

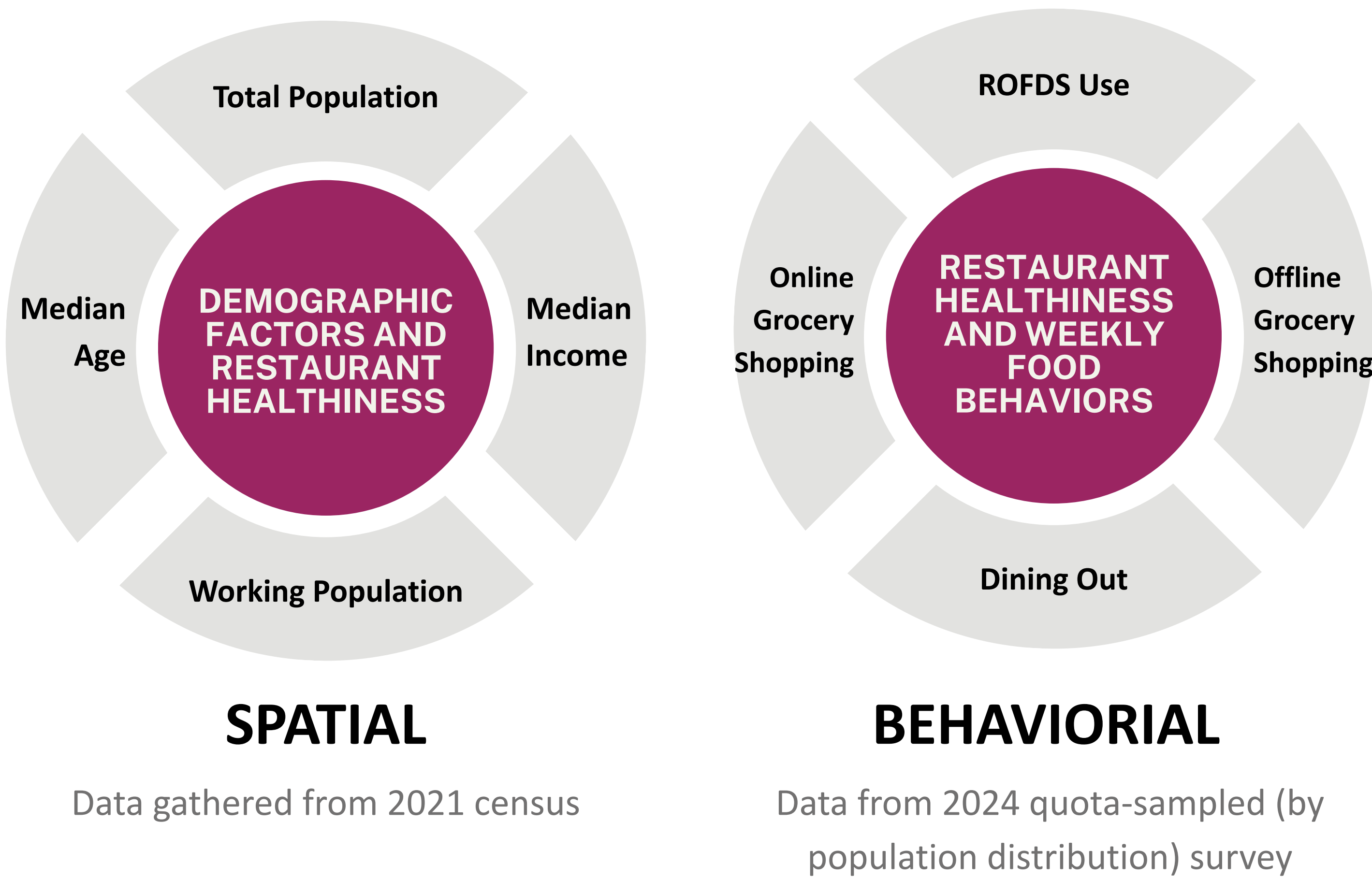
Nutritional Quality of Restaurant Access through Online Food Delivery Services and Food-Related Behaviors in Hong Kong

