



## The behavior of eating out of meals served at restaurants is associated with obesity

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### Abstract

[Purpose] Currently, the amount of food served at restaurants worldwide is getting large. Therefore, those who finish the meals served in restaurants may become obese. In this study, we decided to investigate in Japan whether those who eat all the food served in restaurants become obese. [Method] In September 2021, we conducted a survey of 1,000 Tokyo residents aged 20 to 64 who were registered with an Internet research company. The respondents were asked, "What do you usually do when you order a dish for one person in a restaurant and it is too large?" They were asked to answer "often" to "never" using a 4-point scale. From the distribution of responses, "never" and "almost never" were combined into "never." The three groups of "never," "sometimes," and "often" were compared by Chi- tests for each of the items of attributes, body size, and BMI. Then, multinomial logistic regression analysis was conducted with body size as the independent variable, eating out as the dependent variable, and attributes and frequency of eating out as the adjustment variables. [Result] In the three eat-out groups, 123(12.3%) were in the "never", 227(22.7%) were in the "sometimes", and 650(65.0%) were in the "often". Those who ate out "often" were significantly more likely to be obese than those who "never" did (OR [95% CI] = 2.36 [1.08-5.17],  $p = 0.031$ ). [Conclusion] Many of those who ate all of their meals at restaurants were obese, suggesting that the food service industry needs to reduce the amount of food served at restaurants

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