



AWARENESS ABOUT RISK OF DEEP FRIED FOOD AMONG YOUTH OF WESTERN PROVINCE, SRI LANKA

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ABSTRACT

Over the past years patients with prostate, endometrial, ovarian, lung, kidney, and oesophageal cancers have raised in number. According to NutritionFacts.org, the main cause for these is the food they consume and deep fried foods play a vital role among them. Annual health bulletins in Sri Lanka for show that there are high cancerous risks in mid ages in both males and females. This study was to assess the level of awareness on the risk of deep fried food and to assess the risk for cancers among youth of western province Sri Lanka. The descriptive cross sectional study was done on youth in western province, Sri Lanka, who are over 18 years of age using convenient sampling by an online questionnaire. 154 participants are distributed among 80 female and 70 males. From them 62 of them consume 2-4 times when 29 of them consume more than 8 times. Among them, 81.2% are aware about the side effects of deep fried food and 17.5% of them had no idea. From them 33.8% were not aware on the risk for cancer. From those who consume deep fried food, 93 of them know the risks of cancers. 17 out of 20 respondents who were overweight and 9 out of 10 who were obese consumed deep fried food. From 108 undergraduates, 74 knew the risks for cancers associated with consuming deep fried foods and 34 weren't aware. Most of the youth consume deep fried food because of its taste as well as the choice of restaurant depends on the taste of the foods. Sri Lankan youth are moderately aware on the risks of deep fried foods but the awareness on risks for cancers was found to be low.

Keywords: Deep Fried Food, Acrylamide, Cancer, Side Effects, Obesity