

# Impact of Online Food Delivery Apps on Lifestyle & Spending Habits

Created by Sai | Dataset: 73 Responses | Cleaned Data

Category

Gender

Age\_Group

Study\_Year

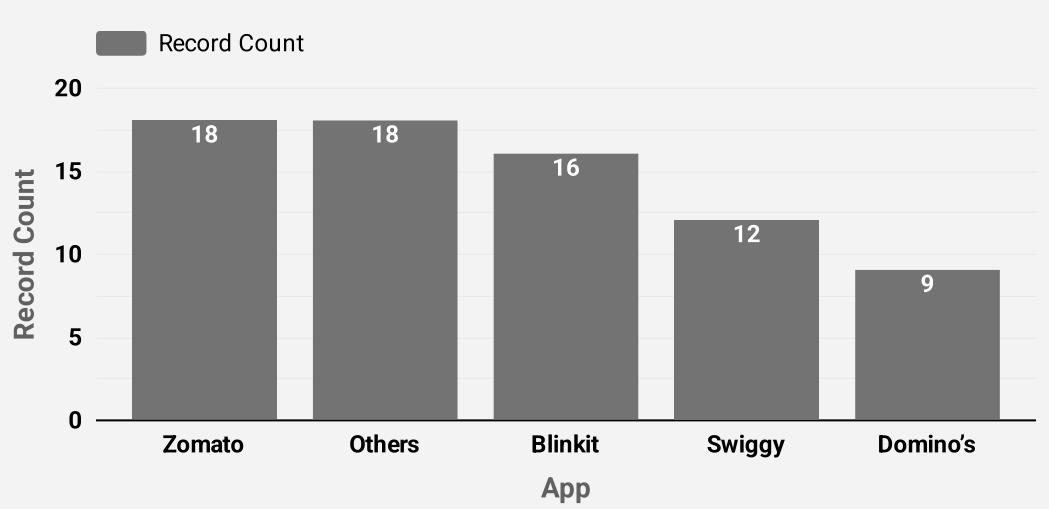
Spend\_Order

Order\_Time

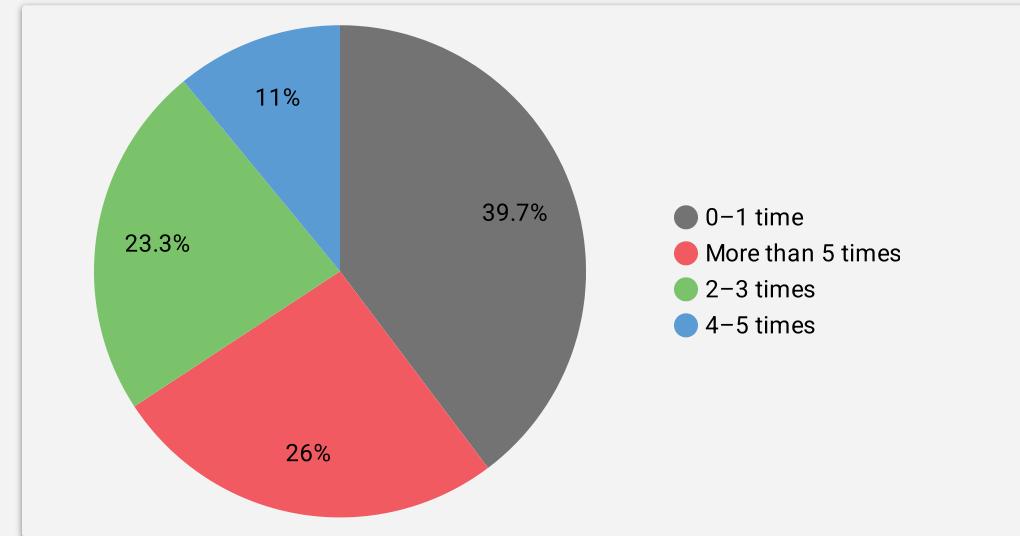
