

## FAST-FOOD AS A RISK OF DEVELOPING A SERIES OF DISEASES

### ФАСТ-ФУД ЯК РИЗИК РОЗВИТКУ ЗАХВОРЮВАНЬ

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**Анотація.** У статті представлені дані опитування різних категорій людей за допомогою анкети, на тему споживання фастфуду, здорового харчування та обізнаності про наслідки надмірного споживання фастфуду. Отримані результати свідчать про те, що населення не усвідомлюють наслідків особистого споживання фастфуду на стан свого здоров'я.

**Ключові слова:** фаст-фуд, захворювання, здоров'я.

**Abstract.** The article presents survey data of various categories of people using a questionnaire on the topic of fast food consumption, healthy eating and awareness of the consequences of excessive fast food consumption. The obtained results indicate that the population is not aware of the consequences of personal consumption of fast food on their health.

**Key words:** fast food, diseases, health.

**Introduction.** Fast food is a popular option for many people due to its convenience and affordability. It is a type of food that is prepared quickly and served in a ready-to-eat manner. The consumption of fast food has become increasingly prevalent in recent decades, leading to concerns about its impact on public health.

Fast food is often high in calories, unhealthy fats, salt, and sugar, which can lead to weight gain and contribute to the development of conditions such as obesity, type 2 diabetes, and cardiovascular disease. In addition, fast - food is often low in nutrients such as fiber, vitamins, and minerals, which are essential for good health. Research has suggested that frequent consumption of fast - food can increase the risk of developing various diseases.

**Aim.** Statistical study of various categories of the population by the amount of consumption of fast - food.

**Material and Methods.** Survey of various population categories using a questionnaire created in Google Forms on the topic of fast - food consumption and healthy

eating, as well as the awareness of the consequences of excessive consumption of fast food. The questionnaire was distributed through social networks and messengers such as Instagram, Facebook, Viber, Telegram, and WhatsApp.

**Results and Discussion.** Out of 131 respondents, 16 people reported eating fast food every day, 17 people reported eating fast food three times a week, 45 people reported eating fast food once a week, and 38 people reported eating fast food once a week. once a month.

It is a proven fact that eating fast food more than 3 times a week increases the risk of obesity, type 2 diabetes, hypertension and other cardiovascular diseases.

It must be said that some respondents do not understand that the food they choose is fast food. For example, some of the respondents do not consider instant porridge to be fast food, which is a false opinion.

Also, most of the respondents are not aware of the consequences of excessive consumption of fast food, and some even believe that there is no harmful effect. In

addition to all of the above, people do not know what proper nutrition and the right plate are.

**Conclusion.** This study showed that people of different categories of the population are not aware of the consequences of the private consumption of fast food.

Reducing the consumption of fast food is critical to improving the health and overall quality of life of the population. It is necessary to develop recommendations on proper nutrition, actively promote a healthy lifestyle, and conduct training seminars for people on this topic.

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