

**2003 California Dietary Practices Survey**  
**Table 45: Percent of Eating Out that Was in Fast Food Restaurants**

**Question:** 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)?**  
**Base:** Of people eating out.

	Percent
<b>Total</b>	<b>40</b>
<i>Sex</i>	
Males	40
Females	41
<i>Males</i>	
18 - 24	40
25 - 34	42
35 - 50	40
51 - 64	38
65+	32
<i>Females</i>	
18 - 24	62 **
25 - 34	42
35 - 50	40
51 - 64	35
65+	16
<i>Ethnicity</i>	
White	33 ***
Hispanic	64
Black	61
Asian/Pacific Islander	35
<i>Education</i>	
Less than high school	60 ***
High school graduate	51
Some college	47
College graduate	25
<i>Income</i>	
Less than \$15,000	53 ***
\$15,000 - 24,999	66
\$25,000 - 34,999	39
\$35,000 - 49,999	41
\$50,000+	30
<i>Physically Active</i>	
Did not meet recommendations	43
Met recommendations	38
<i>Overweight Status</i>	
Overweight/Obese	45 *
Not overweight	35
<i>Poverty Index</i>	
Food Stamp users	65 ***
Non Food Stamp users/ <130% FPL	59
Non Food Stamp users/ >130% FPL	35

FPL=Federal Poverty Level  
 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

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**Cross Tab 46: Eating out Compared to Consumption of Fruits and Vegetables, Milk, High Fiber Foods, and High Fat and High Sugar Foods**

Base: Out of everyone, unless indicated

Out of Home Eating	
	<b>Mean Servings of Fruits &amp; Vegetables Eaten<sup>1</sup></b>
No meals eaten out	4.3 <sup>b</sup> ***
Yes, not fast food	4.1 <sup>b</sup>
Yes, fast food	3.3 <sup>a</sup>
	<b>Percent Having no Whole Grain Bread, Beans, or High Fiber</b>
No meals eaten out	57 **
Yes, not fast food	62
Yes, fast food	68
	<b>Percent Having Whole/ 2% Milk (Out of Milk Drinkers)<sup>2</sup></b>
No meals eaten out	59 **
Yes, not fast food	51
Yes, fast food	70
	<b>Percent Having Any Milk<sup>2</sup></b>
No meals eaten out	57 *
Yes, not fast food	48
Yes, fast food	55
	<b>Percent Having Any Cheese<sup>2</sup></b>
No meals eaten out	48 ***
Yes, not fast food	60
Yes, fast food	66
	<b>Fried Chicken, Chicken Nuggets, Fried Shrimp, or Onion Rings<sup>2</sup></b>
No meals eaten out	11 ***
Yes, not fast food	21
Yes, fast food	47
	<b>Percent Having Any Fried Snack Foods, Like Potato Chips, Corn Chips, Cheese Puffs, Pork Rinds, or Other Fried Snack Foods<sup>2</sup></b>
No meals eaten out	18 ***
Yes, not fast food	20
Yes, fast food	28
	<b>Percent Having High Fat Sweets/ Desserts, Like Cake, Pie, Cookies, Brownies, or Chocolate Candy Bars<sup>2</sup></b>
No meals eaten out	44
Yes, not fast food	43
Yes, fast food	44
	<b>Percent Having Any Breakfast Pastries Like Doughnuts, Danish, Sweet Rolls, Muffins, Croissants, or Poptarts<sup>2</sup></b>
No meals eaten out	12 ***
Yes, not fast food	15
Yes, fast food	22

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<sup>1</sup> and Chi-Square Test<sup>2</sup>:

\* p<.05

\*\* p<.01

\*\*\* p<.001

**2003 California Dietary Practices Survey**  
**Table 47: Percent of Californians Who Ate At Least One Meal Out**

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

	<b>Percent</b>
<b>Total</b>	<b>40</b>
<i>Sex</i>	
Males	40
Females	39
<i>Males</i>	
18 - 24	45 **
25 - 34	47
35 - 50	45
51 - 64	30
65+	22
<i>Females</i>	
18 - 24	53 **
25 - 34	42
35 - 50	36
51 - 64	41
65+	27
<i>Ethnicity</i>	
White	42 ***
Hispanic	29
Black	43
Asian/Pacific Islander	47
<i>Education</i>	
Less than high school	19 ***
High school graduate	43
Some college	44
College graduate	43
<i>Income</i>	
Less than \$15,000	27 ***
\$15,000 - 24,999	30
\$25,000 - 34,999	35
\$35,000 - 49,999	49
\$50,000+	49
<i>Physically Active</i>	
Did not meet recommendations	41
Met recommendations	38
<i>Overweight Status</i>	
Overweight/Obese	38
Not overweight	42
<i>Poverty Index</i>	
Food Stamp users	27 ***
Non Food Stamp users/ <130% FPL	28
Non Food Stamp users/ >130% FPL	46

FPL=Federal Poverty Level

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

Chi-Square Test:

