

2007 California Dietary Practices Survey

Table 63: Percent of Eating Out that Was in Fast Food Restaurants, Trends 1989-2007

Base: Of people eating out.

Yesterday, how many of your meals or snacks were from a restaurant, cafeteria, or fast food establishment, either eaten there or carried out?

Were any of these meals or snacks from a fast-food restaurant (such as McDonald's, Carl's Jr, Taco Bell, Burger King, KFC, Pizza Hut, or a Food Court)?

	Percent of Adults Eating Out who Ate Fast Food										Trends	
	1989	1991	1993	1995	1997	1999	2001	2003	2005	2007	2005-07	1997-07
Total	37	48	42	38	48	48	41	40	46	41.1	-4.9	-6.9*
Sex												
Males	34	52*	45	45**	50	48	43	40	47	40.9	-6.1	-9.1*
Females	39	42	39	32	46	48	39	41	44	41.3	-2.7	-4.7
Males												
18 - 24	59***	83*	53**	64***	57	53*	63*	40	59	44.6	-14.4	-12.4
25 - 34	43	57	56	52	54	59	39	42	55	47.7	-7.3	-6.3
35 - 50	29	49	39	45	47	47	42	40	40	40.7	0.7	-6.3
51 - 64	15	19	54	31	45	32	42	38	43	37.1	-5.9	-7.9
65+	30	33	16	15	34	30	30	32	37	21.7	-15.3	-12.3
Females												
18 - 24	46	60	46	33	63**	56	45	62**	39	55.8	16.8	-7.2
25 - 34	44	51	48	38	52	58	44	42	51	46.2	-4.8	-5.8
35 - 50	43	37	37	35	43	45	40	40	47	39.0	-8.0	-4.0
51 - 64	28	34	30	26	34	35	27	35	41	31.8	-9.2	-2.2
65+	19	26	29	13	24	40	29	16	28	31.4	3.4	7.4
Ethnicity												
White	33*	44	36***	32**	45	44***	36**	33***	41***	32.4***	-8.6*	-12.6**
Hispanic	49	48	63	56	54	62	56	64	61	61.1	0.1	7.1
Black	47	70	57	63	50	69	44	61	67	58.5	-8.5	8.5
Asian/Pacific Islander						38	44	35	21	29.7		8.7
Education												
Less than High School	40*	53	63**	61**	66**	70***	39	60***	69***	62.0***	-7.0	-4.0
High School Graduate	40	52	49	48	56	59	47	51	43	49.9	6.9	-6.1
Some College	42	49	40	37	51	54	41	47	54	38.3	-15.7*	-12.7**
College Graduate	25	42	35	32	36	33	37	25	31	29.2	-1.8	-6.8
Income												
Less than \$15,000	37**	60	51***	45	53	56***	49	53***	75***	50.8***	24.2***	-2.2
\$15,000 - 24,999	52	41	39	46	53	58	41	66	46	62.8	16.8*	9.8
\$25,000 - 34,999	43	50	55	47	53	41	41	39	48	36.5	-11.5	-16.5
\$35,000 - 49,999	36	44	49	40	44	58	50	41	45	35.4	-9.6	-8.6
\$50,000+	24	44	27	34	45	37	35	30	34	29.3	-4.7	-15.7***
Physically Active												
Did Not Meet Recommendations							46**	43	51**	49.5***	-1.5	
Met Recommendations							35	38	38	33.6	-4.4	
Overweight Status												
Overweight/Obese							42	45*	48	45.4*	-2.6	
Not Overweight							39	35	44	34.3	-9.7	
Poverty Index												
SNAP Participant								65***	72***	51.1***	-20.9**	
All Other/ ≤ 130% FPL								59	64	57.3	-6.7	
All Other/ > 130% FPL								35	36	31.4	-4.6	

The p-values presented are unadjusted for multiple testing. Because of the large number of statistical tests performed here, it is suggested that the reader use $p < 0.01$ as the definition of "statistically significant".

