

FOOD, HEALTH AND CULTURE: AMERICAN EATING PATTERNS IN A CROSS-NATIONAL PERSPECTIVE

PERSPECTIVES ON TIME USE IN THE U.S. / JUNE 23-24 2014

EWA JAROSZ
POLISH ACADEMY OF SCIENCES



CROSS-COUNTRY DIFFERENCES

ATTITUDES

Countries: U.S., Japan, Belgium (Flemish), France.

Functionality, anxiety, and less pleasure associated with food in the US: American (un)healthy eaters. (Rozin et al., 1999).

BEHAVIORS

Countries: U.S., U.K., France, the Netherlands, Norway.

Longitudinal analysis (1975–2000): **least amount of time spent on eating** and food preparation in the US. Eating out of home is a popular practice (Warde et al. 2007: 369).

BEHAVIORS & HEALTH

Eating **at home** vs out of home (Lin, Guthrie and Frazao 1999; French, Story and Jeffer 2001)

Priority order of activities: **eating as an accompanying activity** (Maras 1997)

Eating in company of others, e.g. family meals (Spagnola and Fiese 2007)

BEHAVIORS: TIME SPENT EATING

ATUS EH 2006 results

„On an average day, Americans age 15 and older spent **67 minutes eating and drinking** as a “primary” or main activity, and **23.5 minutes** eating and **63 minutes** drinking beverages (except plain water) while doing something such as watching television, driving, or working.”

Source: USDA Report, How Much Time Do Americans Spend on Food? (2011).

U.S., POLAND, ARMENIA 1/2

	Population, in thousands (2011, WHO)	GDP PPP (World Bank, 2012)	Average BMI values population over 20 y.o. (WHO, 2004, 2008)	
USA	313085	51,749 Int\$	men (2008)	28.5
			women (2008)	28.3
Poland	38299	22,783 Int\$	men (2004)	26.2
			women (2004)	25.8
Armenia	3100	6,544 Int\$	men (2008)	25.4
			women (2008)	27.3

U.S., POLAND, ARMENIA 2/2

Conditional budget shares for food sub-categories in 1996

	beverages, tobacco	bread, cereals	meat	fish	dairy	fats, oils	fruits vegetables	other food	total food expenditure (% of total expenditures)	total expenditure (US=1)
low-income countries										
Armenia	5.20	18.86	8.18	1.57	6.23	9.58	34.36	16.02	69.66	0.107
middle-income countries										
Poland	26.53	10.33	21.24	1.55	8.35	3.44	14.49	14.07	30.65	0.283
high-income countries										
USA	28.71	11.39	19.58	1.19	8.59	1.77	14.66	14.11	9.73	1.000

Source: USDA Report: International Evidence on Food Consumption Patterns (2003)

QUESTIONS

When over the day do people eat?

How much time is spent on eating as primary and secondary activity?

How many episodes of primary eating happen **at home or out of home**?

How many episodes of primary eating are done **alone or with others**?

Is there a relationship between selected dimensions of eating behavior and **BMI** in the U.S.?

DATA

ATUS 2008 (n=12723), including ATUS Eating & Health module

ArTUS 2008 (n=2679)

PTUS 2003/2004 (n=39264)