App

Need\_Habit

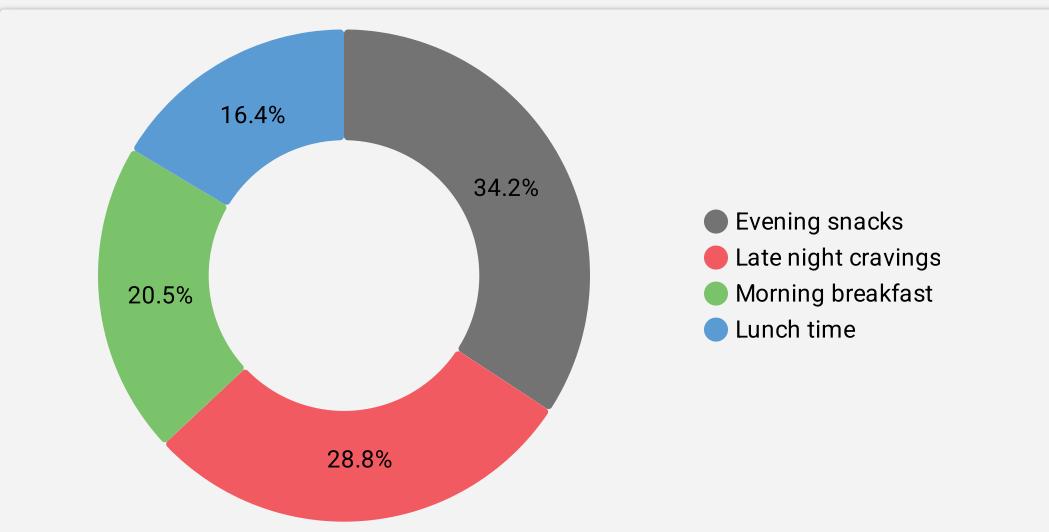
## Most Used Food Delivery App



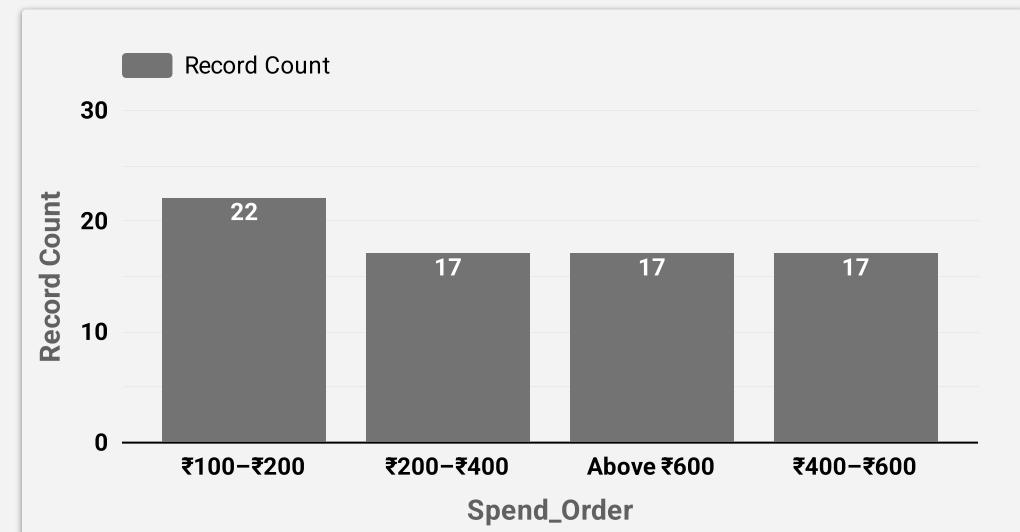
## Weekly Online Order Frequency



## Preferred Time to Order



## Spending Range Per Order



Total Participants

73

% Users Using Food Apps

