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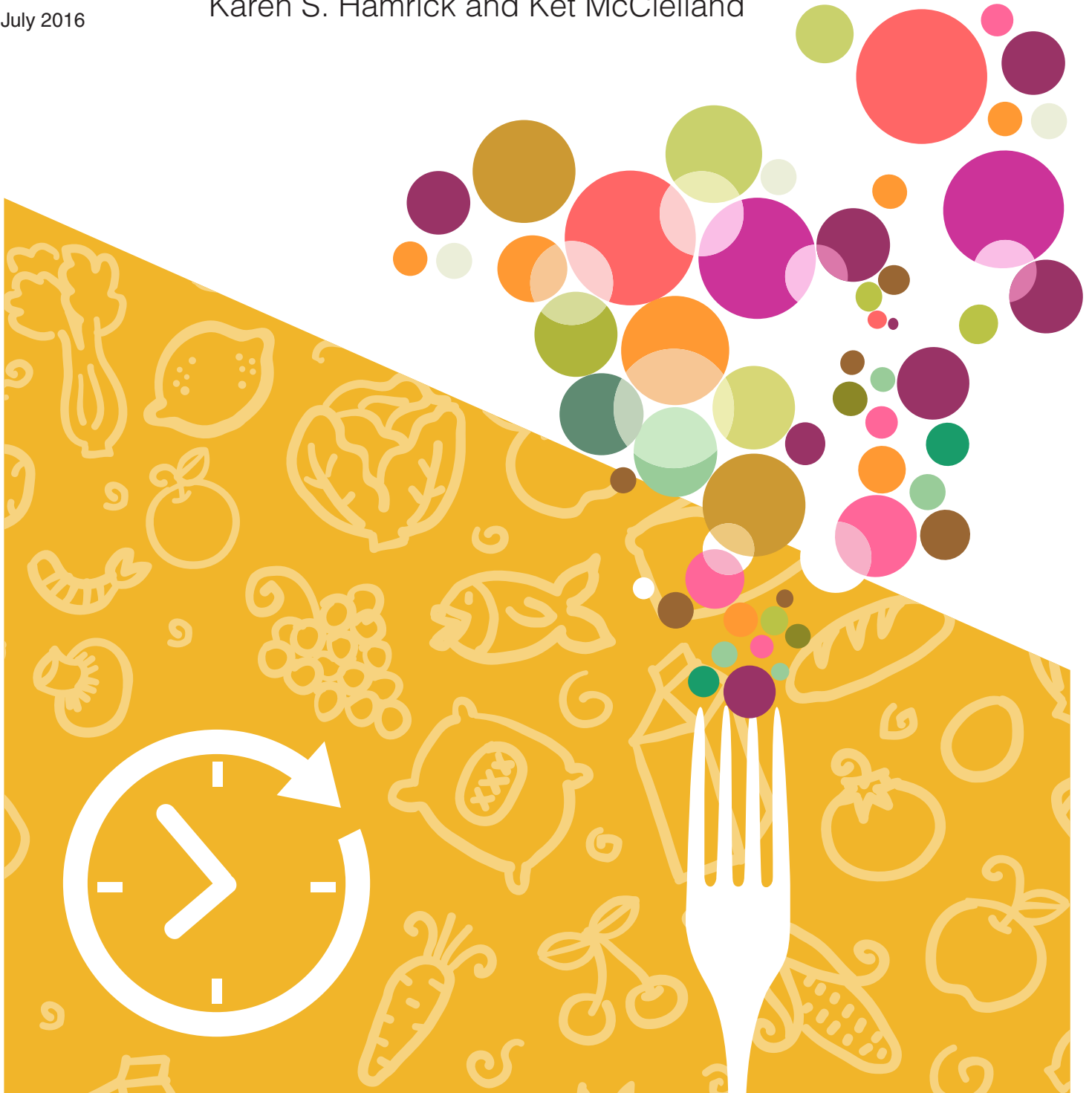
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Americans' Eating Patterns and Time Spent on Food: The 2014 Eating & Health Module Data

Karen S. Hamrick and Ket McClelland





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Americans' Eating Patterns and Time Spent on Food: The 2014 Eating & Health Module Data

Karen S. Hamrick and Ket McClelland

Abstract

This report uses data from the 2014 ERS Eating & Health Module of the American Time Use Survey to present an overview of Americans' eating and other food-related time-use patterns, including grocery shopping and meal preparation. On an average day, Americans age 15 and older spent 64 minutes eating and drinking as a "primary" or main activity, and 16 minutes eating while doing something such as watching television, driving, or working. Of particular interest to obesity research is Americans' consumption of sugar-sweetened beverages. Two-thirds of Americans reported that they engaged in beverage consumption while doing another activity, and of those, 41 percent reported that their beverage was a soft drink such as cola, root beer, or ginger ale. Analyzing the time Americans spend in various activities and whether or not they engage in certain food-related activities may provide some insight into why nutrition and health outcomes vary across different segments of the population.

Keywords: Time use, eating patterns, obesity, BMI, exercise, grocery shopping, meal preparation, meat thermometer, raw milk, SNAP, WIC, food sufficiency, time diary, time-use survey, American Time Use Survey, multitasking.

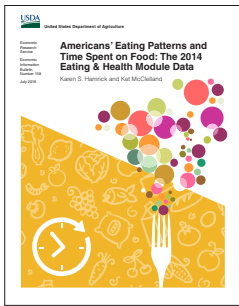
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Contents

Summary	iii
Introduction.....	1
Methods and Data.....	2
Measures	3
Time Spent Eating and Drinking, 2014.....	4
Time Spent Eating, 2014 Versus 2006-08	7
Soft Drink Consumption	8
Grocery Shopping	9
Meal Preparation	13
Food Assistance	15
Body Mass Index and Exercise	17
Discussion and Implications for Future Research.....	19
References	20
Websites	21
Appendix A—Eating & Health Module Questions	22
Appendix B—Technical Information on Calculation of Estimates	25



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Americans' Eating Patterns and Time Spent on Food: The 2014 Eating & Health Module Data

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What Is the Issue?

Examining the eating patterns of the U.S. population is a key factor to improving our understanding of Americans' nutrition and health. Analyzing the time Americans spend in various activities and, in particular, food-related activities, may provide some insight into why nutrition and health outcomes vary over time and across different segments of the population. A better understanding of these factors could improve programs and policies targeted at reducing obesity and improving overall nutrition. ERS developed a survey on Americans' time-use patterns and eating, soft drink consumption, Body Mass Index (BMI), exercise frequency, USDA food assistance program participation, grocery shopping, meal preparation, meat thermometer usage, and raw milk consumption over 2014. This report presents a first look at the data for an average day in 2014.

What Did the Study Find?

- Americans spent 64 minutes in eating and drinking as a “primary” or main activity, and 16 minutes eating as a secondary activity—that is, eating while doing something else. Men spent more time engaged in primary eating and drinking than women, and more women report engaging in secondary eating than men.
- Comparing data from 2014 (64 minutes) versus 2006-08 (67 minutes), time spent in primary eating and drinking declined by an average of 3 minutes a day while secondary eating stayed about the same at 16 minutes.
- More men reported consuming regular soft drinks while engaged in other activities, while more women reported consuming diet soft drinks. Those who consumed diet soft drinks had a higher average BMI than those who consumed regular soft drinks.
- Of household meal preparers, 89 percent had prepared meat in the previous week, and of those, 13 percent used a meat/food thermometer. Those who prepared meat spent an average of 51 minutes in meal preparation and cleanup, and those who did not spent about half the time, averaging 26 minutes.

ERS is a primary source of economic research and analysis from the U.S. Department of Agriculture, providing timely information on economic and policy issues related to agriculture, food, the environment, and rural America.

- Supplemental Nutrition Assistance Program (SNAP) and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) participants, and those with household income less than 185 percent of the poverty threshold, spent more time in food preparation and cleanup than others. In addition, SNAP participants waited longer between grocery shopping trips than others. Food-insufficient individuals were the least likely to grocery shop on any given day.
- Obese individuals spent an average of 3.2 hours watching television and movies per day, compared to normal-weight individuals who spent an average of 2.5 hours a day.
- Two-thirds of normal-weight individuals reported exercising in the previous week, while 53.9 percent of obese individuals exercised in the previous week.

How Was the Study Conducted?

Data for this study come from the Eating & Health Module (EHM), a supplement to the American Time Use Survey (ATUS), a Bureau of Labor Statistics survey conducted by the U.S. Census Bureau. A previous version of the EHM was fielded over 2006-08. This report uses the 2014 EHM data, and future reports will cover 2015-16 EHM data. The 2014 EHM resulted in 11,212 completed interviews of individuals age 15 or over. All information is self-reported by respondents. Weighting factors were used in order to produce nationally representative estimates.

Americans' Eating Patterns and Time Spent on Food: The 2014 Eating & Health Module Data

Introduction

Information on Americans' eating patterns can provide insight into issues related to the nutrition and health of the U.S. population. A better understanding of Americans' eating patterns, grocery shopping preferences, and meal preparation habits can improve programs and policies targeted at reducing obesity and improving overall nutrition and can inform consumer education, food assistance programs, and product development/marketing.

Toward this goal, USDA's Economic Research Service (ERS) developed—with funding partner USDA Food and Nutrition Service and technical-assistance partner National Cancer Institute—a supplement to the nationally representative American Time Use Survey (ATUS). The current version of this supplement, the Eating & Health Module (EHM), was fielded starting January 2014 and will continue collecting data through December 2016. Data collection and research on eating patterns, Body Mass Index (BMI), food and nutrition assistance program participation, program income eligibility, food safety, grocery shopping, and meal preparation all contribute to the goal of improving nutrition.

One core mission of ERS is to enhance the understanding of economic issues related to nutrition and health. Specifically, the economic analysis of decisions made under constraints—in this case, time—provides insight for both nutrition and food assistance policies and programs because how individuals make use of 24 hours in a day has short- and long-run implications for income and earnings, health, and well-being generally. This report presents a first look at and highlights from the 2014 Eating & Health Module data.

Methods and Data

The Bureau of Labor Statistics' ATUS began in 2003 and is ongoing, with the U.S. Census Bureau conducting the interviews.¹ One individual age 15 or older from each sampled household is interviewed about his or her activities for the 24-hour period from 4 a.m. the day before the interview to 4 a.m. of the interview day. Survey respondents are asked to identify their primary activity (if they were engaged in more than one activity at a time), where they were, and whom they were with. All ATUS respondents were also included in the Bureau of Labor Statistics' Current Population Survey (CPS), and their labor force participation information from the CPS is updated during the ATUS interview. As a consequence, ATUS data include time diary, demographic, labor force participation, and household information.

ERS developed and fielded the EHM as a supplement to the ATUS over 2006-08.² In 2013, ERS revised the Eating & Health Module for use with the ATUS over 2014-16, adding questions on soft drink consumption, grocery shopping preferences, food safety practices, food sufficiency, and exercise (see Appendix for survey questions). Having this information along with the ATUS time diaries will allow for research on a variety of compelling topics, including the relationship between fast-food consumption and time use (Hamrick and Okrent, 2014); active commuting (walking or cycling) and body mass index (BMI) (Wojan and Hamrick, 2015); substitution between food preparation time and "grazing" (Hamermesh, 2010); and working hours and BMI (Abramowitz, 2014).

The EHM used in the 2014 ATUS resulted in 11,212 completed interviews of individuals age 15 or over. Weighting factors (calculated by the U.S. Census Bureau applied to the individual ATUS and EHM respondent data) produce nationally representative estimates for an average day in 2014. Statistical differences described in this report are significant at the 90-percent confidence level unless otherwise indicated (appendix A).

¹The ATUS conducts interviews nearly every day of the year.

²For more information, see Hamrick et al. (2011) and the Eating & Health Module webpage, [http://www.ers.usda.gov/data-products/eating-and-health-module-\(atus\).aspx](http://www.ers.usda.gov/data-products/eating-and-health-module-(atus).aspx)

Measures

Here we define “primary” eating and/or drinking as eating/drinking that constitutes a main activity. “Secondary” eating occurs while doing something else considered primary by the individual. The distinction is made solely by ATUS respondents. This self-reporting reveals how individuals view their eating occurrences—for example, are they eating and watching television during their meal, or are they watching television and also eating?