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* $p < .05$

** $p < .01$

*** $p < .001$

2007 California Dietary Practices Survey

Cross Tab 64a: Eating Out by Consumption of Healthy Foods

Out-of-Home Eating	Mean Servings of Fruits & Vegetables²
No meals eaten out	5.4 ^b 5.2 ^{ab} 4.5 ^a
Yes, not fast food	
Yes, fast food	
<hr/>	
Out-of-Home Eating	Mean Servings of Vegetables & Salad²
No meals eaten out	2.5 ^b 2.6 ^b 2.0 ^a
Yes, not fast food	
Yes, fast food	
<hr/>	
Out-of-Home Eating	Mean Servings of Fruit & Juice²
No meals eaten out	2.9
Yes, not fast food	2.6
Yes, fast food	2.5
<hr/>	
Out-of-Home Eating	Percent Having Whole Grain Bread, Beans, or High Fiber Cereal¹
No meals eaten out	48.5
Yes, not fast food	46.8
Yes, fast food	41.8
<hr/>	
Out-of-Home Eating	Percent Having Any Milk¹
No meals eaten out	62.6 53.5 62.4
Yes, not fast food	
Yes, fast food	

¹ A box around a group of numbers signifies that differences observed within this group are statistically significant.
Chi Square Test

² A box around a group of numbers signifies that differences observed within this group are statistically significant.
Categories sharing a common superscript (a, b, c) are not statistically different from each other (Bonferroni technique at a procedure-wise error rate=.05).
ANOVA

* p<.05

2007 California Dietary Practices Survey

Cross Tab 64b: Eating Out by Consumption of Less Healthy Foods

Out-of-Home Eating	Percent Having Whole/2% Milk (out of Milk Drinkers)
No meals eaten out	67.6
Yes, not fast food	61.6
Yes, fast food	69.0
Out-of-Home Eating	Percent Having Cheese
No meals eaten out	49.6 ***
Yes, not fast food	64.8
Yes, fast food	69.0
Out-of-Home Eating	Percent Having Deep Fried Foods
No meals eaten out	12.3 ***
Yes, not fast food	24.9
Yes, fast food	49.2
Out-of-Home Eating	Percent Having Fried Snack Foods
No meals eaten out	20.2
Yes, not fast food	21.7
Yes, fast food	25.4
Out-of-Home Eating	Percent Having High Fat Sweets/Desserts
No meals eaten out	38.8 **
Yes, not fast food	50.2
Yes, fast food	37.6
Out-of-Home Eating	Percent Having Breakfast Pastries
No meals eaten out	13.8 **
Yes, not fast food	16.7
Yes, fast food	23.4

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

** p<.01

*** p<.001

2007 California Dietary Practices Survey

Table 65: Percent who Ate At Least One Meal Out, Trends 1989-2007

Yesterday, how many of your meals or snacks were from a restaurant, cafeteria, or fast food establishment, either eaten there or carried out?

	Percent of Adults Eating 1+ Meals Out										Trends	
	1989	1991	1993	1995	1997	1999	2001	2003	2005	2007	2005-07	1997-07
Total	41	41	41	48	41	44	41	40	36	32.6	-3.4*	-8.4***
Sex												
Males	44*	49***	44*	53**	43*	48**	46***	40	41**	34.1	-6.9*	-8.9***
Females	38	34	38	44	38	40	36	39	32	31.1	-0.9	-6.9**
Males												
18 - 24	36*	61***	59***	58*	60***	61***	41***	45**	46**	41.3	-4.7	-18.7**
25 - 34	56	46	47	57	47	56	58	47	44	35.0	-9.0	-12.0*
35 - 50	43	58	49	56	45	46	49	45	45	33.3	-11.7*	-11.7**
51 - 64	47	45	38	35	37	40	41	30	35	36.3	1.3	-0.7
65+	30	20	25	51	25	35	30	22	25	22.1	-2.9	-2.9
Females												
18 - 24	50**	36	48***	55**	52***	49***	37**	53**	38	39.6	1.6	-12.4
25 - 34	38	42	40	45	47	44	44	42	35	33.8	-1.2	-13.2*
35 - 50	43	34	43	50	40	46	39	36	34	32.0	-2.0	-8.0
51 - 64	33	35	43	38	37	41	34	41	36	27.7	-8.3	-9.3
65+	23	23	22	28	17	18	22	27	22	21.9	-0.1	4.9
Ethnicity												
White	43	45*	45***	51**	41	47***	44**	42***	40**	34.4	-5.6*	-6.6**
Hispanic	35	35	34	38	36	33	32	29	35	28.5	-6.5	-7.5*
Black	38	41	32	45	45	44	46	43	28	32.6	4.6	-12.4
Asian/Pacific Islander						50	48	47	38	34.1		-3.9
Education												
Less than High School	24***	23***	23***	25***	26***	24***	22***	19***	29**	25.5***	-3.5	-0.5
High School Graduate	37	41	42	46	39	42	38	43	36	28.0	-8.0*	-11.0**
Some College	50	47	46	50	43	45	45	44	38	34.2	-3.8	-8.8**
College Graduate	44	45	45	54	44	51	48	43	42	40.3	-1.7	-3.7
Income												
Less than \$15,000	34**	26***	33***	37***	29***	34***	27***	27***	30***	26.3***	-3.7	-2.7
\$15,000 - 24,999	40	36	34	39	37	39	39	30	32	27.3	-4.7	-9.7*
\$25,000 - 34,999	42	45	43	52	38	45	36	35	30	28.0	-2.0	-10.0*
\$35,000 - 49,999	47	51	52	45	46	45	45	49	37	36.4	-0.6	-9.6
\$50,000+	52	53	50	60	50	58	55	49	45	43.6	-1.4	-6.4
Physically Active												
Did Not Meet Recommendations						41	41	38	33.1		-4.9	
Met Recommendations						41	38	36	32.2		-3.8	
Overweight Status												
Overweight/Obese						42	38	38	30.5*		-7.5***	
Not Overweight						41	42	35	35.9		0.9	
Poverty Index												
SNAP Participant							27***	27***	30.0***		3.0	
All Other/ ≤ 130% FPL							28	30	19.4		-10.6*	
All Other/ > 130% FPL							46	41	37.8		-3.2	

