

Vidyasagar University



A Project report On

"The impact of fast foods on childhood obesity rate in Khejuri-I Block area"



Age group
sex -

Submitted by- Putul Rani Jana

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Semester-V

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Certificate of Completion

This is to certify that Mr. /Miss. Purbel Rani Jana
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Department of Nutrition
has successfully completed a dissertation / project entitled Impact
of fast foods on childhood obesity rate
for the course B.Sc. subject Nutrition
paper CC-12 P in the year/session 2024 - 2025

He /She has submitted the dissertation / project on



Date:

Seal:

17/6/2025

Purbel Rani Jana
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Signature of Supervisor / HOD

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Signature of Principal

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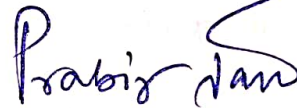
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TO WHOM IT MAY CONCERN

This is to certify that **Putul Rani Jana**(Roll:1125129; No.: 220170; Regn. No.: VU221291125of Session: 2022-2023) a student of B.Sc. 5th sem, Dept. of Nutrition, under Vidyasagar University, PaschimMedinipur, has completed herproject work under my guidance on the topics '**The impact of fast foods on childhood obesity rate in Khejuri-I Block area**' for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for herperformance. She is energetic and up to date in her work; I wish success in her life.

Date: 15/03/2023



(Prabir Jana)

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ABSTRACT

The increasing obesity rate among children is a growing public health concern with far-reaching consequences. Obesity during childhood significantly impacts physical, psychological, and social well-being. This condition is often associated with a higher risk of developing chronic health problems such as type 2 diabetes, cardiovascular diseases, and joint issues. Beyond physical health, childhood obesity can lead to psychological challenges, including depression, low self-esteem, and anxiety, often due to societal stigma and bullying. Social interactions may also be affected, leading to isolation and difficulties in forming relationships. The rising prevalence of obesity is linked to various factors, including poor dietary habits, sedentary lifestyles, and genetic predispositions. Environmental factors, such as limited access to healthy foods and safe recreational spaces, exacerbate the situation. Addressing childhood obesity requires a multi-faceted approach, including improved nutrition, increased physical activity, and supportive policies. Preventive measures should focus on early education, promoting healthier habits, and encouraging active lifestyles. The long-term effects of childhood obesity extend into adulthood, making early intervention critical for mitigating its impact and improving quality of life for future generations.

Keywords: Physical health, psychological impact, diabetes, cardiovascular diseases, sedentary lifestyle, prevention, public health.

LIST OF TABLES

CONTENT

SL.NO.	SUBJECT	PAGE NO.
1.	Introduction	01 - 03
2.	Aims & Objective	04
3.	Review of Literature	05 - 08
4.	Materials & Methods	09 - 20
5.	Results & Discussion	21 - 23
6.	Summary & Conclusion	24 - 25
7.	References	26 - 29

EXAMINED



Plate 1: Different activities during survey of Obesity Children of Khejuri-I Block area



Plate 2: Different activities during survey of Normal Children of Khejuri-I Block area