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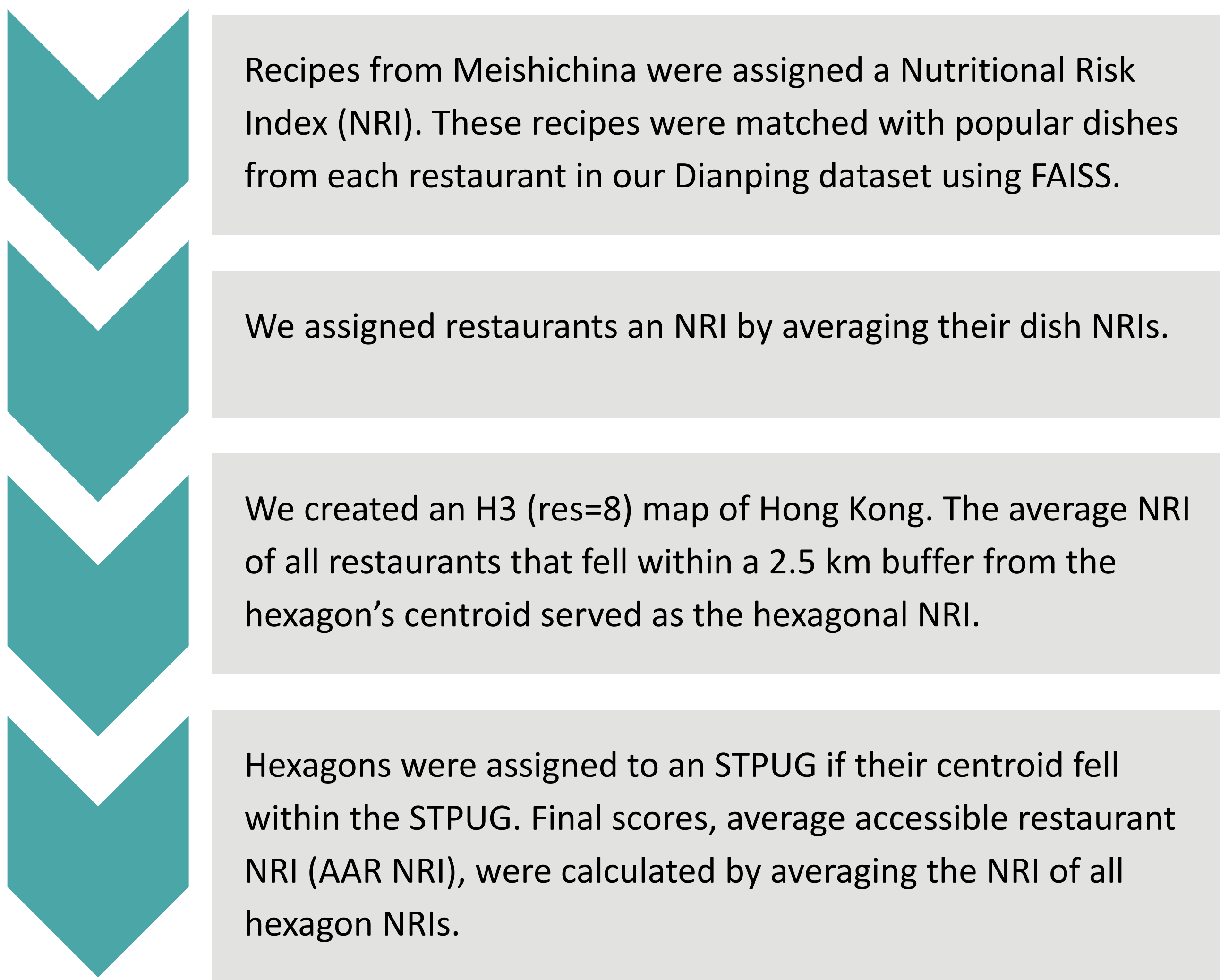


Restaurant online food delivery services (ROFDS) have been found to expand restaurant access, but the public health implications for Hong Kong residents remains unclear.

