

# Attitudes to obesity

## APPENDIX: question text and additional data tables

### Questionnaire

#### CAPI interview

Q343 [MaleObes]

CARD WITH MALE BODY IMAGES

I'm going to show you a card that uses computer images of men in swimwear to show different male body shapes. At what point, if at all, do you think the pictures show a man who is very overweight, sometimes referred to by doctors as 'obese'?

Please just tell me the letter.

- 1 A
- 2 B
- 3 C
- 4 D
- 5 E
- 6 F
- 7 G
- 8 H
- 9 I
- 10 J
- 11 (None of these show a man who is obese)
- 98 (Don't know)
- 99 (Refusal)

Q344 [FemObes]

CARD WITH FEMALE BODY IMAGES

And here is a card using computer images of women in swimwear showing different female body shapes. At what point, if at all, do you think the pictures show a woman who is very overweight, sometimes referred to by doctors as 'obese'?

(Again, please just tell me the letter).

- 1 A
- 2 B
- 3 C
- 4 D
- 5 E
- 6 F
- 7 G
- 8 H
- 9 I
- 10 J
- 11 (None of these show a woman who is obese)
- 98 (Don't know)
- 99 (Refusal)

Q345 [WorrOWt]

CARD L1

Please say how much you agree or disagree with the following statements.

'There is no reason to worry about being a bit overweight'?

- 1 Agree strongly
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Disagree strongly
- 8 (Don't know)
- 9 (Refusal)

Q346 [OWtPreg]

CARD L1 AGAIN

'It doesn't matter how much weight women put on when they are pregnant'.

(How much do you agree or disagree?)

- 1 Agree strongly
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Disagree strongly
- 8 (Don't know)
- 9 (Refusal)

Q347 [ModelWt]

CARD L2

Some people have strong views on what kinds of fashion models newspapers and magazines feature. Other people don't mind either way. What about you - which of the options on this card comes closest to what kinds of fashion models you would like to see?

- 1 Only models of a healthy weight (not underweight or overweight)
- 2 Healthy weight and overweight models (but not underweight)
- 3 I would prefer to see models as they currently are (mostly underweight)
- 8 (Don't know)
- 9 (Refusal)

Q348 [WtInher]

CARD L3

Please say how much you agree or disagree with the following statements.

'Being overweight is something you inherit from your parents'?

IF ASKED WHAT 'INHERIT' MEANS - 'By 'inherit', we mean it is something your parents pass to you through their genes'

- 1 Agree strongly
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Disagree strongly
- 8 (Don't know)
- 9 (Refusal)

Q349 [WtMetab]

CARD L3 AGAIN

And how much do you agree or disagree that 'Most overweight people have put on weight because of low metabolism'?

IF ASKED: 'low metabolism' means your body burns calories more slowly than other people.

- 1 Agree strongly
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Disagree strongly
- 8 (Don't know)
- 9 (Refusal)

- Q350 [WtEat]  
 CARD L3 AGAIN  
 'Most people who are overweight have put on weight because they eat too much'  
 (How much do you agree or disagree?)
- 1 Agree strongly
  - 2 Agree
  - 3 Neither agree nor disagree
  - 4 Disagree
  - 5 Disagree strongly
  - 8 (Don't know)
  - 9 (Refusal)

- Q351 [WtExer]  
 CARD L3 AGAIN  
 'Most people who are overweight have put on weight because they exercise too little'  
 (How much do you agree or disagree?)
- 1 Agree strongly
  - 2 Agree
  - 3 Neither agree nor disagree
  - 4 Disagree
  - 5 Disagree strongly
  - 8 (Don't know)
  - 9 (Refusal)

**ASK VERSION A ONLY**

- Q352 [ObHlthA]<sup>1</sup>  
 -Q364 CARD L4  
 Here is a list of health conditions. Which, if any, do you think a person is more likely to get if they are very overweight, sometimes referred to by doctors as 'obese'?
- IF ASKED - by 'Diabetes', we mean 'Type 2 diabetes'.  
 CODE ALL THAT APPLY  
 Multicoded (Maximum of 13 codes)
- |    |   |            |
|----|---|------------|
| 1  | Arthritis (pain / swelling in the joints) | [ObHlthA1] |
| 2  | Liver disease                             | [ObHlthA2] |
| 3  | Asthma                                    | [ObHlthA3] |
| 4  | Depression                                | [ObHlthA4] |
| 5  | Shingles                                  | [ObHlthA5] |
| 6  | Stroke                                    | [ObHlthA6] |
| 7  | High blood pressure                       | [ObHlthA7] |
| 8  | Diabetes                                  | [ObHlthA8] |
| 9  | Some cancers                              | [ObHlthA9] |
| 10 | Heart disease                             | [ObHlth10] |
| 11 | Other - PLEASE SAY WHAT                   | [ObHlth11] |
| 12 | (All of these)                            | [ObHlth12] |

<sup>1</sup> Note that response option ordering has been varied in ObHlthA and ObHlthB to minimise ordering effects. See derived variables ObHlthC1-ObHlthC13, which combine ObHlthA and ObHlthB responses.