Episode vs 10-mins time slots coding

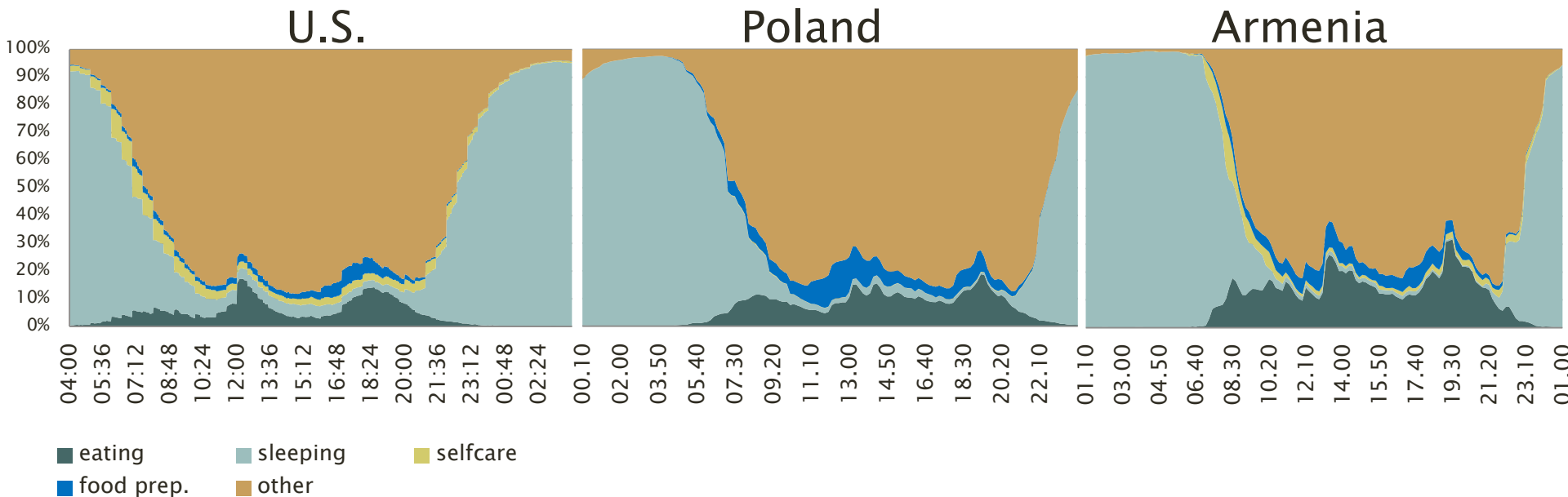
Secondary activity sequence in PTUS, ArTUS; prompted question in ATUS