The p-values presented are unadjusted for multiple testing. Because of the large number of statistical tests performed here, it is suggested that the reader use $p < 0.01$ as the definition of "statistically significant".

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Chi Square Test

* $p < .05$

** $p < .01$

*** $p < .001$

2007 California Dietary Practices Survey

Table 66: Consumption of Fast Food

Yesterday, how many of your meals or snacks were from a restaurant, cafeteria, or fast food establishment, either eaten there or carried out?

Were any of these meals or snacks from a fast-food restaurant (such as McDonalds, Carl's Jr, Taco Bell, Burger King, KFC, Pizza Hut, or a Food Court)?

	Percent who Ate Fast Food	
	Out of Everyone	Out of Those who Eat Out
Total	13.4	41.1
<i>Sex</i>		
Males	14.0	40.9
Females	12.9	41.3
<i>Males</i>		
18 - 24	18.5	44.6
25 - 34	16.6	47.7
35 - 50	13.6	40.7
51 - 64	13.5	37.1
65+	4.8	21.7
<i>Females</i>		
18 - 24	22.0**	55.8
25 - 34	15.7	46.2
35 - 50	12.5	39.0
51 - 64	8.8	31.8
65+	6.7	31.4
<i>Ethnicity</i>		
White	11.1**	32.4***
Hispanic	17.3	61.1
Black	19.3	58.5
Asian/Pacific Islander	10.0	29.7
<i>Education</i>		
Less than High School	15.7	62.0***
High School Graduate	14.0	49.9
Some College	13.0	38.3
College Graduate	11.7	29.2
<i>Income</i>		
Less than \$15,000	13.3	50.8***
\$15,000 - 24,999	17.1	62.8
\$25,000 - 34,999	10.2	36.5
\$35,000 - 49,999	12.9	35.4
\$50,000+	12.8	29.3
<i>Physically Active</i>		
Did Not Meet Recommendations	16.3**	49.5***
Met Recommendations	10.8	33.6
<i>Overweight Status</i>		
Overweight/Obese	13.8	45.4*
Not Overweight	12.3	34.3
<i>Poverty Index</i>		
SNAP Participant	15.3	51.1***
All Other/ ≤ 130% FPL	11.3	57.3
All Other/ > 130% - ≤ 185% FPL	14.3	62.7
All Other/ > 185% FPL	11.5	28.5

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

2007 California Dietary Practices Survey

Table 139: Meals from Fast Food Restaurants in the Past Week

In the last week, how many times did you eat a meal or snack from a fast food restaurant?

