Comparative study based on the impacts of junk foods on obese and hypertensive patients

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ABSTRACT

Introduction: Obesity and hypertension are being common to the human population. The cause for obesity and hypertension is cardiovascular diseases, strokes and attacks which lead to death. Materials and Methods: A group of 100 participants was considered among the normal population where the age ranges >20 years. Questionnaire-based study was done among them. Where the questions are of mainly based on their awareness of the junk foods, their major preference mode of food, and their range of their blood pressure. Then, the data were collected and analyzed statistically. Results: There is a significant increase in peak flow rate ($P < 0.005$) in which people has awareness of their weight and hypertension though they prefer fried foods. Conclusion: Our findings suggest that the overeating of junk foods leads to cardiovascular diseases such as hypertension and also causes obesity.

KEY WORDS: Fried foods, Hypertension, Junk foods, Obesity

INTRODUCTION

The obesity and hypertension are one of the major epidemics and a global crisis that is undeniably intensifying. As the year goes, the population with obese is being increased. Over the past 25 years, the prevalence of obesity among the human populations has doubled in 73 countries.\(^1\)

Thus, the prevalence of obesity is associated with reducing the excess body weight. Excess body weight is associated with 7.1% of deaths from any cause and 4.9% of disability worldwide.

Elevated body mass index is one of the major factors that lead to coronary diseases. It also disturbs the blood flow in the vessels which leads to stroke and sudden heart attack.\(^1,2\) According to epidemi!ological data, the current global obesity epidemic began approximately 40 years ago, but some studies suggest that the rate of obesity starts increased in earlier period. The main causes of the obesity are most frequently ascribed to two factors: Decreases in physical activity (for example, lack of proper physical educations in schools and the sedentary nature of most modern vocations) where people started favoring a luxury standard of lifestyle which seems to be in an inactive state and the other factors are of insufficient nutrition as the modern technology developed the mode of food marketing practices and food technology also seems to be developed such as inappropriately large portion sizes in restaurants, high classed hotels processed foods, and the ready availability of inexpensive high-calorie fat.\(^3,4\) However, there are many additional factors that might contribute to the obesity epidemic, including sleep debt, endocrine disruptors, and intrauterine and intergenerational effects, and these have been extensively reviewed elsewhere. Despite the growing prevalence of excess weight, there are currently insufficient effective long-term treatments for obesity.\(^5,6\)

Specifically, the main reason to be which people prefer fast food is to which it is highly energy dense, poor in micronutrients, low in fiber, high-level calorie load, and excessive in portion size, causing many to exceed daily energy requirements and which is tasteful. Nowadays, fast food expenditures are on the high level among the world populations, due to its convenience, people prefer it.\(^7\) Though there are
many complications to the impacts on obesity, there is a significant amount of research on the marketing of unhealthy food. Influences in an eating habit may directly affect food intake that may cause increased risk of obesity.\[9,10\]

**MATERIALS AND METHODS**

The study was recognized by the research ethics of Saveetha Dental College. Formal consents of parents were obtained before doing the study. This study was done under a questionnaire manner and certain questions were asked to the people of age range >20 years. The questions are of based on the health conditions to the people, their food habits, their food preference, and other aspects related to the study. The data were collected and analyzed statistically.

**Inclusion Criterion**

The people of age group >20 were considered to the study who has a knowledge about their health condition.

**Exclusion Criterion**

Individuals <15 years and with diabetic case are excluded in this study.

**RESULTS AND DISCUSSION**

From the analyzed data, the results were obtained as follows.

**DISCUSSION**

To summary, the present analyses showed that most of the studies that investigated consumption of groups of ultra-processed foods, as well as most of the research that evaluated consumption of soft drinks, sweetened beverages, and also fried foods, which leads with increase in body fat [Figures 1-3].\[11\]

As the technology gets more and more advanced, the electronics such as computer laptops and iPads have made the lifestyle of the people very luxurious and well settled and also there is a wide increase in television (TV) channels in countries of the region appear to be resulting that for a prolonged sedentary hours at home for many of the peoples which make them to be in one place instead of working; this, in turn, leads to major cause to overweight and obesity. Continuously watching of TV and playing video games for a long period of time have been reported as a major contributor to cause obesity.\[12\] Watching TV for long hours states that being not using the body energy where the fats tend to be unused and cause high caloric content in the body. Some TV programs contain frequent advertisements of unhealthy soft drinks and energy dense food items. As came up in the review and shown by other studies, obesity tends to run in families and children of overweight parents are at increased risk of being overweight or obese [Figure 4].\[13\]

It has been observed an increase in arterial stiffness and a reduction in arterial compliance and distensibility in the review and shown by other studies, obesity tends to run in families and children of overweight parents are at increased risk of being overweight or obese [Figure 4].\[13\]
in this obese and hypertensive case.\textsuperscript{[14]} Most of the information are coming from small resistance arteries because these are implicated with the cerebral events, coronary artery disease, and also renal insufficiency and these have a relating impact in obesity-related disease such as in hypertension, strokes, cardiovascular diseases, and sudden attacks.\textsuperscript{[11]}

Obesity is close related with the left ventricular (LV) hypertrophy. The mass of the left ventricle may be increased in obese conditions, but this is appropriate for body size. If obesity lacks of comorbid conditions, the majority of the study on obese subjects indicate that LV cavity size and wall thickness are increased with a predominance of cardiac hypertrophy.\textsuperscript{[15]}

At present, there are only three medications that reduce the obesity, which are recommended by the US Food and Drug Administration for the long-term treatment of overweight and obesity in the general population: Orlistat, the recently approved lorcaserin and the combination pill of phentermine and topiramate.\textsuperscript{[16]}

The most common advice given to hypertensive patients, including obese is to lose weight, increase physical activity such as doing exercise, playing, and riding bicycles and they should also reduce the high salt and cholesterol intake.\textsuperscript{[17]} On relating both the condition between obesity and hypertension, important for obese hypertensive individuals.\textsuperscript{[18]} To overcome this consumption of fresh fruits, vegetables, and low-fat dairy products, doing regular exercises such as jogging and cycling yoga practicing which greatly help in reducing the blood pressure in obese individuals and also help to maintain proper health [Figures 5 and 6].\textsuperscript{[19]}

\textbf{CONCLUSION}

As the technology develops, the peoples are also well informed with knowledge of obesity and hypertension. From the results, it is concluded as they had an awareness of both blood pressure and the body mass, and the availability of obese and hypertensive peoples had also be confirmed from this study and their blood pressure also in normal levels.

\textbf{REFERENCES}


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