



Behaviours and attitudes toward consumption of fast foods and takeaway in WA, 2015

Background

The Nutrition Monitoring Survey Series has been conducted in Western Australia (WA) since 1995 to investigate knowledge, attitudes and beliefs of West Australians relating to food, nutrition and the Australian Dietary Guidelines. The surveys include assessments of dietary change as well as barriers and promoters of dietary change. The most recent survey was conducted in 2015.

The state-wide telephone survey included 1207 participants. One third (33%) of respondents were male and two thirds (67%) were female. Ages ranged from 18 to 64 years, with almost half (45%) residing in the Perth metropolitan area.

Data were weighted for sample design and probability of selection in 2015. Post survey adjustments were made to compensate for under or over representation of gender, age or areas of residence using the 2014 Estimated Resident Population for WA people aged 18 to 64 years.

Meals eaten outside the home on the day prior to the survey

- Most WA adults (70%) did not purchase a prepared meal the day prior to the survey.
- Females were more likely than males to not purchase a meal (79% compared with 61%).
- About one quarter of WA adults had purchased lunch (16%), dinner (9%) or breakfast (2%). An additional 3% of WA adults purchased two or more meals.
- Those aged 55 to 64 years (8%) were less likely to purchase lunch than those aged 45 to 54 years (17%) or 18 to 34 years (22%).

Importance of availability of healthy choices when purchasing a meal

- Over half of WA adults (55%) said it was 'very important' to have healthy choices available when buying a meal, while only 5% said it was 'not at all important'.
- Females were more likely than males to rate the availability of healthy choices as 'very important' (70% compared with 41%).
- Males were more likely than females to be neutral about the importance of healthy choices when buying a meal (14% compared with 4%).
- About one quarter of WA adults (24%) said there were not enough healthy choices last time they bought a meal from a restaurant, takeaway, lunch bar or canteen.
- Only 2% of adults reported 'not knowing what a healthy choice is' or being 'uninterested in healthy choices'.

Frequency of choosing healthy when buying a meal

- Almost two thirds of WA adults said they 'always' (30%) or 'often' (35%) try to choose healthy foods when buying a meal.

Could healthy takeaway and fast foods make it easier to eat a healthier diet in WA?

- Three quarters (76%) of WA adults reported that having more healthy food options in takeaway and fast foods outlets would support their efforts to eat a healthy diet.
- Three quarters of WA adults (74%) also reported that having access to more information in order to decide if foods were healthy would help support their efforts to eat a healthy diet.

Prepared by the Chronic Disease Prevention Directorate, Public and Aboriginal Health Division

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