

## Physical Inactivity and Junk Food Consumption Consequent Obesity among University Girls: A Cross Sectional Study Unveils the Mayhem

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**Abstract :** Obesity is an epidemic across the globe that affects all the segments of the population. Physical inactivity, passionate consumption of junk food, inadequate water intake and an unhealthy lifestyle are evident among university girls that are ruining their health gravely especially fat accumulation. The study was carried out to investigate the potential etiological factors of obesity development in university girls. The cross sectional study was carried out after approval of the Departmental Review Committee for Ethics (DRCE) as the par Declaration of Helsinki at Institute of Food Science and Nutrition (IFSN), University of Sargodha, Sargodha-Pakistan and Department of Food Science and Home Economics, G. C. Women University, Faisalabad-Pakistan. 400 girls were selected randomly from different departments of both universities. Nutritional status of the volunteers was assessed through approved protocols for demographics, anthropometrics, body composition, energetics, vital signs, clinical signs and symptoms, medical/family history, and dietary intake assessment (FFQ), water intake and physical activity level. The obesity was determined on body fat (%). Alarming and unheeded etiological factors for the development of obesity in girls were explored by the study. About 93 % girls had a sedentary level of physical activity, zealous consumption of junk food ( $5.31 \pm 1.23$  servings), drank little water ( $1.09 \pm 0.26$  L/day) that consequent high heaps of fat ( $35.06 \pm 3.02$  %), measly body water ( $52.38 \pm 3.4$  %), poor bone mass ( $05.14 \pm 0.31$  Kg), and high BMI ( $26.68 \pm 1.14$  Kg/m<sup>2</sup>) in 34% girls. The malnutrition also depicted by poor vital signs i.e. low body temperature ( $97.11 \pm 0.93$  °F), slightly higher blood pressure ( $124.19 \pm 4.08$  /  $85.25 \pm 2.97$  mmHg), rapid pulse rate ( $99.2 \pm 6.85$  beats/min), reduced blood O<sub>2</sub> saturation ( $96.53 \pm 0.96$  %), scanty peak expiratory flow rate ( $297 \pm 15.7$  L /min). The outcomes of the research articulated that physical inactivity; extreme intakes of junk food, insufficient water consumption are etiological factors for obesity development among girls which are usually overlooked in Pakistan.

**Keywords :** informed consent, junk food, obesity, physical inactivity

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