73%

Avg Satisfaction Rating

3.5

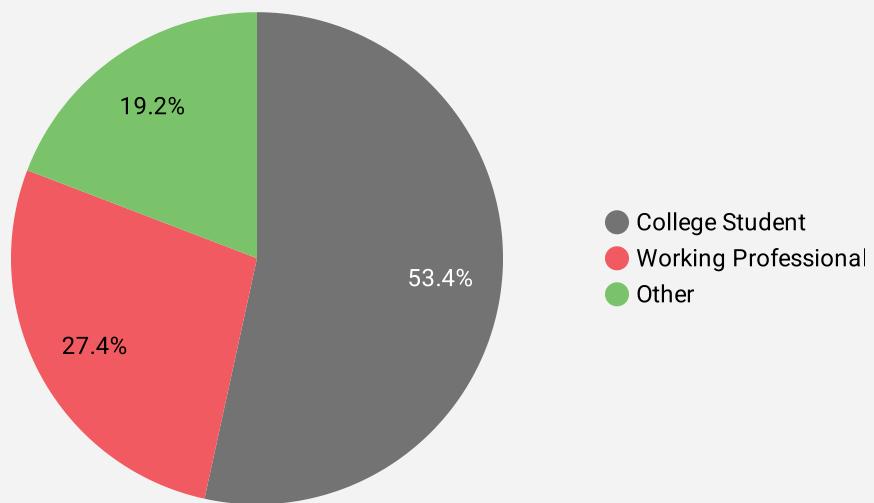
Avg Spend Score

2.4

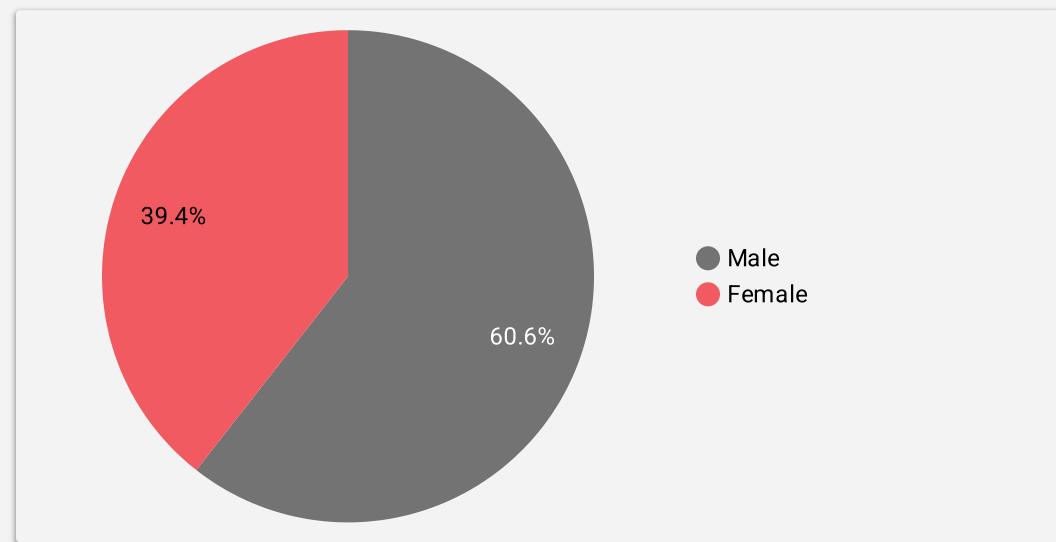
Avg Health Impact Score

1.81

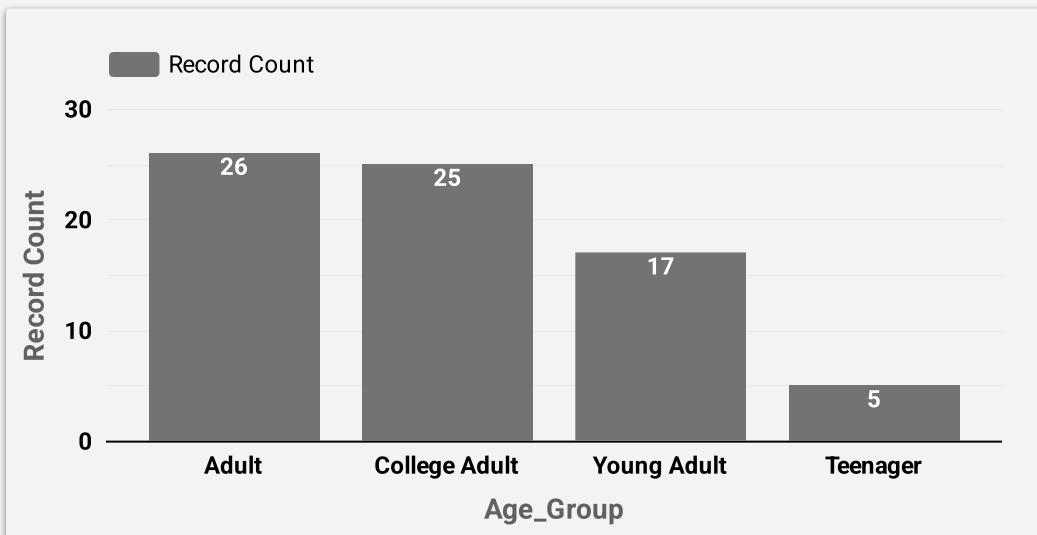
Respondents by Category



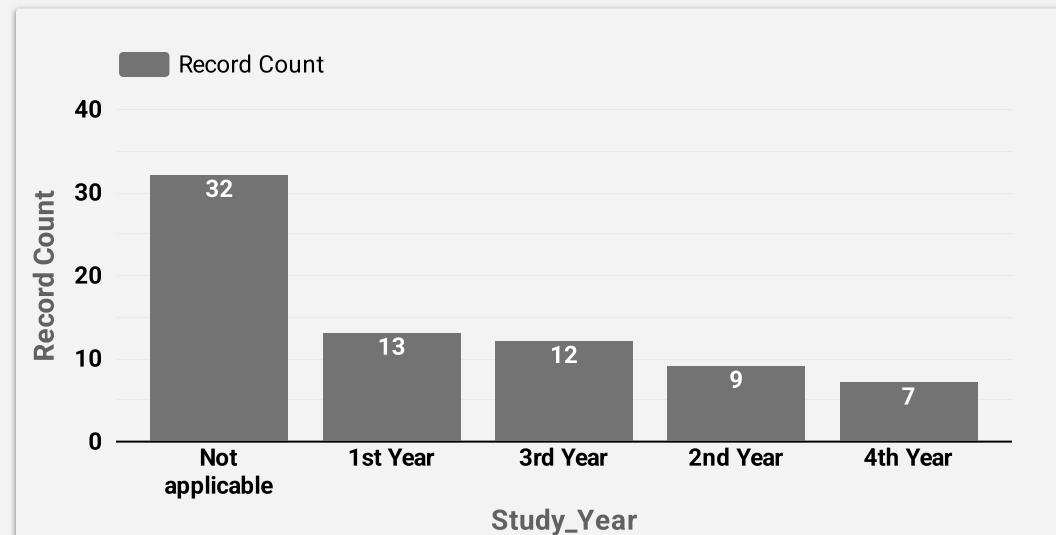
Respondents by Gender



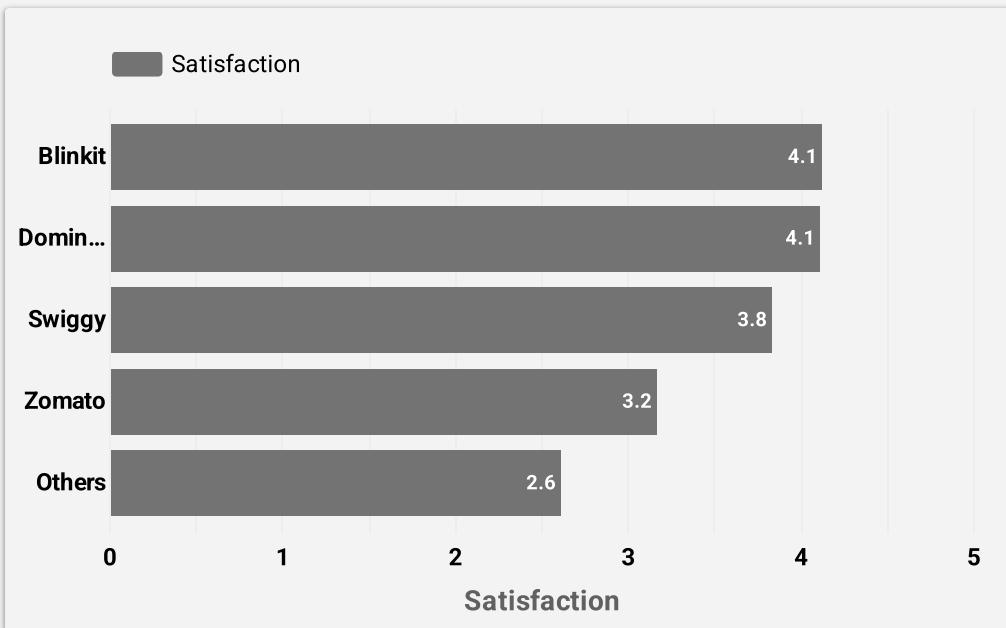
Age Group Distribution



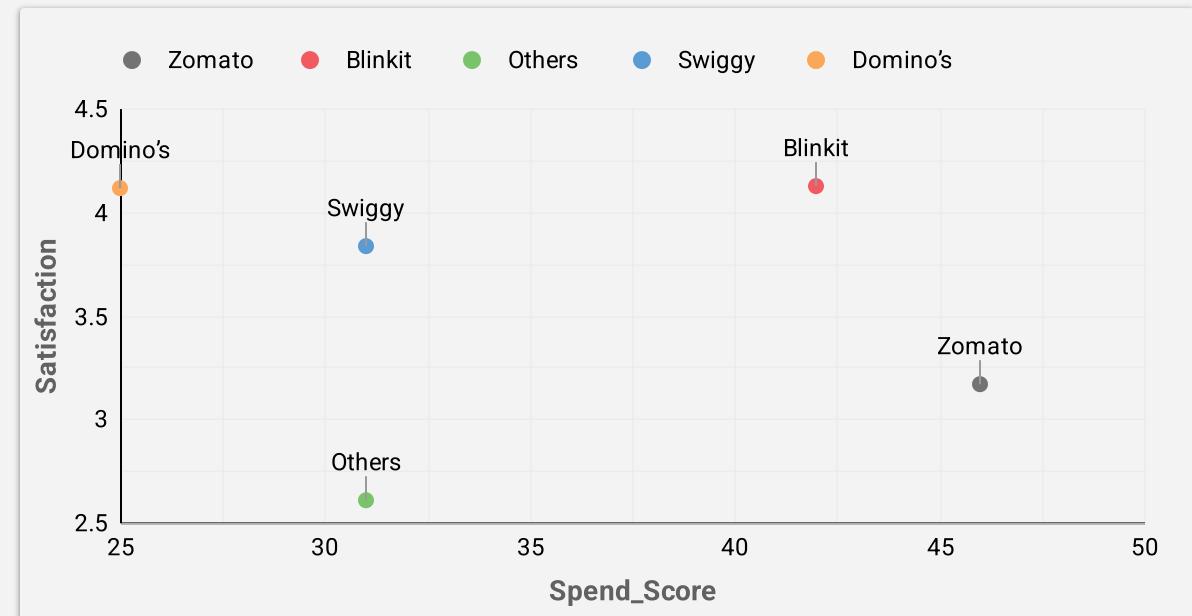
Study Year Distribution



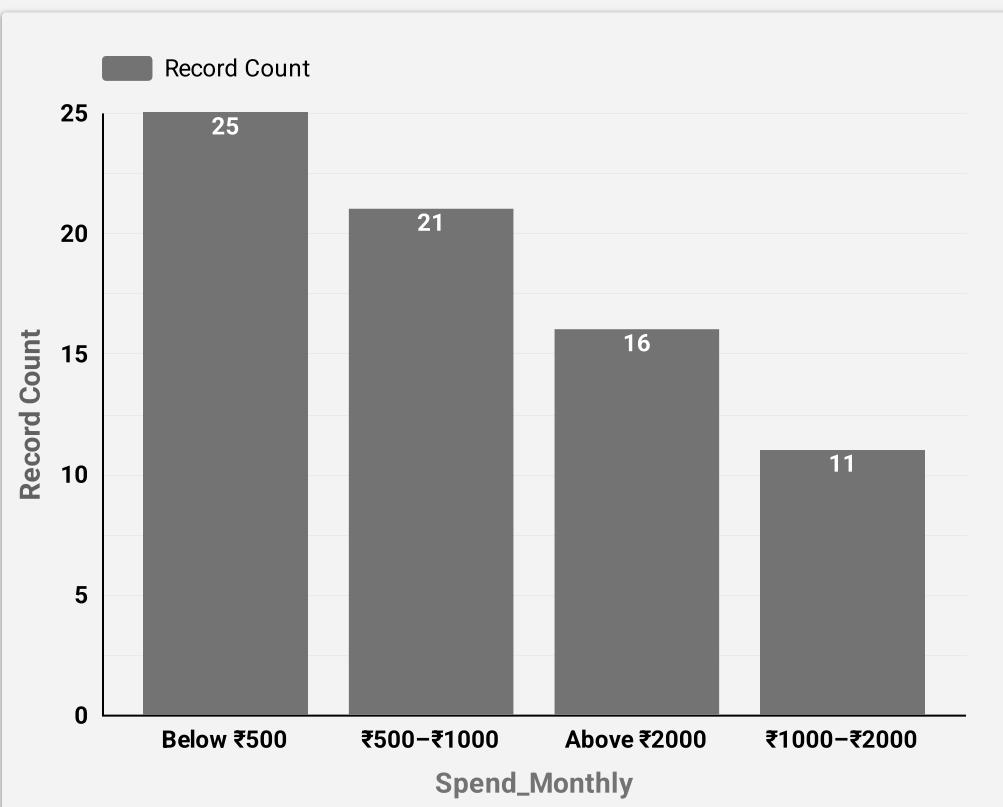
## Average Satisfaction Rating by App



## Relationship Between Spending & Satisfaction



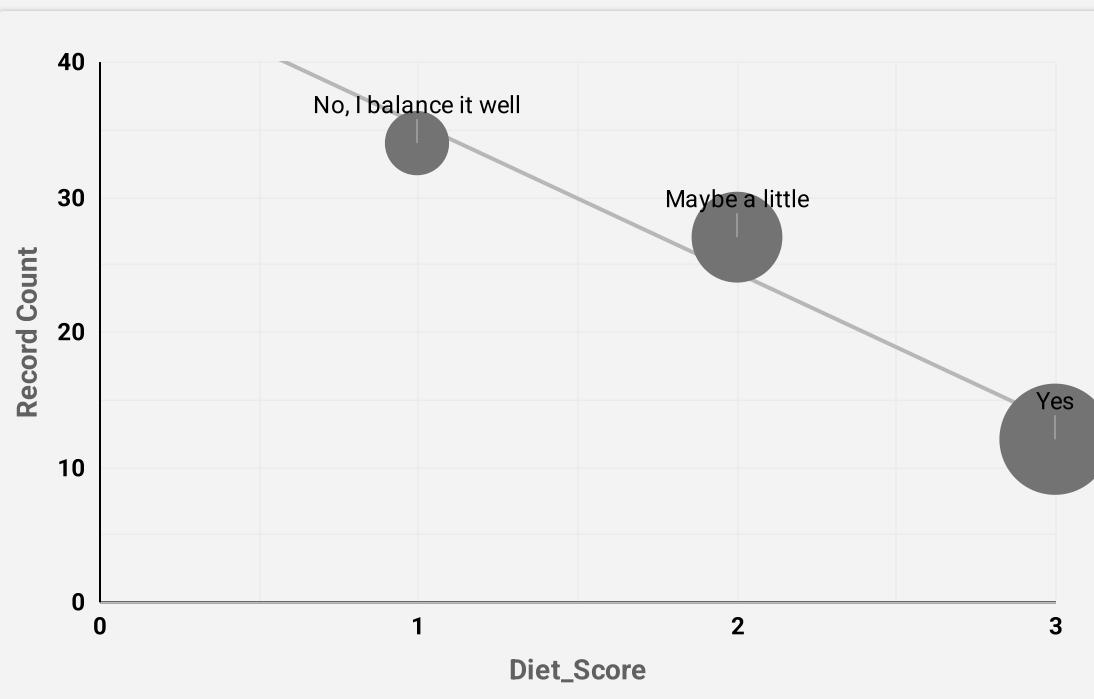
## Monthly Spending Distribution



## Order Frequency vs Time of Day

Order_Time	Freq_Weekly	Record Count
Evening snacks	0–1 time	11
Late night cravings	More than 5 times	9
Lunch time	0–1 time	6
Lunch time	2–3 times	6
Late night cravings	0–1 time	6
Evening snacks	More than 5 times	6
Morning breakfast	0–1 time	6
Morning breakfast	2–3 times	5
Evening snacks	4–5 times	5
Morning breakfast	More than 5 times	4
Late night cravings	4–5 times	3
Evening snacks	2–3 times	3

