

THE GLOBAL RISE OF FAST FOOD: HEALTH RISKS AND THE NEED FOR AWARENESS

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Annotation:*This article looks at the rising fast food consumption around the world and its detrimental effects on health, especially with reference to cardiometabolic conditions including diabetes, heart disease, and obesity. Fast food lacks vital minerals and fiber and is heavy in sodium, processed carbs, and bad fats. Regular intake, particularly in children and teenagers, can lead to blood sugar imbalances, high cholesterol, weight gain, and other health problems. The study emphasizes the necessity of increased awareness and legislative actions to lessen the negative impacts of fast food. Improving public health outcomes globally requires regulating fast food marketing and promoting healthy eating habits.*

Key words:*Fast food consumption, obesity, public health, healthy eating habits.*

Аннотация:*В этой статье рассматривается рост потребления фастфуда во всем мире и его пагубное влияние на здоровье, особенно в отношении кардиометаболических состояний, включая диабет, болезни сердца и ожирение. Фастфуд не содержит жизненно важных минералов и клетчатки и содержит много натрия, обработанных углеводов и вредных жиров. Регулярное потребление, особенно у детей и подростков, может привести к дисбалансу сахара в крови, высокому уровню холестерина, увеличению веса и другим проблемам со здоровьем. В исследовании подчеркивается необходимость повышения осведомленности и законодательных мер для уменьшения негативного воздействия фастфуда.*

Ключевые слова:*Потребление фастфуда, метаболические нарушения, Ожирение Дефицит питательных веществ, Общественное здравоохранение Здоровые привычки питания.*

Annotatsiya:*Ushbu maqola butun dunyo bo'ylab tez ovqat iste'molining o'sishi va uning salomatlikka, xususan, diabet, yurak kasalliklari va semirish kabi kardiometabolik kasalliklarga salbiy ta'sirini o'rganadi. Fast-fudda muhim minerallar va tolalar yo'q, natriy, qayta ishlangan uglevodlar va nosog'lom yog'lar ko'p. Muntazam iste'mol qilish, ayniqsa, bolalar va o'smirlarda qon shakarining muvozanati, yuqori xolesterin, kilogramm ortishi va boshqa sog'liq muammolariga olib kelishi mumkin. Tadqiqot tez ovqatlanishning salbiy ta'sirini kamaytirish uchun xabardorlikni oshirish va qonunchilik choralari ko'rish zarurligini ta'kidlaydi.*

Kalit so'zlar:*tez ovqatlanish, semizlik, jamoat salomatligi, sog'lom ovqatlanish odatlari, kardiometabolik kasalliklar.*

INTRODUCTION

In a globalizing and developing world, fast food consumption is increasing day by day. Fast food is rapidly replacing national and home-cooked meals. This shift is taking place as a result of fast food's accessibility, affordability, and speed. It has detrimental impacts on people's health, culture, and of life, though. Fast food is convenient, but its effects on society are concerning.

The impact of fast food on the global world very anxious. Concern over the concerning trend of fast food consumption and the associated cardiometabolic consequences, such as overweight and obesity, is developing on a global scale. According to the National Library of Medicine journal [1] Fast food consumption is on the rise, and the concerning rise in cardiometabolic illnesses is regarded as a global health concern. Fast food is defined by dictionaries and encyclopedias as "easily prepared processed food served in snack bars and restaurants as a quick meal or to be taken away," though there is no universally accepted definition. Industrial foods like canned foods or snacks may also be categorized as fast food. In recent years, the marketing of fast food and takeout has gained more and more international recognition. Fast food and out- of-home meals are low in vital nutrients and dietary fibers and high in sodium, total fat, saturated and trans fatty acids, cholesterol, highly processed meat, and refined carbohydrates. The fast food pattern also has negative effects on the quality of a person's diet overall, particularly in children and adolescents. One major risk factor for consuming more calories and fat and having a diet with fewer micronutrients is eating fast food and eating out. This study aimed to review the current evidence regarding the detrimental effects of fast food patterns on non-communicable diseases with a focus on cardiometabolic risk factors. This was done because of the global burden of cardiovascular diseases, diabetes, obesity, and hypertension, as well as the lack of a thorough review study on the cardiometabolic outcomes of these dietary patterns. So, The global surge in fast food consumption has sparked severe worries about its impact on health, especially as it relates to the development of cardiometabolic disorders including diabetes, heart disease, and obesity. Fast food frequently contributes considerably to bad eating habits because it is low in fiber, vital nutrients, and unhealthy fats, processed carbohydrates, and sodium. Children and teenagers, who are especially impacted by frequent fast food consumption, should pay special attention to this. Promoting good eating habits and boosting awareness of the health dangers associated with fast food are crucial given the prevalence of non-communicable illnesses worldwide and its growing appeal. To lessen the detrimental effects of fast food on public health, more investigation and legislative measures are required.

