

# RESEARCH TITLE

A Systematic Review: The impact of ultra processed food consumption on health outcomes among adults in united kingdom.

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## PREVALENCE

- ❑ Ultra-processed foods (UPFs) provide around 57% of the daily calories consumed by UK adults. (Monteiro et al., 2019; Lane et al., 2024) High UPF intake is linked to obesity, type 2 diabetes, heart disease, some cancers, and poor mental health. (Pagliai et al., 2021; Lane et al., 2024)
- ❑ In the UK, 64% of adults are overweight or obese, 4.6 million people have diabetes, and heart disease causes one in four deaths, highlighting the importance of healthier eating. (World Health Organization, 2024)

## RATIONALE

- ❑ Eating a healthy diet is important for staying well and preventing disease. (World Health Organization, 2024) However, many adults in the UK still eat large amounts of ultra-processed foods because they are cheap, convenient, and easy to find. Although many studies have looked at how these foods affect health, the evidence is spread across different sources and can be difficult to understand. (Monteiro et al., 2019; Lane et al., 2024)
- ❑ This systematic review will bring together the available research to give a clearer picture of how ultra-processed foods affect the health of UK adults. The findings could help improve dietary advice, support public health policies, identify areas where more research is needed, and encourage healthier eating to reduce diseases such as obesity, type 2 diabetes, heart disease, cancer, and mental health problems.

## RESEARCH QUESTION, AIMS, OBJECTIVES

- ❑ **Question:** “What is the impact of ultra-processed food consumption on health outcomes in human populations?”
- ❑ **Aim:** To investigation and synthesize evidence on the impact of ultra-processed food consumption on health outcomes among different populations. A Systematic Review: The impact of ultra processed food consumption on health outcomes among adults in united kingdom.
- ❑ **Objectives:**
  - ✓ To identify studies examining the relationship between UPF consumption and health outcomes.
  - ✓ To assess the association between UPF intake and obesity-related outcomes.
  - ✓ To evaluate the relationship between UPF consumption and chronic diseases such as cardiovascular disease, diabetes, and cancer.
  - ✓ To examine the impact of UPF consumption on mental health outcomes.

## RESEARCH IMPACT

- ❑ **Impact on Individuals**
  - ✓ It will help adults better understand the health risks of eating too many ultra-processed foods. It may encourage healthier food choices and reduce the risk of long-term health problems. (Pagliai et al., 2021; Lane et al., 2024)
- ❑ **Impact on Public Health**
  - ✓ It will provide a clear summary of the evidence on ultra-processed foods and health. This may support public health campaigns that promote healthy eating and help prevent diet-related diseases. (World Health Organization, 2024)
- ❑ **Impact on Healthcare Professionals**
  - ✓ It can use the findings to provide more informed dietary advice and support patients in making healthier lifestyle choices. (Lane et al., 2024; Pagliai et al., 2021)
- ❑ **Impact on Health Policy**
  - ✓ It may help inform future nutrition policies, including food labelling, healthier food environments, nutrition education, and obesity prevention programmes. (World Health Organization, 2024)
- ❑ **Impact on the NHS**
  - ✓ Encouraging healthier eating habits may reduce the number of people developing obesity and other chronic diseases, helping to ease pressure on NHS services.
- ❑ **Impact on Future Research**
  - ✓ This review will identify gaps in the existing evidence and provide direction for future research on reducing ultra-processed food consumption among UK adults.

## REFERENCES

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