number of meals consumed per day. It also highlights the growing epidemic of the fast food culture in the St. Augustine campus and shows the effects of long term health related illnesses. The major research strategies included an analysis of data and relevant articles pertinent to the topic. Data have been collected from questionnaires, interviews and the Internet. It was found to be that even though the students knew the harmful effects of consuming large amounts of fast food both short term and long term, 80 percent of them still frequently partakes in consumption. The minority, 20 percent whom were aware of the dangers still consumed fast food, but limited their intake. However, Eighty percent of the sample exercised regularly. The outcome of the study was not as expected from University students, and it was recommended that the students start eating healthier to reduce long term health related illnesses. It is clear that improper nutrition may produce or contribute to almost every conceivable type of illness. Nutritional and medical research is yielding important advances in using improved nutrition to prevent, cure, and ameliorate disease and illness.