

Effect of Fast Food Consumption on Adult Health in ONTARIO, CANADA

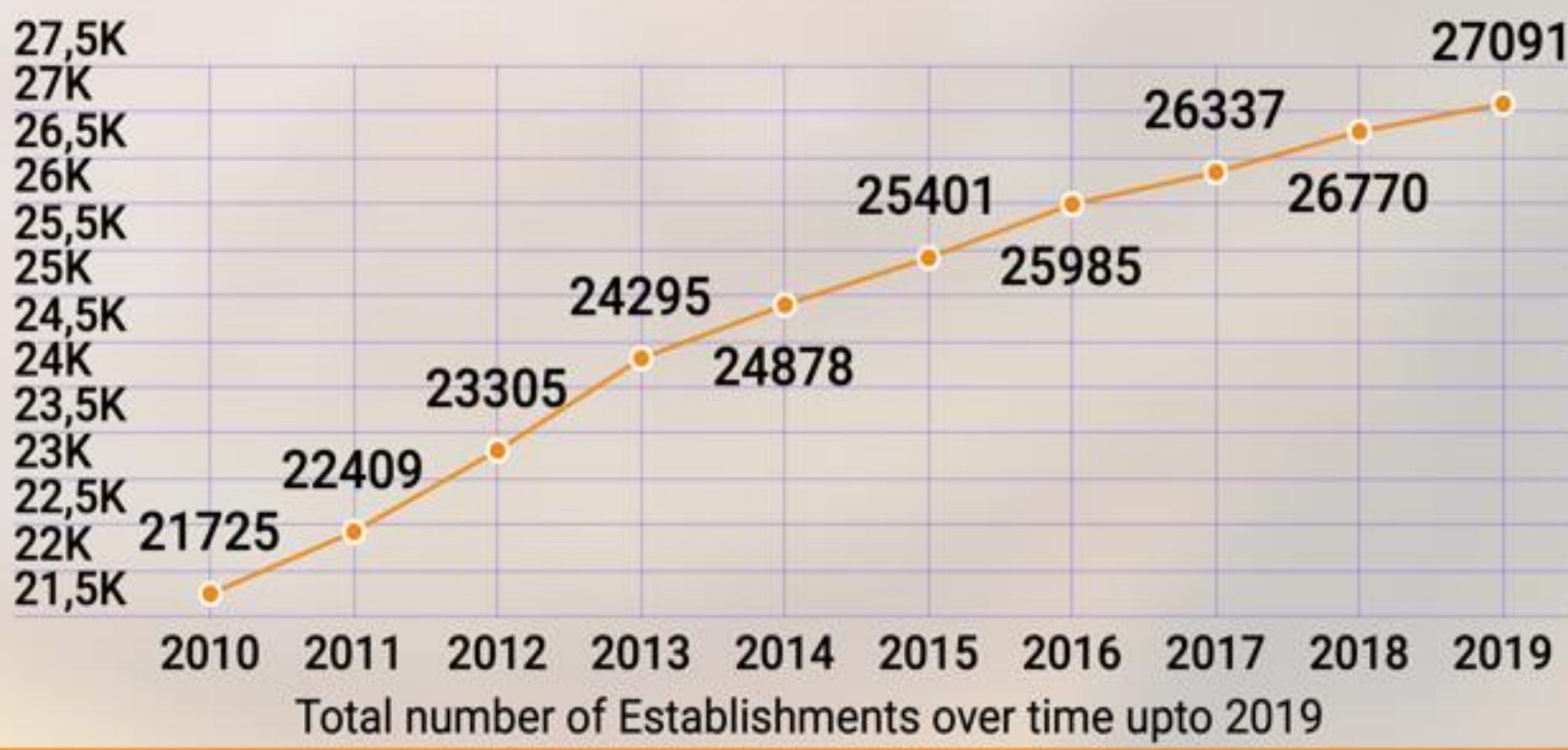
Team Members: Anupama Mohanlal Nair, Fathima Zikker, Harmandeep Kaur Randhawa, Swathi Gopalgade, Department of Liberal Arts and Sciences, Humber College

The association between fast food consumption and adverse health outcomes is well established, with implications for both public health and policy.

Regular intake of fast food is linked to detrimental to health, i.e, obesity, cardiovascular illnesses, type 2 diabetes, and metabolic disorders, due to the high calorie, unhealthy fat.

