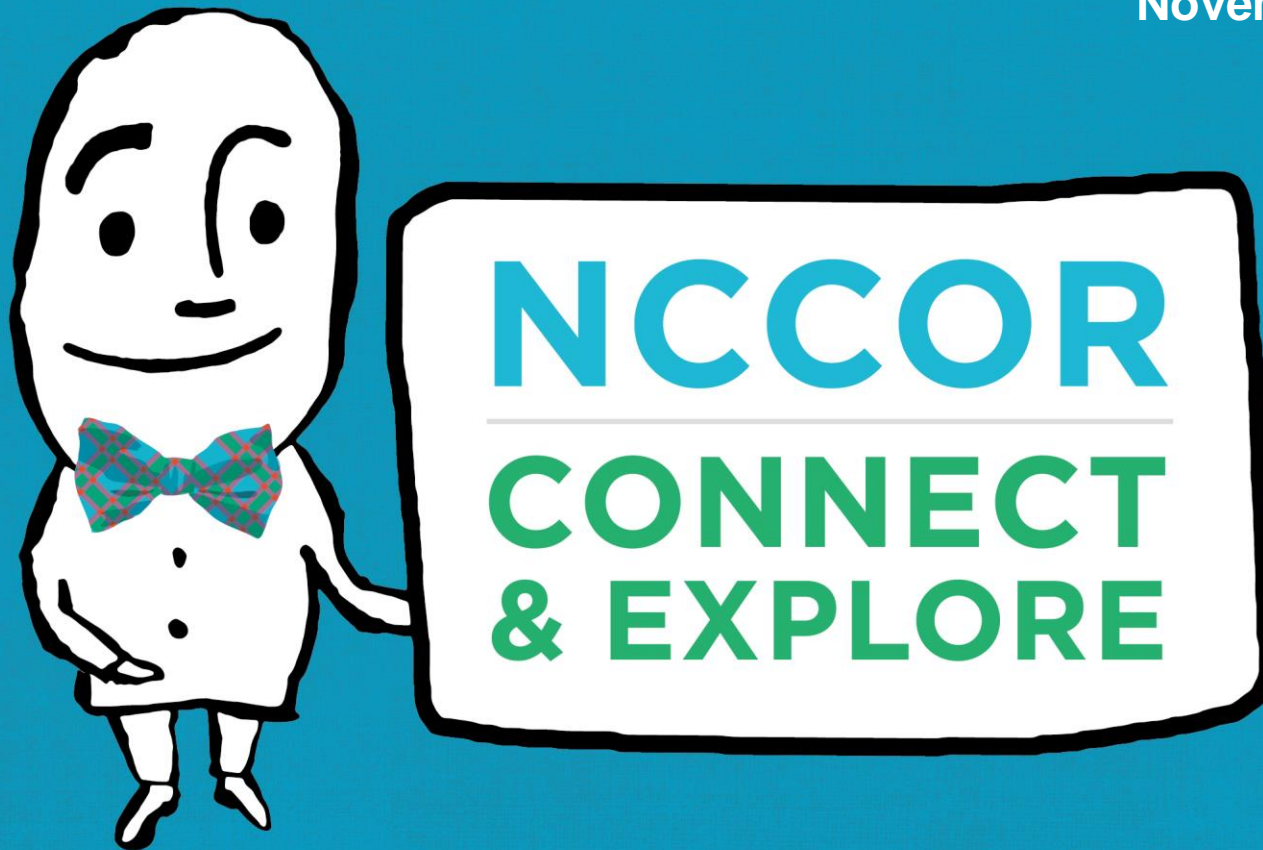


November 6, 2018

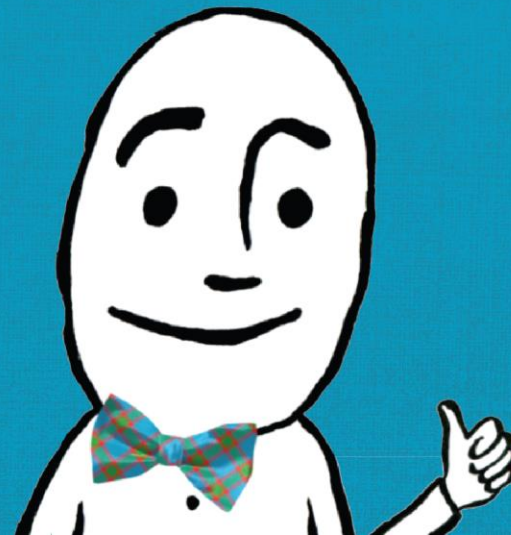


Connecting you with experts. Exploring the latest childhood obesity news and research.

We will begin at 2:05 to allow participants time to join the webinar.

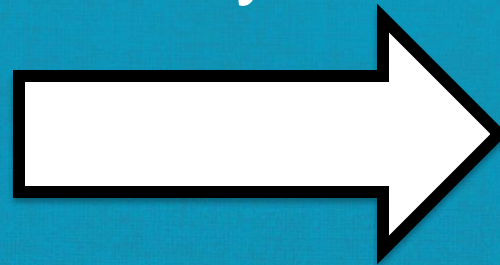
1. Spotlight: America's Eating Habits: Food Away From Home
2. One on One
3. NCCOR Announcements

TODAY'S PROGRAM



Need technical assistance? Have a question for our speakers?

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will respond shortly.



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Today's Speakers



Elaine Arkin

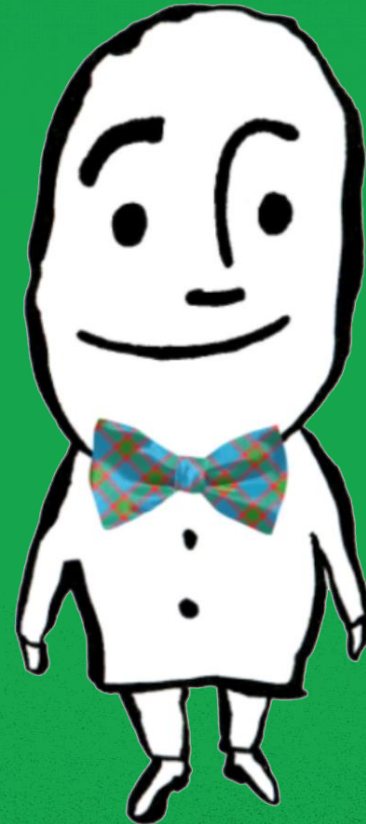
National Collaborative on
Childhood Obesity Research



Michelle Saksena

United States
Department of Agriculture

INTERACTIVE POLL





America's Eating Habits: Food Away From Home (FAFH) Overview

Michelle Saksena, PhD
Economist

Economic Research Service
United States Department of Agriculture

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United States Department of Agriculture

Economic
Research
Service

Economic
Information
Bulletin
Number 196

September 2018

America's Eating Habits: Food Away From Home

Michelle J. Saksena, Abigail M. Okrent, Tobenna D. Anekwe, Clare Cho, Christopher Dicken, Anne Effland, Howard Elitzak, Joanne Guthrie, Karen S. Hamrick, Jeffrey Hyman, Young Jo, Biing-Hwan Lin, Lisa Mancino, Patrick W. McLaughlin, Ilya Rahkovsky, Katherine Ralston, Travis A. Smith, Hayden Stewart, Jessica Todd, and Charlotte Tuttle



You can find the report at
[https://www.ers.usda.gov/topics/
food-choices-health/food-
consumption-demand/food-away-
from-home.aspx](https://www.ers.usda.gov/topics/food-choices-health/food-consumption-demand/food-away-from-home.aspx)

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Work of Many

Editors

Michelle Saksena, Abigail Okrent and Karen Hamrick

Chapter 1: Introduction

Abigail Okrent, Michelle Saksena, and Karen Hamrick

Chapter 2: A Brief History of Food Away From Home in the United States

Anne Effland

Chapter 3: A Retrospective of Food-Away-From-Home Expenditures From 1987 to 2017

Howard Elitzak and Abigail Okrent

Chapter 4: Food Away From Home During the Great Recession

Clare Cho and Jessica Todd

Chapter 5: Demographics of Food-Away-From-Home Frequency

Michelle Saksena

Chapter 6: Evolution of the Food-Away-From-Home Industry: Recent and Emerging Trends

Patrick McLaughlin and Chris Dicken

Chapter 7: Impacts on Nutrient Intakes From Increased Food-Away-From-Home Consumption

Joanne Guthrie, Biing-Hwan Lin and Travis Smith

Chapter 8: How Food Environment and Proximity to Restaurants Affect Nutritional Quality

Ilya Rahkovsky, Young Jo, and Lisa Mancino

Chapter 9: What Role Does Food Away From Home Play in the Diets of Food Assistance Recipients?