Eating pattern estimates are reported here for ages **15 and older** (the entire EHM dataset) and for a subset age **18 and older**. Estimates by BMI group—underweight, normal weight, overweight, and obese—are calculated only for those age **20 and older**, following the Centers for Disease Control and Prevention (CDC) definitions of adult BMI groups.³ Estimates for the other topics here—grocery shopping, fast food, meal preparation, and food assistance—are presented for adults, age 18 and older.

All estimates are for an average day over 2014. These estimates are a snapshot, short-term measure of Americans’ time use. All time-use estimates are calculated from the ATUS time diaries and self-reported information from the ATUS and EHM questionnaires.

³Body Mass Index for adults age 20 or over is calculated as: (weight in pounds) / (height in inches)² x 703. BMI groups are underweight (BMI < 18.5), normal weight (18.5 ≤ BMI < 25), overweight (25 ≤ BMI < 30), and obese (30 ≤ BMI). See CDC for more information on adult BMI: <http://www.cdc.gov/healthyweight/assessing/index.html>

Time Spent Eating and Drinking, 2014

On an average day in 2014, Americans age 15 and older spent an average (mean) 64 minutes in eating and drinking as a “primary,” or main, activity, and 16 minutes eating as a secondary activity (appendix table 1)—that is, eating while engaged in another activity considered primary by the individual.^{4,5} Primary eating and drinking occurrences were mostly at home (71 percent), as were secondary eating occurrences (54 percent). Other frequent locations for secondary eating were the workplace and while driving a vehicle. The activities that most frequently were accompanied by secondary eating were watching television and movies, working, and socializing (see box, “On an Average Day in 2014...”).

The same share of men and women (96 percent) engaged in primary eating and drinking on an average day in 2014. However, men spent more time engaged in primary eating and/or drinking (eating/drinking), 66 minutes, than did women, 63 minutes. About 53 percent of Americans engaged in secondary eating, with a larger share of women (57 percent) than men (49 percent) reporting secondary eating. Average time spent in secondary eating was the same for men and women, 16 minutes (appendix table 1). Some researchers have posited that multitasking allows individuals to stretch their time budgets (Floro and Miles, 2003; Kenyon and Lyons, 2007; Hamrick 2015). If so, Americans are, by engaging in secondary eating, adding on average 16 minutes to their day.

About 4 percent of Americans age 15 or over did not have any eating or drinking occurrences that they considered their main activity. However, those who did not report any primary eating or drinking were more likely to engage in secondary eating, 84 percent, and spend more time in secondary eating, 42 minutes, than the total population averages (appendix table 2).

By age group, individuals age 65 and older spent considerably more time in primary eating/drinking, 76 minutes, than did younger respondents (figure 1). This group’s average time spent in secondary eating was less than those age 25-64. Respondents age 65 and older who were employed spent about the same amount of time in primary eating/drinking and in secondary eating as did those age 65 and older who were not employed (not shown), indicating that there may be a generational difference in eating patterns more so than behavioral shifts in retirement.

Americans have two peak times for primary eating/drinking—noon to 1 pm and 6 to 7 pm—when over 35 percent of Americans are engaged in primary eating/drinking or secondary eating (figure 2). In a lesser peak time, 7 to 9 am, 17-18 percent of Americans are engaged in primary eating/drinking. From 9 am to 10 pm, 5 percent or more of Americans are engaged each hour in secondary eating.

⁴On average, Americans had 2.0 primary eating/drinking occurrences over the day, and 0.75 secondary eating occurrence. Of those who had a primary eating/drinking occurrence, the average over the day was 2.1 occurrences; of those who engaged in secondary eating, the average over the day was 1.4 occurrences.

⁵On an average day in 2014, 50 percent of Americans age 15 or over engaged in both primary eating/drinking and secondary eating; 46 percent in primary eating only; 4 percent in secondary eating only; and less than 1 percent had no primary or secondary eating.

On an average day in 2014...

The top three places for primary eating and drinking were:

Own home or yard	71.3 percent
Workplace	11.4 percent
Restaurant or bar	9.3 percent

The top three places for secondary eating were:

Own home or yard	53.9 percent
Workplace	22.2 percent
Driving a vehicle	6.9 percent

The top five primary activities that accompanied secondary eating for the total population were:

Watching television and movies	24.3 percent
Paid work	22.6 percent
Socializing with others	4.8 percent
Food and drink preparation	3.3 percent
Reading for personal interest	2.9 percent

MEN—The top five primary activities that accompanied secondary eating for men were:

Paid work	25.9 percent
Watching television and movies	25.4 percent
Socializing with others	5.0 percent
Relaxing, thinking	3.1 percent
Commuting and other work travel	2.9 percent

WOMEN—The top five primary activities that accompanied secondary eating for women were:

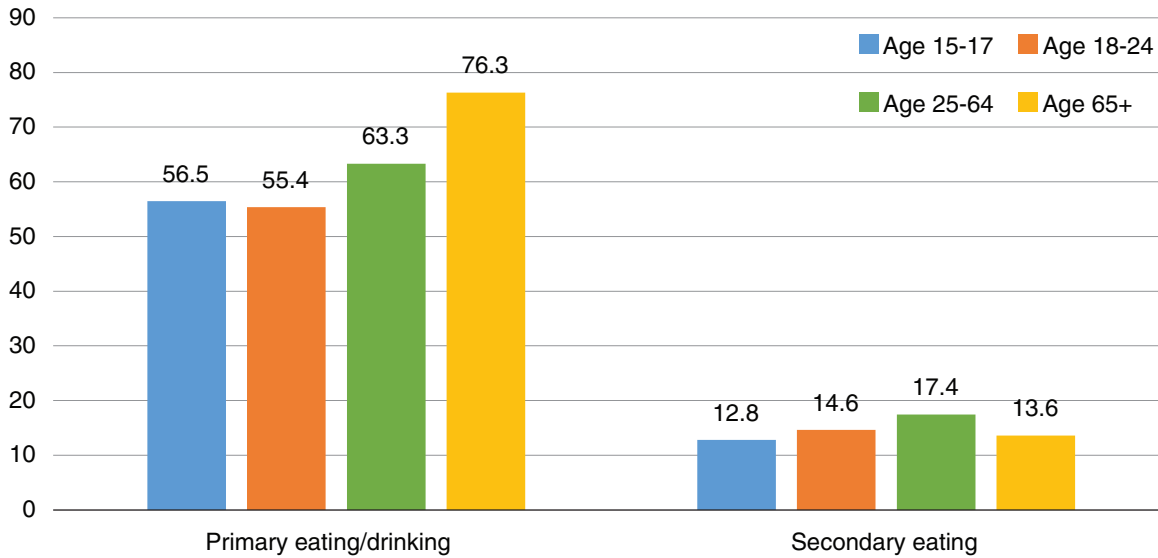
Watching television and movies	23.5 percent
Paid work	20.0 percent
Socializing with others	4.7 percent
Food and drink preparation	4.5 percent
Housework—interior cleaning	3.3 percent

Note: Data are for individuals, age 15 and older. Percentages are based on number of primary eating and/or drinking or secondary eating occurrences, all occurrences for all individuals.

Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating and Health Module data.

Figure 1
People age 65 and older spent the most time in primary eating and drinking on an average day, 2014

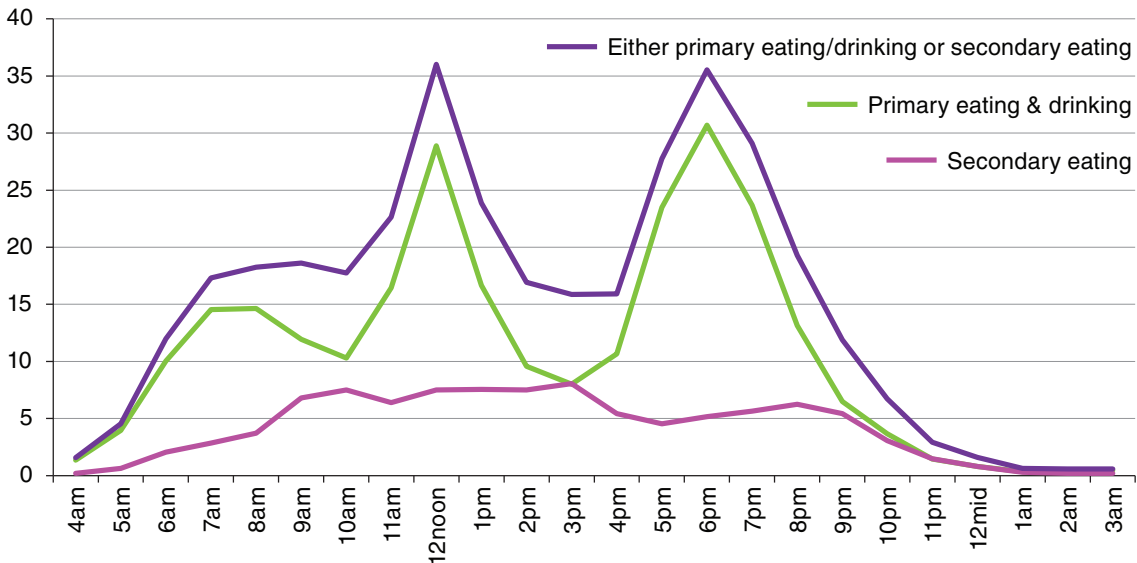
Average minutes per day



Note: Data are for individuals, age 15 and older.
 Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module

Figure 2
Percentage of Americans engaged in eating and drinking by time of day, by hour, 2014, age 15+

Percentage engaged in activity



Note: Data are for individuals, age 15 and older.
 Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module.

Time Spent Eating, 2014 Versus 2006-08

The average time spent in *primary* eating/drinking over 2006-08 was 67 minutes,⁶ versus 64 minutes in 2014. Deciphering *secondary* eating patterns is more complicated. At the interviewers' request, the EHM added in October 2006 an "all day" option for the response to questions regarding secondary eating and secondary drinking occasions. As a result, 277 respondents reported that they engaged in secondary eating "all day," which was calculated as waking time minus primary eating/drinking time. This change resulted in average time spent in secondary eating increasing by about 10 minutes, from 16 minutes in 2006 to 26 minutes in 2007 and 28 minutes in 2008.

This survey change means that, for consistency, averages excluding the "all day" secondary eating were computed: 15 minutes spent in secondary eating in 2006, 17 minutes in 2007, and 18 minutes in 2008. These year-to-year differences are not statistically different, and time spent in secondary eating averaged over 2006-08 was 17 minutes. Americans spent an average of 16 minutes in secondary eating in 2014. So, over the last few years, time spent in secondary eating remained about the same while time spent in primary eating/drinking declined.

⁶66.9 minutes spent in primary eating/drinking in 2006, 66.8 minutes in 2007, and 66.9 minutes in 2008.

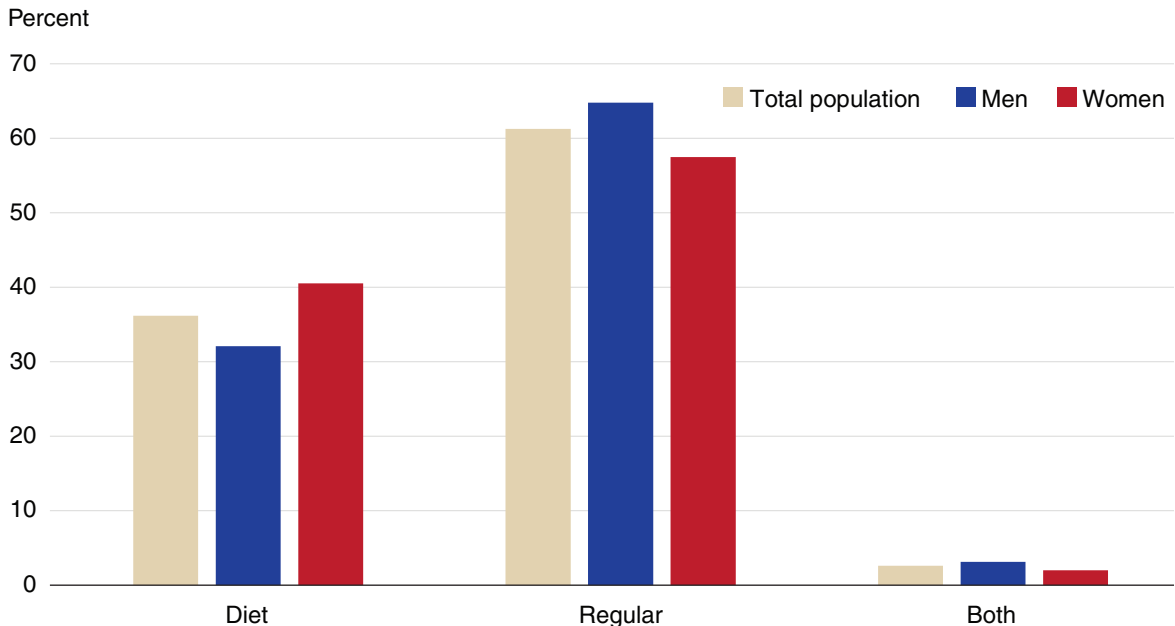
Soft Drink Consumption

Questions about soft drink consumption were added in the 2014 Eating & Health Module. Two-thirds of Americans age 15 and older reported that they drank beverages—not including plain water—while doing something else considered primary (appendix table 3).⁷ Of those, about 41 percent reported drinking soft drinks such as cola, root beer, or ginger ale; of these individuals, 36 percent consumed diet soft drinks during secondary drinking, 61 percent regular soft drinks, and 3 percent both types of soft drinks.