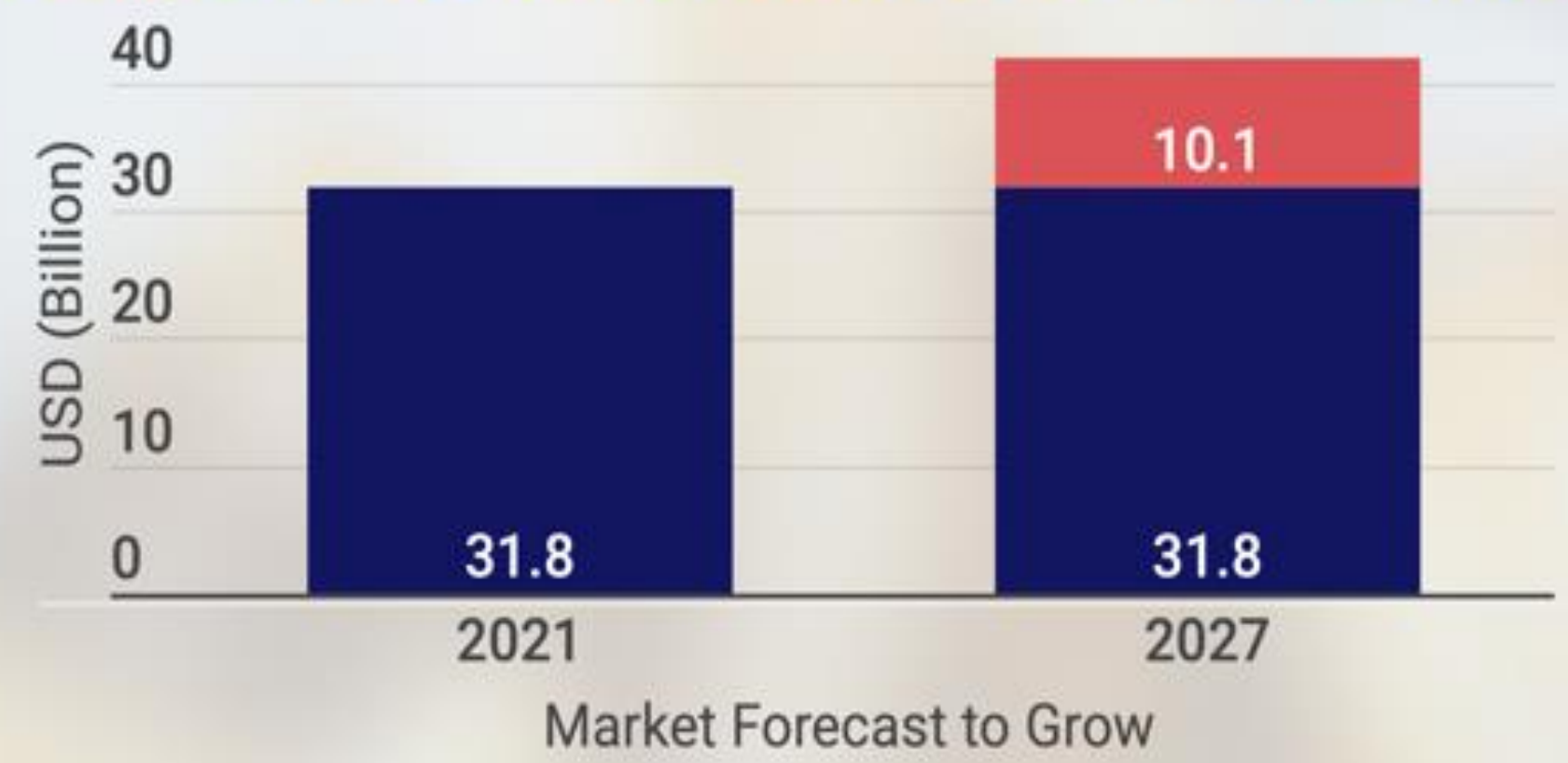
Changes Over Time

Over the years, the fast food industry has grown exponentially, becoming an integral part of modern lifestyles and eating habits.



