

Summer Meeting, 10–12 July 2018, Getting energy balance right

Hours worked is not associated with Diet Quality Index, frequency of eating out or frequency of takeaways

L. Sam¹, T. Craig², G. Horgan³ and J.I. Macdiarmid¹¹The Rowett Institute, University of Aberdeen, AB24 2ZD, UK; ²The James Hutton Institute, Aberdeen, AB15 8QH, UK and ³Biomathematics & Statistics Scotland, Aberdeen, AB24 2ZD, UK.

Issues pertaining to a lack of time, time constraints and perceived time pressure reported by adults in employment have been associated with food practices such as eating out more often and purchasing takeaways and fast foods^(1,2,3) which may influence the quality of their diet. Time-related issues may result from working long hours. This study aimed to examine associations between hours worked and diet quality, eating out and having takeaways.

Data for 2154 adults in employment from the National Diet and Nutrition Survey (2008–2014) was used for this study. The association between hours worked per week and a Diet Quality Index (DQI) score (maximum score 75), derived from a four day food diary, was assessed using a linear regression model. Associations between hours worked per week and frequency of eating out and frequency of takeaways were assessed using ordinal logistic regression models. All models were adjusted for sex, age, equivalised household income, living with children and being the main food provider.

The mean (CI) hours worked per week was 36.1 (35.6–35.6) and DQI score was 31.4 (30.9–31.9). Hours worked was not overall significantly associated with DQI (Table 1), frequency of eating out or frequency of takeaways (Table 2) after adjusting for sociodemographic factors. However, a significant interaction found between hours worked and living with children ($P = 0.036$) suggests that adults working more hours and living with children had lower DQI scores than those not living with children.

Table 1. Association between hours worked per week and DQI.

Dependent variable	B value	95 % CI	P
DQI	-0.037	-0.086–0.012	0.138

Table 2. Associations between hours worked per week and frequency of eating out and frequency of takeaways.

Dependent variable	Estimate	95 % CI	P
Frequency of eating out	-0.003	-0.011–0.004	0.401
Frequency of takeaways	0.001	-0.007–0.009	0.828

The number of hours worked was not found to be associated with diet quality but this may not be the only factor of time constraint. For example, in this study, adults who worked longer hours had poorer diet quality if they lived with children compared to those who didn't. This may reflect additional time pressures around childcare. Future studies will need to explore whether the relationship between time-related issues, food practices and diet quality among adults in employment differ by the presence of children.

1. Jabs J, Devine CM, Bisogni CA, *et al.* (2007) *J Nutr Educ Behav* **39**, 18–25.
2. Bava CM, Jaeger SR & Park J (2008) *Appetite* **50**, 486–498.
3. Alm S & Olsen SO (2017) *J Consum Policy* **40**, 105–123.