INTRODUCTION

Across the globe people are shifting from eating home-cooked meals to foods prepared away from home. Results from the Food Consumption Survey of the 8th National Nutrition Survey indicated that nearly five in every ten of Filipino households have at least one member who consumed at the minimum one meal away from home.

Increase in meals eaten away from home is a public health concern because several studies have linked consumption of food away from home to higher abdominal obesity and higher body mass index. Moreover, foods associated to meals eaten away from home such as fried foods and sweetened beverages are also linked to non-communicable diseases such as heart disease and diabetes.

This study aimed to examine the consumption practices of Filipinos aged 10 years and older in selected areas of the country and determine factors influencing such practices.

METHODS

Data Source
Cross-sectional study using data from the 2016 Local Level Food, Health and Nutrition Survey (LFHNS) conducted by DOST-FNRI in selected areas.

Table 1. Individual level target, eligibility and response rate: LFHNS, 2016

<table>
<thead>
<tr>
<th>Province/HUC</th>
<th>Eligible</th>
<th>Response</th>
<th>Response Rate (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aurora</td>
<td>2,216</td>
<td>1,703</td>
<td>76.9</td>
</tr>
<tr>
<td>Occidental Mindoro</td>
<td>2,089</td>
<td>1,614</td>
<td>77.3</td>
</tr>
<tr>
<td>Taguig City</td>
<td>1,378</td>
<td>970</td>
<td>70.4</td>
</tr>
<tr>
<td>Biliran</td>
<td>2,194</td>
<td>1,780</td>
<td>81.1</td>
</tr>
<tr>
<td>Davao Occidental</td>
<td>2,313</td>
<td>1,878</td>
<td>81.2</td>
</tr>
</tbody>
</table>

Data Collection
Face-to-face interview of respondents by trained researchers using a structured questionnaire.

Data Analysis
Testing of associations of socio-demographic factors by bivariate analysis. Analysis of likelihood of factors to affect consumption practice through multiple logistic regression.
RESULTS

Majority of the respondents practice consuming home-cooked meals at home, however, in Taguig City four in every ten (40.8%) practice taking-out food to be eaten at home and two in every ten (24.2%) practice buying and eating meals away from home.

Across study sites, carinderia was the most predominant food establishment where respondents source out their take-out food intended to be eaten at home.

The predominant food establishment where respondents buy and eat food or meals away from home is carinderia in the provincial areas (Aurora, Occidental Mindoro, Biliran, and Davao Occidental) which is then followed by canteen or cafeteria. Meanwhile, in Taguig City, greater proportion of those who buy and eat food away from home buy food in canteens or cafeterias and closely followed by fastfood restaurants.

Figure 1. Proportion of respondents by food consumption practices: Aurora, Biliran, Davao Occidental, Occidental Mindoro and Taguig City, 2016

Figure 2. Proportion of respondents by food consumption practices and by number of meals practiced: Aurora, Biliran, Davao Occidental, Occidental Mindoro and Taguig City, 2016

Most of the respondents who consumed home-cooked meals ate three meals at home daily. Meanwhile those who bring packed food or take-out food to be eaten at home or those who buy and eat meals away from home have this practice at least one meal in a day.

Figure 3. Type of food establishment as source of take-out foods among respondents: Aurora, Biliran, Davao Occidental, Occidental Mindoro, and Taguig City, 2016

Across study sites, carinderia was the most predominant food establishment where respondents source out their take-out food intended to be eaten at home.

Figure 4. Type of food establishments where respondents buy and eat food or meals away from home: Aurora, Biliran, Davao Occidental, Occidental Mindoro and Taguig City, 2016
RESULTS

Figure 5. Factors that are significantly* associated with each food consumption practice per study sites using bivariate analysis

*associations significant at p<0.05

Figure 6. Factors that would predict the likelihood of a food consumption practice per study site

CONCLUSIONS

- Eating home-cooked meals at home is the most common consumption practice among respondents of the study.
- Respondents in urban areas are adapting other consumption practices as a result of fast-paced lifestyle and the increase in the availability of food establishments.
- Factors associated to bringing packed foods, taking out meals to eat at home, and buying and eating away from home differ in each study site.

RECOMMENDATIONS

- Consumption practices of Filipinos in other provinces and highly urbanized cities should also be examined and characterized, as well as other consumption practices that were not observed in the study.
- Further studies are recommended to explore other factors such as cultural factors and food marketing strategies which might influence food consumption practices.