Market forecast to grow at a CAGR of 4.7%

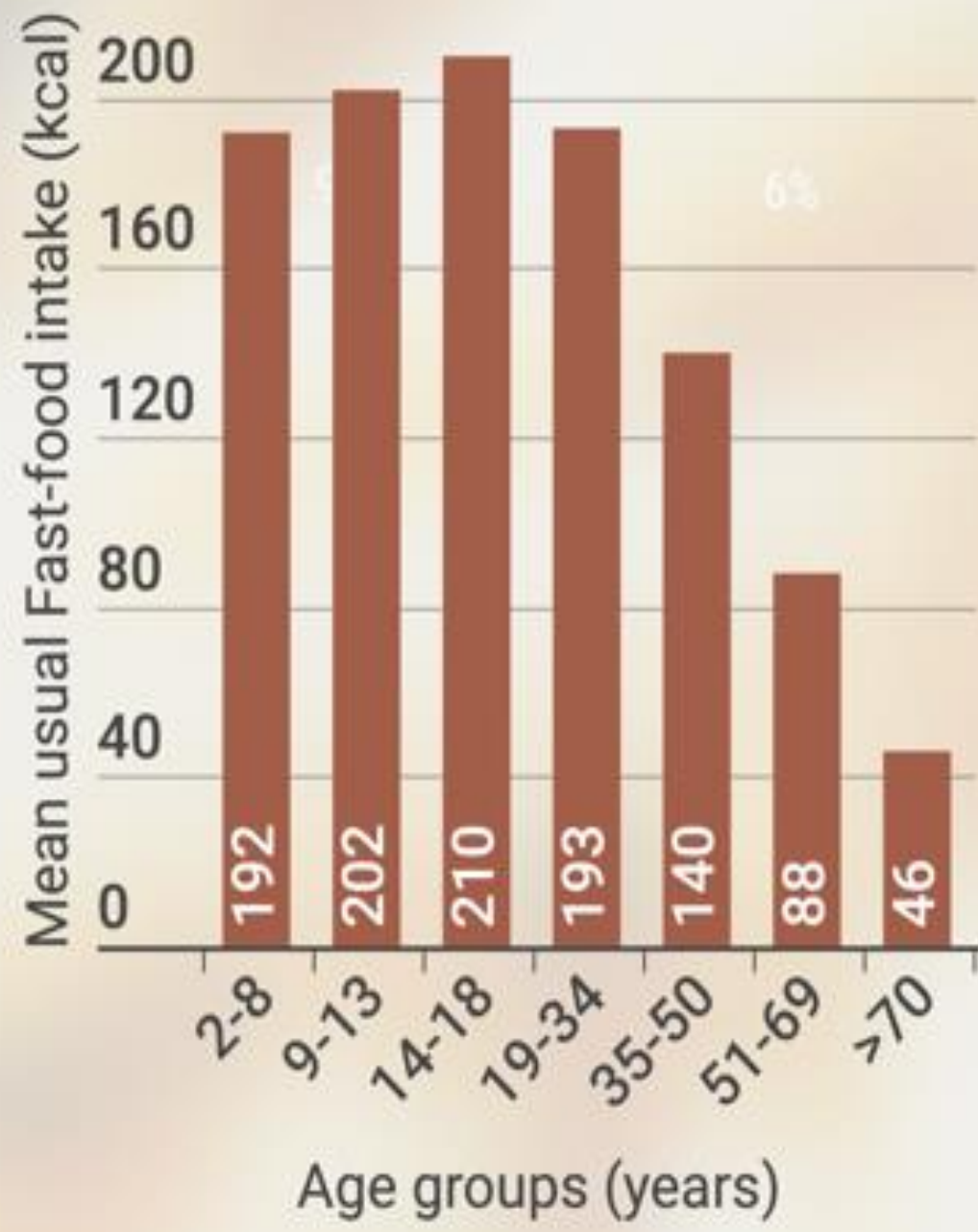
By 2027, the fast food industry in Canada is predicted to be worth \$41.9 billion. As a result of shifting demographics and preferences, Canada's food production sector has evolved over the years.



