

Junk Food Consumption And Its Association With Body Mass Index Among School Adolescents

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Abstract

Healthy and nutritious food are being replaced by new commercial food items called Junk Food. These food item are with high calories but with low nutritive values. Excess consumption of junk food are associated with several nutritional problems ranging from underweight to obesity and various Non-communicable diseases. The study was conducted to assess the general junk food consumption habits , pattern and its association with Body Mass Index among adolescents .A descriptive cross sectional study was conducted among 311 adolescents studying in grade 8 & 9 of selected school at Birgunj ,Parsa using a pretested structured self-administered questionnaire. The obtained data were analyzed by descriptive and inferential statistics using SPSS 16 version.The result of the study revealed that age range of adolescents was 12-17 years. 37% of the adolescents were in the age group of 15 years. The BMI value was 18.81 ± 2.35 whereas majority 50.5% of the adolescents were having BMI less than normal and were considered underweight . The time of junk food consumption is significantly associated with BMI with (p value 0.02) and amount of money spend on junk food is also associated with BMI with (p value 0.006).Junk food consumption is significantly associated with low BMI among adolescents. Only a limited numbers of adolescents have understood that

excess consumption of junk food has negative effects on general health. It is required to provide awareness regarding the consequences of junk food consumption along with setting limits over junk food by parents and teachers to promote healthy dietary habits among adolescents.

Key words: junk food; BMI; adolescents

Biography:

Ms. Pramila Poudel has completed her MSC Nursing at the age of 26 years from Rajiv Gandhi University of Health Sciences, Karnataka, India. She is currently working as Associate Professor , in Tribhuwan University Affiliated Medical College in Nepal. She has published more than 6 papers in reputed journals and has been serving as an editorial board member of MEDphoenix an Official Journal of National Medical College and Teaching Hospital, Birgunj, Nepal.

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