Charlotte Tuttle, Katherine Ralston, and Lisa Mancino

Chapter 10: Menu Labeling

Hayden Stewart, Tobenna Anekwe, and Jeffery Hyman

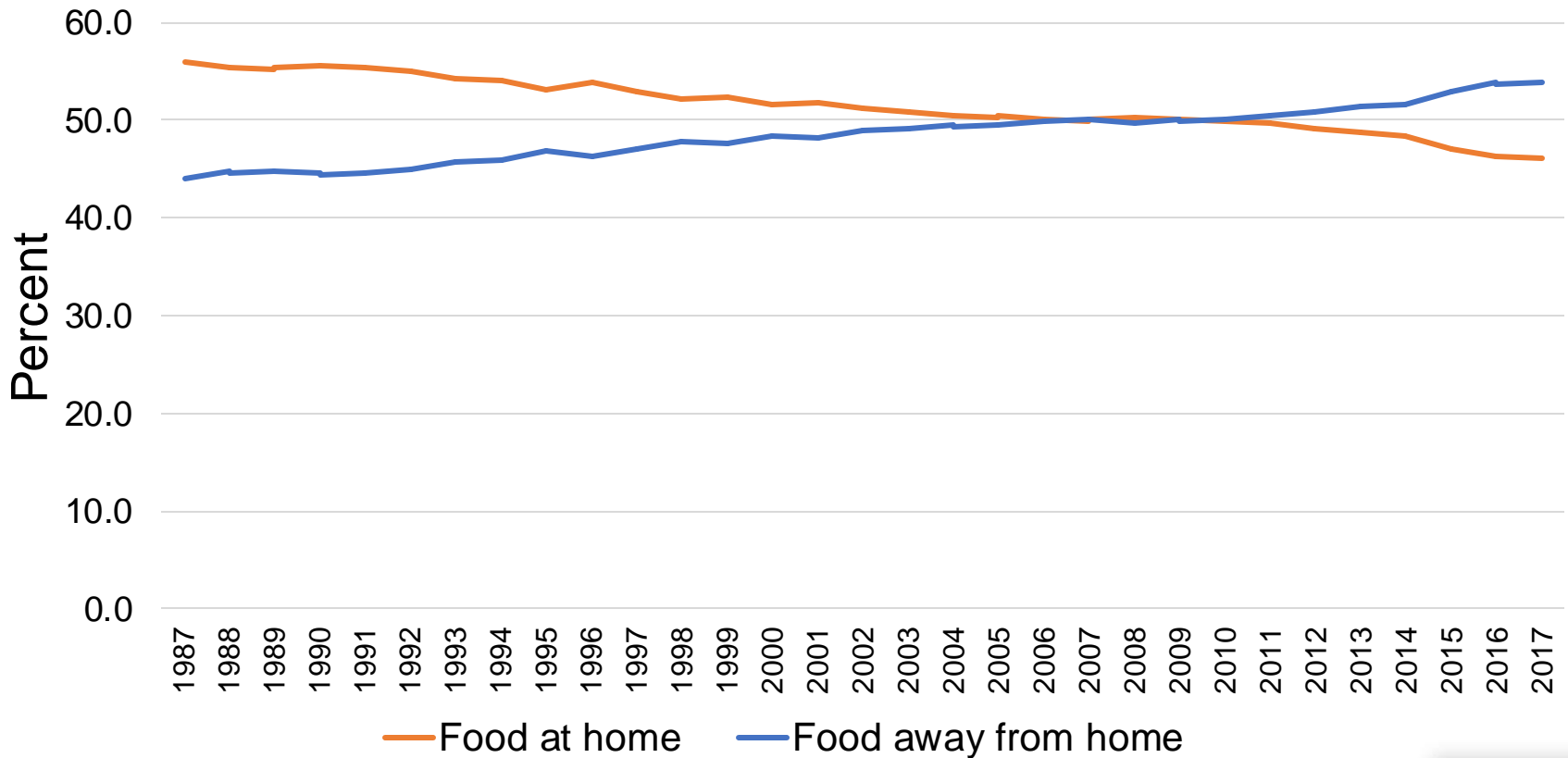
Motivation

Why did we think that the topic of FAFH warranted its own multi-chapter report? (... several reasons)

- 1) Complement to *America's Eating Habits: Changes and Consequences* (1999)
- 2) Observed changes in the way food is eaten and prepared which may have impacts on nutritional intake and health outcome
- 3) Emerging food policies aiming to change FAFH offerings (e.g., menu labeling)

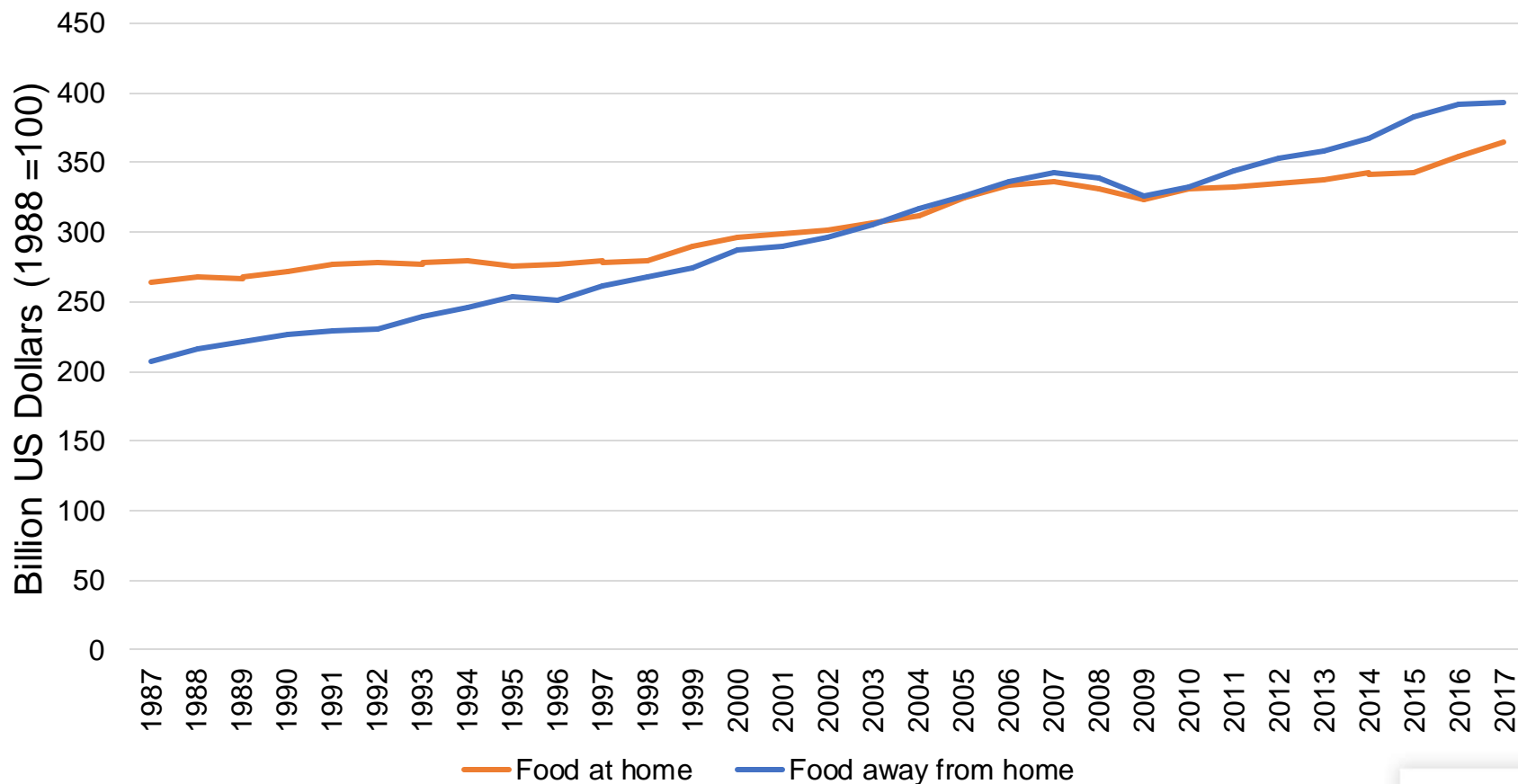
LONG-TERM TRENDS IN FAFH

FAFH Expenditure Shares, 1987-2017



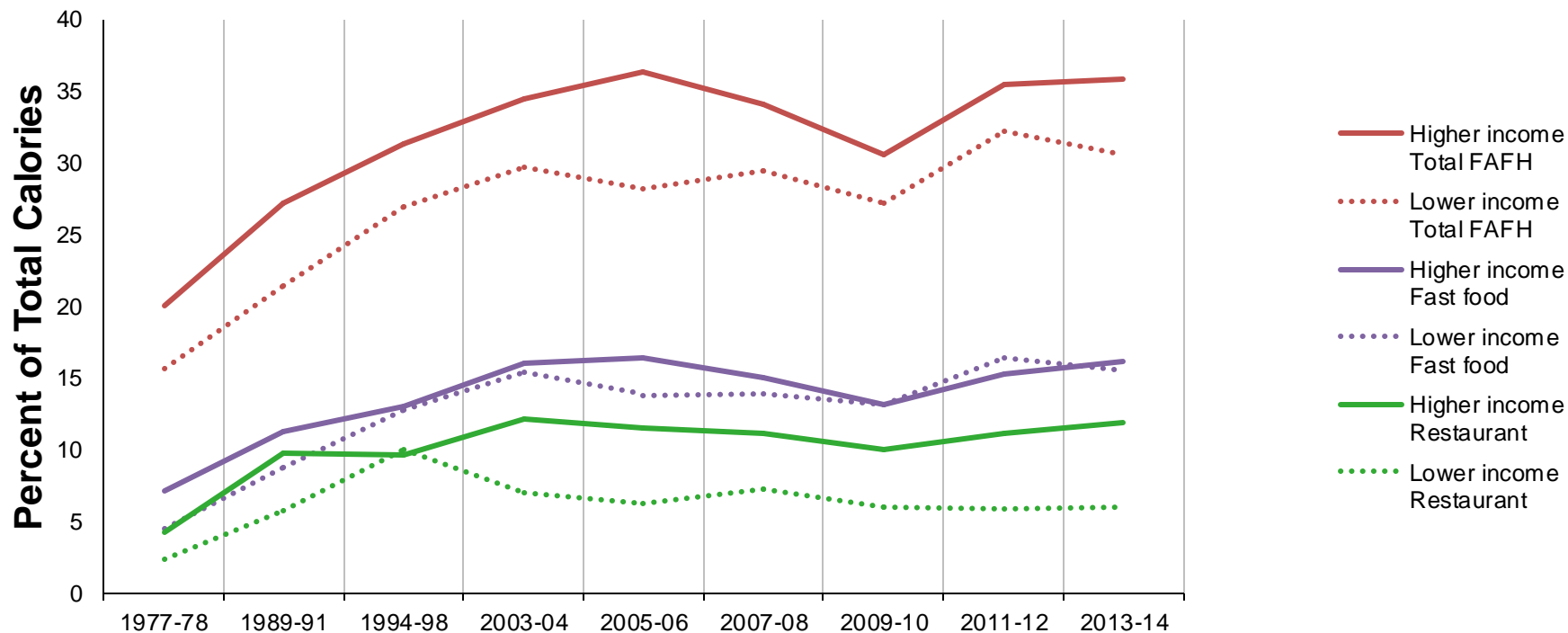
Source: Chapter 3, America's Eating Habits: Food Away From Home, USDA ERS.

Real FAFH Expenditures, 1987-2017



Source: Chapter 5, America's Eating Habits: Food Away From Home, USDA ERS.