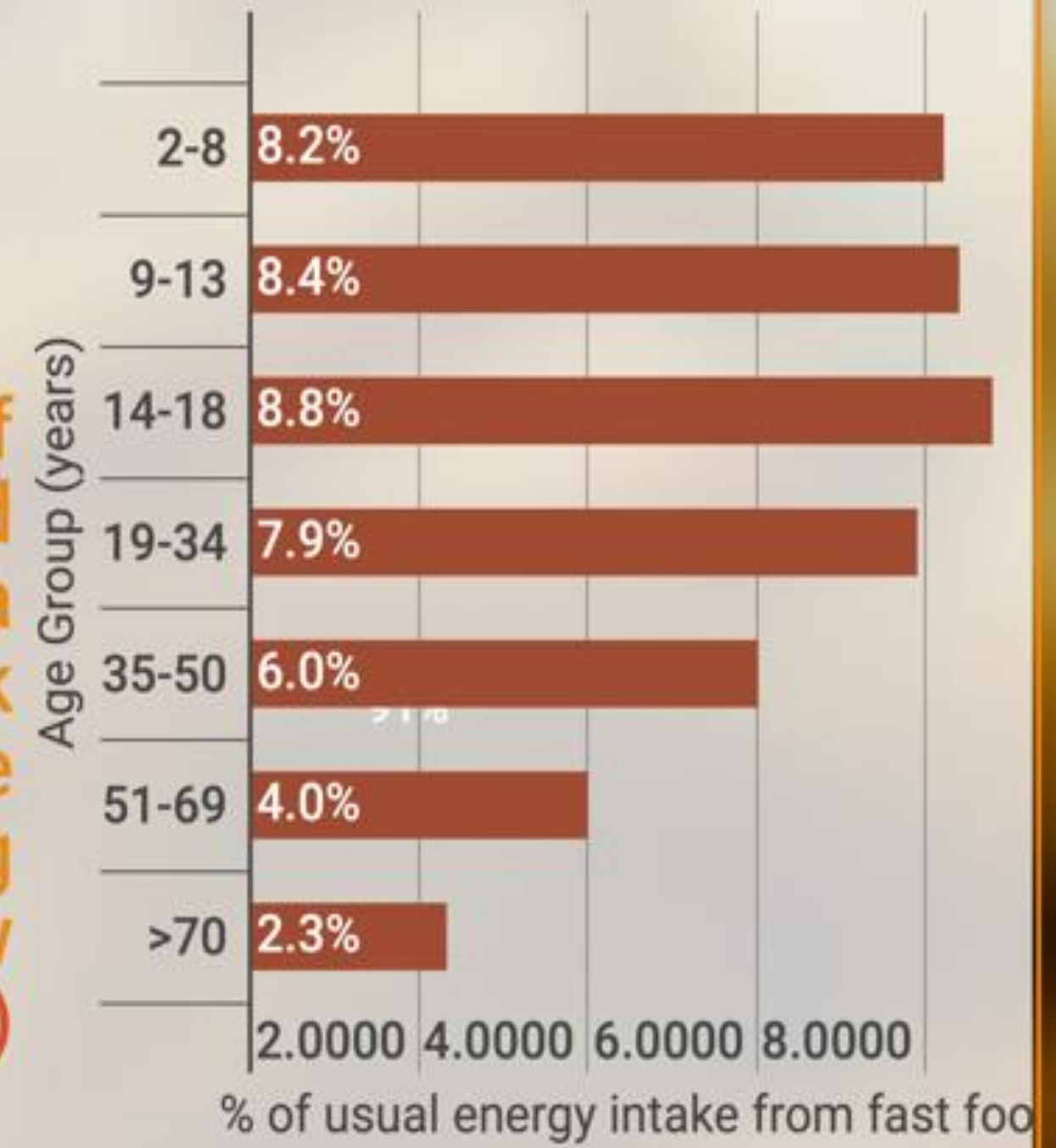
A case study (Black & Billette, 2015)

Males 8982, 8527 Females, N = 17509

The absolute and relative fast food intake declined steadily across adult age groups.