A larger share of men who consumed soft drinks consumed *regular* soft drinks (65 percent) than women (57 percent), and a larger share of women (40 percent) consumed diet soft drinks (32 percent for men) (figure 3). Those who consumed diet soft drinks had a higher average BMI, 29.1, than those who consumed regular soft drinks, 27.9 (not shown).⁸

Figure 3

Diet versus regular soft drinks consumed by those who drank soda as a secondary activity, on an average day in 2014



Note: Data are for individuals, age 15 and older.

Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module.

⁷The “read if necessary” prompt in the survey questionnaire: “I’m asking about any type of beverage, other than plain water, including things like coffee, tea, juice, milk, and soda, as well as alcoholic beverages.”

⁸This finding is consistent with Appleton and Conner (2001), who found that habitual heavy users of artificially sweetened beverages reported higher body weights and had higher BMIs.

Grocery Shopping

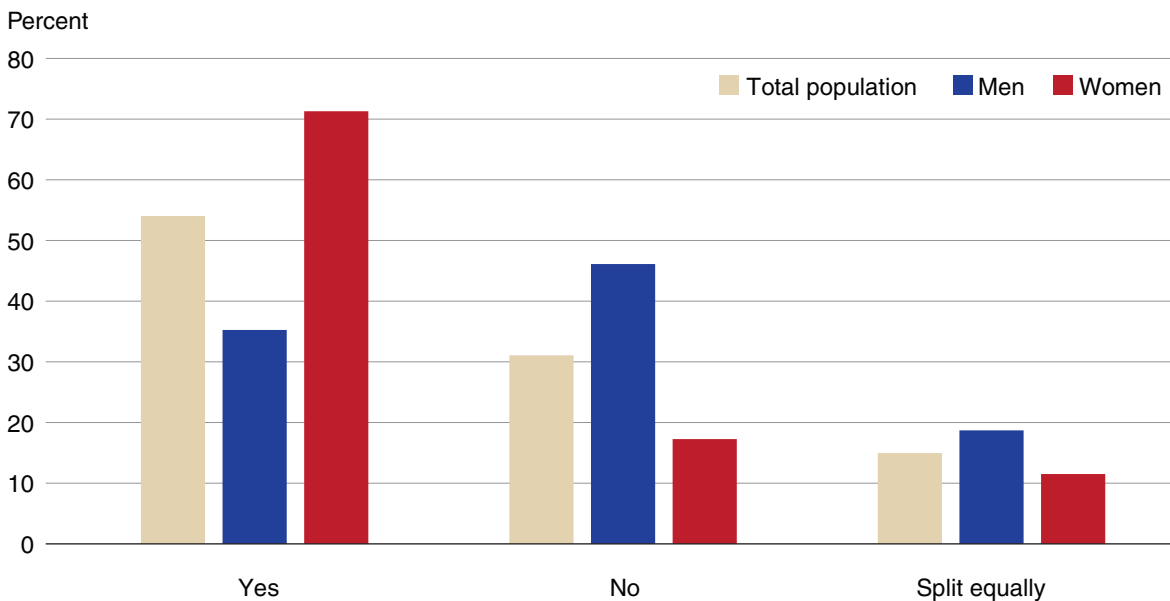
The EHM asked, “Are you the person who usually does the grocery shopping in your household?” Seventy-one percent of women and 35 percent of men reported being the usual grocery shopper. About 19 percent of adult men and 12 percent of adult women reported that they split grocery shopping equally with other household members (figure 4, appendix table 4).

Those who reported being the household’s usual grocery shopper spent more time in meal preparation than did others. Women (men) who are the usual shoppers spent 56 (30) minutes in meal preparation and cleanup on the average day, whereas women (men) who were not the usual shoppers spent 27 (14) minutes, indicating that grocery shopping and meal preparation may go together in the household’s division of housework tasks (figure 5 and appendix table 8).

New in 2014 to the EHM were questions on grocery shopping preferences. Usual and split equally grocery shoppers were asked where they purchase the majority of their groceries—at a grocery store, supercenter, warehouse club, a drug/convenience store, or another store or place. About 67 percent reported purchasing their groceries at a grocery store, while 25 percent got the majority of their groceries at a supercenter such as Wal-Mart Supercenter or Super Target (appendix table 5).

Figure 4

Are you the person who usually does the grocery shopping in your household? (2014)

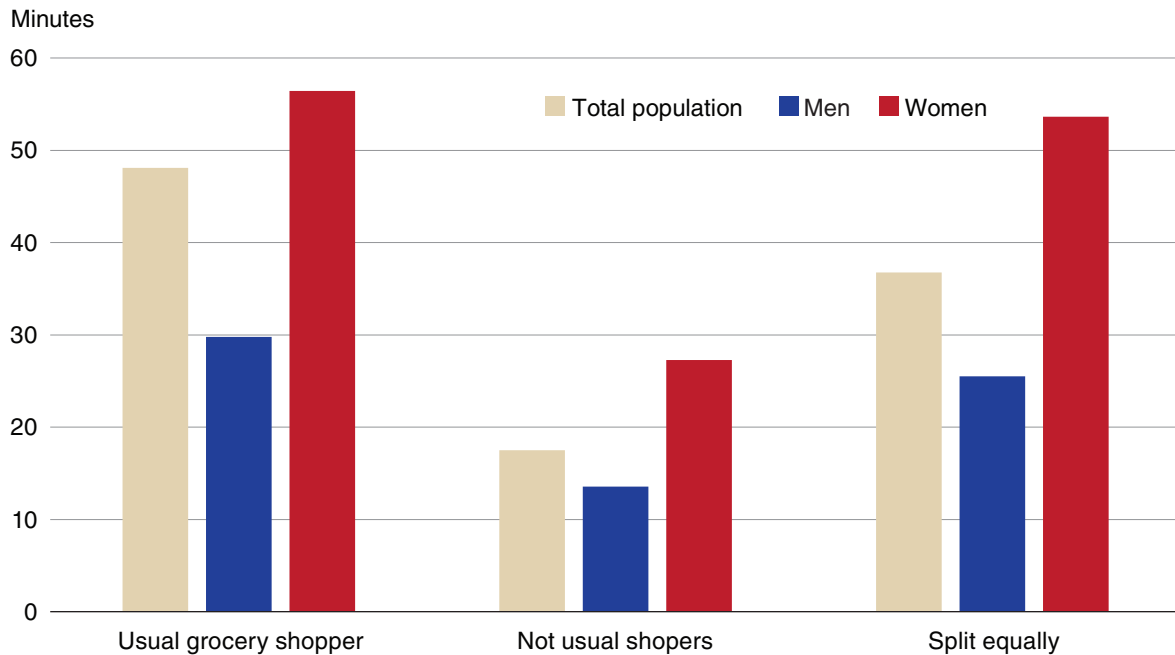


Note: Data are for individuals, age 18 and older.

Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module

Figure 5

Time spent in food preparation and cleanup by grocery shopper status, 2014



Note: Data are for individuals, age 18 and older.

Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module.

Among those 18 and older who were questioned about grocery shopping preferences, the reasons for shopping at a grocery store versus a supercenter store were quite different. The primary reason for shopping at a grocery store was location (44.3 percent of grocery store shoppers, figure 6a) and the main reason for shopping at a supercenter store was price (47.7 percent of supercenter shoppers, figure 6b).

The 2014 EHM also added a new question asking whether individuals purchased prepared food, which includes food from a deli, carry-out, delivery food, or fast food—all referred to as “fast food” here—in the previous week, and if so, how many times. Fifty-nine percent of men and 56 percent of women had purchased fast food in the previous week in 2014. Men who had purchased fast food did so an average of 3 times in the previous week, whereas women who had purchased fast food averaged 2.5 times (figure 7 and appendix tables 6-7).

Respondents age 18-24 and those age 25-64 purchased fast food, on average, about 2.9 times over the previous week, whereas those age 65 and older bought fast food just 2.2 times, on average. In addition, those with incomes above 185 percent of the poverty threshold purchased fast food more times per week, on average (2.9 times), than respondents with incomes equal to or less than 185 percent of the poverty threshold (2.4 times, not shown).

Figure 6a

Reason for shopping at a grocery store, age 18 and older, those who were the usual/split equally grocery shopper in household

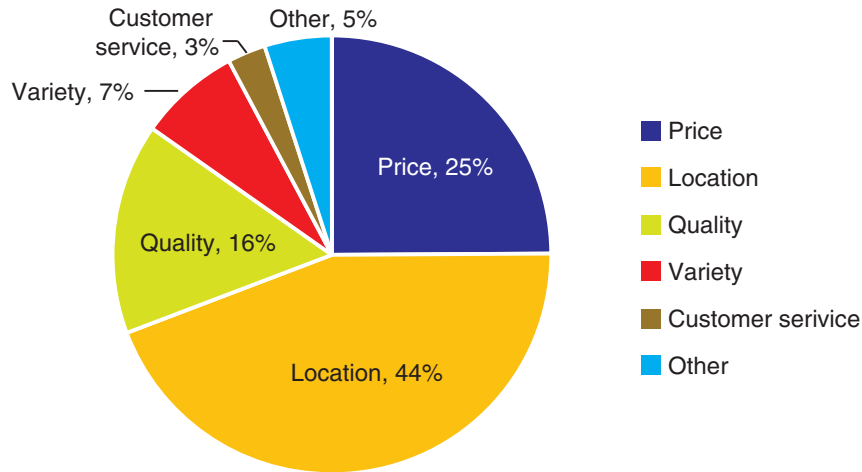
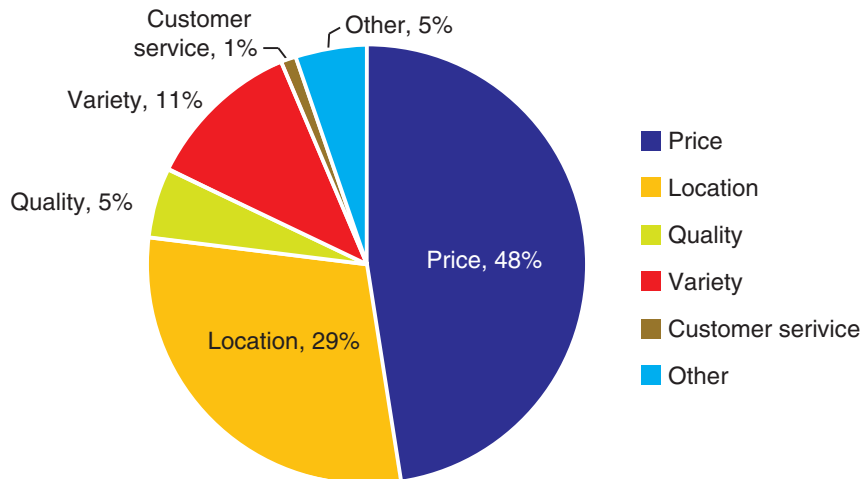