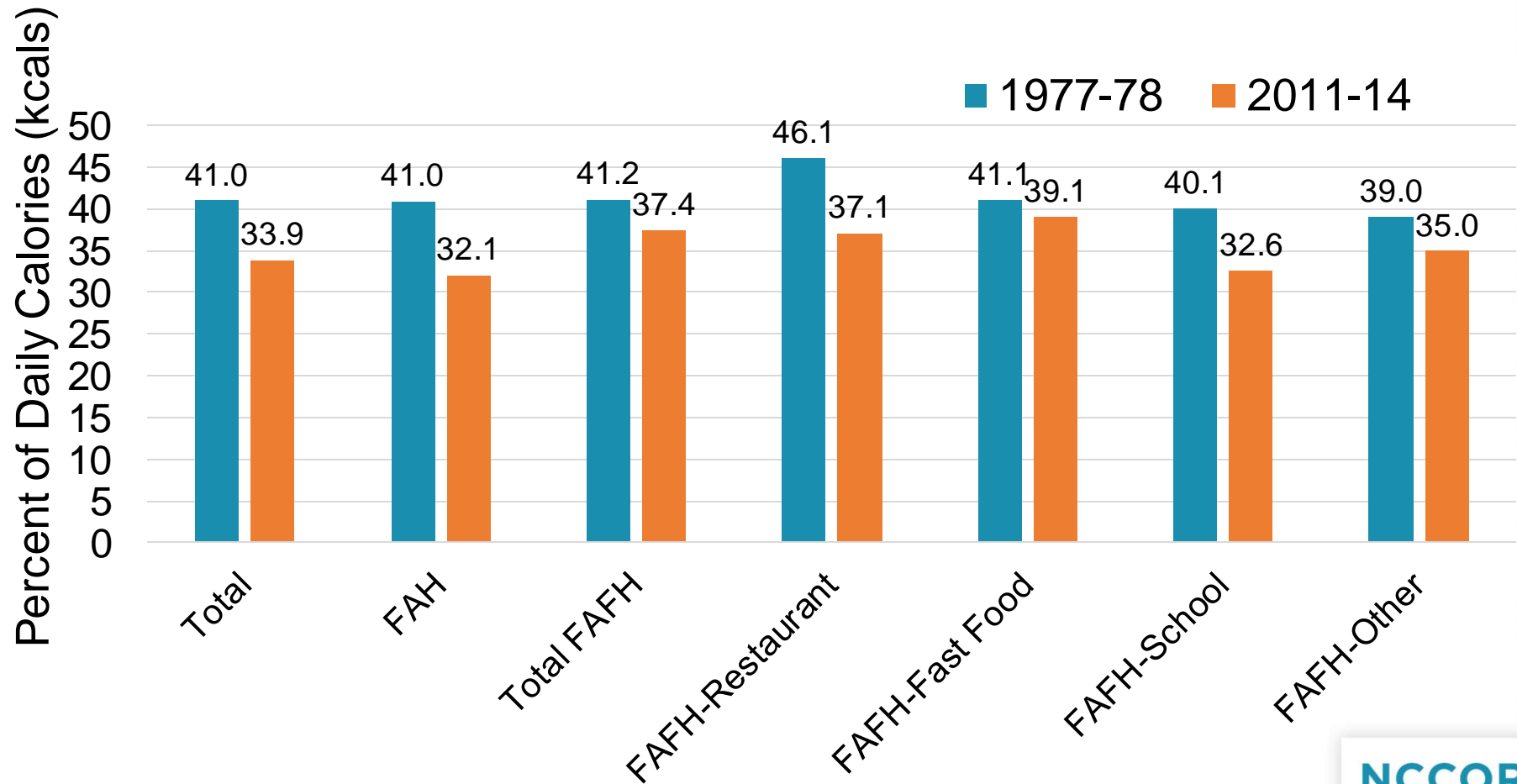
Share of Mean Daily Energy Intake from FAFH Sources, by Income, U.S. Population Age Two and Older



Source: Chapter 7, America's Eating Habits: Food Away From Home, USDA ERS.

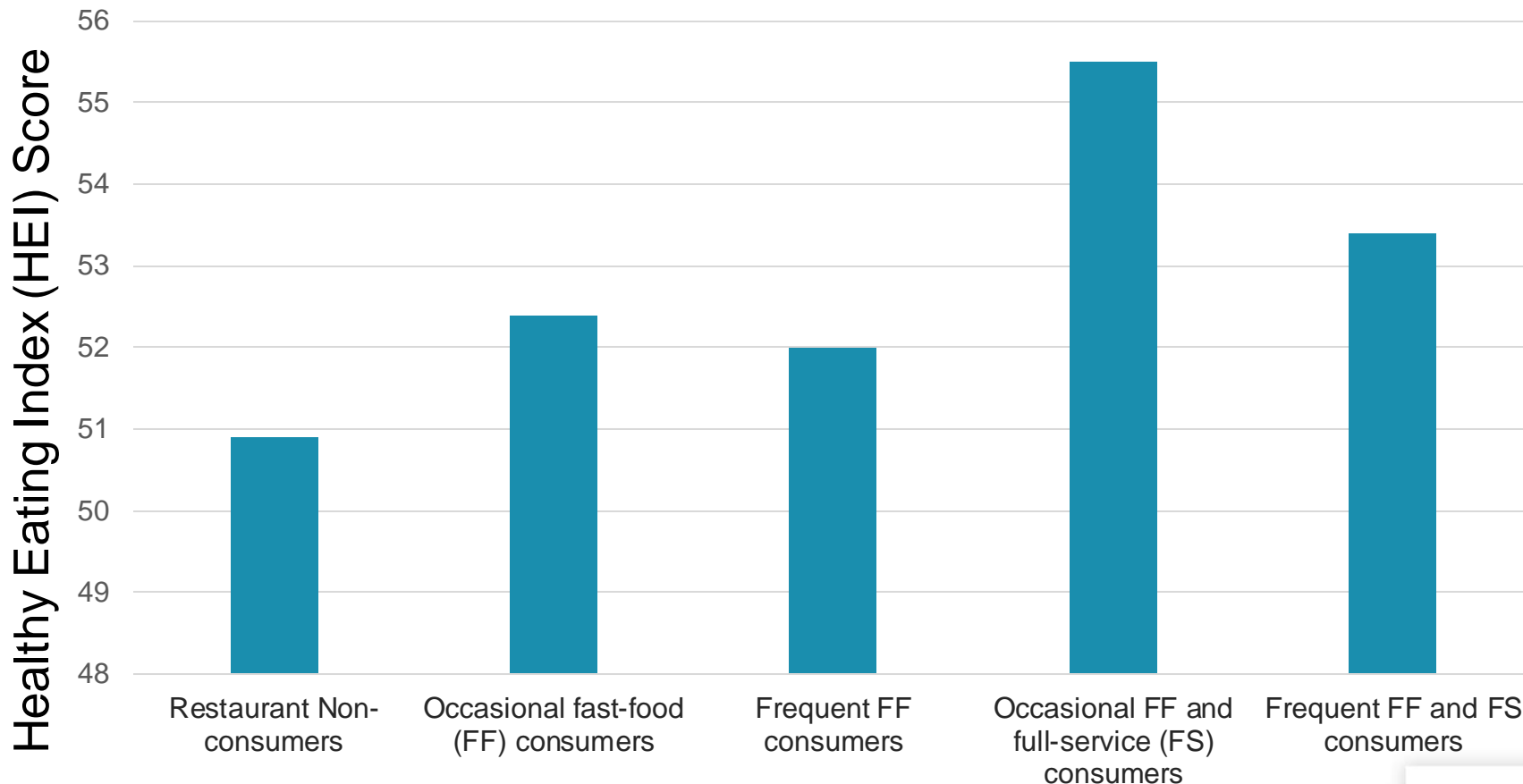
Notes: FAFH = food away from home. Restaurant = full-service restaurant (with wait staff). Fast food = restaurant with counter service only. Higher income defined as household income above 185 percent of the federal poverty level. Lower income defined as household income at or below 185 percent of the federal poverty level.

Fat Density of All Food Sources, Food at Home (FAH) and FAFH



Source: Chapter 7, America's Eating Habits: Food Away From Home, USDA ERS.

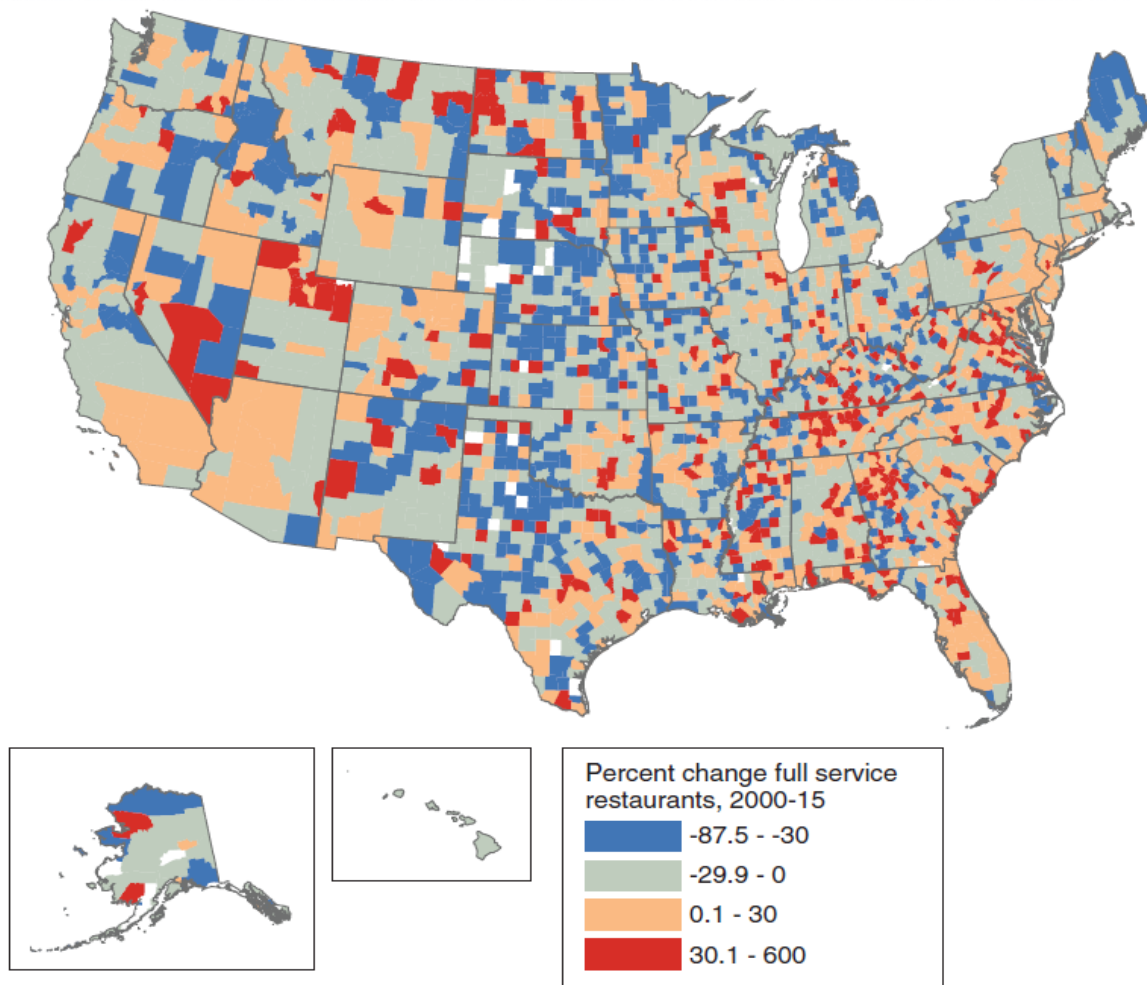
Diet Quality by Frequency of Fast Food and Full-Service Meals per Week



Source: Chapter 8, America's Eating Habits: Food Away From Home, USDA ERS.