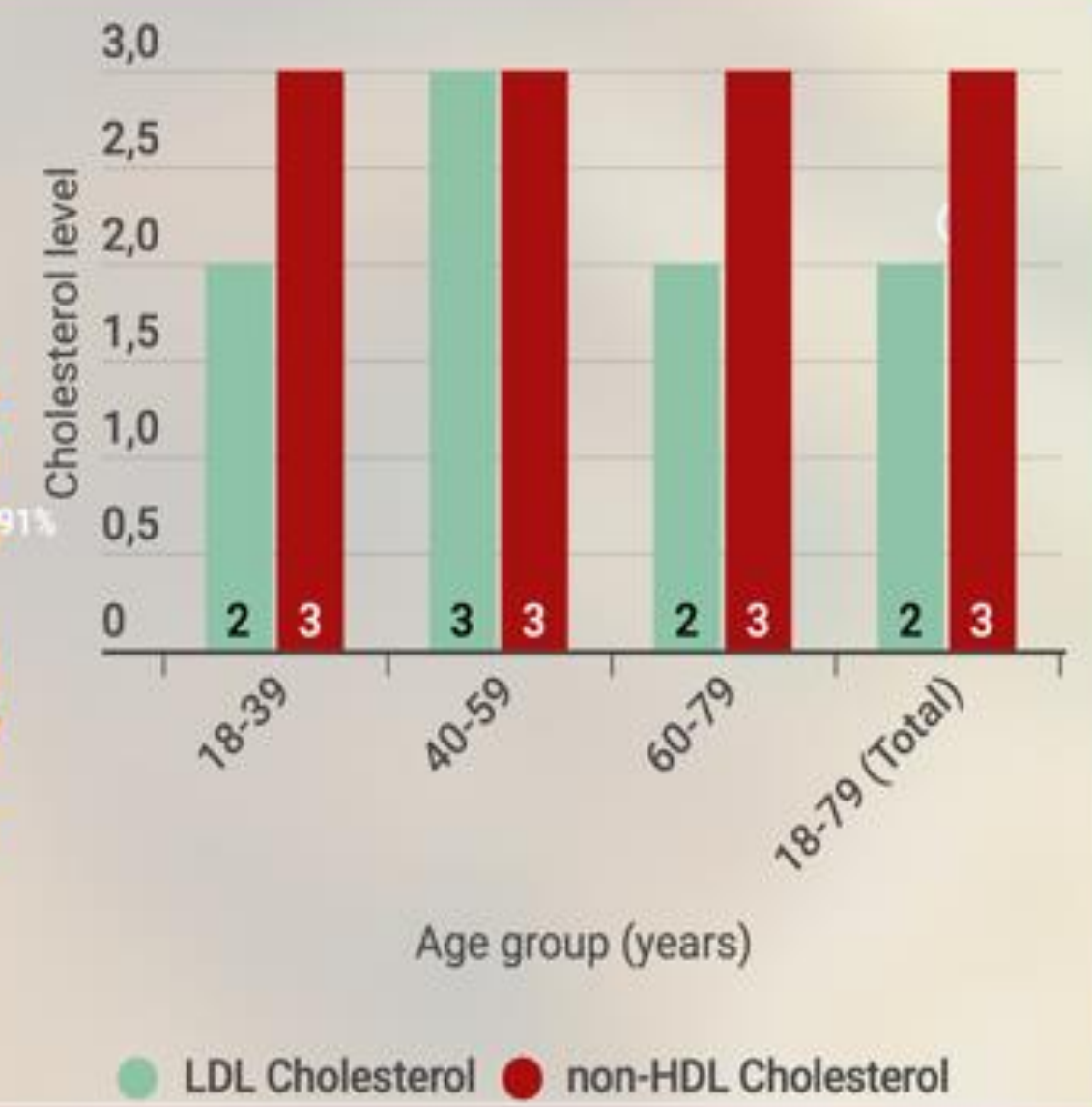
The consumption of fast food varied widely across a groups, from a peak of 8.8% of intake (210 kcal) among adolescent to a low of 2.3% (46 kcal) among older



Fast food vs Health issues

Obesity, Inflammation, Obesity, Cardio-vascular Diseases, Type-2 Diabetes, Nutrient Deficiencies, Dental Health, Mental Health, Gastro-intestinal

The level of non-HDL cholesterol is high among people as compared to LDL. Non-HDL cholesterol increases the risk of cardiovascular Diseases



With these findings, we recommend:

- Improve Health Education
- Establish Relationships with the Fast Food Industry

- Establish Taxes and Price Policies
- Establish Relationships with the Fast Food Industry

- Place Restrictions on Marketing to Children
- Include Nutrition Information in School Curricula

- Support Community-Based Interventions
- Encourage research and Surveillance

1. Bailey, C. A., & Ostrov, J. M. (2007). Differentiating Forms and Functions of Aggression in Emerging Adults: Associations with Hostile Attribution Biases and Normative Beliefs. *Journal of Youth and Adolescence*, 37(6), 713-722. <https://doi.org/10.1007/s10964-007-9211-5>

2. Black, J. L., & Billette, J.-M. (2015). Fast food intake in Canada: Differences among Canadians with diverse demographic, socio-economic and lifestyle characteristics. *Canadian Journal of*

1. Canada, H. (2022). *Canadian Community Health Survey - Canada.ca*. Canada.ca. <https://www.canada.ca/en/health-canada/services/food-nutrition/food-nutrition-surveillance/health-nutrition-surveys/canadian-community-health-survey-cchs.html>

2. Ebbeling, C. B. (2004). Compensation for Energy Intake From Fast Food Among Overweight and Lean Adolescents. *JAMA*, 291(23), 2828. <https://doi.org/10.1001/jama.291.23.2828>