Sample size; 1 vs 2 days per respondent

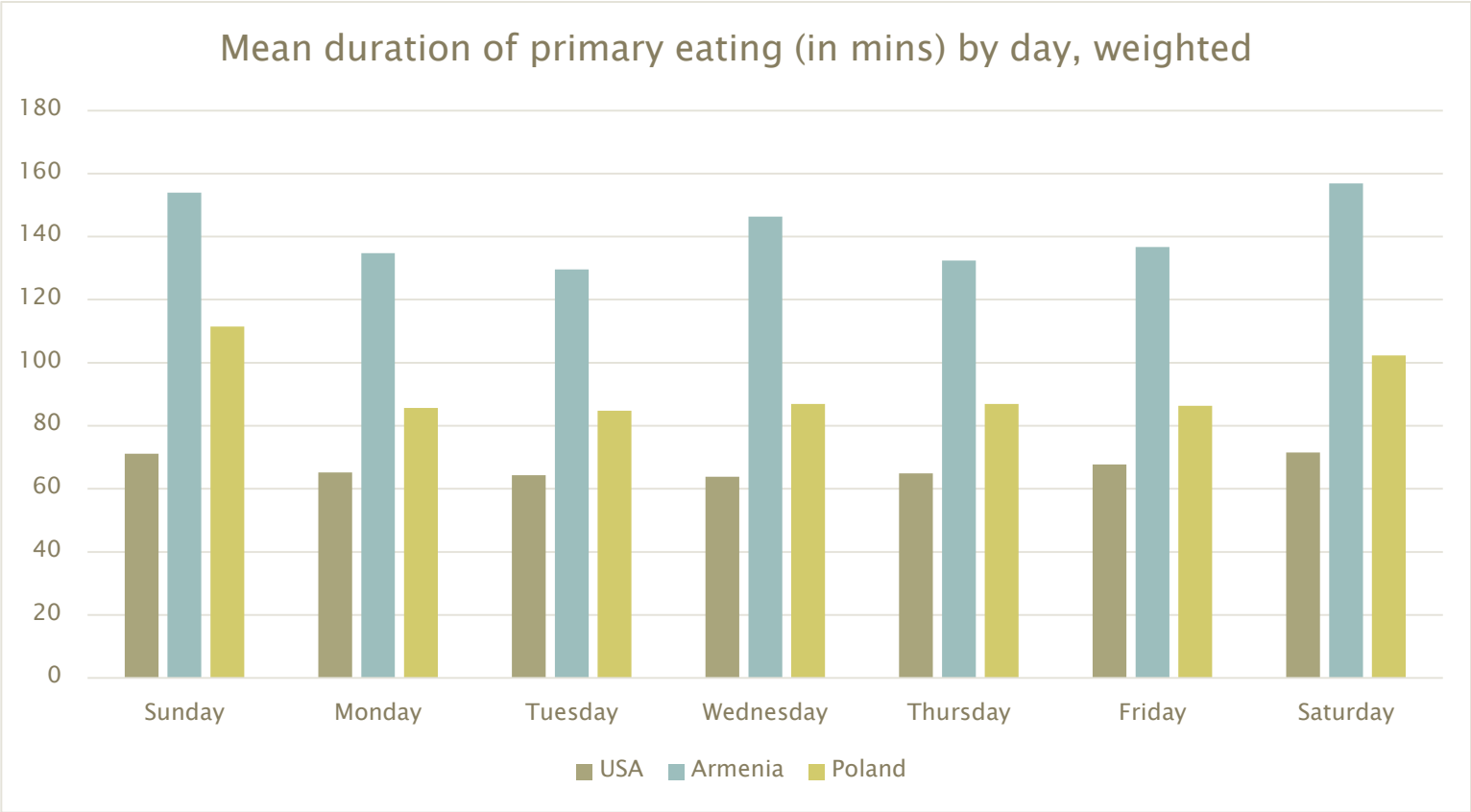
EATING OVER THE DAY

Weekday average

Three-peaks pattern (primary eating)