Figure 6b

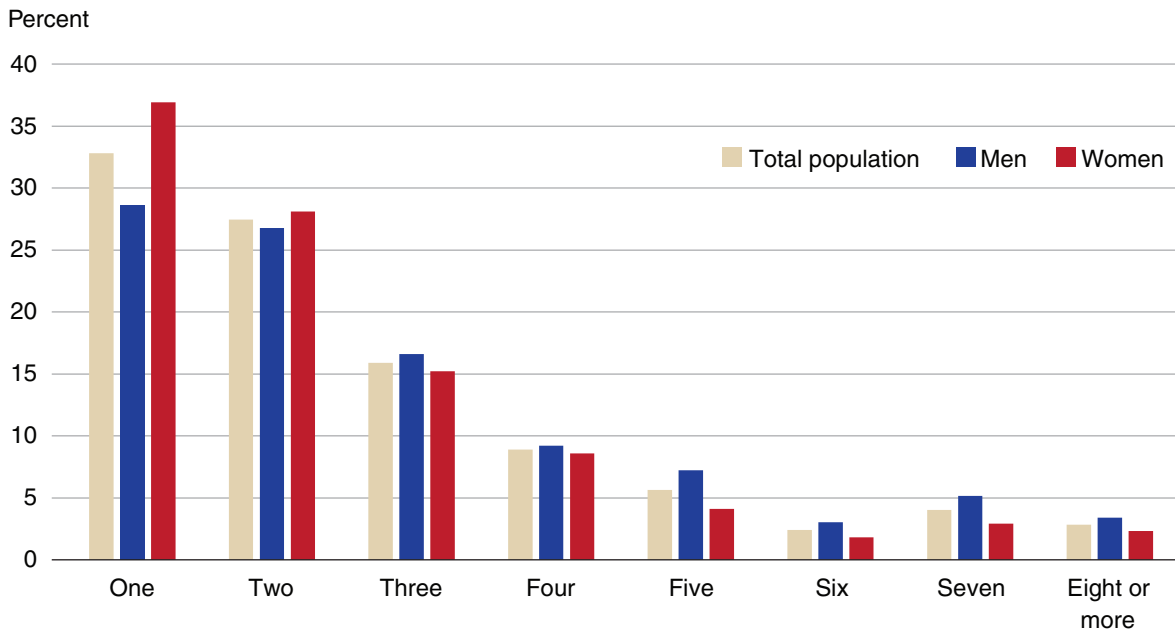
Reason for shopping at a supercenter store age 18 and older, those who were the usual/split equally grocery shopper in household



Note: Data are for individuals, age 18 and older.
Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module.

Figure 7

Weekly frequency of fast-food purchases for fast-food purchasers only, 2014



Data are for individuals, age 18 and older. “Fast food” includes prepared food from a deli, carry out, delivery food, and fast food. Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module.

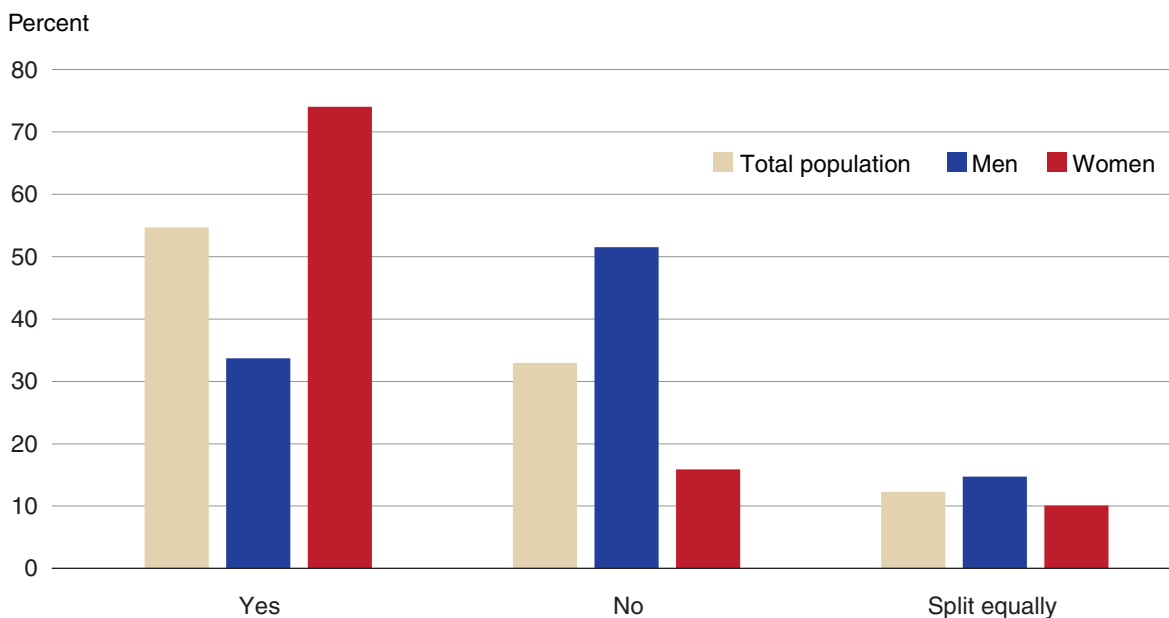
Meal Preparation

The EHM asked, “Are you the person who usually prepares the meals in your household?” Seventy-four percent of women reported that they were the usual meal preparers, versus 34 percent of men. Men were more likely to report that they split the task equally with other household members (15 percent) than were women (10 percent) (figure 8, appendix table 9).

The 2014 EHM also features new questions about food safety in meal preparation. The usual meal preparers or those who split the task were first asked whether they had prepared any meals with meat, poultry, or seafood in the previous 7 days. Eighty-nine percent of the usual/split meal preparers prepared some form of meat.⁹ Of those, 13 percent used a meat/food thermometer when preparing meat for household consumption (appendix table 10).

Those who prepared meat in the previous week spent 51 minutes in meal preparation and cleanup on the average day, whereas those who did not prepare meat spent only about half the time, an average of 26 minutes (not shown). Those who used meat thermometers spent an average of 60 minutes in meal prep/cleanup, while those who prepared meat but did not use a thermometer spent about 50 minutes on the average day. Future ERS research will explore the time use patterns of those who use meat thermometers and those who do not, and will look at the demographic characteristics of the two groups to better understand food safety practices.

Figure 8
Are you the usual meal preparer in the household? (2014)



Note: Data are for individuals, age 18 and older.

Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module.

⁹Although the question was not specifically about meat consumption, 11 percent of the usual/split meal preparers did not prepare any form of meat in the previous week. We do not know if they did not prepare meat because they abstain from consuming meat, or because they purchased meat already prepared or ate out.

The usual/split meal preparers were also asked whether they had consumed or served raw (unpasteurized) milk in the previous 7 days. Two percent of the usual/split meal preparers reported consuming and/or serving raw milk in the previous week.

USDA knows about food safety requirements faced by food manufacturers,¹⁰ but little is known about the extent to which consumers protect themselves from foodborne illness. Thermometer use is an indicator of time and attention devoted to these defensive activities. Similarly, little is currently known about the risks consumers accept in selecting certain foods. Having this information on food safety practices along with the time diary and demographic/labor force information will provide insight into Americans' meal preparation behaviors. This information can be used to better target food safety information.

¹⁰See, for example, *Economic Incentives To Supply Safe Chicken to the National School Lunch Program*, ERR-202, at <http://www.ers.usda.gov/publications/err-economic-research-report/err202.aspx>

Food Assistance

The EHM collected information on whether the individual's household was food sufficient—whether there was sometimes or often not enough to eat, whether the household participated in the Supplemental Nutrition Assistance Program (SNAP) or the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), and their household income. Having this information allows for time-use analysis of those who participate in food assistance and nutrition programs versus those who are income-eligible but do not participate.

Those who were participating in SNAP, participating in WIC, or whose household income was less than 185 percent of the poverty threshold¹¹ all spent more time in food preparation on an average day than others, 50 minutes, 62 minutes, and 43 minutes, respectively. Those *not* participating in SNAP, not participating in WIC, and with household incomes greater than 185 percent of the poverty threshold spent 36, 36, and 33 minutes, respectively. Individuals who were food sufficient (enough to eat) and those who were food insufficient (sometimes or often not enough to eat) had about the same average food preparation times (table 1). The longest time spent in meal preparation on the average day was by individuals in WIC households, 62 minutes. This difference in meal preparation time between WIC and non-WIC participants may reflect that the ATUS activity “food and drink preparation” includes preparing baby food and baby formula, as well as breast pumping.

People who are food insufficient, SNAP participants, and low-income individuals were less likely to grocery shop on a given day than others. Among SNAP participants, 13.8 percent grocery shopped on an average day in 2014, which is equivalent to grocery shopping once every 7.2 days; among nonparticipants, 15 percent grocery shopped on an average day (equivalent to shopping once every 6.7 days). The lowest grocery shopping rate was among those who were food insufficient, 10.3 percent, which is equivalent to grocery shopping once every 9.7 days.

¹¹Census poverty thresholds are at <https://www.census.gov/hhes/www/poverty/data/threshld/>

Table 1

Average minutes per day spent in selected food-related and other activities, 2014, age 18 and over.

	Grocery shopping	Grocery shopping participant rate (percent)	Grocery shopping, only those who grocery shopped	Food preparation and cleanup	Primary eating and drinking	Secondary eating
By food sufficiency status						
Which statement best describes the amount of food eaten in your household in the last 30 days?						
Enough to eat	7.2	15.1%	47.5	36.7	65.2	16.4
Sometimes not enough to eat or often not enough to eat	5.1	10.3%	—	39.9	58.3	15.8
By household participation in SNAP						
In the past 30 days, did you or any member of this household receive SNAP benefits?						
Yes	7.5	13.8%	54.6	49.6	54.5	14.8
No	7.0	15.0%	46.8	35.6	66.0	16.5
By household participation in WIC						
In the past 30 days, did you or any member of your household receive WIC benefits?						
Yes	7.3	—	—	61.6	62.1	13.5
No	6.9	14.4%	47.7	35.6	61.9	16.9
By household income level						
Last month, was your total household income before taxes more or less than/equal to [amount] per month?, [amount] is 185% of poverty threshold for respondent's household size.						
More	7.0	15.4%	45.5	33.3	66.8	17.0
Less than or equal to	7.2	14.0%	51.2	43.1	60.5	14.8
— = suppressed due to small cell size.						

Notes: A primary activity refers to an individual's main activity. Included in primary eating and drinking are codes 110101 and 110199 for eating and drinking, code 119999 for eating and drinking, not elsewhere classified, and code 050202 for eating and drinking as part of job. The code for grocery shopping is 070101, food preparation 0202xx, and sleeping 010101 and 010102. Related travel times are not included in any of the activities. SNAP = Special Supplemental Nutrition Program; WIC = Special Supplemental Nutrition Program for Women, Infants, and Children.

Note: Data are for individuals, age 18 and older.

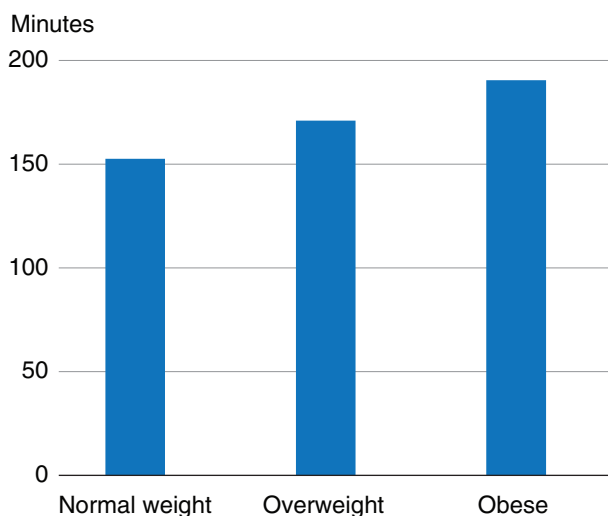
Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module.