	Percent Ate Fast Food					
	0	1	2	3	4+	
Total	38.9	26.2	16.2	10.0	8.6	
<i>Sex</i>						
Males	35.1	22.6	16.4	13.4	12.5	***
Females	42.7	29.8	15.9	6.7	4.9	
<i>Males</i>						
18 - 24	21.9	4.8	27.6	23.8	21.9	***
25 - 34	21.0	35.0	7.6	19.7	16.6	
35 - 50	40.4	19.6	18.4	11.4	10.2	
51 - 64	43.2	31.1	11.4	6.1	8.3	
65+	50.6	15.6	20.8	5.2	7.8	
<i>Females</i>						
18 - 24	23.4	35.1	22.3	11.7	7.4	***
25 - 34	32.5	32.5	19.2	7.3	8.6	
35 - 50	38.1	29.5	20.1	8.2	4.1	
51 - 64	57.1	30.5	8.4	1.9	1.9	
65+	67.4	20.0	6.3	4.2	2.1	
<i>Ethnicity</i>						
White	42.7	24.4	14.5	9.9	8.6	*
Hispanic	34.4	32.2	15.1	10.7	7.6	
Black	37.0	23.9	14.1	12.0	13.0	
Asian/Pacific Islander	36.3	24.2	24.2	8.1	7.3	
<i>Education</i>						
Less than High School	42.3	27.9	17.6	6.6	5.5	**
High School Graduate	33.2	29.0	15.8	11.0	11.0	
Some College	33.3	27.4	17.8	11.4	10.1	
College Graduate	47.6	21.6	13.4	10.2	7.2	
<i>Income</i>						
Less than \$15,000	43.2	24.4	14.6	9.5	8.2	**
\$15,000 - 24,999	37.4	30.2	17.2	8.8	6.5	
\$25,000 - 34,999	26.2	36.9	19.2	8.5	9.2	
\$35,000 - 49,999	28.9	31.4	14.9	9.9	14.9	
\$50,000+	40.2	21.2	15.8	13.2	9.6	
<i>Physically Active</i>						
Did Not Meet Recommendations	38.7	27.5	14.8	9.6	9.4	
Met Recommendations	38.9	25.1	17.4	10.4	8.2	
<i>Overweight Status</i>						
Overweight/Obese	37.2	26.8	16.8	10.2	9.1	
Not Overweight	42.0	24.9	15.2	9.9	8.1	
<i>Poverty Index</i>						
SNAP Participant	34.8	28.8	17.8	10.3	8.3	**
All Other/ ≤ 130% FPL	51.5	28.5	9.1	5.5	5.5	
All Other/ > 130% - ≤ 185% FPL	42.4	23.9	13.0	9.8	10.9	
All Other/ > 185% FPL	38.5	23.0	16.6	12.3	9.6	

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Chi Square Test

* p<.05

** p<.01

*** p<.001

2007 California Dietary Practices Survey

Table 142: Percent who Ask About Calorie Information for Menu Items

When you eat out do you look for or ask about calorie information for the menu items you choose?

	Percent who Ask About Calorie Information
Total	19.6
<i>Sex</i>	
Males	16.7 **
Females	22.3
<i>Males</i>	
18 - 24	17.3
25 - 34	13.1
35 - 50	17.4
51 - 64	18.7
65+	15.6
<i>Females</i>	
18 - 24	21.9 *
25 - 34	23.0
35 - 50	27.8
51 - 64	21.2
65+	10.4
<i>Ethnicity</i>	
White	21.0
Hispanic	15.8
Black	19.6
Asian/Pacific Islander	23.3
<i>Education</i>	
Less than High School	11.7 ***
High School Graduate	16.1
Some College	22.9
College Graduate	24.7
<i>Income</i>	
Less than \$15,000	20.1
\$15,000 - 24,999	15.5
\$25,000 - 34,999	19.1
\$35,000 - 49,999	13.3
\$50,000+	22.9
<i>Physically Active</i>	
Did Not Meet Recommendations	14.5 ***
Met Recommendations	24.3
<i>Overweight Status</i>	
Overweight/Obese	18.8
Not Overweight	20.6
<i>Poverty Index</i>	
SNAP Participant	20.5
All Other/ ≤ 130% FPL	13.3
All Other/ > 130% - ≤ 185% FPL	14.1
All Other/ > 185% FPL	21.6

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001