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Course Number

Date

Fast food and American society

Fast food has become very common in American society and fast food can be accessed in any place of your choice. It has become very popular because people are having a busy life and they do not have time to cook in their homes and people do not have to put more money. Due to this popularity of fast food, health of citizens is ignored and there is no such awareness among people about the consequences of too much intake of fast food. The government or the state needs to regulate food products and ingredients used for the preparation of fast food, and this trend needs to be controlled.

**Fast food and its popularity in America**

People look for access to material and products at cheaper prices, and they prefer to save their time because they already have a busy schedule. People have become busy, and they tend to adopt those trends which are convenient and less costly available in the market. Fast food is very popular among the citizens of America because it is extremely easier to obtain i.e., they do not even move out of their cars and they can have a burger from the restaurants nearby. Fast food is served in a very short time, as compared to the heavy and healthy meals: fries and a burger may hardly take 10-15 minutes for preparation and preparing a spaghetti dish may take more time as compared to a burger and fries.

The nutritious food has become expensive and fast food is convenient and can be accessed at lower prices. People would like to not waste their time because they have to complete the other daily life tasks i.e., office work, and university tasks. Factors responsible for fast food obsession can be further discussed.

***Convenience factor***

Convenience factor is responsible for the attraction of United States citizens towards fast food. Convenience factor is important for both customers and consumers because this saves efforts in terms of money and saves time. People tend to save time and their money because both are important to fulfill their needs in varying situations. People do not have enough time to cook and prepare food at their home, they face a time constraint because of their routines and fast food becomes (Omari et al. 2) more convincing for them. These convincing factors are time-saving and they do not have to put too many efforts into food preparation. People have become employment conscious and they are shifting their priorities from home to restaurants where food is available. In a house where all of the family members are employed would not prefer to spend their time on cooking food, therefore they buy food form restaurants.

Employed adults buy food from restaurants, buy lesser from the grocery stores and 14 percent of the single parents find ready-to-eat foods as compared to food cooked in their homes (Jo et al.)

*Financial resources*

People want to have access to cheaper products whether it is food or daily use material and they do not want to spend higher amounts. Financial resources are also responsible to change priorities and demands for fast food, which is a convincing factor. The nutritious food products available in the market and grocery shops are expensive while lowering the prices may shift fast food choices to healthy food choices of the citizens (Dave et al.). This will help to improve well-being of people and change their demands to organic food which is healthier as compared to fast food products available in the market. However, financial terms are not that much responsible for the shift in food choices among people, time constraint is a significant factor in changing the choices. Budget allocation is not a significant factor in shifting the choices of people but time is the factor, that has a vital role in shifting the priorities from healthy food to fast food choices (Dave et al.)

**Influence of fast food on American society**

American society is influenced by the trends of fast food because they find fast food as a convenience and also because of time constraints. Fast food is not healthy for humans because some of the fast-food products contain sodium and saturated fats which cause unhealthy consequences. If people eat fast food for a longer period than it will result in high blood pressure, obesity and heart-related diseases. Obesity has become a global problem in health, and food patterns of individuals may be linked to obesity. People living in larger cities were more likely to suffer from obesity because of the access to fast food in the market and find it more convincing although the budget allocation for fast food is not a constraint for them (Michimi and Wimberly 223). The health issues prevailing in people depend on food availability in the market, more intake of fast food will lead to higher risks of obesity and other heart-related problems. Food-away-from home has become a trend and people are spending more money and they are more likely to spend more money in the future because of the time constraints (Stewart et al. 6). Fast food has many impacts on human health, it is causing heart diseases, obesity, mental issues, higher levels of cholesterol, and bone-related issues. People living in societies like America are well-educated and they know the factors responsible for their health-related issues but still, they are continuing to choose fast food over nutritious food because of time constraints.

In American societies, the trends have been changing and the fast-food choices increasing since 1970. The changes in restaurants, hotels, markets can be observed in a variety of prevalence of obesity has increased in parallel with these shifts. People eating fast food, are facing obesity health problems and there will be an increase in obesity among people living in American societies, although people do not report regarding their feelings for these food products (Ello-Martin et al.). Time constraint is making people habitual of these fast food trends and they are less likely to worry about their health whether it is mental or psychological. In-organic food intake may lead to a weaker immune system, and this will cause health-related issues. The unhealthy food patterns like fast food lead to depression and those families who find fast food more convenient are more likely to suffer from anxiety and depression and also poorer physical health problems may cause (Bronte-Tinkew et al.). The chemicals used in the fast-food products may harm the organs, cause changes in the dysfunctioning of hormones and these changes in hormonal activities lead to weight loss, weakness, and decrease in hemoglobin.

Fast food culture has led to lesser physical activities among people, they are less likely to go for walks and exercises. They choose to stay inside their homes and eat food which is available on their fingertips, while this convincing food is unhealthy for them. People have access to online shops, from where they can order their food and they can pay via online banking and they can pay on the spot to the service delivery. Innutritious food intake has become a common activity for American people, it may not be their fault but they have to shift their choices towards a healthy diet. If they keep eating fast food for a longer time, they will have to spend higher amounts on their health and it will cost them more than fast food purchases.

**Role of government and its regulations**

People are becoming unhealthy because of their unhealthy eating patterns and there has to be a regulation of these unhealthy patterns and shift towards fast food. Government can play a vital role to control these fastest growing trends of fast food having those ingredients which can harm people very easily. Quality food services to people are important to ensure the quality of life and health patterns among people so that, they will not have to spend higher amounts of money on their health. Obesity has become global and in American society, it is increasing day by day, there is a need to control this health issue, while obesity may be linked with fast food intake. It is challenging to change choices of people towards healthy eating patterns but policy interventions may help to control health issues on time. The United States has been participating actively in making policies to control obesity and make appropriate dietary plans for people, these dietary plans and guidelines may help people to overcome obesity problem (Zhang et al.). Fast food products are made by different chemicals which may harm body parts, and people choose those products because they are available in the market. Therefore, government has to control and regulate these food ingredients and introduce healthy dietary guidelines.

**Conclusion**

People have become dependent on fast food trends because they find it more convincing and they do not have enough time to cook at their homes. While unhealthy eating patterns of eating including fast food products, harmful food ingredients need to be controlled and their regulation is important to avoid any unexpected health incidents. Government can regulate the unhealthy production of food products in the state so that people will have access to healthy eating food products.

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