Body Mass Index and Exercise

The EHM asked ATUS respondents their height and weight, which allows calculation of Body Mass Index (BMI). On an average day in 2014, time spent by Americans age 20 and older (new age cohort in order to use the CDC adult BMI categories) on primary eating/drinking and secondary eating did not vary much by BMI¹² group—normal weight, overweight, and obese (appendix table 12).¹³ However, other activities did show different patterns, and most pronounced is watching TV and movies—153 minutes, 171 minutes, and 190 minutes, respectively by BMI group (figure 9a). Also of interest is sports and exercise, where those who were normal weight and overweight spent about the same amount of time, 18 minutes and 20 minutes (estimates are not statistically different), and those who were obese spent an average of 11 minutes (figure 9b).

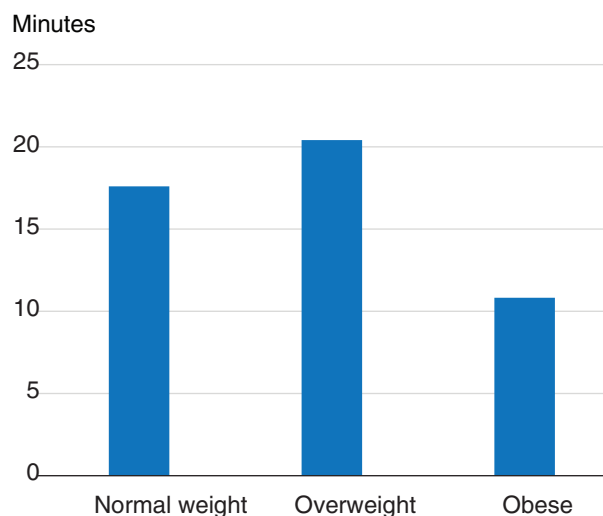
New in 2014, the EHM asked respondents if they exercised for fitness or health in the previous week. A smaller percentage of women exercised than men in each BMI group (figure 10 and appendix table 13). Also, compared with their normal-weight counterparts, obese individuals exercised fewer times per week and spent less time at it as well (figure 11 and appendix table 14).

Figure 9a
Time spent watching TV and movies by BMI group, 2014



Note: Data are for individuals, age 20 and older.
Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module.

Figure 9b
Time spent in sports and exercise by BMI group, 2014



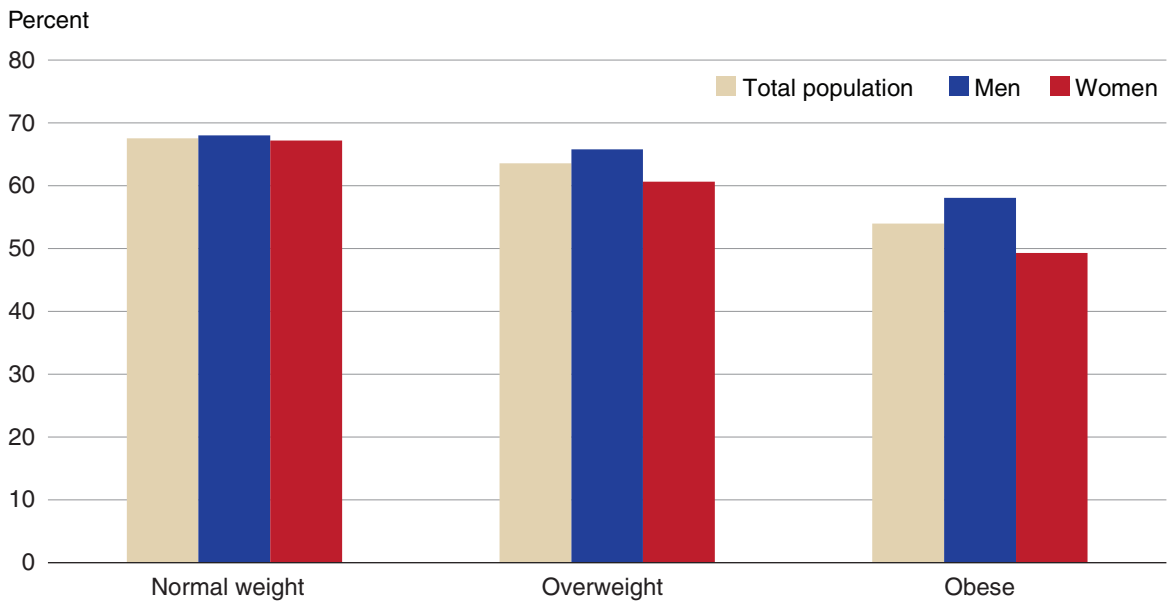
Note: Data are for individuals, age 20 and older. Estimates for normal weight individuals and overweight individuals are not statistically different from each other, but both are statistically different from the estimates for obese individuals.
Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module.

¹²Body Mass Index is an estimate of body fat and may not be accurate in some cases, particularly for muscular individuals, elderly persons, and children. Individuals in these groups may need additional measures to assess body fat. For more information, see MedlinePlus, U.S. National Library of Medicine, <https://www.nlm.nih.gov/medlineplus/ency/article/007196.htm>. For a discussion of the possible shortcomings of the BMI measure, see K.J. Rothman, “BMI-related errors in the measurement of obesity,” *International Journal of Obesity*. 2008: 32 Suppl 3.

¹³Estimates for the underweight group are not reported here due to a small cell size and a corresponding large standard error. We will be able to provide estimates for the underweight group when we can pool 2014 data with 2015 and 2016 data.

Figure 10

Percent of each BMI group who exercised for fitness or health in the previous 7 days, 2014

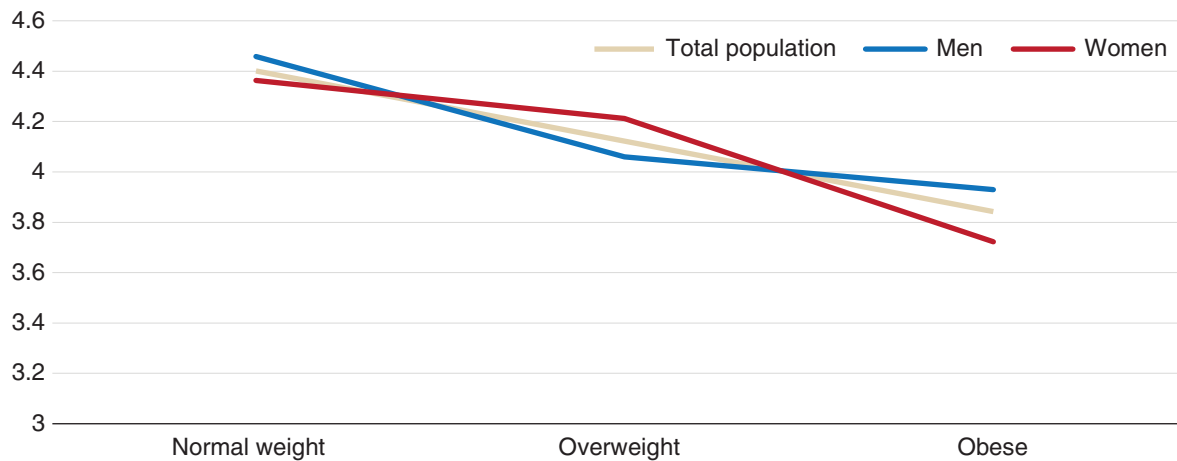


Note: Data are for individuals, age 20 and older.

Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module.

Figure 11

Average times exercised in previous week



Note: Data are for individuals, age 20 and older.

Source: Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module.

Discussion and Implications for Future Research

This report presents a first look at the 2014 Eating & Health Module data, including an overview of the time Americans spent eating and drinking beverages on an average day in 2014. The findings presented here are useful in thinking about how Americans fit eating into their lives and provide a better understanding of behaviors associated with obesity and other health outcomes. The grocery shopping and meal preparation findings reveal the preferences and time costs faced by various population subgroups, particularly by low-income individuals. The food thermometer and raw milk questions help us understand which subgroups are following food safety guidelines. The statistics presented here are initial research findings on these data, and more research can be done to investigate the relationships between time use and well-being. In addition, findings will be updated as the 2015 and 2016 EHM data become available.

Future research using the American Time Use Survey and the Eating & Health Module data could improve programs and policies targeted at reducing obesity and improving overall nutrition. For example, Americans age 65 and over spend more time in primary eating and less time in secondary eating than other age groups. Is this due to their schedules, as many in this age group are retired, or is it a generational perception of eating as meal-based and not an incidental activity? Understanding these generational differences may help in targeting those with incidental eating patterns.

Thirteen percent of those who usually prepare meals or who split the task equally with other household members and who had prepared meat, poultry, or seafood recently had used a meat thermometer. What are the characteristics of this group and of those who did not use a thermometer? Understanding these differences can help inform food safety education programs.

The time-use patterns of those who participated in food assistance programs and/or come from low-income households were different from those of others. Understanding program participants' shopping preferences and time costs, such as lengthy meal preparation times, as well as grocery shopping frequency, helps to inform food assistance programs in terms of benefits and State waivers. For example, SNAP benefits cannot be used to purchase hot, prepared foods. However, this restriction may exclude participants from “buying time” by purchasing prepared foods. One State waiver option for SNAP participation is to conduct telephone interviews in lieu of requiring face-to-face interviews. This waiver could save time for participants, and in particular, those who are employed. Further research can examine in greater detail the relationships between time use and program participation.

Finally, those who are obese have different time-use patterns than those who are of normal weight. Although we cannot determine causality with these data, we can better understand the associations between various activity patterns and weight status.

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Websites

American Time Use Survey: stats.bls.gov/tus/

Eating & Health Module: ers.usda.gov/Data/ATUS/

ATUS Data Extract Builder: <https://www.atusdata.org/atus/>

Metabolic Equivalent Values for Activities in the American Time Use Survey: <http://appliedresearch.cancer.gov/atus-met/>

USDA Food and Nutrition Service: <http://www.fns.usda.gov/fns/>

Centers for Disease Control and Prevention, U.S. Obesity Trends: www.cdc.gov/obesity/data/trends.html

Appendix A—Eating & Health Module Questions

This is an edited version of the EHM survey questions. The full Eating & Health Module questionnaire is available at: <http://www.bls.gov/tus/ehmquestionnaire1416.pdf>

Eating and drinking beverages as a secondary activity

Because many Americans eat while engaged in other activities, such as driving or watching television, information is needed on eating as both a primary and secondary activity. This question records when and during which activities the respondent was eating.

Question

We're interested in finding out more about how people fit meals and snacks into their schedules. Yesterday, you reported eating or drinking between [fill times from respondent's time diary]. Were there any other times you were eating yesterday—for example, while you were doing something else? About how long would you say you were eating while you were [fill activity]?

The EHM also asked about drinking soft drinks as a secondary activity.

Question

Not including plain water, were there any other times yesterday when you were drinking any beverages? Were any of the beverages soft drinks such as cola, root beer, or ginger ale? Was the soft drink diet, regular, or did you have both kinds?

Grocery shopping and fast food purchase

Question

Are you the person who usually does the grocery shopping in your household? Where do you get the majority of your groceries—do you get them at the grocery store, supercenter, warehouse club, drugstore or convenience store, or some other place? What is the primary reason you shop there—is it because of price, location, quality or products, variety of products, customer service, or other reason?

Question

Thinking back over the last 7 days, did you purchase any prepared food from a deli, carry-out, delivery food, or fast food? How many times in the last 7 days did you purchase prepared food? Did you purchase any prepared food yesterday?

Meal preparation

Questions on meal preparation will help to understand food safety practices in the United States.

Questions

Are you the person who usually prepares the meals in your household?

In the last 7 days, did you prepare any meals with meat, poultry, or seafood? Did you use a food or meat thermometer when preparing any of those meals?

In the last 7 days, did you drink or serve unpasteurized or raw milk?

Food sufficiency and food assistance

This information will allow analysis of the time-use patterns of SNAP recipients versus others, and in particular, low-income persons who are not participating in the program.

Questions

Which of the following statements best describes the amount of food eaten in your household in the last 30 days—enough food to eat, sometimes not enough to eat, or often not enough to eat?

In the past 30 days, did you or any member of this household receive [fill State SNAP name, English or Spanish], SNAP, or food stamp benefits?

In the last 30 days, did you or any member of your household receive benefits from the WIC program, that is, the Women, Infants and Children program?

Household income

This question asks if total household income before taxes was above or below a certain amount. The ATUS Computer Assisted Telephone Interviewing software automatically calculates whether the income level is more or less than 185 and 130 percent of the poverty threshold based on the respondent's household composition. These income thresholds—185 percent and 130 percent—determine income eligibility for food assistance programs.