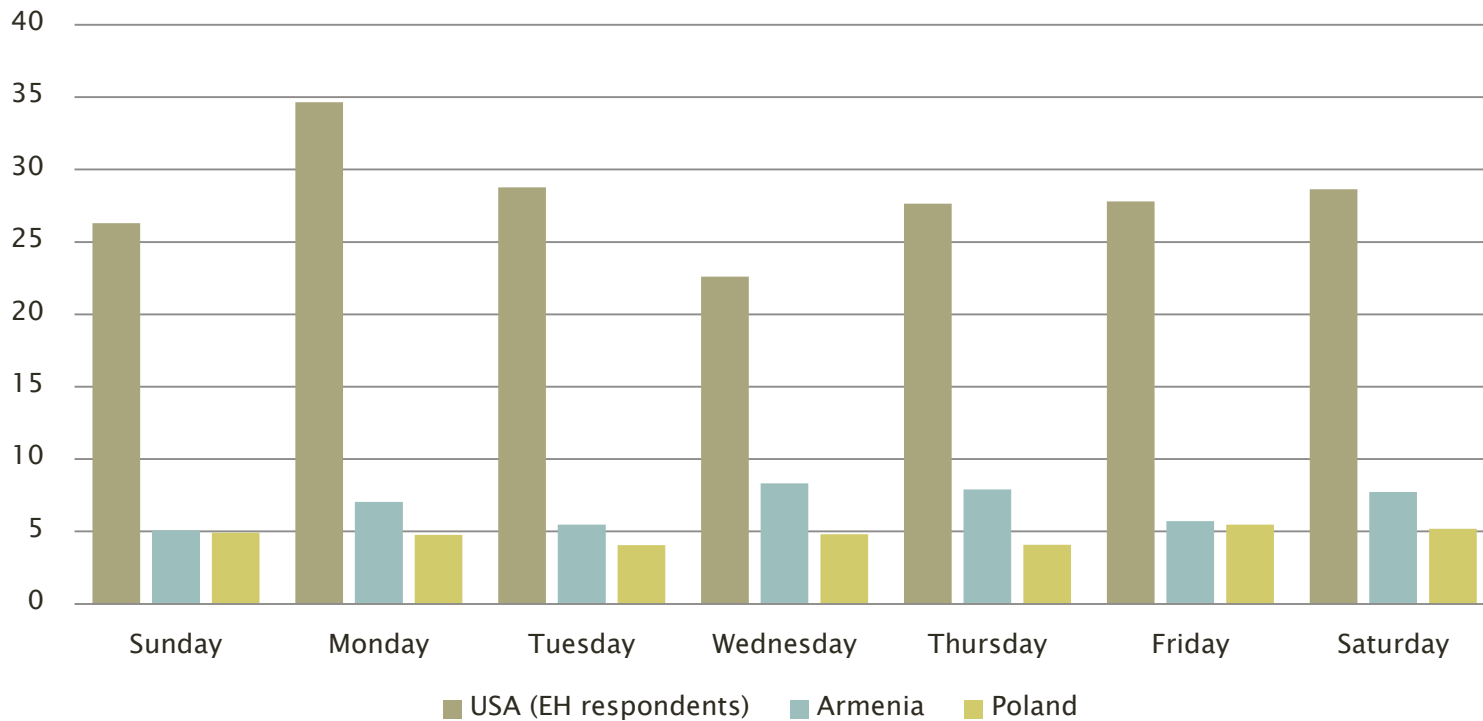


PRIMARY EATING DURATION



SECONDARY EATING

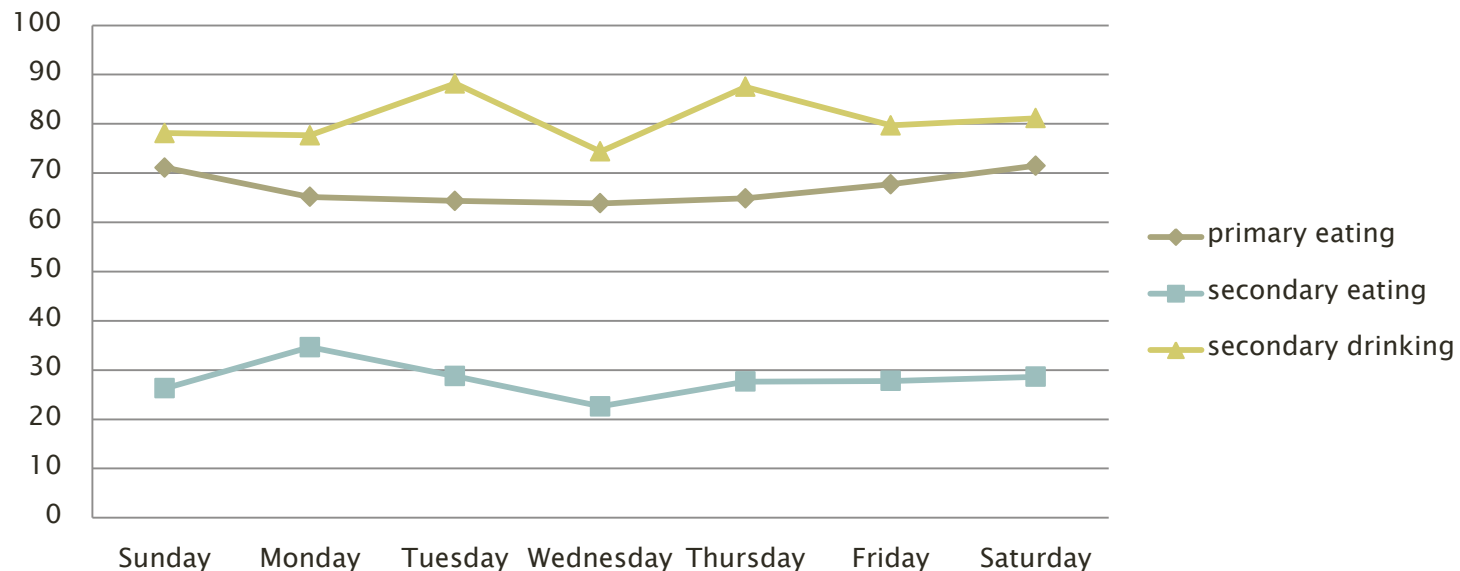
Mean duration of secondary eating, weighted



Source ATUS EH:Sandra L. Hofferth, Sarah M. Flood, and Matthew Sobek. 2013. American Time Use Survey Data Extract System: Version 2.4 [Machine-readable database]. Maryland Population Research Center, University of Maryland, College Park, Maryland, and Minnesota Population Center, University of Minnesota, Minneapolis, Minnesota.