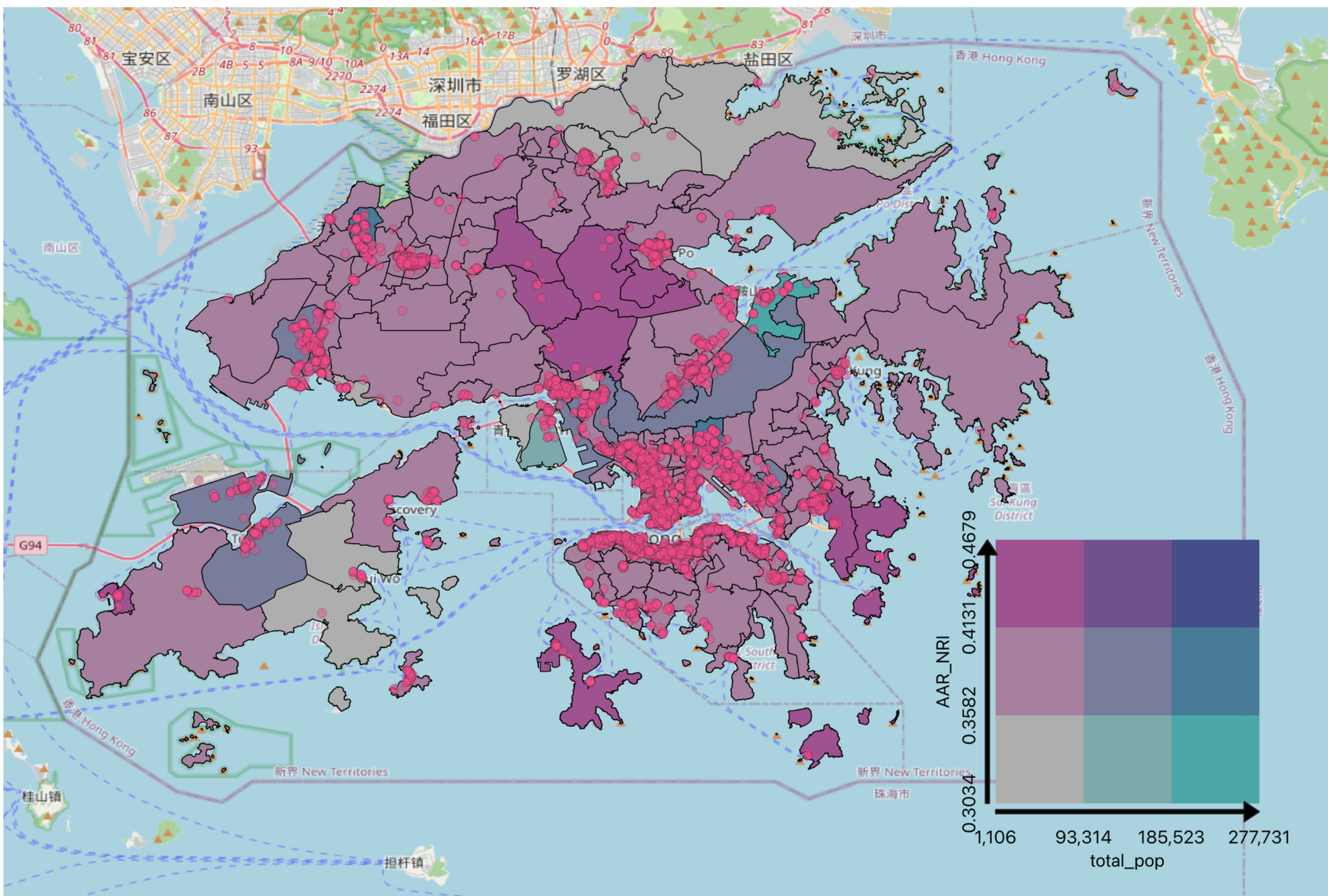
Our study examines the relationship between:



Determining the Healthiness of Census Blocks (STPUGs)



Spatial Inequalities by Population Size



- High population STPUGs had lower AAR NRI (generally healthier restaurant environments) than their lower population counterparts.
 - Populated areas have access to more restaurants (pink dots), which could be more diverse in healthiness than the few restaurants in small-population areas.
- Other demographic factors were not significant predictors of AAR NRI
 - This differs from trends in Mainland China, where low-income, young, and large working population areas are exposed to more unhealthy food via ROFDS

What Should Be Done?

Targeted Nutritional Programs

- Add incentives for restaurants in low-population areas to participate to existing food programs like the Less-Salt-and-Sugar Restaurants Scheme, where restaurants add healthier options to their menu.

Further Research: Access Doesn't Guarantee Use

- Explore potential health disparities based on demographic factors, even if they didn't reflect inequitable access to healthy restaurants.
- Explore the impact of ROFDS algorithms on consumer choices. Policies could incentivize platforms to increase visibility of or offer price promotions for healthy options if there's a large disparity between access and use.

Frequent ROFDS Use Associated with Frequent Grocery Shopping



- Home-cooking, which requires grocery shopping, is generally considered healthier than ROFDS use and dining out.
- The positive correlation between grocery shopping and ROFDS use suggests ROFDS use may not detract from healthier behaviors
- Other notable relationships included:
 - No correlation between AAR NRI and ROFDS use—there would've been health concerns if frequent users lived in high-risk food environments, but this wasn't the case.
 - Frequent dining out was associated with less frequent grocery shopping and lower ROFDS use

As a tool, ROFDS can increase food access in an equitable way that doesn't detract from healthy food behavior.

But we need to assess restaurant choices and platform use to understand how this potential translates into real public-health implications for Hong Kong residents.