Question

Last month, was your total household income before taxes more or less than [fill 185 percent of poverty threshold] per month?

If answer was LESS:

Was it more or less than [fill 130 percent of poverty threshold] per month?

Height, weight, general health, and exercise

From this self-reported information, Body Mass Index (BMI) can be calculated, and time-use patterns such as activity levels and eating patterns can be analyzed by BMI levels.

Questions

I'm going to switch topics and ask you a few final questions about your physical health that might affect how you use your time. In general, would you say that your health is Excellent, Very Good, Good, Fair, or Poor?

During the past 7 days, did you participate in any physical activities or exercises for fitness and health such as running, bicycling, working out in a gym, walking for exercise, or playing sports? How many times over the past 7 days did you take part in these activities?

How tall are you without shoes? How much do you weigh without shoes?

Appendix B—Technical Information on Calculation of Estimates

All estimates presented in this report were calculated using the American Time Use Survey (ATUS) data and the Eating & Health Module (EHM) data for 2014. The ATUS Respondent, Activity, Activity Summary, Roster, Who, and ATUS-Current Population Survey files were used, and the EHM Respondent, Activity, and Replicate Weights files were used. The dataset contains 11,212 respondents, with a total of 217,143 activities in the time diaries.

The responses to all the EHM survey questions and to the ATUS time diary and survey questions are self-reported by the respondent. This is a limitation of the data in that there may be bias in the estimates as a result. Possible nonresponse bias in the BMI estimates is discussed below. Each ATUS news release contains a discussion on the reliability of the ATUS estimates, including sampling and nonsampling errors (<http://www.bls.gov/tus/news.htm>).

All calculations were done using SAS 9.4. Estimation procedures outlined in the ATUS User's Guide (<http://stats.bls.gov/tus/atususersguide.pdf>) and the EH Module User's Guide (<http://www.ers.usda.gov/publications/ap-administrative-publication/ap-070.aspx>) were followed. Averages were calculated as the mean. Standard errors were calculated according to Section 7.5 of the ATUS User's Guide. The EH Module Replicate Weights were used, by specifying the balanced repeated replication method for the PROC SURVEY procedures in SAS. A 90-percent level of confidence was used to determine whether estimates were statistically different. All differences between estimates discussed in the text are statistically different.

ERS followed the standard of suppressing EHM data estimates for cells with unweighted counts fewer than 77, the count specified by the U.S. Bureau of Labor Statistics as the minimum number of respondents who could support an ATUS cell estimate. In addition, some subgroup estimates were suppressed due to small cell sizes, even if there were more than 77 respondents. BLS cell suppression rules for ATUS estimates were followed in these cases. When 2015 and 2016 EHM data are available, the EHM years can be pooled to produce small subpopulation estimates that meet quality standards.

Estimates by BMI group are for age 20 and older, as the adult Body Mass Index applies only to that age cohort. Estimates for grocery shopping, meal preparation, and food assistance are for adults (age 18 and older).

All height and weight values are self-reported. Height and weight are bottom- and top-coded for confidentiality. The EHM includes a screening question for pregnancy as pregnant women were not asked their weight and so lack BMI information. See Hamrick (2016), *Eating & Health Module User's Guide* for more information. See Hamrick (2012) for discussion of nonresponse bias of missing BMI values: any bias in the 2006-08 Eating & Health Module height and weight data stemming from nonresponse appears to be small and would not affect analyses of correlations between BMI and time use.

Household type categories—single-person household; couple, married/unmarried without children; single parent with child(ren); couple, married/unmarried with child(ren); and other household types—are based on the ATUS respondent and not the totality of the household. The “other type of household” category occurs because of this focus on the respondent. For example, a household with a married couple with two children, one age 20 and the other 15, would have different catego-

rizations depending on which family member was the respondent. If either parent was the respondent, then the category would be “married couple with child(ren).” If either of the children was the respondent, then the category would be “other type of household.”

Time spent in eating and drinking activities and percent of civilian population, on an average day in 2014

	Average minutes per day, civilian population			Average % engaged in activity per day			Average minutes per day, for persons who engaged in the activity		
	Total minutes	Men minutes	Women minutes	Total percent	Men percent	Women percent	Total minutes	Men minutes	Women minutes
AGE 15 and older									
Total time in primary eating & drinking	64.3	66.2	62.6	95.8	95.6	95.9	67.2	69.3	65.2
Total time in associated activities	6.1	6.6	5.7	22.9	24.5	21.4	26.7	26.9	26.5
Secondary eating	16.2	16.3	16.1	53.4	49.0	57.5	30.3	33.2	27.9
Total time in primary eating/drinking plus secondary eating	86.6	89.1	84.3	99.3	99.4	99.3	87.2	89.6	84.9
AGE 18 and older									
Total time in primary eating & drinking	64.8	67.0	62.7	95.7	95.6	95.8	67.7	70.1	65.5
Total time in associated activities	5.9	6.6	5.2	22.6	24.7	20.6	26.1	26.6	25.5
Secondary eating	16.4	16.6	16.1	53.2	48.6	57.4	30.8	34.1	28.1
Total time in primary eating/drinking plus secondary eating	87.0	90.1	84.1	99.3	99.4	99.3	87.6	90.7	84.8
STANDARD ERRORS									
AGE 15 and older									
Total time in primary eating & drinking	0.5411	0.8730	0.7272	0.2418	0.3695	0.3153	0.5212	0.8528	0.7033
Total time in associated activities	0.2128	0.3065	0.3183	0.4965	0.7889	0.6265	0.8086	0.9352	1.3562
Secondary eating	0.6474	1.1766	0.6154	0.6543	0.9579	0.8328	1.1266	2.2741	1.0239
Total time in primary eating/drinking plus secondary eating	0.8278	1.4336	1.0671	0.0944	0.1190	0.1509	0.8343	1.4411	1.0670
AGE 18 and older									
Total time in primary eating & drinking	0.5459	0.8669	0.7416	0.2536	0.3854	0.3284	0.5249	0.8506	0.7212
Total time in associated activities	0.1939	0.3121	0.2525	0.5122	0.8110	0.6046	0.7243	0.9619	1.1507
Secondary eating	0.6831	1.2544	0.6197	0.6788	1.0031	0.8573	1.1933	2.4205	1.0522
Total time in primary eating/drinking plus secondary eating	0.8246	1.4728	1.0224	0.0955	0.1262	0.1486	0.8306	1.4823	1.0205

Note: Cell size for estimates age 15 and older is 11,212 respondents; cell size for estimates age 18 and older is 10,822 respondents. A primary activity refers to an individual's main activity. Primary eating & drinking includes Eating and drinking (110101 and 110199), Eating and drinking not elsewhere classified (119999), and Eating and drinking as part of job (050202). Note that for 2014 ATUS, there are only values for 110101 and 050202. Travel times not included except in associated activities. Associated activities are Waiting associated with eating & drinking (110201 and 110299) and Travel related to eating & drinking (181101 and 181199). Note that for 2014 ATUS, only values for 110201, 110299, and 181101. Source: USDA, Economic Research Service, 2014 Bureau of Labor Statistics American Time Use Survey and USDA, Economic Research Service Eating & Health Module.

Appendix table 2

Time spent in eating and drinking activities and percent of civilian population, average per day, 2014, by various subgroups

	Average minutes per day, population	Average percent engaged in activity	Ave. minutes per day for persons engaged in each activity
AGE GROUPS			
Age 15-17			
Total time in primary eating & drinking	56.5	96.6	58.5
Total time in associated activities	9.9	27.9	35.7
Secondary eating	12.8	57.7	22.2
Age 18-24			
Total time in primary eating & drinking	55.4	93.5	59.3
Total time in associated activities	5.7	23.3	24.5
Secondary eating	14.6	55.5	26.3
Age 25-64			
Total time in primary eating & drinking	63.3	95.5	66.3
Total time in associated activities	5.7	23.0	25.0
Secondary eating	17.4	55.0	31.7
Age 65+			
Total time in primary eating & drinking	76.3	98.1	77.8
Total time in associated activities	6.5	20.6	31.7
Secondary eating	13.6	45.1	30.1
AGE 15 and older			
RESIDENCE—Metropolitan			
Total time in primary eating	64.9	95.9	67.6
Total time in associated activities	6.3	23.3	27.2
Secondary eating	16.5	53.7	30.7
RESIDENCE—Nonmetropolitan			
Total time in primary eating	61.5	94.9	64.8
Total time in associated activities	4.9	20.5	23.8
Secondary eating	14.4	51.7	27.9
NO PRIMARY EATING/DRINKING			
Total time in primary eating	0.0	0.0	NA
Total time in associated activities	0.0	0.0	NA
Secondary eating	42.4	84.4	50.3

continued—

Appendix table 2

Time spent in eating and drinking activities and percent of civilian population, average per day, 2014, by various subgroups—continued

	Average minutes per day, population	Average percent engaged in activity	Ave. minutes per day for persons engaged in each activity
AGE 18 and older			
RESIDENCE—Metropolitan			
Total time in primary eating	65.4	95.9	68.2
Total time in associated activities	6.2	23.1	26.7
Secondary eating	16.7	53.5	31.3
RESIDENCE—Nonmetropolitan			
Total time in primary eating	61.6	94.9	64.9
Total time in associated activities	4.5	19.9	22.3
Secondary eating	14.4	51.3	28.0
NO PRIMARY EATING/DRINKING			
Total time in primary eating	0.0	0.0	NA
Total time in associated activities	0.0	0.0	NA
Secondary eating	42.6	84.3	50.6

NA = not applicable.

Note: A primary activity refers to an individual's main activity. Primary eating & drinking includes Eating and drinking (110101 and 110199), Eating and drinking not elsewhere classified (n.e.c.) (119999), and Eating and drinking as part of job (050202). Note that for the 2014 ATUS, there are only values for 110101 and 050202; no respondents reported engaging in activities 110199 or 119999. Travel times not included except in associated activities. Associated activities are Waiting associated with eating & drinking (110201 and 110299) and Travel related to eating & drinking (181101 and 181199). Note that for 2014 ATUS, there are only values for 110201, 110299, and 181101.

Source: USDA, Economic Research Service. 2014 Bureau of Labor Statistics American Time Use Survey and USDA, ERS Eating & Health Module.

Secondary drinking beverages and soft drink consumption, 2014

<i>Percent</i>	Total civilian population	Men	Women
AGE 15 and older			
<i>Not including plain water, were there any other times yesterday when you were drinking any beverages? (Asked of all respondents)</i>			
Yes	66.1	65.4	66.7
No	33.9	34.6	33.3
Of those who answered Yes, they were drinking beverages: <i>Were any of the beverages soft drinks such as cola, root beer, or ginger ale? [percent of total population]</i>			
Yes	40.6 [26.8]	43.8 [28.6]	37.6 [25.1]
No	59.4 [39.3]	56.2 [36.8]	62.4 [41.6]
Of those who answered Yes, the beverages were soft drinks: <i>Was the soft drink diet, regular or did you have both kinds?</i>			
Diet	36.2 [9.7]	32.1 [9.2]	40.5 [10.2]
Regular	61.3 [16.4]	64.8 [18.5]	57.5 [14.4]
Both	2.6 [0.7]	3.1 [0.9]	2.0 [0.5]
AGE 18 and older			
<i>Not including plain water, were there any other times yesterday when you were drinking any beverages? (Asked of all respondents)</i>			
Yes	66.3	65.4	67.2
No	33.7	34.6	32.8
Of those who answered Yes, they were drinking beverages: <i>Were any of the beverages soft drinks such as cola, root beer, or ginger ale? [percent of total population]</i>			
Yes	40.3 [26.7]	43.6 [28.5]	37.4 [25.1]
No	59.7 [39.6]	56.4 [36.9]	62.6 [42.1]
Of those who answered Yes, the beverages were soft drinks: <i>Was the soft drink diet, regular or did you have both kinds?</i>			
Diet	37.8 [10.1]	33.8 [9.6]	42.0 [10.5]
Regular	60.0 [16.0]	63.7 [18.2]	56.2 [14.1]
Both	2.2 [0.6]	2.5 [0.7]	1.8 [0.4]

Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and USDA, ERS Eating & Health Module.

