

Pattern of consumption of fast food and sugar sweetened beverages and the association of personal behavioural, familial factors and knowledge on health issues in the consumption of them among A/L students in Jaffna Education Division.

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Background Fast food and sugar sweetened beverages consumption has been increasing among the high class students of our country. The past decade was shown an increased rate. Consumption of fast food during the school age affects the future health status of the students. Our study focuses on the fast food consumption pattern and the factors influencing it, among advanced level students in Jaffna education division

Methods: A descriptive cross sectional institutional based study was conducted among G.C.E A/L students in Jaffna Educational division (N≤649). The study was conducted from August 2016 to May 2018 in 13 schools in Jaffna education division. Self-administered questionnaire was given to the students. The questionnaire had questions regarding fast food and sugar sweetened beverage consumption pattern, personal behaviors, familial factors affecting fast food consumption and the knowledge regarding the health issues caused by the fast food and sugar sweetened beverages affecting their consumption.

Results: the study comprised 333 males and 316 females. Most of the students (86.3%) (N≤560) who participated in the study visited the fast food restaurants at least once a week. Most of the students (61.8%) (N≤401) are taking fast foods as short eats. More than 40% of students use school canteen to consume fast foods and sugar sweetened beverages. Familial factors and the knowledge about the health issues caused by fast foods and sugar sweetened beverages doesn't affect the consumption. Little more than half of the students (51.5%) had good knowledge regarding the health issues caused by the fast foods and sugar sweetened beverages. Males skip more main meals due to the consumption of fast foods. (40.5%).

Conclusions: Consumption of fast foods and sugar sweetened beverages is on the increase. Their consumption is mainly affected by the personal behavioural patterns but when considering the association between the familial factors and knowledge, there is no significant influence in the fast food consumption in our study population.

Key words: fast food, sugar sweetened beverage, pattern of consumption, knowledge, A/L students, Jaffna