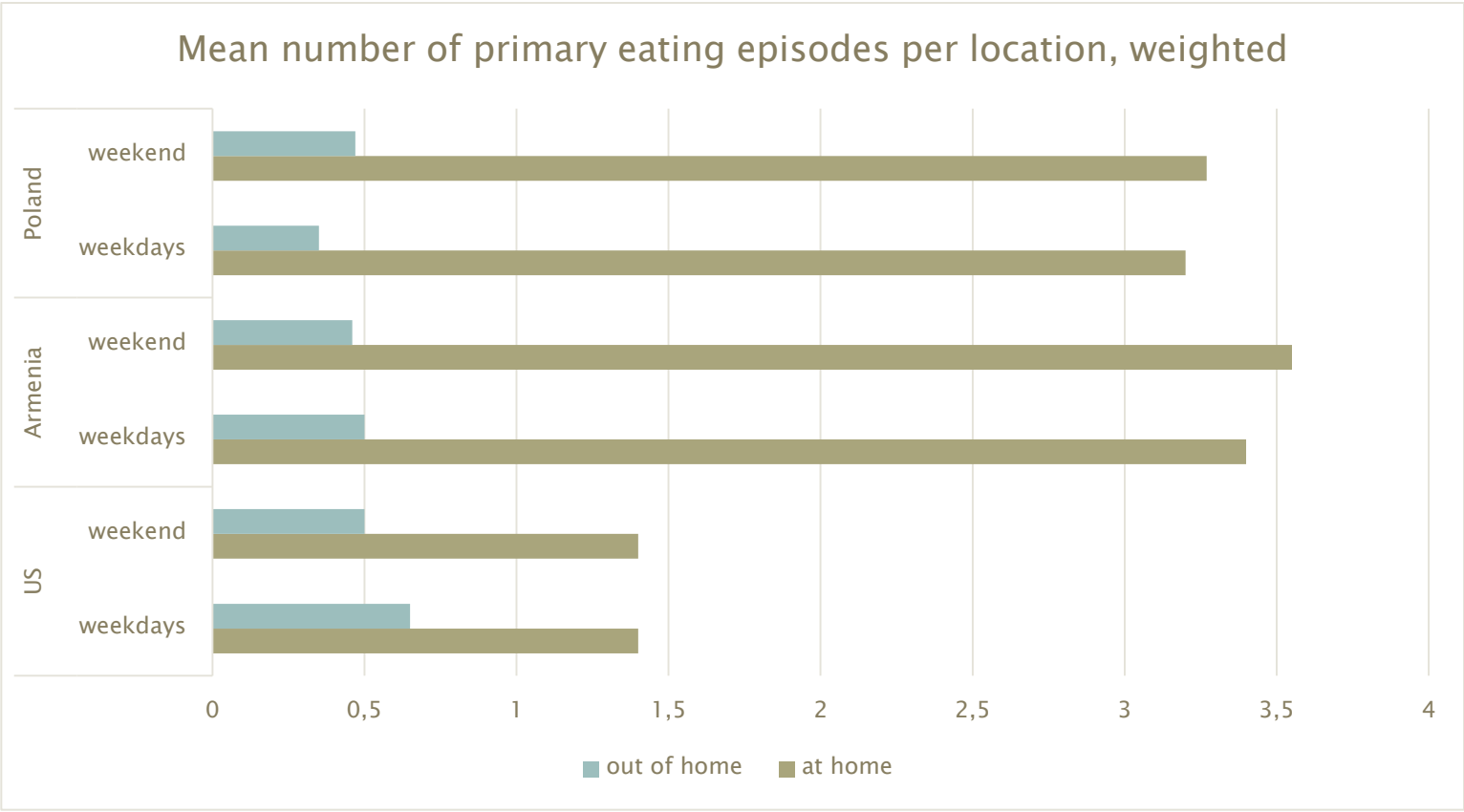
USA – PRIMARY & SECONDARY EATING AND DRINKING

Mean duration, weighted, ATUS EH 2008

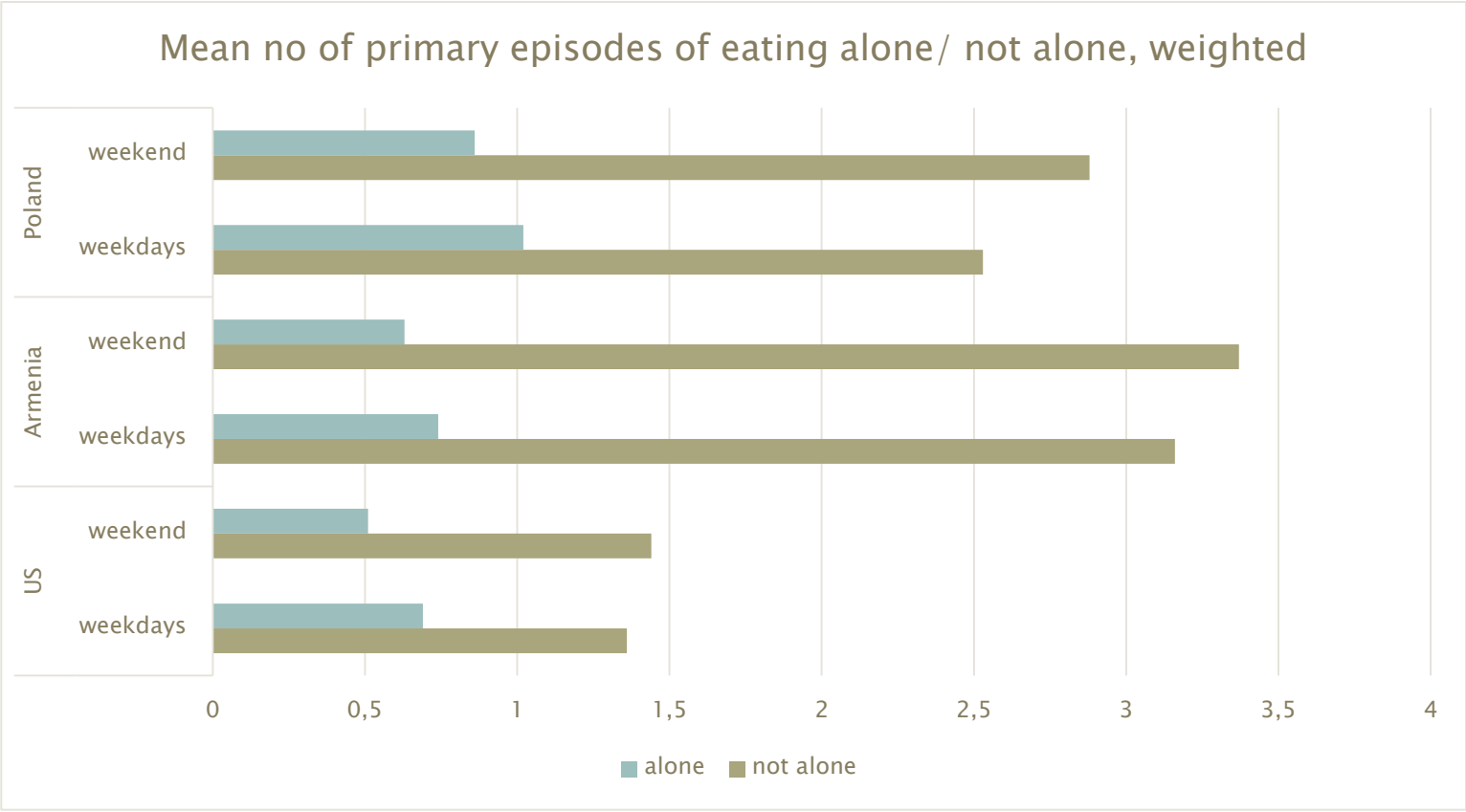


Source: Sandra L. Hofferth, Sarah M. Flood, and Matthew Sobek. 2013. American Time Use Survey Data Extract System: Version 2.4 [Machine-readable database]. Maryland Population Research Center, University of Maryland, College Park, Maryland, and Minnesota Population Center, University of Minnesota, Minneapolis, Minnesota.

EATING AT HOME & EATING OUT



EATING ALONE & WITH SOMEONE



DOES IT MATTER?

Relationship between BMI and selected behaviors

	Coeff.	Std. Err.
Dur. eating 1st	-0,007***	0,001
Dur. eating 2nd	-0,002***	0,001
Dur. drinking 2nd	0,001**	0,000
Epi. eating at home	-0,394***	0,058
Epi. eating out of h.	0,071	0,060
female	-0,892***	0,107
age	0,044***	0,003
constant	26,655	0,186

*** denotes significance level <0.001 , ** denotes significance level <0.01

SUMMARY & CONCLUSIONS 1/2

Significant country differences in following dimensions:

- time spent on **eating as primary activity**;
- time spent on **eating as accompanying activity**;
- share of episodes of **at-home eating**;
- share of episodes of **lonely eating**

US, compared to Poland and Armenia:

- shortest primary eating time
- longest secondary eating time
- lowest share of episodes of at-home eating
- highest share of episodes of lonely eating

Eating patterns might be related to BMI values

SUMMARY & CONCLUSIONS 2/2

Time use diaries might reflect **priority order of activities** – eating seems less important to Americans than to Poles or Armenians.

Limitations due to study design.

OTHER ISSUES

The share and type of **accompanying activities** – for both primary and secondary eating

Prevalent type of **activity setting** for eating

Cross-sectional analysis for the U.S.

THANK YOU

Ewa Jarosz

ejarosz@sns.waw.pl

ewa.jarosz@timeuse.org