

Prevalence of Eating at Fast Food Restaurants Two or More Times per Week among Adults by Demographic Characteristics, Risk Factors, and Comorbid Conditions, Texas, 2015

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Table 1. Number and Percentage of Adults, 18 Years and Older, by Frequency of Eating at Fast Food Restaurants in the Past Month and by Demographic Characteristics, in Texas, 2015

Demographic Characteristics	Two or More Times Per Week				Less than Two Times Per Week			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	3,512,548	26.7	24.3	29.2	9,618,945	73.3	70.8	75.7
Sex								
Male	1,855,199	30.9	27.1	34.7	4,147,142	69.1	65.3	72.9
Female	1,657,348	23.2	20.1	26.4	5,471,803	76.8	73.6	79.9
Age Group								
18 to 29 years	915,940	40.9	32.3	49.6	1,320,838	59.1	50.4	67.7
30 to 44 years	814,106	25.0	20.2	29.7	2,445,730	75.0	70.3	79.8
45 to 64 years	1,236,111	25.6	22.1	29.0	3,600,984	74.4	71.0	77.9
65+ years	533,998	20.2	17.3	23.0	2,115,371	79.8	77.0	82.7
Race/Ethnicity								
White only, non-Hispanic	1,924,142	29.9	26.8	32.9	4,516,801	70.1	67.1	73.2
Black only, non-Hispanic	398,294	28.6	18.4	38.8	994,334	71.4	61.2	81.6
Hispanic	966,439	22.8	18.7	26.9	3,277,014	77.2	73.1	81.3
Other only/Multiracial	198,201	24.4	12.1	36.7	614,569	75.6	63.3	87.9
Education								
Less than High School	562,547	22.9	16.3	29.5	1,894,189	77.1	70.5	83.7
High School Graduate	855,290	28.3	23.2	33.3	2,169,197	71.7	66.7	76.8
Some College	1,116,350	26.3	21.8	30.7	3,135,545	73.7	69.3	78.2
College Graduate	954,791	28.7	25.0	32.4	2,371,699	71.3	67.6	75.0
Annual Household Income								
Less than \$35,000	1,234,471	25.4	21.0	29.7	3,632,242	74.6	70.3	79.0
\$35,000 to < \$50,000	339,665	24.5	18.4	30.5	1,049,221	75.5	69.5	81.6
\$50,000 to < \$75,000	409,092	26.2	20.1	32.3	1,153,778	73.8	67.7	80.0
\$75,000 or more	966,417	30.2	25.9	34.5	2,234,469	69.8	65.5	74.1
Relationship Status								
Married or partner in an unmarried couple	1,974,519	25.2	22.3	28.1	5,870,662	74.8	71.9	77.7
Widowed	185,054	19.7	15.3	24.1	752,910	80.3	75.9	84.7
Divorced or separated	487,671	24.1	18.4	29.8	1,533,954	75.9	70.2	81.6
Never married	858,967	37.8	30.0	45.5	1,414,574	62.2	54.5	70.0
Sexual Orientation								
Straight	3,296,041	27.6	25.0	30.1	8,653,832	72.4	69.9	75.0
Lesbian or Gay /Bisexual / other	111,580	24.4	10.7	38.1	345,150	75.6	61.9	89.3
Any Health Care Coverage								
Yes	2,591,632	25.6	23.2	28.0	7,532,058	74.4	72.0	76.8
No	919,096	30.9	24.2	37.5	2,059,354	69.1	62.5	75.8

Abbreviations: CI, confidence interval

Data Source: Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2015. Texas Department of State Health Services, Austin, TX.

Table 2. Number and Percentage of Adults, 18 Years and Older, by Frequency of Eating at Fast Food Restaurants in the Past Month and by Other Risk Factors and Comorbid Conditions, in Texas, 2015