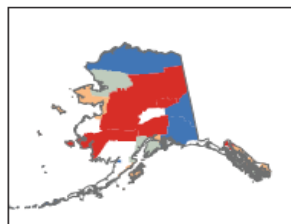
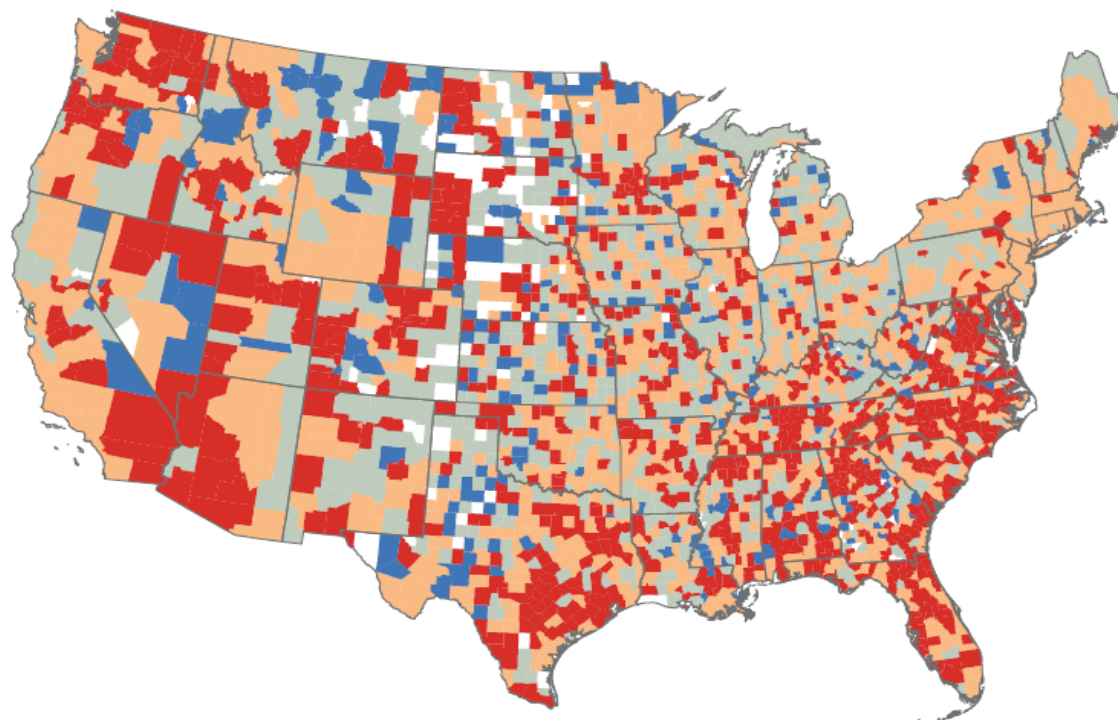
For more information on the HEI visit <https://www.cnpp.usda.gov/healthyeatingindex>

Percent Growth in Full-service Restaurants, 2000-2015

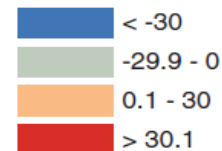


Source: Chapter 6, America's Eating Habits: Food Away From Home, USDA ERS.
Notes: The white areas on the map indicate missing data.

Percent Growth in Fast Food Restaurants, 2000-2015



Percent change quick service restaurants, 2000-15

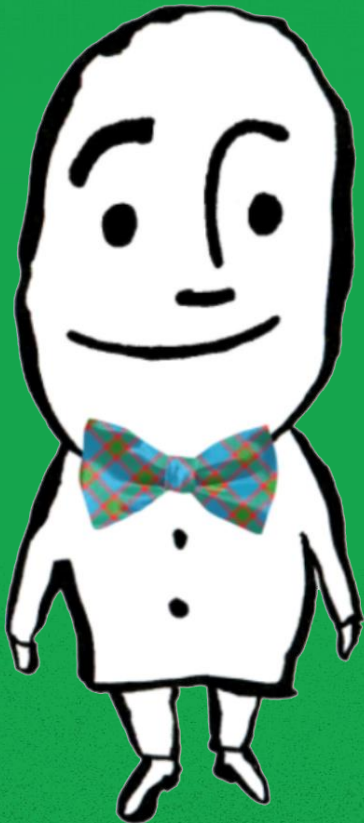


Source: Chapter 6, America's Eating Habits: Food Away From Home, USDA ERS.

Notes: The white areas on the map indicate missing data.

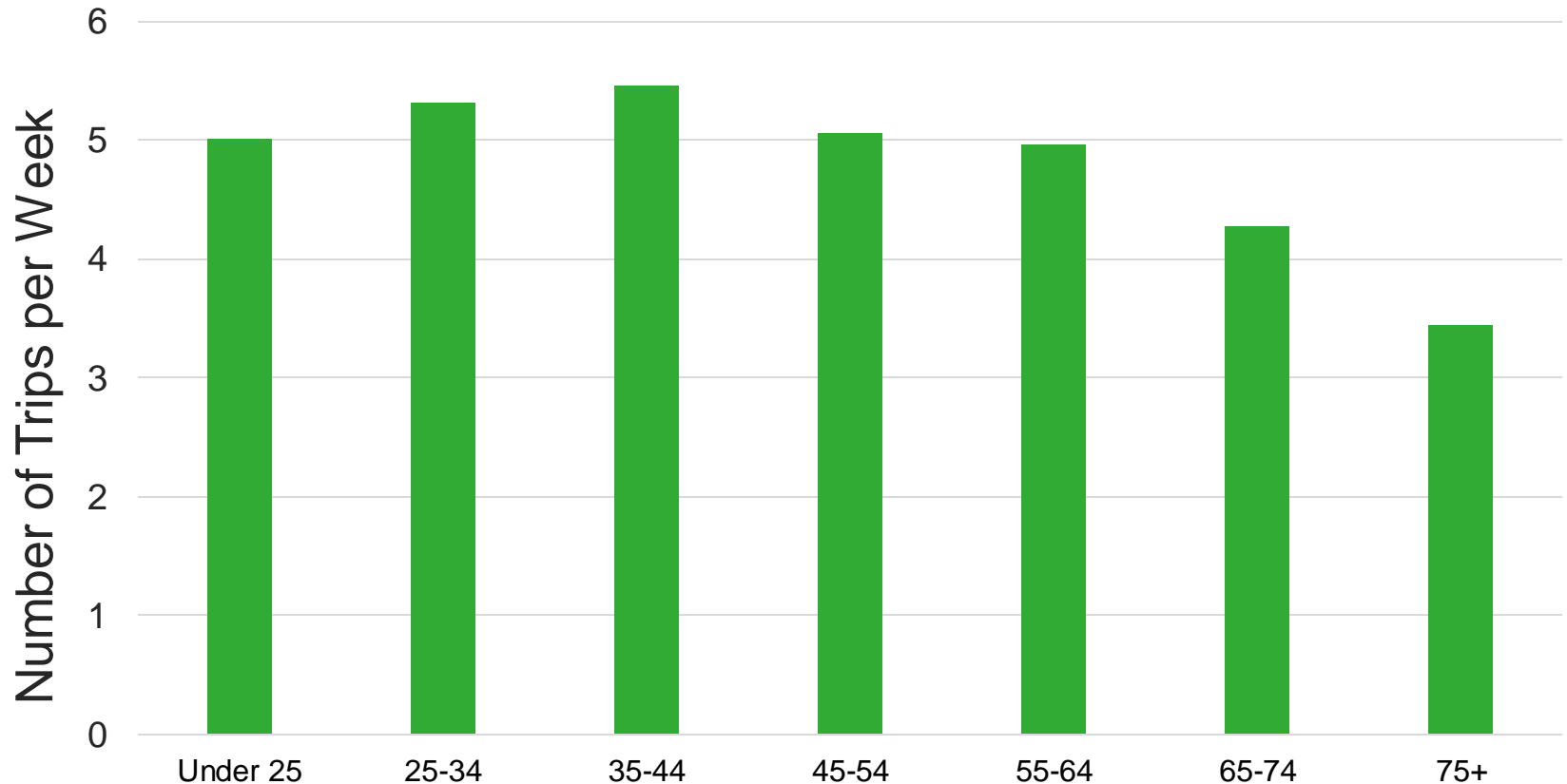
QUESTIONS?

Please type your question(s) in the chat box located on the right.



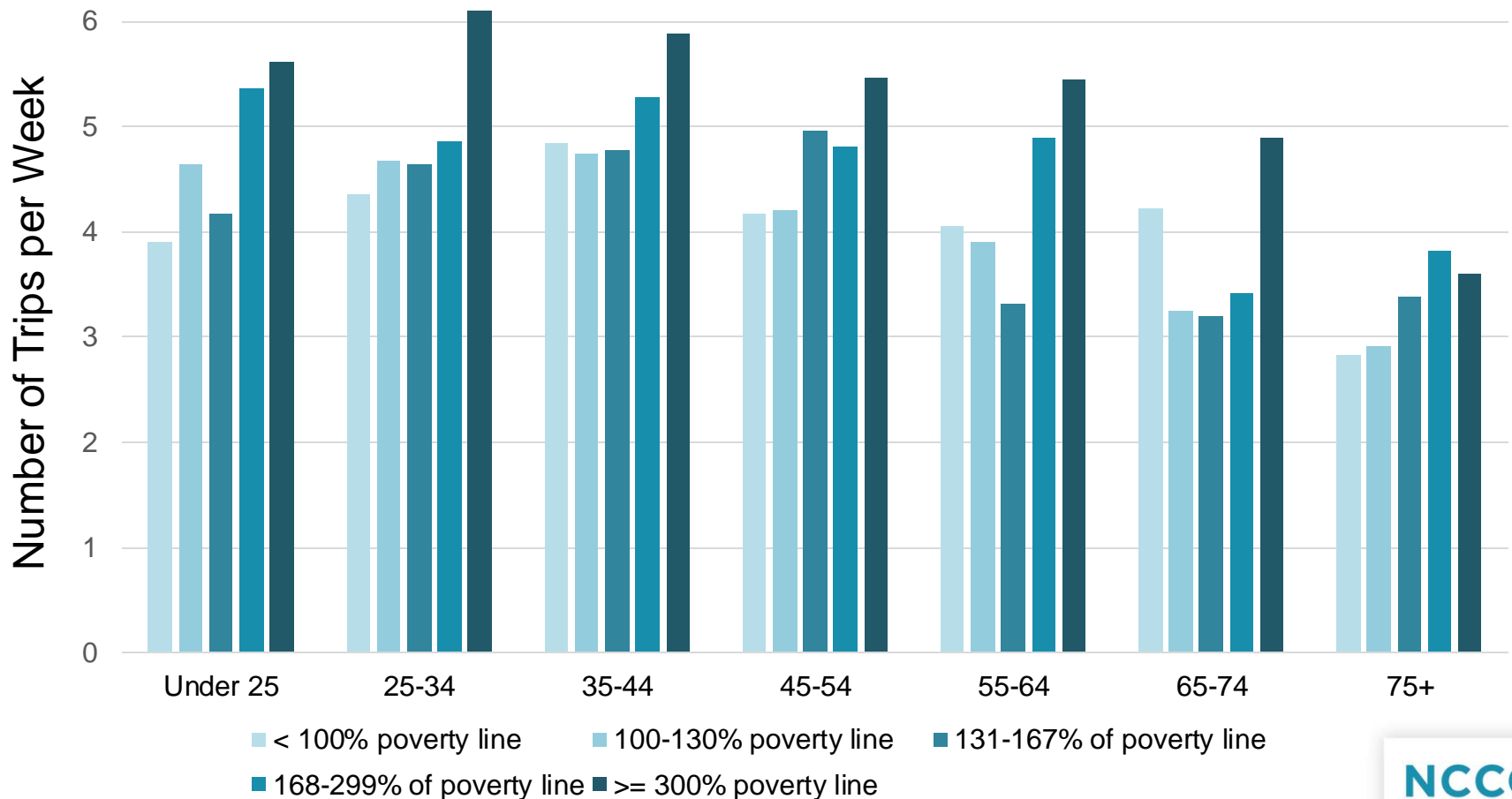
FAFH Use

Number of FAFH Trips per Week by Age, 2012



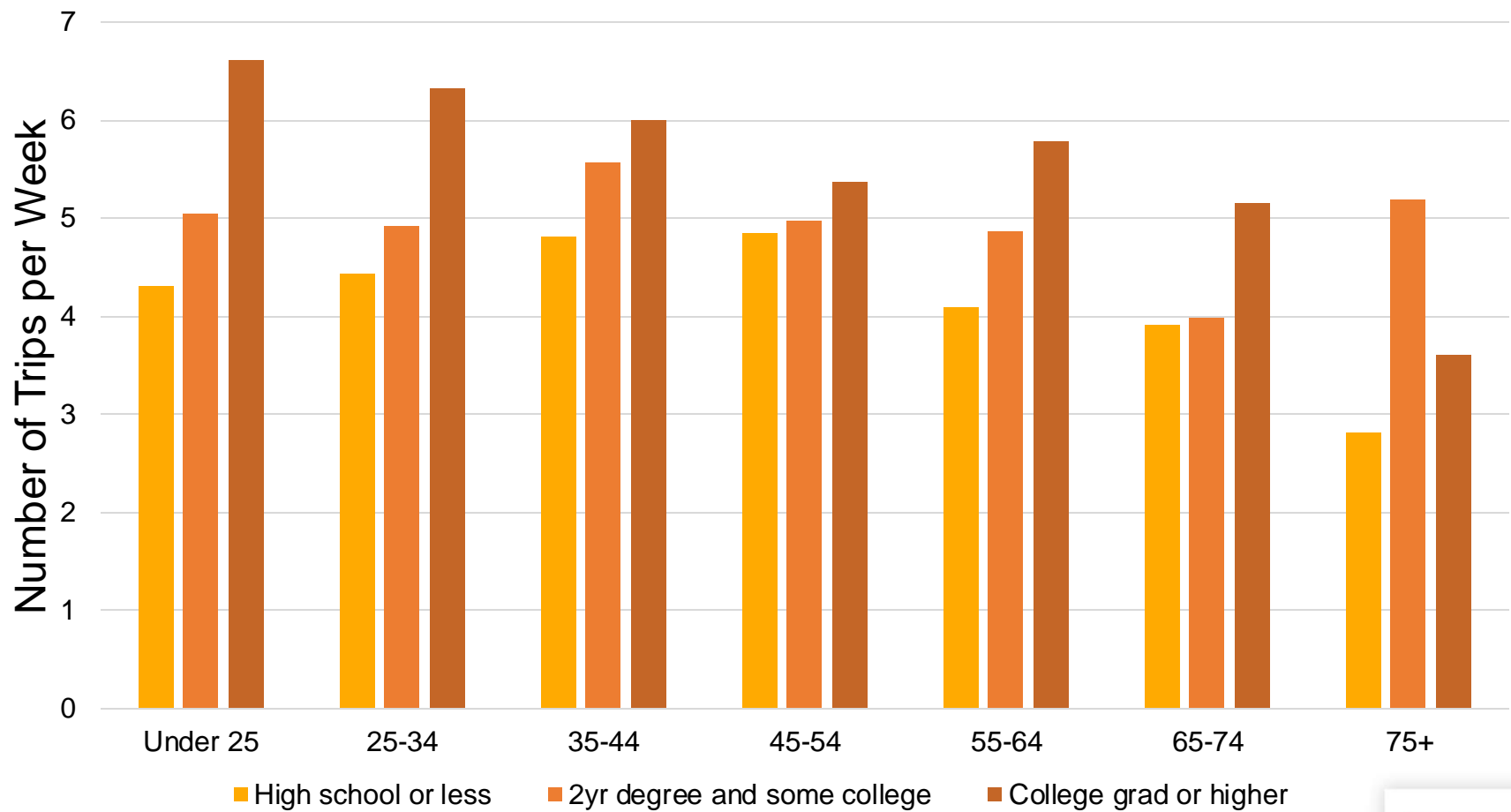
Source: Chapter 5, America's Eating Habits: Food Away From Home, USDA ERS.

Number of FAFH Trips per Week by Age and Income, 2012



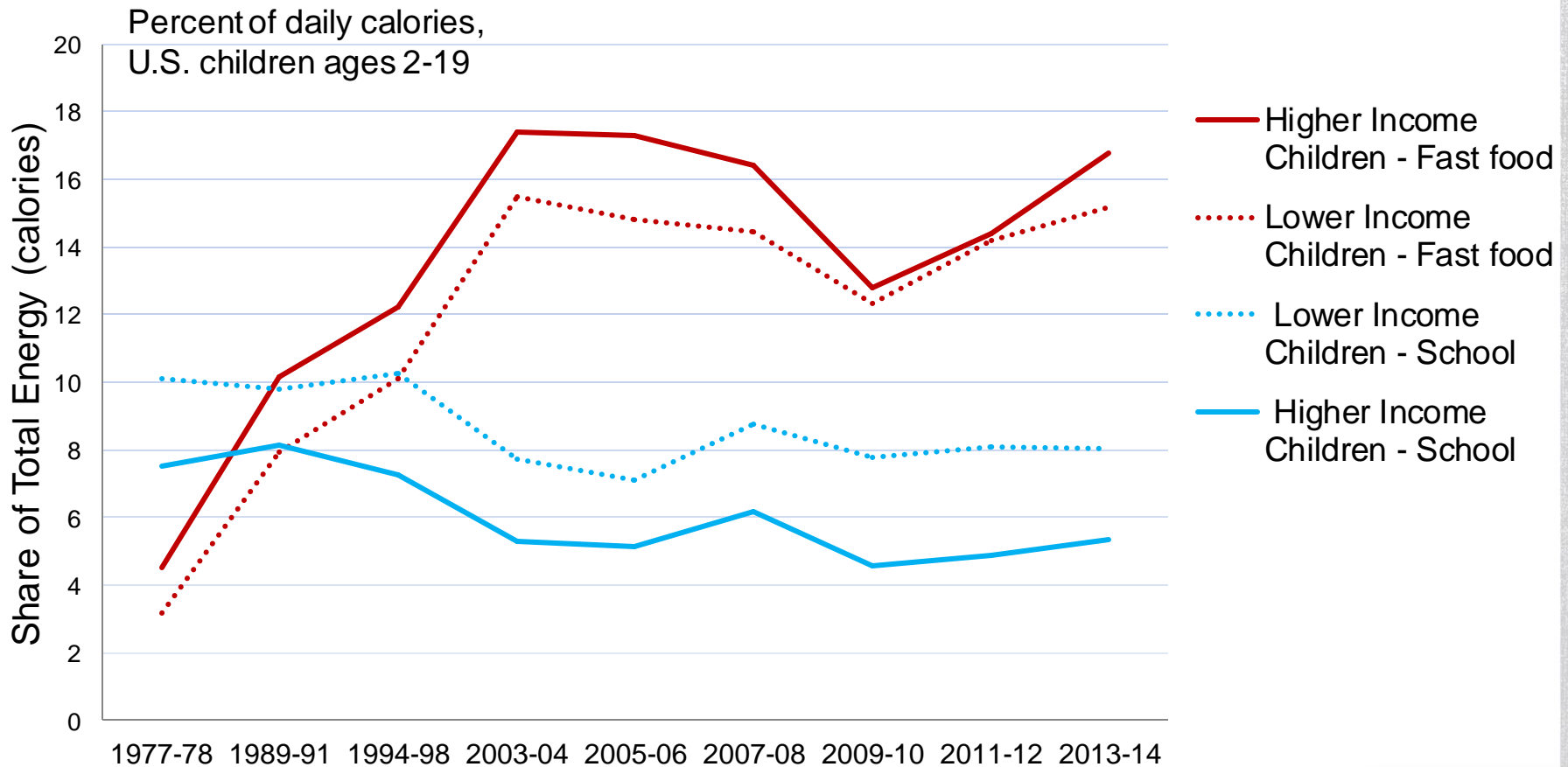
Source: Chapter 5, America's Eating Habits: Food Away From Home, USDA ERS.

Number of FAFH Trips per Week by Age and Education, 2012



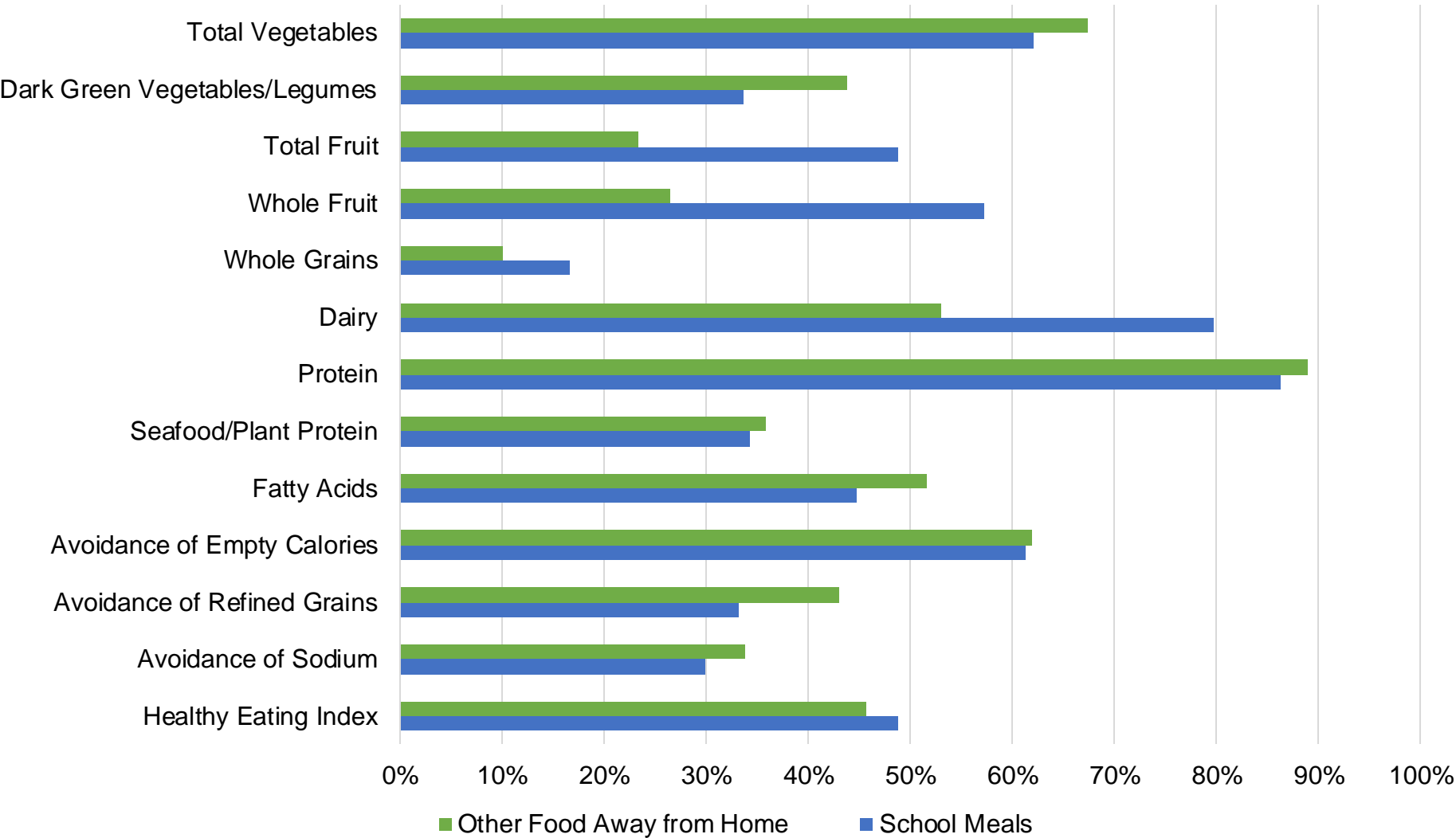
Source: Chapter 5, America's Eating Habits: Food Away From Home, USDA ERS.

Calorie Intake by U.S. Lower Income Households with Children and Youth Ages 2-19 from Consuming Fast Food Versus School Meal



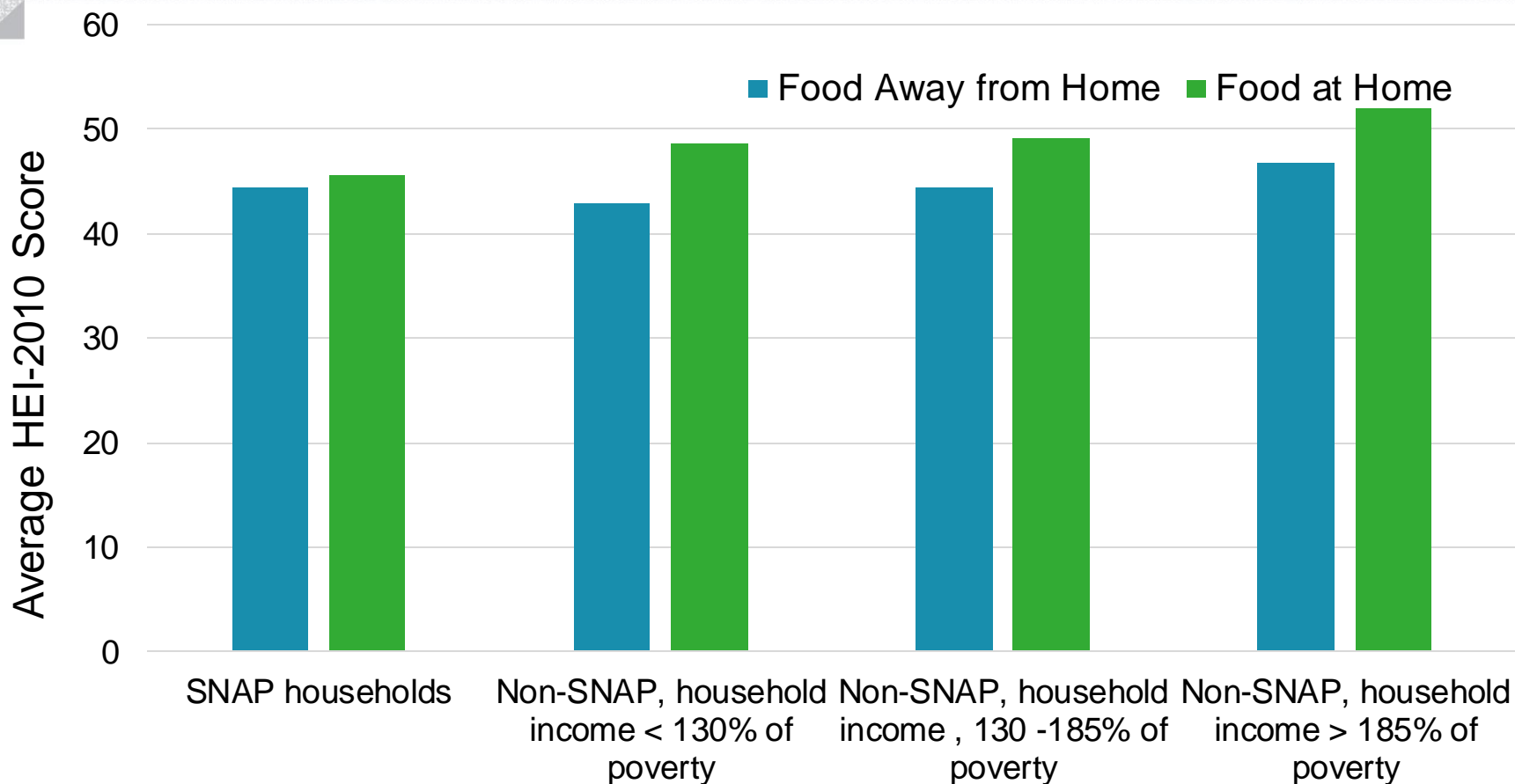
Source: Chapter 7, America's Eating Habits: Food Away From Home, USDA ERS.

Food Acquired at School and Other FAFH: HEI-2010 and its Subcomponents, as a Percent of Maximum, for Households with Children Participating in USDA's Supplemental Nutrition Assistance Program (SNAP)



Source: Chapter 9, America's Eating Habits: Food Away From Home, USDA ERS.

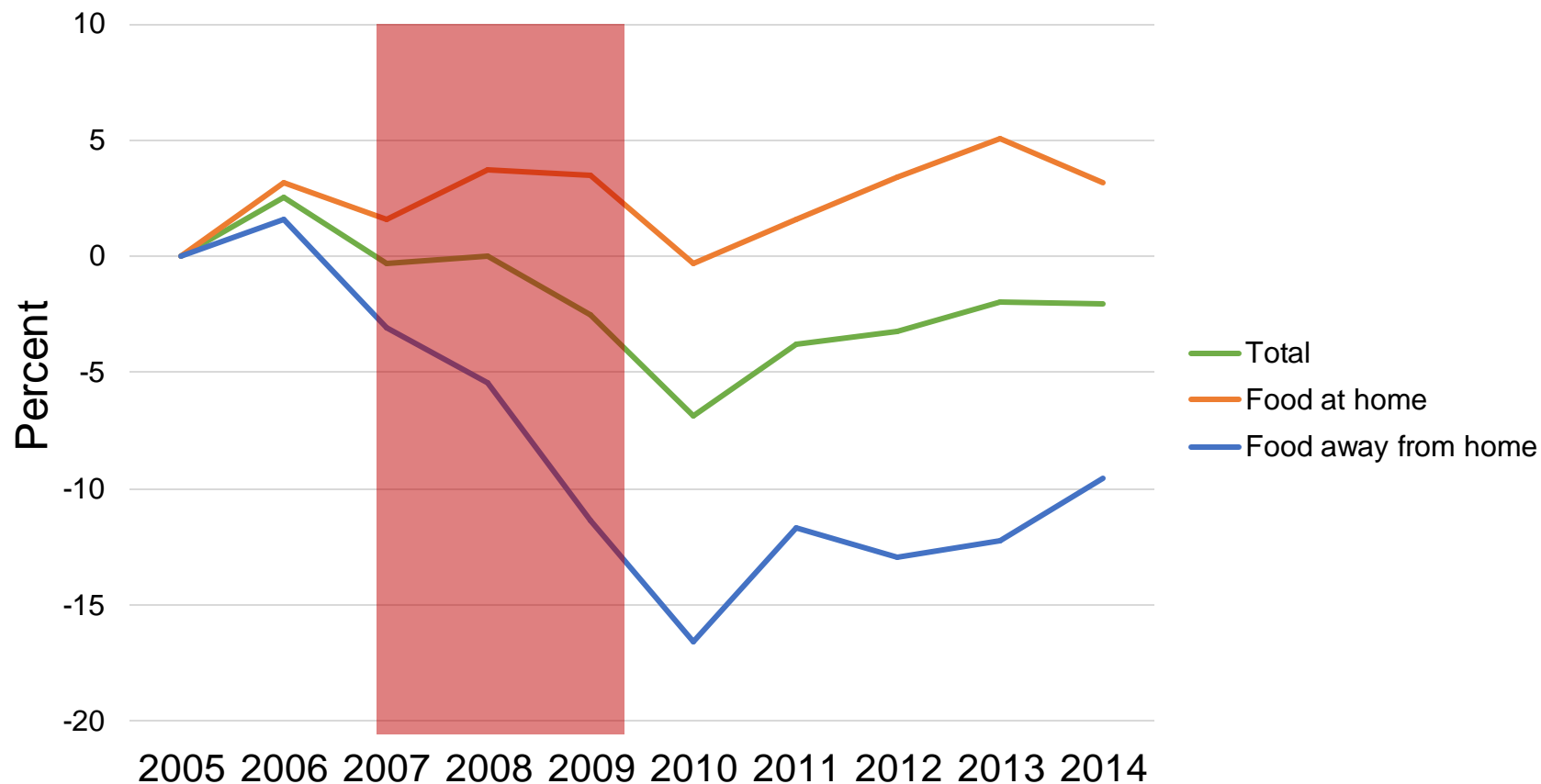
HEI-2010 Scores for FAH and FAFH, by Income and Participation in USDA's SNAP



Source: Chapter 9, America's Eating Habits: Food Away From Home, USDA ERS.