The effects of fast food on the human body

Fast food is a common food option, but it is high in calories and low in nutrients. Eating too much of it can affect almost every part of your body, disrupting their functioning and slowing down your mental performance. According to the written by Ann Pietrangelo — Updated on October 25, 2022 [2] A fast food lunch once in a while won't harm you, but

dining out frequently may be negatively impacting your health. Continue reading to find out how fast food affects your health. Headache Consuming foods high in salt, such as many fast foods, can make headaches more likely. Acne Acne can be caused by carbs, not grease. Fast food high in carbohydrates, such as potato chips, hamburger buns, and french fries, can cause acne. Stroke or heart disease Two of the main risk factors for heart disease and stroke are high blood pressure and elevated cholesterol. Elevated cholesterol Trans fats are abundant in fried foods. It is well known that these fats increase levels of LDL (bad) cholesterol. gaining weight Despite your belief that your diet is "healthy," you might be underestimating the amount of calories you're taking in. Unintentional weight gain may result from this. Blood Sugar Levels and Fast Food's Harmful Effects Consuming fast food has several negative effects on the body, particularly on blood sugar. Fast food's empty carbs, or those that are rapidly digested and have virtually no dietary fiber, cause blood glucose levels to rise sharply. As a result, insulin levels rise steadily. Long-term use of this condition causes the body to become less sensitive to the effects of insulin, which leads to the development of insulin resistance. The majority of the ingredients in fast food, including drinks and side dishes, are high in carbs and low in fiber. As a result, they are rapidly broken down in the digestive tract, and glucose is rapidly absorbed into the blood. Regular fast food eating raises the risk of diabetes and metabolic syndrome by causing blood sugar levels to fluctuate constantly. Furthermore, fast food items frequently have high levels of sugar and trans fats, which can cause obesity, hormonal imbalance, and cardiovascular disease. Regular fast food consumers are more likely to acquire diabetes and heart disease, according to studies. As a result, it's critical to limit your intake of fast food, select natural and high-fiber items, and monitor your blood sugar levels. Following a diet, exercising regularly, and maintaining a healthy lifestyle are some of the primary strategies to shield the body from different illnesses.

These foods contain carbohydrates, which are broken down by your digestive system and released into your circulation as glucose, or sugar. Your blood sugar rises as a result. Your pancreas releases insulin in response to the spike in blood sugar. Your body uses insulin to move sugar to the cells that require it for energy. Your blood sugar levels return to normal when your body consumes or stores the sugar. Your body regulates this blood sugar mechanism very well. Your organs can typically withstand these sugar surges as long as you're in good health. Fat and sugar Sugar is added to a lot of fast food dishes. In other words, more calories without more nutrients. The American Heart Association recommends that women have no more than 100 calories, or 6 teaspoons (Trusted Source), of added sugar per day, while men should consume no more than 150 calories, or 9 teaspoons. The sugar content of many fast food drinks alone exceeds the daily allowance. 9.75 teaspoons of sugar are found in a 12-ounce can of Coca-Cola. 140 calories, 39 grams of sugar, and no additional nutrients are included in that amount. So, Fast food is convenient, but consuming it frequently might have detrimental health implications. It lacks vital minerals and fiber and is heavy in calories, carbohydrates, and bad fats. Frequent consumption of fast food can lead to problems such as blood sugar imbalances, heart disease, stroke, high blood pressure,

raised cholesterol, and weight gain. Fast food's high salt and carbohydrate content can also cause migraines, acne, and insulin response problems. In light of these dangers, it's critical to prioritize eating a balanced diet full of vital nutrients and limiting fast food intake in order to preserve general health and wellbeing.