Risk Factors and Comorbid Conditions	Two or More Times Per Week				Less than Two Times Per Week			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	3,512,548	26.7	24.3	29.2	9,618,945	73.3	70.8	75.7
Cigarette Smoking								
Current	538,600	27.9	20.7	35.1	1,389,931	72.1	64.9	79.3
Former	744,959	24.3	20.0	28.6	2,320,095	75.7	71.4	80.0
Never	2,214,652	27.5	24.4	30.6	5,842,804	72.5	69.4	75.6
Heavy Drinking								
Yes	266,065	36.0	26.2	45.7	474,010	64.0	54.3	73.8
No	3,153,973	25.9	23.4	28.4	9,033,950	74.1	71.6	76.6
Leisure time Physical Activity								
Yes	2,277,661	25.1	22.3	27.9	6,791,418	74.9	72.1	77.7
No	1,227,252	30.3	25.6	35.0	2,822,607	69.7	65.0	74.4
Consumption of Fruits and Vegetables Five or More Times Per Day								
Yes	473,433	22.0	15.8	28.3	1,675,235	78.0	71.7	84.2
No	2,768,933	27.2	24.6	29.8	7,425,939	72.8	70.2	75.4
Obesity								
Yes	1,203,614	29.0	24.5	33.5	2,948,444	71.0	66.5	75.5
No	2,138,250	27.4	24.3	30.5	5,663,154	72.6	69.5	75.7
High Blood Pressure								
Yes	1,111,717	25.1	21.7	28.5	3,323,848	74.9	71.5	78.3
No	2,396,438	27.8	24.6	31.0	6,229,359	72.2	69.0	75.4
High Blood Cholesterol								
Yes	1,047,765	24.2	20.6	27.8	3,285,327	75.8	72.2	79.4
No	1,572,977	26.4	23.0	29.8	4,385,007	73.6	70.2	77.0
Diabetes								
Yes	449,558	24.2	17.8	30.6	1,405,786	75.8	69.4	82.2
No	3,059,021	27.3	24.6	29.9	8,165,362	72.7	70.1	75.4
Cardiovascular Disease								
Yes	269,618	23.6	18.3	28.9	874,244	76.4	71.1	81.7
No	3,183,401	26.9	24.3	29.5	8,668,056	73.1	70.5	75.7
Heart Disease								
Yes	210,983	23.8	17.7	29.9	674,151	76.2	70.1	82.3
No	3,242,953	26.7	24.2	29.3	8,882,148	73.3	70.7	75.8
Stroke								
Yes	105,809	23.8	15.6	32.0	338,434	76.2	68.0	84.4
No	3,403,075	27.0	24.5	29.5	9,213,875	73.0	70.5	75.5
Arthritis								
Yes	666,983	21.4	18.1	24.7	2,447,286	78.6	75.3	81.9
No	2,818,312	28.4	25.4	31.4	7,115,144	71.6	68.6	74.6

Table 2. Number and Percentage of Adults, 18 Years and Older, by Frequency of Eating at Fast Food Restaurants in the Past Month and by Other Risk Factors and Comorbid Conditions, in Texas, 2015

Risk Factors and Comorbid Conditions	Two or More Times Per Week				Less than Two Times Per Week			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	3,512,548	26.7	24.3	29.2	9,618,945	73.3	70.8	75.7
Kidney Disease								
Yes	127,907	27.5	15.0	39.9	338,052	72.5	60.1	85.0
No	3,369,234	26.7	24.2	29.2	9,241,059	73.3	70.8	75.8
COPD								
Yes	215,097	27.1	19.6	34.6	578,519	72.9	65.4	80.4
No	3,283,767	26.8	24.2	29.3	8,987,841	73.2	70.7	75.8
Depression								
Yes	630,261	27.7	22.0	33.3	1,646,691	72.3	66.7	78.0
No	2,861,680	26.7	24.1	29.4	7,838,542	73.3	70.6	75.9
Cancer								
Yes	435,159	29.2	23.1	35.4	1,052,686	70.8	64.6	76.9
No	3,076,557	26.7	24.0	29.3	8,466,549	73.3	70.7	76.0
Current Asthma								
Yes	292,794	25.1	18.0	32.1	875,570	74.9	67.9	82.0
No	3,204,600	27.0	24.4	29.6	8,666,510	73.0	70.4	75.6
Disability								
Yes	395,723	20.7	17.0	24.4	1,513,921	79.3	75.6	83.0
No	1,689,225	30.3	26.7	33.9	3,886,644	69.7	66.1	73.3
Personal Doctor								
Yes	2,372,018	25.7	23.2	28.2	6,861,425	74.3	71.8	76.8
No	1,119,728	29.2	23.6	34.9	2,713,106	70.8	65.1	76.4

Abbreviations: CI, confidence interval

Data Source: Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2015. Texas Department of State Health Services, Austin, TX.