\*\* p<.01

\*\*\* p<.001

2003 California Dietary Practices Survey

Table 48: Consumption of Fast Food

Question: 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>16</b>	<b>40</b>
<i>Sex</i>		
Males	16	40
Females	16	41
<i>Males</i>		
18 - 24	18 *	40
25 - 34	20	42
35 - 50	18	40
51 - 64	12	38
65+	7	32
<i>Females</i>		
18 - 24	32 ***	62 **
25 - 34	18	42
35 - 50	14	40
51 - 64	14	35
65+	4	16
<i>Ethnicity</i>		
White	14 **	33 ***
Hispanic	19	64
Black	26	61
Asian/ Pacific Islander	16	35
<i>Education</i>		
Less than high school	12 ***	60 ***
High school graduate	22	51
Some college	21	47
College graduate	11	25
<i>Income</i>		
Less than \$15,000	14	53 ***
\$15,000 - 24,999	20	66
\$25,000 - 34,999	14	39
\$35,000 - 49,999	20	41
\$50,000+	14	30
<i>Physically Active</i>		
Did not meet recommendations	18	43
Met recommendations	14	38
<i>Overweight Status</i>		
Overweight/Obese	17	45 *
Not overweight	14	35
<i>Food Stamp</i>		
Food stamp users	18	65 ***
Non food stamp users/ <130% FPL	17	59
Non food stamp users/ >130% FPL	16	35

FPL=Federal Poverty Level

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

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Table 49: Types of Restaurants Where Californians Eat

Question: Other than fast food, in which of the following types of restaurants did you eat?

	Percent	
	Family Style	Fine Dining, Buffet, Cafeteria, Other
<b>Total</b>	<b>36</b>	<b>62</b>
<i>Sex</i>		
Males	30*	66
Females	42	58
<i>Males</i>		
18 - 24	4***	87*
25 - 34	35	64
35 - 50	28	66
51 - 64	48	52
65+	64	45
<i>Females</i>		
18 - 24	45	59
25 - 34	35	62
35 - 50	38	62
51 - 64	49	51
65+	50	46
<i>Ethnicity</i>		
White	39	60
Hispanic	25	66
Black	23	73
Asian/ Pacific Islander	27	80
<i>Education</i>		
Less than high school	41	50
High school graduate	32	65
Some college	41	53
College graduate	34	67
<i>Income</i>		
Less than \$15,000	26	65
\$15,000 - 24,999	26	70
\$25,000 - 34,999	46	54
\$35,000 - 49,999	27	69
\$50,000+	41	60
<i>Physically Active</i>		
Did not meet recommendations	40	63
Met recommendations	34	62
<i>Overweight Status</i>		
Overweight/Obese	38	58
Not overweight	34	67
<i>Poverty Index</i>		
Food Stamp users	16	78
Non Food Stamp users/ <130% FPL	33	70
Non Food Stamp users/ >130% FPL	38	61

FPL=Federal Poverty Level

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

Chi-Square Test:

\* p<.05

\*\*\* p<.001

**2003 California Dietary Practices Survey**  
**Table 50: Meals Eaten at Fast Food Restaurants**

Question: What meal or meals yesterday did you eat at a fast food restaurant? (Check all that apply)

Base: Out of those who ate fast food

	Percent	
	Lunch	Dinner
<b>Total</b>	<b>62</b>	<b>37</b>
<i>Sex</i>		
Males	60	37
Females	65	36
<i>Males</i>		
18 - 24	60	51
25 - 34	64	42
35 - 50	62	27
51 - 64	53	47
65+	46	19
<i>Females</i>		
18 - 24	78 *	26
25 - 34	50	50
35 - 50	55	41
51 - 64	82	17
65+	62	59
<i>Ethnicity</i>		
White	69 **	36
Hispanic	43	37
Black	78	34
Asian/ Pacific Islander	56	55
<i>Education</i>		
Less than high school	36	51
High school graduate	64	26
Some college	66	40
College graduate	66	40
<i>Income</i>		
Less than \$15,000	51	35
\$15,000 - 24,999	66	36
\$25,000 - 34,999	60	34
\$35,000 - 49,999	62	38
\$50,000+	68	36
<i>Physically Active</i>		
Did not meet recommendations	62	32
Met recommendations	62	43
<i>Overweight Status</i>		
Overweight/Obese	58	40
Not overweight	70	32
<i>Poverty Index</i>		
Food Stamp users	54	33
Non Food Stamp users/ <130% FPL	54	35
Non Food Stamp users/ >130% FPL	67	39

FPL=Federal Poverty Level

Due to small sample size data for breakfast and snack are not displayed here.

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

Chi-Square Test:

\* p<.05

\*\* p<.01

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Table 51: Range in Times Californians Ate Fast Food in the Past Week

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

Base: Out of those who ate out

	Times Ate Fast Food, Percent		
	0	1	2+
<b>Total</b>	60	32	8
<i>Sex</i>			
Males	61	32	7
Females	60	32	8
<i>Males</i>			
18 - 24	insufficient sample size for analysis		
25 - 34			
35 - 50			
51 - 64			
65+			
<i>Females</i>			
18 - 24	insufficient sample size for analysis		
25 - 34			
35 - 50			
51 - 64			
65+			
<i>Ethnicity</i>			
White	67	26	7
Hispanic	37	56	8
Black	39	44	17
Asian/ Pacific Islander	70	22	8
<i>Education</i>			
Less than high school	40	53	7
High school graduate	51	41	8
Some college	54	34	12
College graduate	75	20	5
<i>Income</i>			
Less than \$15,000	50	46	4
\$15,000 - 24,999	35	48	16
\$25,000 - 34,999	61	39	0
\$35,000 - 49,999	60	26	14
\$50,000+	70	24	6
<i>Physically Active</i>			
Did not meet recommendations	58	34	9
Met recommendations	63	30	7
<i>Overweight Status</i>			
Overweight/Obese	56	35	8
Not overweight	65	27	8
<i>Poverty Index</i>			
Food Stamp users	35	52	13
Non Food Stamp users/ <130% FPL	44	50	6
Non Food Stamp users/ >130% FPL	65	27	8

FPL=Federal Poverty Level

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

Chi-Square Test:

\*\*\* p<.001