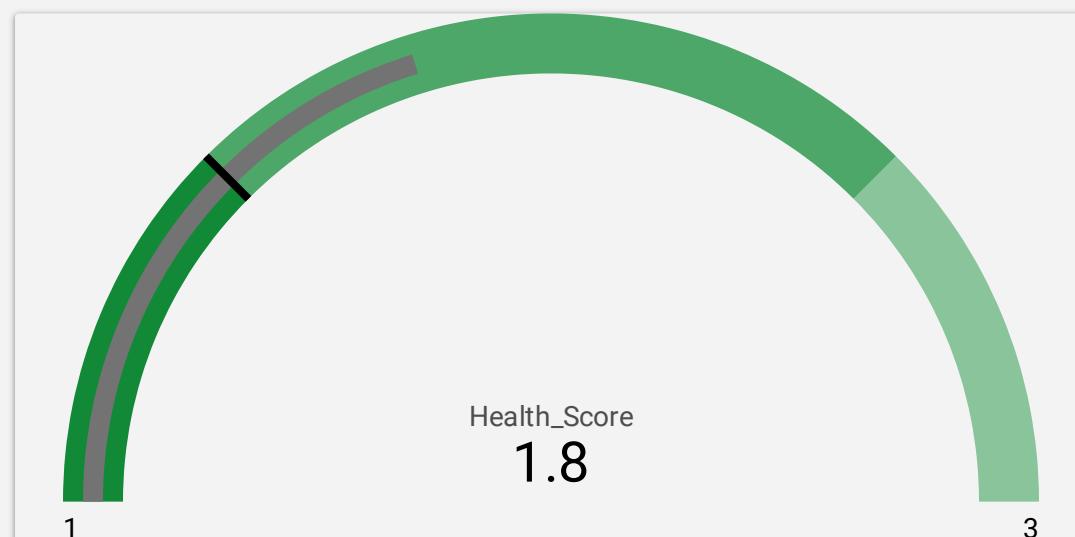
### Diet Impact Severity



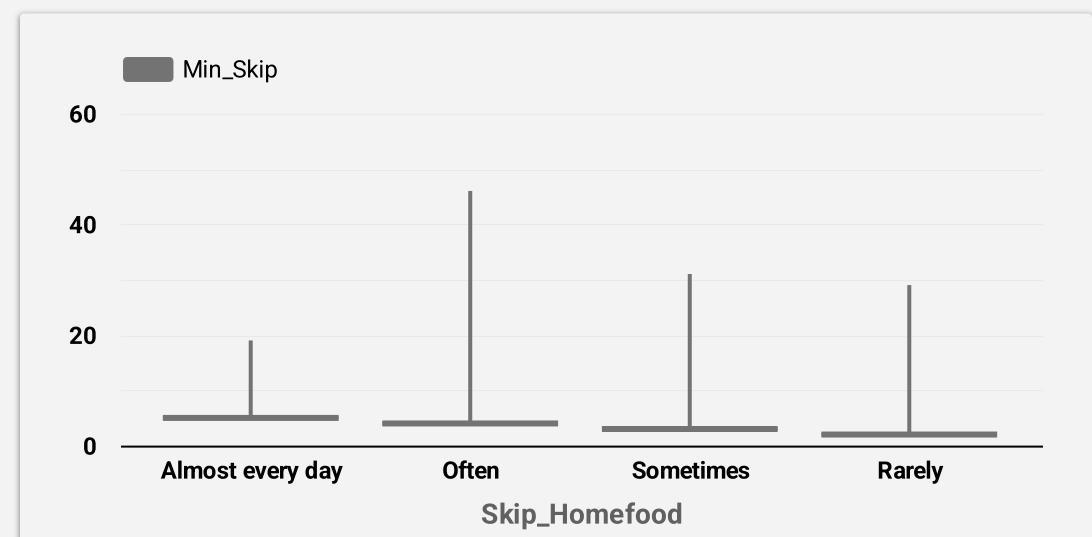
### Daily Routine Impact (Treemap Analysis)



### Overall Health Impact



### Skip Home Food Frequency – Box Plot Distribution



## Lifestyle Impact Heatmap by Motivation

Motivation	Diet_Score	Routine_Score	Health_Score	Skip_Score	Spend_Score	Satisfaction
Discounts & Offers	1.9	1.67	2	3.14	2.43	3.24
Cravings	1.78	2.28	2.22	3.67	2.72	4.44
Laziness to cook	1.65	1.71	1.65	3.06	1.47	2.29
Late-night hunger	1.45	1	1.09	4.45	3.45	4.45
Peer influence (friends or colleagues ordering)	1.33	1.5	1.67	2.5	2	2.83

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## Lifestyle Impact Comparison Across Categories

