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Background: Obesity is on the rise globally and is becoming a major health concern among many developed and developing countries. Obesity is defined as the abnormal or excessive accumulation of fat that may impair health, according to the World Health Organization (WHO). Obesity among children in particular is steadily increasing. It is one of the most challenging public health issues presently. The eating habits of this generation have evolved into a very “*careless practice*” and have become a norm in everyday lifestyle.

Objective: The main objective of this study was to determine the relationship between frequency of consuming fast food and the development of overweight and/or obesity among secondary school students in Penal/Siparia District of Trinidad.

Methods: In this present study 100 students were enrolled (50 males, 50 females) ranging from 11-19 years from two different secondary schools located in the Penal/Siparia District of Trinidad. Stratified sampling was conducted where questionnaires were administered to fill out. Measurements such as height, weight, waist circumference, percent body fat and blood pressure were taken from all participants. Data were entered and analyzed in SPSS and several tests like ANOVA, Independent t-test, Means, Correlations, frequencies and descriptive were done.

Results: There was no significant relationship between fast food consumption and BMI and weight. The P values obtained for this relation was 0.847 for BMI and 0.645 for weight. There was also no association between frequency of fast food and total percent body fat with a value of $P=0.510$. However, a significant relationship was found between percent body fat and sex. It showed that females have a higher percent body fat as compared to males (Mean avg. = 26.96 females and 19.7 males). Another insignificant association was found between frequency of fast food and waist circumference with a value of $P=0.511$.

Conclusion: This study accepted the null hypothesis which states that frequent consumption of fast food would not relate to secondary school students’ risk of becoming overweight and/or obese.