Technical Notes

Percentages for each measure were based on the number of respondents with a specific response(s) among the total number of respondents for the given survey question(s), excluding people with missing information or who refused or did not know the answer to the survey question(s). The following questions were used:

- 1) *Ate at a Fast Food Restaurant 2 or More Times Per Week*: Variable calculated from the responses to the question, "During the past month, how many times per day, week, or month did you eat a meal from a fast food place?" If the person eats at a fast food restaurant at least once per day, twice or more per week and eight times or more per month, he was categorized as "yes" and if a person eats only once a week and one to seven times per month, he was categorized as "No".
- 2) *Any Health Care Coverage*: "Yes" or "No" responses to the question, "Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, or Indian Health Service?"
- 3) *Cigarette Smoking*: "Yes" responses for current and former smokers and "No" responses for never smokers to the question, "Have you smoked at least 100 cigarettes in your entire life?" and responses of "Everyday" or "Some days" for current smokers and responses of "Not at all" for former smokers to the question, "Do you now smoke cigarettes every day, some days, or not at all?"
- 4) *Heavy Drinking*: Responses of "2 or more" for men and "1 or more" for women to the question, "During the past 30 days, what is the largest number of drinks you had on any occasion?"
- 5) *Leisure Time Physical Activity*: "Yes" or "No" responses to the question, "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"
- 6) *Consumption of Fruits and Vegetables 5 or More Times Per Day*: Variable calculated from responses to a series of six questions on the number of times per day, week, or month a respondent consumed specific types of fruits and vegetables in the past month (Excludes missing and out of range values)
- 7) *Obesity*: Body mass index of 30 or more calculated from the questions, "About how much do you weigh without shoes?" and "About how tall are you without shoes?"
- 8) *High Blood Pressure*: "Yes" or "No" responses to the question, "Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?" ["No" includes respondents who responded "told borderline high or pre-hypertensive" and female respondents who responded "Yes, but told only during pregnancy."]
- 9) *High Blood Cholesterol*: "Yes" or "No" responses to the question, "Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?"
- 10) *Diabetes*: "Yes" and "No" responses to the question, "Has a doctor, nurse, or other health professional ever told you that you have diabetes?" [Does not include female respondents who responded "Yes, but told only during pregnancy."]
- 11) *Cardiovascular Disease*: "Yes" responses to any or "No" responses to both all of the following questions, "Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?", or "Has a doctor, nurse, or other health professional ever told

you that you had angina or coronary heart disease?”, or “Has a doctor, nurse, or other health professional ever told you that you had a stroke?”;

- 12) *Heart Disease*: “Yes” responses to either or “No” responses to both of the following questions, “Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?”, or “Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?”;
- 13) *Stroke*: “Yes” or “No” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you had a stroke?”;
- 14) *Arthritis*: “Yes” or “No” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?”;
- 15) *Kidney Disease*: “Yes” or “No” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have kidney disease? Do not include kidney stones, bladder infection or incontinence.”;
- 16) *COPD*: “Yes” or “No” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have COPD (chronic obstructive pulmonary disease), emphysema, or chronic bronchitis?”;
- 17) *Depression*: “Yes” or “No” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have a depressive disorder including depression, major depression, dysthymia, or minor depression?”.
- 18) *Cancer*: “Yes” responses to either or “No” responses to both of the following questions, “Has a doctor, nurse, or other health professional ever told you that you had skin cancer?”, or “Has a doctor, nurse, or other health professional ever told you that you had any other types of cancer?”;
- 19) *Current Asthma*: “Yes” responses to both of the following questions, or “Yes” responses to the first and “No” responses to the second question (indicating no current asthma), or “No” responses to the first question (indicating no current asthma), “Has a doctor, nurse, or other health professional ever told you that you had asthma?” and “Do you still have asthma?”;
- 20) *Disability*: “Yes” or “No” responses to the question, “Are you limited in any way in any activities because of physical, mental, or emotional problems?”;
- 21) *Personal Doctor*: “Yes” or “No” responses to the question, “Do you have one person you think of as your personal doctor or health care provider?”

Estimates were excluded (--) if they were considered unreliable because the sample size was too small.

Estimates were generated from one-way and two-way cross tabulations that used weighted data and accounted for the stratified survey design; therefore, the estimates calculated from survey data represent prevalence in the population.

Estimates were produced by the Office of Surveillance, Evaluation, and Research, Health Promotion and Chronic Disease Prevention Section, Division for Disease Control and Prevention Services, Texas. Department of State Health Services; November, 2016.