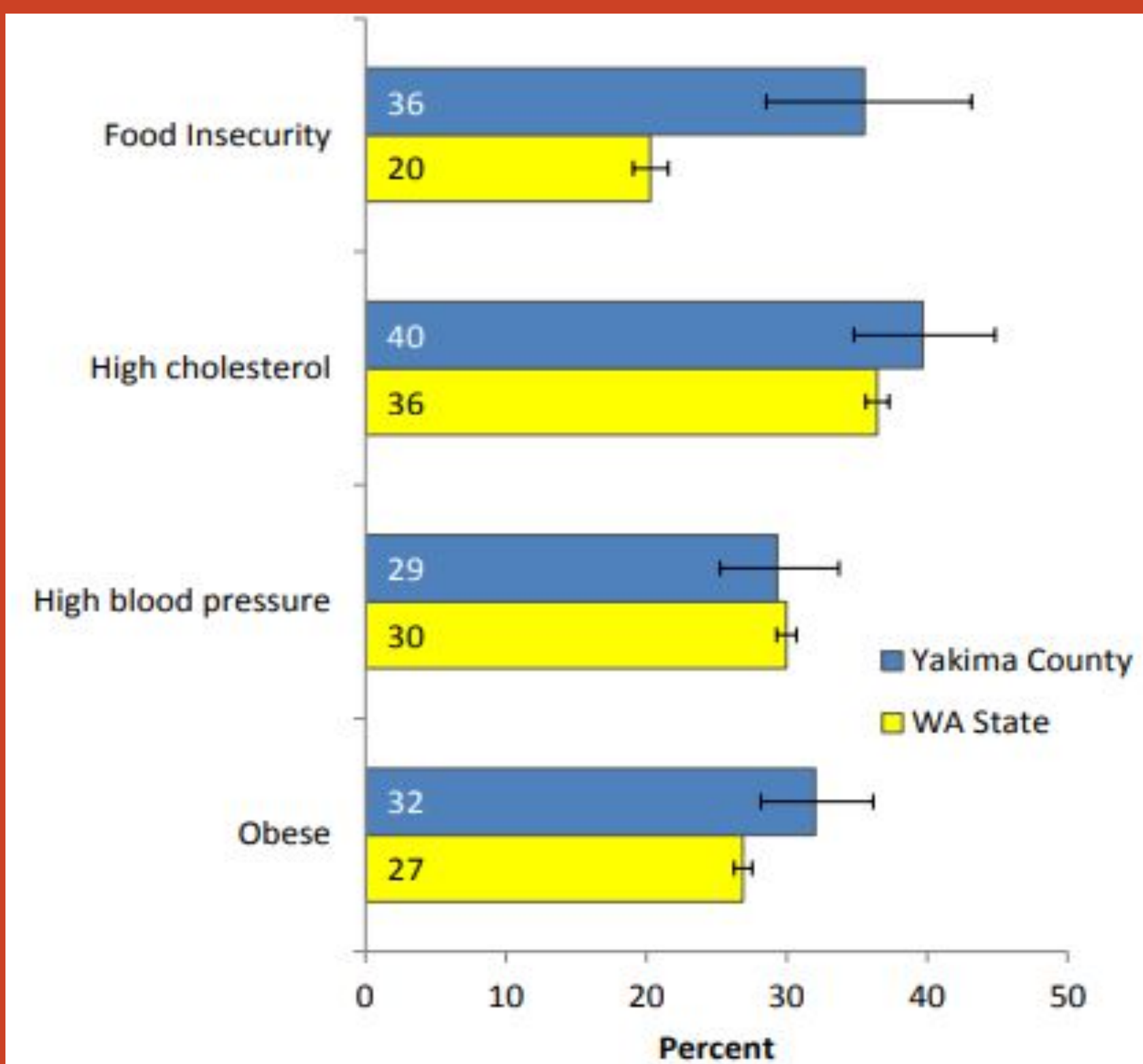


Diabesity: Diabetes and Obesity Related to Corporate Fast Food Chains

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ABSTRACT

Washington state, like the rest of the US, has rising levels of diabesity diagnosis. The main objective in this research is to put a strong link between the rising number of fast food restaurants in a given county (Yakima) and being diagnosed with diabetes and obesity.



BACKGROUND

The Washington State Department of Health maintains a comprehensive tracking network of diabetes and obesity rates in the state. This data provides an opportunity to investigate the relationship between corporate chain restaurants and health issues. Previous studies have shown that frequent consumption of fast food and other unhealthy foods sold by corporate chain restaurants is associated with higher rates of obesity, diabetes, and other chronic health conditions.