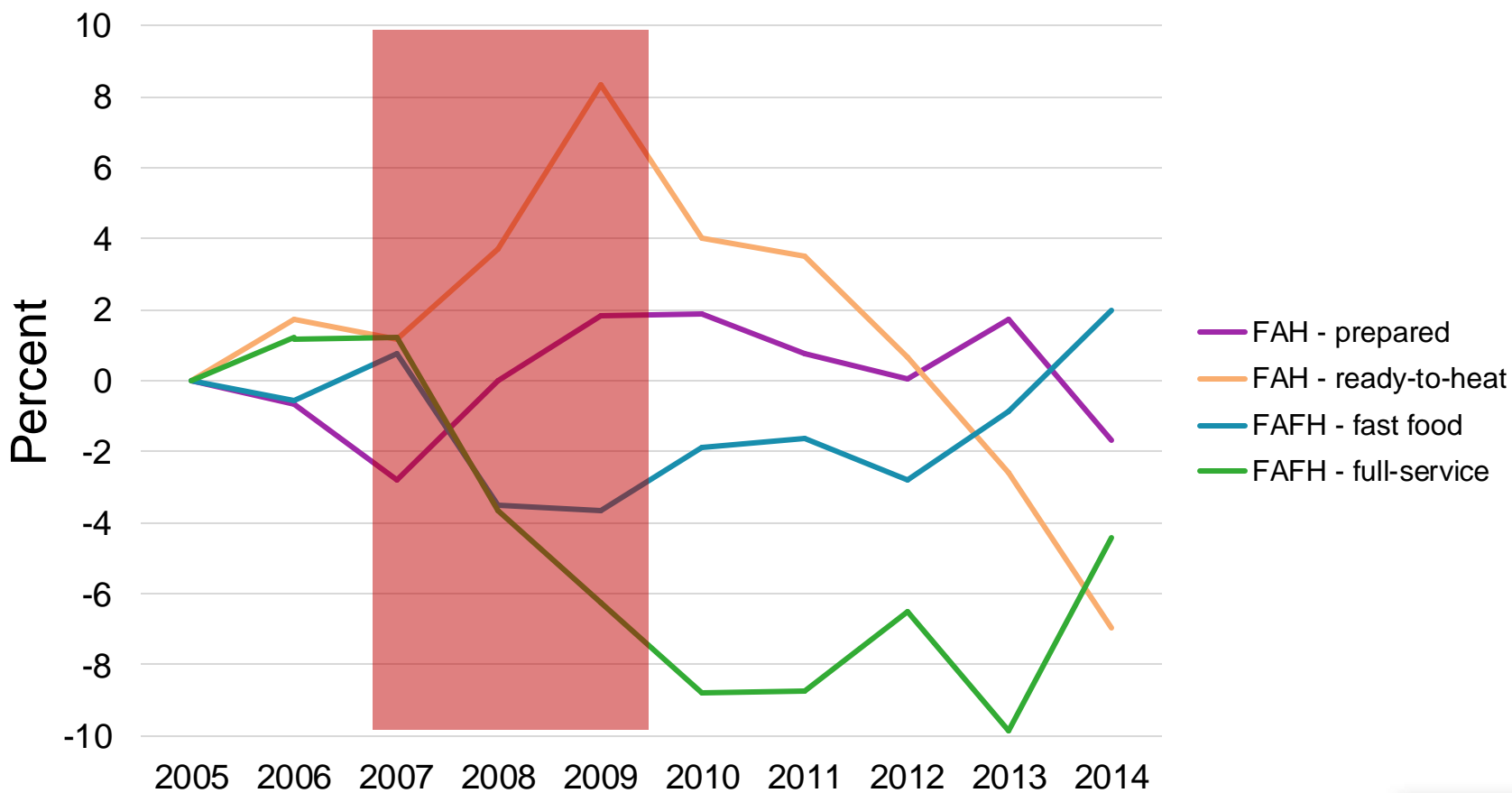
Great Recession Impacts

Percentage Change in Expenditures, 2005-2014



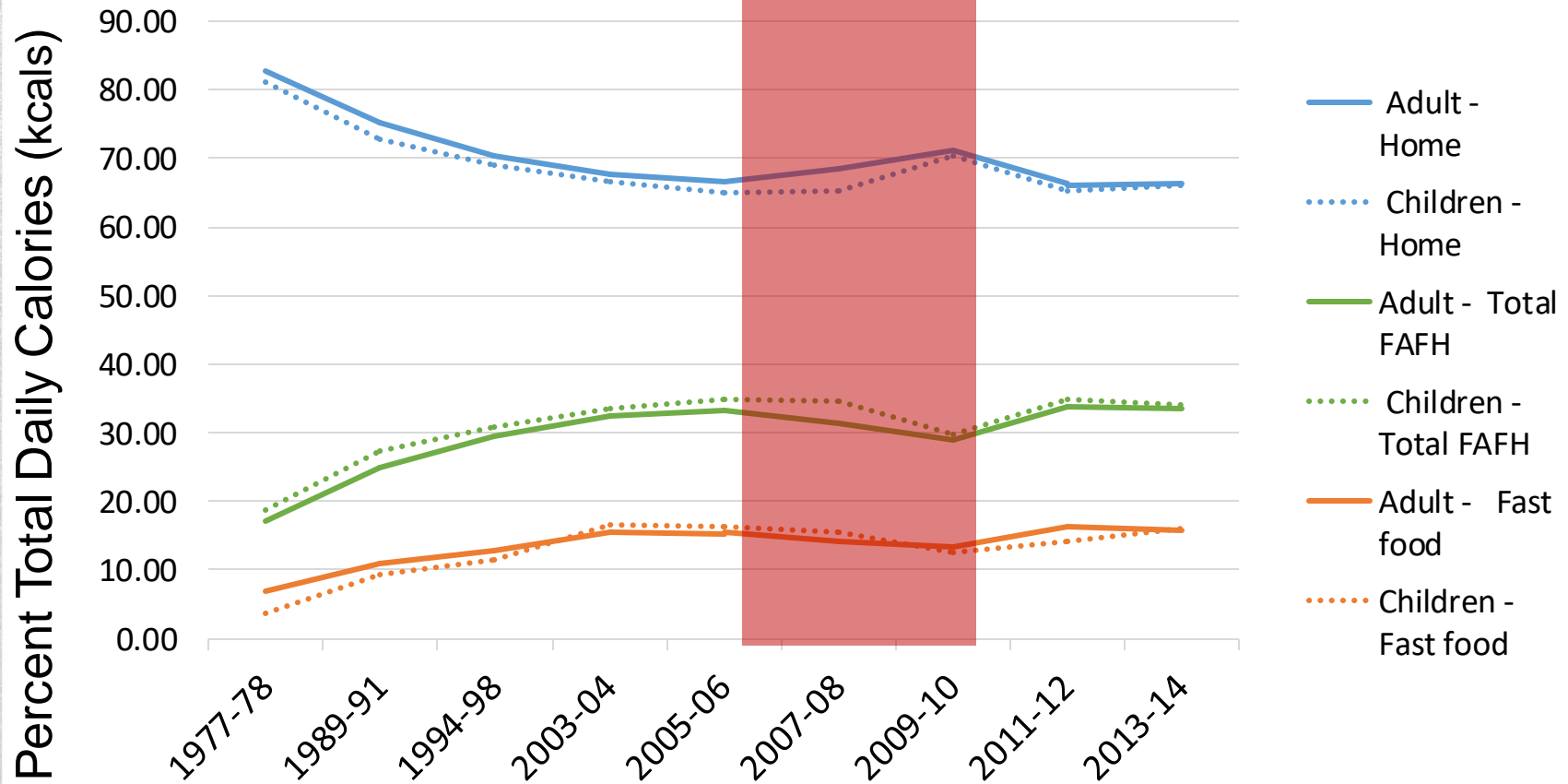
Source: Chapter 4, America's Eating Habits: Food Away From Home, USDA ERS.
Notes: Shaded area designates recession.

Percentage Change in Expenditures, 2005-2014



Source: Chapter 4, America's Eating Habits: Food Away From Home, USDA ERS.
Notes: Shaded area designates recession.

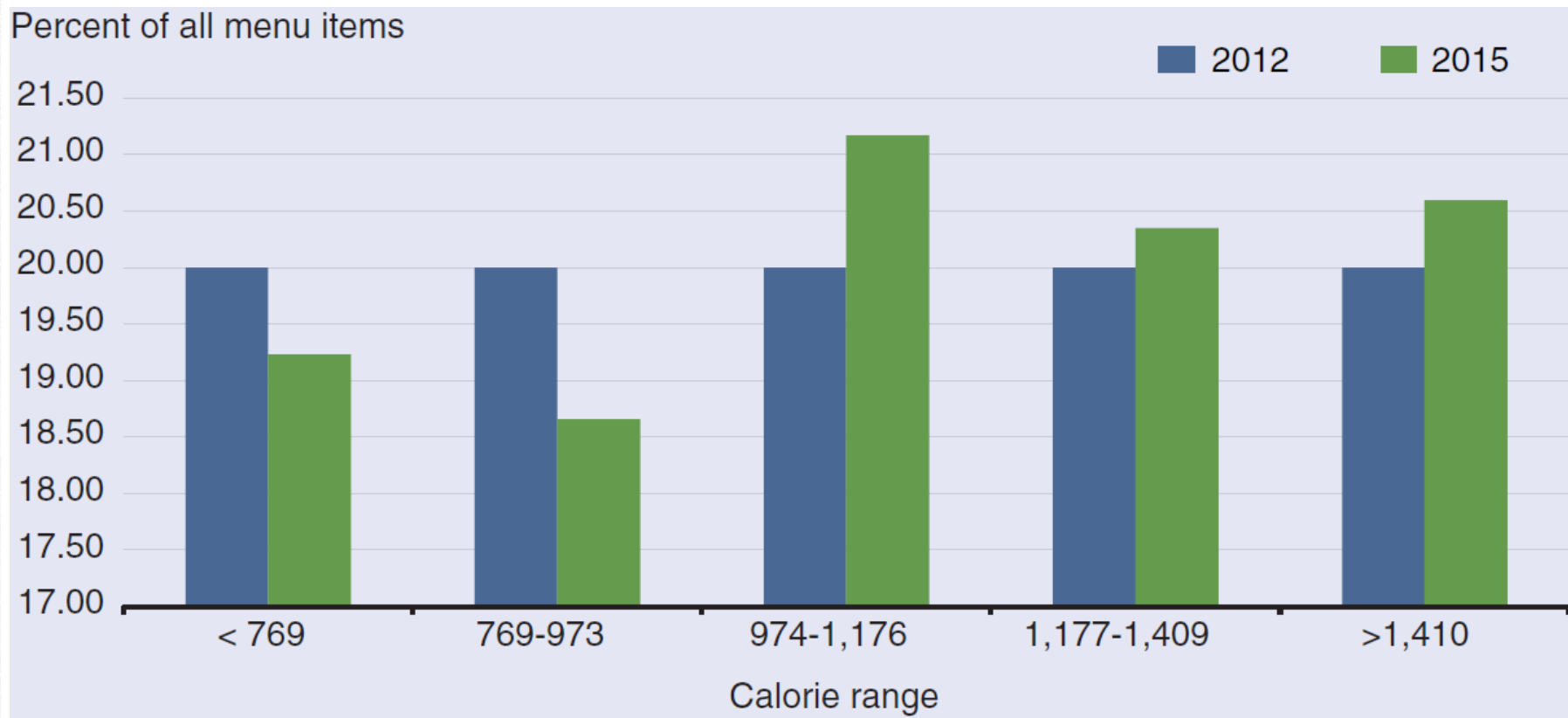
Share of Mean Daily Energy Intake from FAH, Total FAFH, and FAFH-Fast Food, Children Ages 2-19 and Adults



Source: Chapter 7, America's Eating Habits: Food Away From Home, USDA ERS.
 Notes: Shaded area designates recession.