Fast food consumption is on highly demand daily in a developing and globalizing world. Fast food is quickly displacing home-cooked and national meals. The accessibility, affordability, and quickness of fast food are the reasons behind this change. However, it negatively affects people's culture, way of life, and health. Although fast food is convenient, its social repercussions are alarming.

Fast food consumption among children is increasing .The fast food industry, which is on the rise in its development stage, has not limited the daily consumption of children, and in today's developing world, fast food chains have children's menus, which further increases their love and desire for fast food consumption. Among children, fast food is desirable and it's crucial to spread knowledge about the long-term health effects of eating fast food. To give kids healthier food alternatives, include nutrition education into school curricula, and promote physical activity, schools, communities, and legislators must collaborate. Future generations can benefit from healthy eating habits if we cultivate a culture of mindful eating and balanced nutrition from an early age

Adolescents in Joint, 2015-2018 according to the article written by Cheryl D. Fryar, M.S.P.H, Margaret D. Carroll, M.S.P.H, Namanjeet Ahluwalia, Ph.D., and Cynthia L. Ogden, Ph.D.[3] Fast food has been linked to children and adolescents consuming more calories and having lower-quality diets. Children and teenagers between the ages of 2 and 19 consumed 12.4% of their daily calories from fast food on average in 2011–2012. The percentage of calories from fast food ingested on a particular day by U.S. children and adolescents, broken down by demographic features and trends since 2003, is estimated for the years 2015–2018. On any given day, what proportion of kids and teenagers ate fast food? 36.3% of kids and teenagers between the ages of 2 and 19 ate fast food on any given day between 2015 and 2018. Fast food accounted for 11.1% of children and adolescents' daily caloric intake for less than 25% of their calories, 13.8% for 25% to 45%, and 11.4% for more than 45%. Figure 1 shows the percentage of kids and teenagers (2–19 years old) who ate fast food on a particular day, expressed as a percentage of daily caloric intake: United States, 2015–2018. Did the percentage of calories from fast food vary by age or sex? From 2015 to 2018, the average daily calorie intake from fast food for children and adolescents aged 2 to 19 years was 13.8% for boys and girls overall, with no significant difference by sex for children aged 2 to 11 years, but for adolescents aged 12 to 19, the average daily intake was higher for girls (18.5%) than for boys (14.9%). The percentage of calories from fast food increased with age, with the average percentage of calories from fast food being 11.4% for children aged 2 to 11 years and 16.7% for adolescents aged 12 to 19. This age-based disparity was observed in both females and boys.

Did race and Hispanic origin affect the proportion of calories from fast food on a particular day? Compared to non-Hispanic Black (16.9%) and Hispanic (14.8%) children

and adolescents, non-Hispanic white children and adolescents aged 2-19 years consumed a much lower percentage of daily calories from fast food (12.9%) There was no discernible difference between Black children and adolescents who were Hispanic and those who were not. For children ages 2 to 11, there was no discernible difference by race or Hispanic origin. However, compared to non-Hispanic Black (21.5%) and Hispanic (18.5%) adolescents, non-Hispanic white adolescents consumed a much lower percentage of daily calories (14.8%) from fast food among adolescents aged 12 to 19. There was no discernible difference between Hispanic and non-Hispanic Black teenagers.

CONCLUSION

The health of kids and teenagers is seriously at risk due to the rising consumption of fast food. According to research, 36.3% of people between the ages of 2 and 19 ate fast food every day between 2015 and 2018, and the number of calories consumed from fast food increased with age. Additionally, disparities in consumption were noted according to racial and cultural backgrounds. Fast food has a detrimental impact on children's and teenagers' overall diet quality since it is rich in calories but low in nutrients. Therefore, enhancing public health and averting long-term health problems need encouraging good eating practices and lowering fast food consumption

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