Appendix table 4

Usual grocery shopper in household, 2014, Age 18 and over

	Total	Men	Women
<i>Percent</i>	<i>Are you the person who usually does the grocery shopping?</i>		
Yes	54.0	35.2	71.3
No	31.1	46.1	17.2
Split equally	14.9	18.7	11.5
BY AGE—Age 18-24			
Yes	31.6	22.4	40.2
No	59.0	68.8	49.8
Split equally	9.4	8.8	10.0
Age 25-64			
Yes	57.2	37.0	76.6
No	26.8	43.1	11.3
Split equally	15.9	19.9	12.2
Age 65+			
Yes	57.0	37.4	72.6
No	28.1	41.5	17.3
Split equally	15.0	21.1	10.1
BY HOUSEHOLD TYPE—Single-person household			
Yes	94.1	95.6	92.8
No	5.9	4.4	7.2
Split equally	na	na	na
Couple, married/unmarried, no children			
Yes	45.8	—	68.8
No	31.0	48.9	12.0
Split equally	23.2	—	19.2
Single parent (adult) with child/children			
Yes	83.9	75.4	85.7
No	10.6	12.2	10.3
Split equally	5.5	12.4	4.0
Couple, married/unmarried, with children			
Yes	50.2	19.9	80.0
No	31.3	54.2	8.9
Split equally	18.5	26.0	11.1
Other household types			
Yes	38.7	26.9	50.2
No	47.5	58.9	36.3
Split equally	13.8	14.2	13.5

na = not applicable.

— = suppressed due to small cell size.

Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and USDA, ERS Eating & Health Module.

Appendix table 5

Grocery shopping, age 18 and older

Of those who were the household's usual grocery shopper, or who split grocery shopping equally with other household members:

<i>Where do you get the majority of your groceries?</i>			
<i>Percent</i>	<i>Total</i>	<i>Men</i>	<i>Women</i>
Grocery store	67.5	—	67.1
Supercenter	25.0	—	25.1
Warehouse club	4.8	—	5.1
Drug/convenience	0.4	—	0.4
Other store/place	2.4	—	2.3
Total	100.0	—	100.0

<i>What is the primary reason you shop there?</i>			
<i>Percent</i>	<i>Total</i>	<i>Men</i>	<i>Women</i>
Price	32.7	—	34.7
Location	38.1	—	35.3
Quality of products	13.5	—	13.9
Variety of products	8.3	—	8.5
Customer service	2.3	—	2.2
Other	5.2	—	5.4
Total	100.0	—	100.0

— = suppressed due to small cell size.

Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and USDA, ERS Eating & Health Module.

Appendix table 6

Fast food purchase over previous 7 days

Percent	Over the last 7 days, did you purchase any prepared food from a deli, carry-out, delivery food, or fast food?		
	Total	Men	Women
Age 15 and over			
Yes	57.9	59.4	56.4
No	42.1	40.6	43.6
Total	100.0	100.0	100.0
Age 18 and over			
Yes	58.2	59.8	56.7
No	41.8	40.2	43.3
Total	100.0	100.0	100.0
BY AGE—Percent who answered “Yes”			
Age 15-17	52.1	52.8	51.3
Age 18-24	67.4	67.0	67.9
Age 25-64	60.9	62.3	59.5
Age 65+	42.3	44.7	40.3
BY HOUSEHOLD TYPE—Percent who answered “Yes”, Age 18 and over			
Single-person household	51.1	54.8	48.0
Couple, married/unmarried, no children	57.4	59.0	55.7
Single parent with child(ren)	57.8	—	58.0
Couple, married/unmarried, with child(ren)	64.5	63.7	65.3
Other household types	57.5	60.1	55.0

— = suppressed due to small cell size.

Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module.

Appendix table 7

**Of those who purchased fast food, how many times purchased
in the previous 7 days?**

	Total	Men	Women
Age 15 and over			
Average number of times purchased	2.7	2.9	2.5
Percent with One purchase	33.0	29.2	36.6
Percent with Two purchases	27.8	27.2	28.4
Percent with Three purchases	15.9	16.4	15.5
Percent with Four purchases	8.8	9.1	8.5
Percent with Five purchases	5.6	7.0	4.1
Percent with Six purchases	2.3	2.9	1.7
Percent with Seven purchases	3.8	4.9	2.8
Percent with Eight or more purchases	2.8	3.3	2.4
Total	100.0	100.0	100.0
	Total	Men	Women
Age 18 and over			
Average number of times purchased	2.7	3.0	2.5
Percent with One purchase	32.8	28.6	36.9
Percent with Two purchases	27.5	26.8	28.1
Percent with Three purchases	15.9	16.6	15.2
Percent with Four purchases	8.9	9.2	8.6
Percent with Five purchases	5.6	7.2	4.1
Percent with Six purchases	2.4	3.0	1.8
Percent with Seven purchases	4.0	5.2	2.9
Percent with Eight or more purchases	2.8	3.4	2.3
Total	100.0	100.0	100.0
BY AGE	Total	Men	Women
Age 15-17			
Average number of times purchased	2.3	—	—
Percent with One purchase	36.1	—	—
Percent with Two purchases	34.3	—	—
Percent with Three purchases	16.4	—	—
Percent with Four purchases	6.2	—	—
Percent with Five purchases	4.1	—	—
Percent with Six purchases	0.4	—	—
Percent with Seven purchases	0.0	—	—
Percent with Eight or more purchases	2.6	—	—
Total	100.0	—	—

continued—

Appendix table 7

Of those who purchased fast food, how many times purchased in the previous 7 days?—continued

	Total	Men	Women
Age 18-24			
Average number of times purchased	3.0	3.0	2.9
Percent with One purchase	26.3	22.7	29.5
Percent with Two purchases	28.5	26.3	30.5
Percent with Three purchases	16.6	22.8	10.8
Percent with Four purchases	13.0	10.3	15.5
Percent with Five purchases	6.1	8.0	4.3
Percent with Six purchases	2.4	2.8	2.1
Percent with Seven purchases	3.3	4.3	2.4
Percent with Eight or more purchases	3.8	2.7	4.8
Total	100.0	100.0	100.0
Age 25-64			
Average number of times purchased	2.8	3.1	2.5
Percent with One purchase	31.2	27.4	35.0
Percent with Two purchases	27.7	26.7	28.7
Percent with Three purchases	16.2	15.8	16.6
Percent with Four purchases	8.8	9.4	8.2
Percent with Five purchases	6.2	8.0	4.4
Percent with Six purchases	2.6	3.3	2.0
Percent with Seven purchases	4.3	5.6	3.0
Percent with Eight or more purchases	3.0	3.8	2.1
Total	100.0	100.0	100.0
Age 65+			
Average number of times purchased	2.2	2.4	2.0
Percent with One purchase	48.2	41.5	54.2
Percent with Two purchases	25.0	27.6	22.7
Percent with Three purchases	13.8	14.8	13.0
Percent with Four purchases	5.0	7.0	3.2
Percent with Five purchases	2.2	1.9	2.5
Percent with Six purchases	1.3	1.9	0.8
Percent with Seven purchases	3.3	3.4	3.1
Percent with Eight or more purchases	1.2	1.9	0.5
Total	100.0	100.0	100.0

continued—

Appendix table 7

Of those who purchased fast food, how many times purchased in the previous 7 days?—continued

	Total	Men	Women
By household type, age 18 and over			
Single-person household			
Average number of times purchased	3.0	3.5	2.6
Percent with One purchase	31.5	24.7	38.0
Percent with Two purchases	23.8	22.8	24.7
Percent with Three purchases	17.2	18.8	15.6
Percent with Four purchases	8.7	9.0	8.5
Percent with Five purchases	7.3	8.9	5.9
Percent with Six purchases	1.4	2.1	0.7
Percent with Seven purchases	5.5	7.1	3.9
Percent with Eight or more purchases	4.7	6.7	2.7
Total	100.0	100.0	100.0
Couple, married/unmarried, no children			
Average number of times purchased	2.5	2.8	2.2
Percent with One purchase	36.9	29.8	44.9
Percent with Two purchases	28.1	29.4	26.7
Percent with Three purchases	15.0	15.9	13.9
Percent with Four purchases	7.3	8.5	5.9
Percent with Five purchases	3.5	4.3	2.6
Percent with Six purchases	2.8	3.6	1.9
Percent with Seven purchases	4.3	5.6	2.8
Percent with Eight or more purchases	2.2	2.8	1.4
Total	100.0	100.0	100.0
Single parent with child(ren)			
Average number of times purchased	2.8	3.6	2.6
Percent with One purchase	30.3	—	33.5
Percent with Two purchases	28.6	—	28.7
Percent with Three purchases	15.6	—	15.6
Percent with Four purchases	11.7	—	11.1
Percent with Five purchases	6.7	—	5.0
Percent with Six purchases	1.6	—	1.0
Percent with Seven purchases	2.7	—	2.5
Percent with Eight or more purchases	2.8	—	2.7
Total	100.0	—	100.0

continued—

Appendix table 7

Of those who purchased fast food, how many times purchased in the previous 7 days?—continued

	Total	Men	Women
Couple, married/unmarried, with child(ren)			
Average number of times purchased	2.6	2.9	2.4
Percent with One purchase	33.5	31.1	35.8
Percent with Two purchases	28.0	25.3	30.6
Percent with Three purchases	16.0	16.5	15.5
Percent with Four purchases	8.5	8.7	8.3
Percent with Five purchases	6.4	8.3	4.6
Percent with Six purchases	2.1	2.8	1.5
Percent with Seven purchases	3.0	4.3	1.9
Percent with Eight or more purchases	2.5	3.1	1.8
Total	100.0	100.0	100.0
	Total	Men	Women
Other household types			
Average number of times purchased	2.9	2.9	2.8
Percent with One purchase	29.4	27.7	31.3
Percent with Two purchases	27.9	27.4	28.4
Percent with Three purchases	16.1	16.5	15.8
Percent with Four purchases	10.4	10.2	10.6
Percent with Five purchases	6.0	7.9	3.9
Percent with Six purchases	2.9	2.9	2.9
Percent with Seven purchases	4.3	4.8	3.8
Percent with Eight or more purchases	3.0	2.7	3.4
Total	100.0	100.0	100.0

— = suppressed due to small cell size.

Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and USDA, ERS Eating & Health Module.

Appendix table 8

Time spent in selected activities by usual grocery shopper status, 2014, age 18 and over

		Average minutes per day spent in selected food-related and other activities							
		Grocery shopping, only those who grocery shopped	Grocery shopping	Food preparation and cleanup	Primary eating and drinking	Secondary eating	Paid work	Travel	Sleeping
Are you the usual person who does the grocery shopping in the household?									
Yes	9.2	47.9	48.1	62.2	16.5	193.1	68.3	521.0	
No	2.9	41.7	17.5	66.8	16.9	228.4	67.4	532.3	
Split equally	8.0	51.4	36.8	70.0	15.2	218.4	68.3	519.7	
BY GENDER									
MEN—Are you the usual person who does the grocery shopping in the household?									
Yes	7.8	46.5	29.8	62.1	17.0	241.7	69.0	511.5	
No	2.4	38.5	13.6	68.5	17.7	255.4	70.4	523.6	
Split equally	7.2	48.4	25.5	72.5	13.4	249.1	72.0	512.6	
WOMEN—Are you the usual person who does the grocery shopping in the household?									
Yes	9.8	48.5	56.4	62.2	16.3	171.0	68.0	525.4	
No	4.2	47.0	27.3	62.8	15.0	161.9	60.1	553.8	
Split equally	9.2	55.4	53.7	66.2	17.8	172.2	62.9	530.3	

Note: A primary activity refers to an individual's main activity. Primary eating & drinking includes Eating and drinking (110101 and 110199), Eating and drinking not elsewhere classified (119999), and Eating and drinking as part of job (050202). Note that for 2014 ATUS, only values for 110101 and 050202. Grocery shopping is activity 070101; Food preparation and cleanup is activities 020201, 020202, and 020203; Paid work is activity 05xxxx except activity 050202; Travel is all 18xxxx activities; and Sleeping is activities 010101 and 010102. Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module.