Menu Labeling

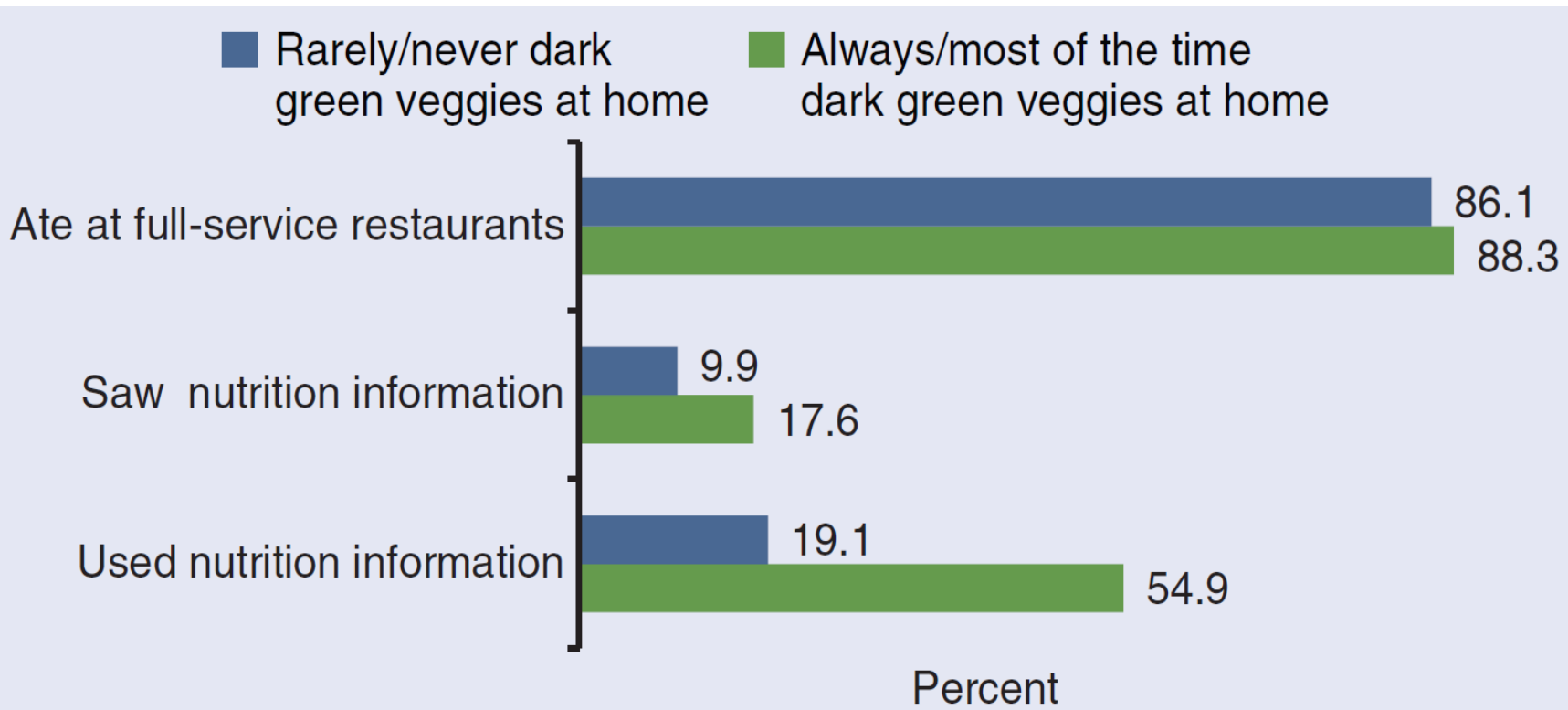
Calories in Menu Items Available, 2012 versus 2015



Federal regulations require chain restaurants and similar retail food establishments with 20 or more outlets to make calorie information publicly available.

Source: Chapter 10, America's Eating Habits: Food Away From Home, USDA ERS.

Awareness and Use of Nutrition Information at Full-Service Restaurants



Source: Chapter 10, America's Eating Habits: Food Away From Home, USDA ERS.

Concluding Remarks

1. Americans eat more FAFH
2. Variability in FAFH use (e.g., by income, education, SNAP)
3. Fast food seems to be an “equalizer” across income distribution
4. The Great Recession decreased FAFH consumption
5. Efficacy of menu labeling not known yet

Contact Information:

Michelle Saksena

Economic Research Service

michelle.saksena@ers.usda.gov

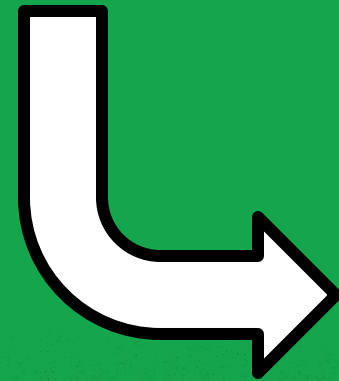
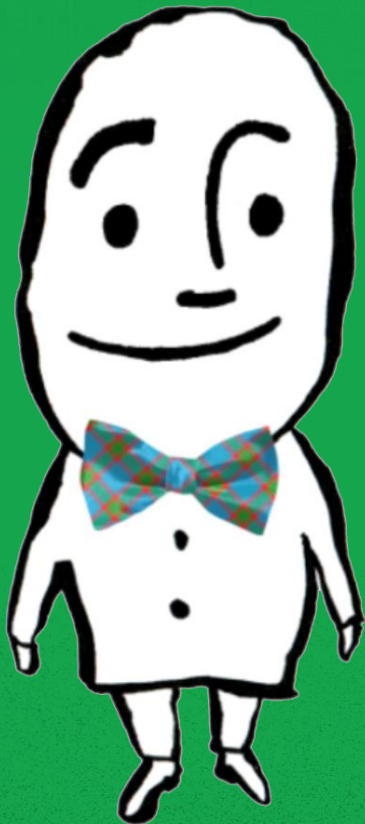
Abigail Okrent

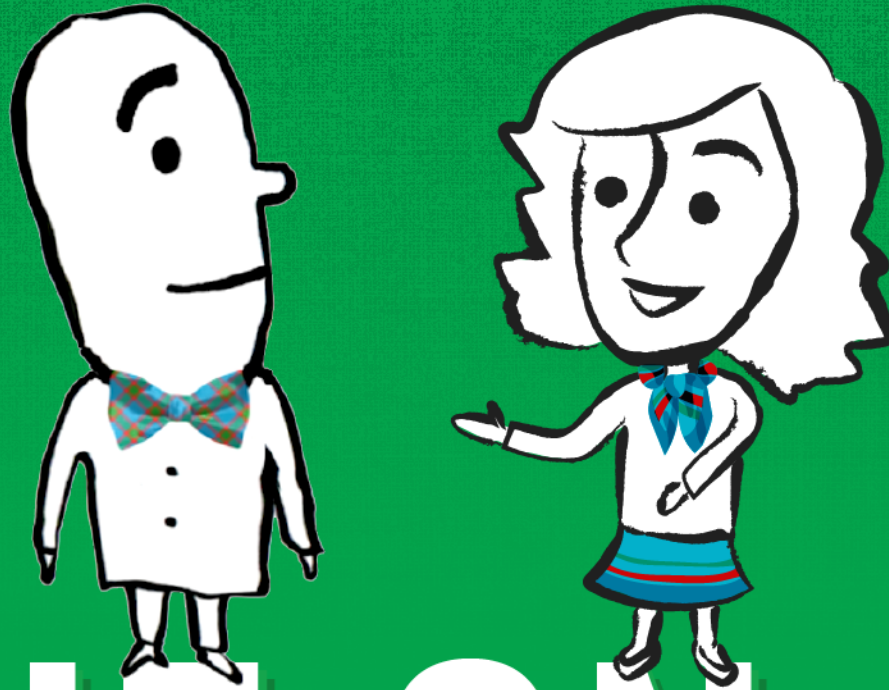
Economic Research Service

aokrent@ers.usda.gov

QUESTIONS?

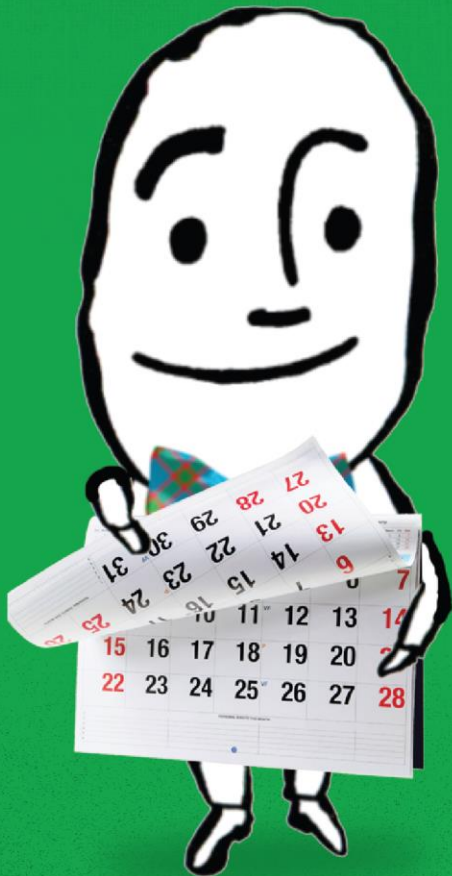
Please type your question(s) in the chat box located on the right.





ONE ON ONE

UPCOMING EVENTS



NCCOR Session at APHA

- **Tools of the Trade: NCCOR Resources for Evidence-Based Practice in Diet and Physical Activity**
 - This session will provide an overview of several NCCOR tools and provide case studies on how the tools can be used in real-world contexts.
 - November 13 at 3 p.m. PT
 - Speakers:
 - Laura Kettel Khan, PhD, *Centers for Disease Control and Prevention*
 - James Sallis, PhD, *University of California, San Diego*
 - Jamie F. Chriqui, PhD, MHS, *University of Illinois, Chicago*
 - Barbara Ainsworth, PhD, *Arizona State University*

FURTHER QUESTIONS?

Other questions about NCCOR
or upcoming activities?

Email the NCCOR Coordinating Center
nccor@fhi360.org

WHAT'S HAPPENING IN **NCCOR NEWS**

NCCOR publishes chapter: Behavioral Design as an Emerging Theory for Dietary Behavior Change

NCCOR is highlighting multidisciplinary partnerships to celebrate National Childhood Obesity Awareness Month 2018!

Utility of the Youth Compendium of Physical Activities

NCCOR to present at the Society for Prevention Research and the American College of Sports Medicine 2018 Annual Meetings

NCCOR updates the Catalogue of Surveillance Systems and seeks recommendations for new systems

Connect & Explore



Upcoming Webinars

Mark your calendar for these upcoming Connect & Explore webinars!

THANK YOU!



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