

World Congress on **Public Health and Nutrition**

March 10-12, 2016 Madrid, Spain

Fast food consumption among university students, Saudi Arabia – A cross-sectional study (2014)

Yasser Fahd Al Towyan
Majmaah University, Saudi Arabia

Background: Fast food consumption (FFC) is one of the most common eating habits now-a-days with escalated prevalence in the recent decades. It is a risk factor for development of many diseases, and the risk increases with increase FFC.

Objectives: The study aimed to find the prevalence of FFC among the university students, to identify factors that contribute to the FFC among them, and to test student's level of awareness regarding the health issues occur due to the consumption of fast food.

Methods: This cross sectional study was conducted from December 2013 - May 2014. The target population was students of either gender studying in Majmaah University. A total of 505 students (325) males and (180) females aged between 18-26 years were randomly chosen from Colleges of Majmaah University.

Results: Two hundred and ten (41.6%) of the participants (159 males, 51 females) choose fast food as their usual meal. Fast food as a usual meal was consumed more by male students as compared to female students ($p < 0.001$). Female students were attracted by taste more than male students, female students were attracted to advertisements more than male students ($p < 0.001$). Consuming fast food in students who stay away from the family was significantly more in male students as compared to female students ($p < 0.001$).

Conclusion: The prevalence of FFC among Majmaah University students is very high. More than one quarter of the participants were consuming fast food daily which itself is alarming. Some intervention/awareness programmes should be conducted to minimize the harmful effects of FFC.

Biography

Yasser Fahd Al Towyan is a 6th year Medical Student at Majmaah University, Saudi Arabia. He has presented his research at two regional conferences and published in local medical journals. Currently, he is planning to do more research regarding national health and quality of life style.

yasser.mu@hotmail.com

Notes: