

## 2005 California Dietary Practices Survey

**Table 41: Percent of Eating Out that Was in Fast Food Restaurants**

*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 McDonalds, Carl's Jr, Taco Bell, Burger King, KFC, Pizza Hut, or a food court)?*

	Percent of Adults Eating Out Who Chose Fast Food on the Previous Day	
<b>Total</b>	<b>46</b>	
<i>Sex</i>		
Males	47	
Females	44	
<i>Males</i>		
18 - 24	59	
25 - 34	55	
35 - 50	40	
51 - 64	43	
65+	37	
<i>Females</i>		
18 - 24	39	
25 - 34	51	
35 - 50	47	
51 - 64	41	
65+	28	
<i>Ethnicity</i>		
White	41	***
Hispanic	61	
Black	67	
Asian/Pacific Islander	21	
<i>Education</i>		
Less than High School	69	***
High School Graduate	43	
Some College	54	
College Graduate	31	
<i>Income</i>		
Less than \$15,000	75	***
\$15,000 - 24,999	46	
\$25,000 - 34,999	48	
\$35,000 - 49,999	45	
\$50,000+	34	
<i>Physically Active</i>		
Did Not Meet Recommendations	51	**
Met Recommendations	38	
<i>Overweight Status</i>		
Overweight/Obese	48	
Not Overweight	44	
<i>Poverty Index</i>		
Food Stamp Participants	72	***
All Other Respondents/ ≤ 130% FPL	64	
All Other Respondents/ > 130% FPL	36	

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Cross Tab 42a: Eating Out Compared to Consumption of Healthy Foods**

Out of Home Eating	Mean Servings of Fruits and Vegetables Eaten <sup>2</sup>
No Meals Eaten Out	4.6 <sup>a</sup> ***
Yes, not fast food	4.6 <sup>a</sup>
Yes, fast food	3.5 <sup>b</sup>
Out of Home Eating	Mean Servings of Vegetables and Salad <sup>2</sup>
No Meals Eaten Out	2.1 <sup>a</sup> **
Yes, not fast food	2.6 <sup>b</sup>
Yes, fast food	1.9 <sup>a</sup>
Out of Home Eating	Mean Servings of Fruit and Juice <sup>2</sup>
No Meals Eaten Out	2.5 <sup>c</sup> ***
Yes, not fast food	2.0 <sup>b</sup>
Yes, fast food	1.6 <sup>a</sup>
Out of Home Eating	Percent Having Whole Grain Bread, Beans, or High Fiber Cereal
No Meals Eaten Out	69
Yes, not fast food	65
Yes, fast food	62
Out of Home Eating	Percent Having Any Milk <sup>1</sup>
No Meals Eaten Out	62 ***
Yes, not fast food	51
Yes, fast food	51

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

<sup>2</sup> 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 (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\*\* p<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

### Cross Tab 42b: Eating Out Compared to Consumption of High Calorie, Low Nutrient Foods

Base: Out of everyone, unless indicated

Out of Home Eating	Percent Having Whole/2% Milk (Out of milk drinkers) <sup>1</sup>
No Meals Eaten Out	64
Yes, not fast food	49
Yes, fast food	63
	**
Out of Home Eating	Percent Having Cheese <sup>2</sup>
No Meals Eaten Out	51
Yes, not fast food	50
Yes, fast food	64
	**
Out of Home Eating	Percent Having Deep Fried Foods, like French Fries, Fried Chicken, Chicken Nuggets, Fried Shrimp, or Onion Rings <sup>1</sup>
No Meals Eaten Out	12
Yes, not fast food	22
Yes, fast food	47
	***
Out of Home Eating	Percent having fried snack foods, like potato chips, corn chips, cheese puffs, pork rinds, or other fried snack foods <sup>1</sup>
No Meals Eaten Out	20
Yes, not fast food	19
Yes, fast food	27
	*
Out of Home Eating	Percent having high fat sweets/desserts, like cake, pie, cookies, brownies, or chocolate candy bars
No Meals Eaten Out	46
Yes, not fast food	42
Yes, fast food	47
Out of Home Eating	Percent having any breakfast pastries like doughnuts, danish, sweet rolls, muffins, croissants, or poptarts
No Meals Eaten Out	15
Yes, not fast food	19
Yes, fast food	21

<sup>1</sup> 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

## 2005 California Dietary Practices Survey

**Table 43: Percent of Californians Who Ate At Least One Meal Out**

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

	<b>Adults Eating 1+ Meals Out</b>
<b>Total</b>	<b>36</b>
<i>Sex</i>	
Males	41**
Females	32
<i>Males</i>	
18 - 24	46**
25 - 34	44
35 - 50	45
51 - 64	35
65+	25
<i>Females</i>	
18 - 24	38
25 - 34	35
35 - 50	34
51 - 64	36
65+	22
<i>Ethnicity</i>	
White	40**
Hispanic	35
Black	28
Asian/Pacific Islander	38
<i>Education</i>	
Less than High School	29**
High School Graduate	36
Some College	38
College Graduate	42
<i>Income</i>	
Less than \$15,000	30***
\$15,000 - 24,999	32
\$25,000 - 34,999	30
\$35,000 - 49,999	37
\$50,000+	45
<i>Physically Active</i>	
Did Not Meet Recommendations	38
Met Recommendations	36
<i>Overweight Status</i>	
Overweight/Obese	38
Not Overweight	35
<i>Poverty Index</i>	
Food Stamp Participants	27***
All Other Respondents/ ≤ 130% FPL	30
All Other Respondents/ > 130% FPL	41

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 44: 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
<b>Total</b>	<b>17</b>	<b>46</b>
<i>Sex</i>		
Males	19 *	47
Females	14	44
<i>Males</i>		
18 - 24	27 **	59
25 - 34	24	55
35 - 50	18	40
51 - 64	15	43
65+	9	37
<i>Females</i>		
18 - 24	15	39
25 - 34	18	51
35 - 50	16	47
51 - 64	15	41
65+	6	28
<i>Ethnicity</i>		
White	16 *	41 ***
Hispanic	17	61
Black	24	67
Asian/Pacific Islander	8	21
<i>Education</i>		
Less than High School	20 *	69 ***
High School Graduate	16	43
Some College	20	54
College Graduate	13	31
<i>Income</i>		
Less than \$15,000	22	75 ***
\$15,000 - 24,999	15	46
\$25,000 - 34,999	14	48
\$35,000 - 49,999	17	45
\$50,000+	15	34
<i>Physically Active</i>		
Did Not Meet Recommendations	19 **	51 **
Met Recommendations	14	38
<i>Overweight Status</i>		
Overweight/Obese	18	48
Not Overweight	15	44
<i>Poverty Index</i>		
Food Stamp Participants	20	72 ***
All Other Respondents/ ≤ 130% FPL	19	64
All Other Respondents/ > 130% FPL	15	

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

## 2005 California Dietary Practices Survey

**Table 45: 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?*

	Times Eating Fast Food, Percent					
	0	1	2	3	4+	
<b>Total</b>	<b>39</b>	<b>29</b>	<b>12</b>	<b>9</b>	<b>11</b>	
<i>Sex</i>						
Males	35	27	12	11	15	***
Females	42	31	13	8	6	
<i>Males</i>						
18 - 24	8	41	11	16	25	***
25 - 34	30	23	12	15	20	
35 - 50	34	29	12	9	16	
51 - 64	47	21	14	7	10	
65+	64	18	10	6	2	
<i>Females</i>						
18 - 24	25	32	20	13	11	***
25 - 34	29	30	17	15	9	
35 - 50	39	36	12	6	7	
51 - 64	44	38	10	6	2	
65+	70	18	7	3	2	
<i>Ethnicity</i>						
White	42	24	13	10	10	***
Hispanic	36	32	11	9	12	
Black	29	24	19	14	14	
Asian/Pacific Islander	33	43	9	8	6	
<i>Education</i>						
Less than High School	36	35	10	8	11	**
High School Graduate	34	26	19	11	10	
Some College	38	26	13	11	12	
College Graduate	44	28	9	9	10	
<i>Income</i>						
Less than \$15,000	40	28	10	10	12	
\$15,000 - 24,999	34	35	13	9	9	
\$25,000 - 34,999	33	35	14	9	10	
\$35,000 - 49,999	46	16	12	13	13	
\$50,000+	38	30	14	8	10	
<i>Physically Active</i>						
Did Not Meet Recommendations	39	26	12	11	12	
Met Recommendations	38	32	12	9	9	
<i>Overweight Status</i>						
Overweight/Obese	38	29	13	9	11	
Not Overweight	39	28	12	11	10	
<i>Poverty Index</i>						
Food Stamp Participants	27	34	16	11	12	
All Other Respondents/ ≤ 130% FPL	37	32	11	9	10	
All Other Respondents/ > 130% FPL	40	28	12	9	10	

Rows may not add up to 100 percent due to rounding.

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001