

Between December 2020 and May 2021, the COVID-19 pandemic significantly affected global health and lifestyle. Despite staying home and cooking more, fast food consumption remained high, while intake of fruits, dairy, and protein declined. A meta-analysis of 69 studies showed a decline in psychological well-being and an increase in mental health issues such as stress, depression, and anxiety. Further Complications in the US Health Care System Due to Illnesses in US Prisons: From research on COVID-19 and the US prison system, it was estimated that the pandemic led to more than 1 million deaths in the US until 2024.