Analyzing Healthy Eating Among Adolescent Teens Using the Socioecological Model

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Abstract : Healthy eating is essential to maintain good health and stable mental status regardless of age. WHO describes that a healthy diet consists of incorporating more fruits and vegetables and reducing the consumption of sugary and salty foods into a regularly scheduled healthy diet. Although this attitude is rather uncommon among all age groups, it is notably uncommon among the teens being a very vulnerable state in a man's life. Faulty dietary habits, in the long run, interfere with health, leading to obesity, cardiovascular diseases, and mental instability. This study collates a discussion on the barriers prevailing among adolescents, to inculcate healthy eating practices by means of the socioecological model. The studies consisted of teens aged 13 to 19 years from schools and colleges of both sexes. The socio-ecological model emphasizes the interplay and interconnectedness of elements at all levels of health behavior, acknowledging that the majority of public health issues are just too complicated to be solved from a single-level perspective. As a result, it necessitates that people are not considered in isolation from bigger social groups. According to the studies retrieved from ten articles studies conducted globally, more than five articles suggest that socioeconomic class, lack of adult supervision and easy access to fast food stores and schools affect their decision of healthy eating. Awareness via personalized intervention has been tried and found successful. Future research is still needed to address various dimensions of the issue.
Keywords : socio ecological model, healthy eating, adolescents, fast food consumption, interventions.
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