Appendix table 9

Usual meal preparer in household, 2014, Age 18 and older

	Total	Men	Women
<i>Percent</i>	<i>Are you the person in the household who usually does the meal preparation?</i>		
Yes	54.7	33.7	74.0
No	33.0	51.5	15.9
Split equally	12.3	14.7	10.1
BY AGE—Age 18-24			
Yes	30.9	19.9	41.2
No	58.7	71.4	46.6
Split equally	10.4	8.6	12.1
Age 25-64			
Yes	57.0	35.6	77.5
No	29.8	48.7	11.7
Split equally	13.2	15.7	10.8
Age 65+			
Yes	62.0	36.2	82.5
No	27.8	48.6	11.2
Split equally	10.2	15.2	6.3
BY HOUSEHOLD TYPE—Single-person household			
Yes	95.0	95.6	94.6
No	5.0	4.4	5.4
Split equally	na	na	na
Couple, married/unmarried, no children			
Yes	48.3	21.9	76.3
No	34.7	57.6	10.5
Split equally	17.0	20.5	13.2
Single parent (adult) with child/children			
Yes	80.3	—	81.6
No	14.3	—	12.6
Split equally	5.4	—	5.8
Couple, married/unmarried, with children			
Yes	50.2	19.6	80.3
No	35.2	61.7	9.1
Split equally	14.6	18.7	10.6
Other household types			
Yes	38.8	24.2	53.0
No	47.5	62.0	33.2
Split equally	13.8	13.7	13.8

na = not applicable. — = suppressed due to small cell size.

Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and USDA, ERS Eating & Health Module.

Appendix table 10

Meat Thermometer usage and raw milk consumption among those who are usual meal preparers or split meal preparation equally, age 18 and over, 2014

Of those who were the usual meal preparers, or who split meal preparation equally with household members:

<i>Percent</i>	Total	Men	Women
<i>In the last 7 days, did you prepare any meals with meat, poultry, or seafood?</i>			
Yes	89.2	87.4	90.1
No	10.8	12.6	9.9
Total	100.0	100.0	100.0
Household type: Households without children			
Yes	87.4	86.3	88.1
No	12.6	13.7	11.9
Total	100.0	100.0	100.0
Household type: Households with children			
Yes	92.7	90.6	93.5
No	7.3	9.4	6.5
Total	100.0	100.0	100.0
Of those who prepared meals with meat, poultry, or seafood in the last 7 days, <i>Did you use a food/meat thermometer?</i>			
Yes	12.9	14.2	12.2
No	87.1	85.8	87.8
Total	100.0	100.0	100.0
Household type: Households without children			
Yes	11.7	12.7	11.0
No	88.3	87.3	89.0
Total	100.0	100.0	100.0
Household type: Households with children			
Yes	15.2	18.5	14.0
No	84.8	81.5	86.0
Total	100.0	100.0	100.0
<i>In the last 7 days, did you drink or serve raw milk?</i>			
Yes	2.1	2.3	2.1
No	97.9	97.7	97.9
Total	100.0	100.0	100.0
Household type: Households without children			
Yes	2.1	2.4	2.0
No	97.9	97.6	98.0
Total	100.0	100.0	100.0
Household type: Households with children			
Yes	2.1	2.0	2.2
No	97.9	98.0	97.8
Total	100.0	100.0	100.0

Note: Data refer to persons 18 years or older. Child/children refers to person under age 18.

Source: USDA, Economic Research Service (ERS), Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module.

Appendix table 11

Time spent in selected activities by usual meal preparer status, 2014, age 18 and over

		Average minutes per day spent in selected food-related and other activities							
		Grocery shopping, only those who grocery shopped	Grocery shopping	Food preparation and cleanup	Primary eating and drinking	Secondary eating	Paid work	Travel	Sleeping
<i>Are you the usual person who does the meal preparation in the household?</i>									
Yes	8.9	48.6	51.2	63.1	17.4	186.1	66.9	521.0	
No	3.3	41.3	13.7	66.8	14.2	238.7	70.1	531.2	
Split equally	8.7	50.1	35.1	66.6	17.7	221.7	67.8	519.9	
BY GENDER									
<i>MEN—Are you the usual person who does the meal preparation in the household?</i>									
Yes	6.7	46.1	31.6	63.2	20.4	244.4	69.7	510.7	
No	3.3	41.8	12.4	69.0	13.4	259.5	70.8	522.1	
Split equally	8.5	47.7	29.6	68.7	18.7	226.5	69.5	514.8	
<i>WOMEN—Are you the usual person who does the meal preparation in the household?</i>									
Yes	9.8	49.4	59.5	63.1	16.1	161.5	65.8	525.3	
No	3.6	40.1	17.5	60.5	16.4	176.2	67.8	558.6	
Split equally	9.1	53.6	42.5	63.8	16.5	215.1	65.6	526.8	

Note: A primary activity refers to an individual's main activity. Primary eating & drinking includes Eating and drinking (110101 and 110199), Eating and drinking not elsewhere classified (119999), and Eating and drinking as part of job (050202). Note that for 2014 ATUS, only values for 110101 and 050202. Grocery shopping is activity 070101; Food preparation and cleanup is activities 020201, 020202, and 020203; Paid work is activity 05xxxx except activity 050202; Travel is all 18xxxx activities; and Sleeping is activities 010101 and 010102.

Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and USDA, ERS Eating & Health Module.

Appendix table 12

Average minutes per day spent in selected food-related and other activities, 2014, age 20 and older

	Minutes									
	Grocery shopping and meal prep	Primary eating and drinking	Secondary eating	Travel	Paid work	Sleep	Watching TV and movies	Sports and exercise		
All BMI groups	44.9	65.0	16.3	67.8	211.0	522.4	170.4	16.1		
BY BMI GROUP										
Underweight	—	—	—	—	—	—	—	—	—	—
Normal weight	46.9	66.4	16.2	68.7	215.8	522.3	152.6	17.6		
Overweight	43.7	66.5	17.8	67.6	212.1	517.0	171.0	20.4		
Obese	41.7	62.6	15.4	68.4	208.2	525.1	190.4	10.8		
Men										
Underweight	—	—	—	—	—	—	—	—	—	—
Normal weight	25.4	69.3	15.0	69.0	256.6	516.9	170.8	20.6		
Overweight	28.4	68.7	19.5	70.1	252.9	513.9	179.4	26.4		
Obese	27.2	63.8	14.4	70.5	253.1	514.8	200.5	14.1		
Women										
Underweight	—	—	—	—	—	—	—	—	—	—
Normal weight	61.2	64.5	16.9	68.5	188.7	525.9	140.5	15.6		
Overweight	63.7	63.5	15.6	64.3	159.0	521.1	160.0	12.6		
Obese	58.2	61.2	16.6	66.1	157.1	536.8	178.9	7.1		

— = suppressed due to small cell size.

Note: A primary activity refers to an individual's main activity. Primary eating and drinking includes Eating and drinking (110101 and 110199), Eating and drinking not elsewhere classified (119999), and Eating and drinking as part of job (050202). Note that for 2014 ATUS, only values for 110101 and 050202. Grocery shopping and meal preparation is activities 070101+020201+020202+020203+020299; Paid work is activity 05xxxx except activity 050202; Travel is all 18xxxx activities; and Sleeping is activities 010101 and 010102.

Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module.

Appendix table 13

Exercised in previous 7 days, 2014

<i>Percent</i>	<i>During the past 7 days, did you participate in any physical activities or exercises for fitness and health?</i>		
	Total	Men	Women
Age 15 and over			
Yes	63.1	65.3	61.0
No	36.9	34.7	39.0
Total	100.0	100.0	100.0
Age 18 and over			
Yes	62.0	63.9	60.2
No	38.0	36.1	39.8
Total	100.0	100.0	100.0
BY AGE—Percent who answered “Yes”			
Age 15-17	82.8	88.0	76.5
Age 18-24	70.1	73.7	66.8
Age 25-64	62.3	63.1	61.4
Age 65+	55.6	60.1	51.9
BY BMI group—percent who answered “Yes”, age 20+			
Underweight	—	—	—
Normal weight	67.5	68.0	67.2
Overweight	63.6	65.8	60.6
Obese	53.9	58.1	49.3

— = suppressed due to small cell size.

Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and ERS Eating & Health Module.

Appendix table 14

Of those who exercised, how many times exercised in previous 7 days?

	Total	Men	Women
Age 15 and over			
Average number of times exercised	4.2	4.2	4.2
Percent with One exercise occurrence	8.1	8.7	7.4
Percent with Two exercise occurrences	16.8	16.7	16.8
Percent with Three exercise occurrences	22.6	22.0	23.2
Percent with Four exercise occurrences	15.2	14.6	15.8
Percent with Five exercise occurrences	13.3	13.2	13.5
Percent with Six exercise occurrences	5.2	5.0	5.4
Percent with Seven exercise occurrences	15.9	16.6	15.2
Percent with Eight or more exercise occurrences	2.9	3.2	2.6
Total	100.0	100.0	100.0
	Total	Men	Women
Age 18 and over			
Average number of times exercised	4.2	4.2	4.1
Percent with One exercise occurrence	8.0	8.9	7.2
Percent with Two exercise occurrences	17.1	17.2	17.1
Percent with Three exercise occurrences	23.1	22.4	23.8
Percent with Four exercise occurrences	15.1	14.6	15.5
Percent with Five exercise occurrences	13.1	12.6	13.5
Percent with Six exercise occurrences	5.1	4.8	5.3
Percent with Seven exercise occurrences	15.8	16.4	15.2
Percent with Eight or more exercise occurrences	2.7	3.0	2.5
Total	100.0	100.0	100.0
BY AGE			
	Total	Men	Women
Age 15-17			
Average number of times exercised	4.5	4.7	4.3
Percent with One exercise occurrence	8.3	5.8	11.7
Percent with Two exercise occurrences	11.6	11.2	12.2
Percent with Three exercise occurrences	16.1	17.8	13.9
Percent with Four exercise occurrences	16.7	14.2	20.2
Percent with Five exercise occurrences	17.2	19.8	13.7
Percent with Six exercise occurrences	7.3	7.4	7.1
Percent with Seven exercise occurrences	17.5	18.2	16.6
Percent with Eight or more exercise occurrences	5.2	5.6	4.6
Total	100.0	100.0	100.0

continued—

Appendix table 14

Of those who exercised, how many times exercised in previous 7 days?—continued

	Total	Men	Women
Age 18-24			
Average number of times exercised	4.1	4.3	3.9
Percent with One exercise occurrence	6.4	5.6	7.2
Percent with Two exercise occurrences	16.4	13.6	19.3
Percent with Three exercise occurrences	24.0	21.9	26.2
Percent with Four exercise occurrences	14.8	17.3	12.3
Percent with Five exercise occurrences	15.1	17.7	12.5
Percent with Six exercise occurrences	5.3	5.1	5.6
Percent with Seven exercise occurrences	15.8	15.7	15.8
Percent with Eight or more exercise occurrences	2.1	3.0	1.2
Total	100.0	100.0	100.0
	Total	Men	Women
Age 25-64			
Average number of times exercised	4.0	4.0	4.0
Percent with One exercise occurrence	8.8	10.0	7.5
Percent with Two exercise occurrences	18.1	18.9	17.3
Percent with Three exercise occurrences	23.4	23.3	23.4
Percent with Four exercise occurrences	15.9	14.4	17.3
Percent with Five exercise occurrences	12.8	11.6	13.9
Percent with Six exercise occurrences	4.8	4.8	4.9
Percent with Seven exercise occurrences	13.7	14.2	13.3
Percent with Eight or more exercise occurrences	2.6	2.8	2.3
Total	100.0	100.0	100.0
	Total	Men	Women
Age 65+			
Average number of times exercised	4.8	4.8	4.7
Percent with One exercise occurrence	6.5	7.3	5.9
Percent with Two exercise occurrences	14.0	13.4	14.5
Percent with Three exercise occurrences	21.2	18.9	23.3
Percent with Four exercise occurrences	12.0	13.1	11.0
Percent with Five exercise occurrences	12.5	12.2	12.7
Percent with Six exercise occurrences	5.7	4.6	6.7
Percent with Seven exercise occurrences	24.1	26.5	21.9
Percent with Eight or more exercise occurrences	3.9	3.8	4.0
Total	100.0	100.0	100.0

Source: USDA, Economic Research Service (ERS), 2014 Bureau of Labor Statistics American Time Use Survey and USDA, ERS Eating & Health Module.