

Eating out Health Analysis Report

Top 5 Insights: Eating Out & Health

1. **More Eating Out = Worse Health:** People who eat out **5+ times a week** have significantly **higher BMI, lower Health Scores**, and more hypertension.
2. **Fast Food is the Worst Culprit:** **Fast food** lovers have the highest rates of **high cholesterol** and the lowest average health scores compared to other restaurant types.
3. **Healthy Cafes Are Best:** Patrons of **Healthy Cafes** have the best cholesterol levels and highest average health scores, even if they eat out frequently.
4. **Exercise is the Great Negator:** People who exercise **4+ hours a week** are often able to **balance out** the negative impact of frequent eating out, maintaining better health scores.
5. **Young Professionals at Risk:** **Students and young employees** have the **highest frequency** of eating out and show some of the **poorest sleep patterns**, compounding health issues.