In this table, it shows that Yakima county has higher percentiles than Washington state for food insecurity, high cholesterol, and obesity. This is relevant because these are all symptoms of diabetes, which has been proven to be related to rising fast food destinations.

Fast Food Restaurants Per 100,000 People



This diagram represents how many fast food restaurants there are per 100,000 people in each state. Though Washington isn't the most affected area, it is still a problem for each county in the state itself. The graph shows that there are 66.8 fast food restaurants per 100,000 people in Washington.

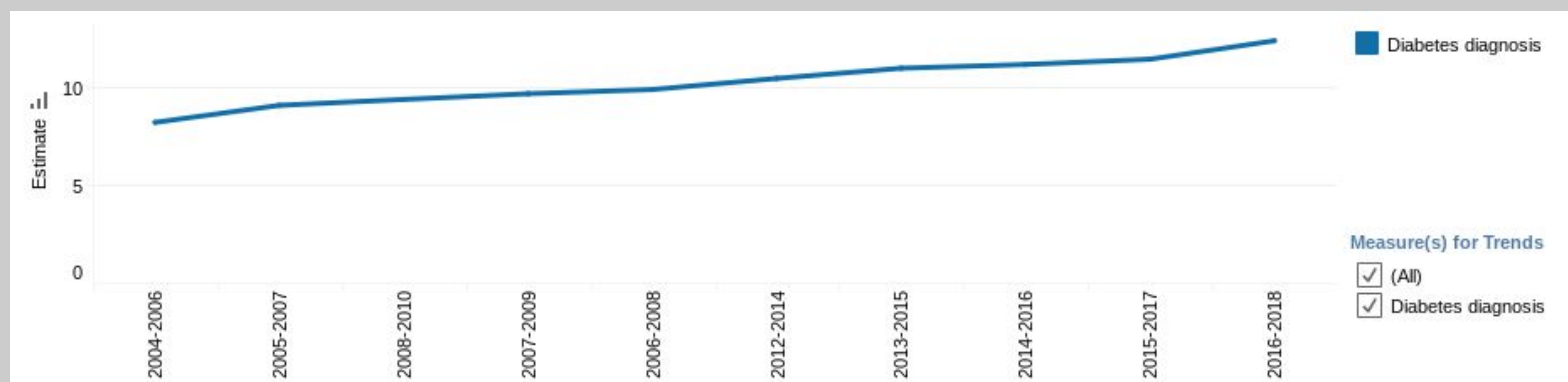
POSSIBLE SOLUTIONS

A possible solution to this problem could be to make it mandatory that there are only so many fast food restaurants within an area. By not having as many options of fast food so close together people will have to put more effort into getting fast food. Which most people don't want to do if their craving fast food.

Another possible solution is for the community to be able to vote on healthier alternatives when incorporating food places instead of bringing in more chain fast food restaurants.



DATA ANALYSIS



RESULTS

In the data represented, we see how the rising number of fast food chain restaurants in the given area have increased, and with that number, the diabetes rates as well. The rate in which people have been diagnosed directly corresponds with the increasing number of restaurants installed. In Washington state there is 66.8 fast food restaurants for every 100k people and there are approximately 256k people in Yakima. This means that there are approximately 167 fast food restaurants in yakima county alone. Compared to 2011, where the population was over 10,000 people less and the overall fast food restaurants per person or group of people was also decreased. According to this data, there is almost 5,200 fast food restaurants in Washington state.

REFLECTION

First, we tracked down how many diabetes cases were in Washington State and Yakima County in particular. Then we looked at how many fast food places there are in the areas with the most diabetes cases. A challenge we faced was finding accurate data that proved our hypothesis because the number of fast food restaurants per county isn't a popular topic and is always changing. We were influenced to do this topic because of our concern for the health of people in America. We see how much fast food has affected the way people live and how damaging it has been to millions of people's health. Mrs. Gamache was our support throughout this project. Finally, a lesson that we have learned from this research project is that fast food may be easier to access, but it's not worth the risk of diabetes or other detriment health issues.

MATERIALS AND METHODS

- Baseline data from Washington Tracking Network (WTN) on Diabetes Rates in Yakima and WA
- Regression chart from Yakima Herald Republic to see if food or specifically fast food caused issues within the population

HEALTH DISPARITIES

Adult's in poor or near poor households have the highest rate of diabetes. This is because most poor people seek fast food as a cheap calorie dense alternative. They don't have to clean or put time into cooking.

The Native American population is also more prone to diabetes. Yakima County consists of 6.7% of Native Americans. Many of the Yakama are being treated for diabetes which could be related to access to fast food restaurants.

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