

Effect of fast food as a responsible factor for nutritional deficiency on college going female student's health

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Abstract

The recent research trends, shows many previous successes in the past years and which also pointed for many future related tasks for the women health. The future will be very challenge full. Nutrients deficiency affects both the body's immunological and non-immunological defences. As a result, it increases the incidence, severity, and duration of common infectious diseases, such as Tuberculosis (TB) and auto immune disorders which spreads all over the country, and have no control over their productivity. Each undiagnosed and wrongly diagnosed patient's spreads the disease in their family and the community. Now days researches shows that the spread of tuberculosis (TB) and the HIV pandemic continued to fuel one another, and the growing threat of co infection posed new risks for already vulnerable populations. In some regions the majority of new infections were seen in young adults, especially young women.

Introduction

Food which is a basic need of our body. If we cannot take a proper intake of protein rich food we suffer from lots of illness in our later lives. As we developed so many tools and techniques for diagnosis and treatment of so many diseases i.e. infectious or non-infectious one, but we cannot focus on the basic things like food habit of our daily course of work. Nutritional deficiency occurs in college going females especially when they lived in the hostel, PG or accommodating in rental houses. Food habits are responsible factor for obesity in adolescent females now days. In a study of 1000 populations of female college going students it was found that their eating habits affect them more.

Deficiency of Iron is main cause for ill health in females. According to WHO *Global Burden of Disease* report iron deficiency anaemia ranks as second among leading causes of disability. This disease effects should cause serious obstacles to the health and socioeconomic development of nations. Considerably, as anemia is a contributing factor in 20 percent of all maternal deaths.

The nutritional deficiency plays an important role in maternal mortality and child health. Approximately 55 percent of maternal and child mortality in developing countries is associated with malnutrition. The evidences are also showing the specific relationships between certain types of nutrition deficiency and morbidity and mortality. The maternal mortality rate is decreases by the 50 percent but now that becomes static. The nutritional deficiency not come in a day it comes over year by year, in which child hood, teenage and adolescent age is involved. Regular hormonal changes and especially adolescent age when lots of changes are with females body and at that time if she is not going to take proper protein rich diet; She may have fallen ill in their later lives which also goes

towards cancer like diseases because their low immunity attracts so many infectious disease to their body and mind.

Research has shown that the female with anemia like diseases have more risk of maternity and childbirth. They are prone to infection and transmission of diseases to their child too. Recent research has also demonstrated that good nutritional supplementation can mitigate the adverse effects of HIV infection, malaria, and diarrhea on child growth, preventable mental retardation and brain damage.

In this study firstly I had Collected College going female students Data, their Clinical History, Family History, Sign & Symptoms. After that there test & Analysis was performed with their Physical Examination (acc.to data available i.e. with filling up of questionnaire), Routine Hematological Examination (after each month) if needed then other test for indicating Anemia with other disorder was also performed for further test Results & Evaluation and that Results shows diagnosis on the basis of collected Data, Tabulation of data, Analysis of Anemic samples in college female students.

Materials and Method

- 1. Symptometry Analysis includes** firstly to find out the symptoms of anemia with their clinical history, family history and Physical Examination (according to available data i.e. with filling up of questionnaire) of the college going female students. They may be either day scholar or Hosteller with their eating habits.
- 2. Hematological Analysis includes** collection of samples of college going female students with special emphasis on Hosteller female students data, Hematological evaluations statical analysis & histogram (Complete Blood Count), Determining

of PT (prothrombin time), Determining ESR value, Identification of hematological disorder, Clinical biochemistry. Other Tests and Procedures includes if the CBC results show that student have anemia, it may need other tests such as: Hemoglobin electrophoresis, A reticulocyte count, Tests for the level of iron in your blood and body. These include serum iron and serum ferritin tests. Transferrin level and total iron-binding capacity also test iron levels. Diagnosis of anemia based on medical and family histories, a physical examination, and results from tests and procedures. Because anemia doesn't always cause symptoms, it may find while checking for another condition.

3. **Analysis of anemic samples includes** From the hematological analysis done by using automated analyzer of samples, see how many samples are found as anemic. For convenient they are divided according to the dietary habits which are shown in tables.

Results and Discussion

In my research work conducted on the college going female students in Allahabad city of Uttar Pradesh between the age Of 17-30 years was taken in the study. In this study, I had taken 1070 college going

female students samples and filling up a well prepared questionnaire which have all the details about their clinical history, family history sign and symptoms, blood reports and more important their dietary habits with their clinical and family history focusing on any types of history of disease in their family or they suffered from, structure, functions, core values, regulative norms of their family their routines and especially dietary habits among them all. I found that out of 1070 female students 610 females having Anaemia with higher percentage of 57% and 460 females show no anaemia with percentage of 43%.

It was found that junk food eating habits in adolescent females are more common which causes anaemia like deficiency diseases in them either symptomatic or in reports, which later on responsible for so many illnesses in their body. Like Ovarian cyst, mesenteric nodes, menstrual disturbance or disbalance which also goes towards hormonal disorders like thyroid, PCOD or with severity of primary or secondary infertility. It increases the virulence of infections, putting even healthy populations more at risk in the future. The eating habits of fast food of college going females especially when they lived in hostel or in a rented house. The regular fast food eaters having anaemia or showing symptoms of anaemia in comparison with day scholar female students as shown below in table.

Table 1: Showing day scholar/ hosteller with anemia/ non anemia with their dietary habits:

S. No.	Total no of female students included in the study	Having Anemia	Hostellers with fast food habits having Anemia			Day scholar with fast food habits		
			No of Hostellers	Regular fast food habits	having Anemia	No. of day scholar	Regular fast food habits	Having Anemia
I.	470	280	230	205	198	240	170	82
II.	600	330	260	248	239	340	105	91
Total	1070	610	490	453	437	580	275	173

The data shows (Table 1) that hostellers female student affected the most either by symptomatically or also in reports. The results shows that most of the hostel living female students having fast food eating habits compared with day scholar female students. The percentage of fast food habit in hosteller vs day scholar female students are 93% and 47% respectively. The hosteller vs day scholar female students having anemia either symptomatically or in reports are 89% and 30% respectively. That may be indicated as in hostellers female students most of them found to be anemic while other day scholar female students also found to be anemic having regular fast food habits but the hosteller living girls have the most. Hormonal disbalance was also seen in few hostel living female students. Some have ovarian cycle disorder, some have weight related disorder ect.

It is clear that the nutritional deficiency and eating fast food habit was affected college going females with this symptomatic disorder, which later on originates different disorder or disease in their body. No disease comes in a day its creation takes time regular eating unhealthy of nutritional deficient diet slowly - slowly becomes in form of some chronic illness. It was also noted this habit also decreases immune response to fight with different infections/ illnesses.

Conclusion

In this study, I found that college going female students cannot eat a proper protein rich nutritional supplemented diet, that causes nutritional deficiency among them. The habit of eating junk foods / fast food was more common among them which causes deficiencies of iron, vitamins and minerals and they

shows symptoms of anemia like gastric disorder, bleeding disorder, hormonal disbalance, infection or exposure to different infectious diseases and chronic illness like depression, sleeping disorder, leucorrhoea, while further study shows that there may be some other disorder / disease related with severe nutritional misbalanced was also found, It was also clear that females living in hostels prone to this disease because of their eating habits then day scholar female student.

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