- |    |                 |            |
|----|-----------------|------------|
| 13 | (None of these) | [ObHlth13] |
| 98 | (Don't know)    |            |
| 99 | (Refusal)       |            |

**ASK VERSION D ONLY**

Q367 [ObHlthB]<sup>2</sup>

-Q379 CARD L5 - PLEASE CHECK RESPONDENT IS LOOKING AT CORRECT CARD

Here is a list of health conditions. Which, if any, do you think a person is more likely to get if they are very overweight, sometimes referred to by doctors as 'obese'?

IF ASKED - by 'Diabetes', we mean 'Type 2 diabetes'.

CODE ALL THAT APPLY

Multicoded (Maximum of 13 codes)

- |    |   |             |
|----|---|-------------|
| 1  | Heart disease                             | [ObHlthB1]  |
| 2  | Some cancers                              | [ObHlthB2]  |
| 3  | Diabetes                                  | [ObHlthB3]  |
| 4  | High blood pressure                       | [ObHlthB4]  |
| 5  | Stroke                                    | [ObHlthB5]  |
| 6  | Shingles                                  | [ObHlthB6]  |
| 7  | Depression                                | [ObHlthB7]  |
| 8  | Asthma                                    | [ObHlthB8]  |
| 9  | Liver disease                             | [ObHlthB9]  |
| 10 | Arthritis (pain / swelling in the joints) | [ObHlthB14] |
| 11 | Other - PLEASE SAY WHAT                   | [ObHlthB15] |
| 12 | (All of these)                            | [ObHlthB16] |
| 13 | (None of these)                           | [ObHlthB17] |
| 98 | (Don't know)                              |             |
| 99 | (Refusal)                                 |             |

**VERSIONS A & D: ASK ALL**

Q382 [HFExpen]

CARD L6

How much do you agree or disagree with the following statements.

'Healthy food is too expensive for most people'?

- |   |                            |
|---|----------------------------|
| 1 | Agree strongly             |
| 2 | Agree                      |
| 3 | Neither agree nor disagree |
| 4 | Disagree                   |
| 5 | Disagree strongly          |
| 8 | (Don't know)               |
| 9 | (Refusal)                  |

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<sup>2</sup> Note that response option ordering has been varied in ObHlthA and ObHlthB to minimise ordering effects. See derived variables ObHlthC1-ObHlthC13, which combine ObHlthA and ObHlthB responses.

Q383 [HFTime]

CARD L6 AGAIN

'Most people lack time to make healthy meals'

(How much do you agree or disagree?)

- 1 Agree strongly
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Disagree strongly
- 8 (Don't know)
- 9 (Refusal)

Q384 [PhysTime]

CARD L6 AGAIN

'Finding time to be physically active is difficult for many people'

(How much do you agree or disagree?)

- 1 Agree strongly
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Disagree strongly
- 8 (Don't know)
- 9 (Refusal)

Q385 [EDLSit]

CARD L6 AGAIN

'Everyday life nowadays means people end up spending too much time sitting down'

(How much do you agree or disagree?)

- 1 Agree strongly
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Disagree strongly
- 8 (Don't know)
- 9 (Refusal)

Q386 [SafeWkC]

CARD L6 AGAIN

'Generally, there are not enough safe places to walk or cycle in'

(How much do you agree or disagree?)

- 1 Agree strongly
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Disagree strongly
- 8 (Don't know)
- 9 (Refusal)

- Q387 [FFCheap]  
CARD L6 AGAIN  
'Cheap fast food is too easily available'  
(How much do you agree or disagree?)
- 1 Agree strongly
  - 2 Agree
  - 3 Neither agree nor disagree
  - 4 Disagree
  - 5 Disagree strongly
  - 8 (Don't know)
  - 9 (Refusal)

- Q388 [DietVEx]  
Which do you think is more important for someone trying to lose extra weight...  
READ OUT...
- 1 ...eating a healthier diet
  - 2 doing more physical activity, or are
  - 3 both equally important?
  - 8 (Don't know)
  - 9 (Refusal)

- Q389 [WtAffJb]  
Say two people who are equally well qualified apply for a job as an office manager. One person is very overweight and the other is not. Who do you think would be more likely to be offered the job - the very overweight person, the person who is not very overweight, or would they both have an equal chance of getting it?  
IF ASKED: we want to know what they think WOULD happen, not what they think SHOULD happen.
- 1 The very overweight person
  - 2 The person who is not very overweight
  - 3 Equal chance of getting it
  - 4 (It depends - WRITE IN)
  - 8 (Don't know)
  - 9 (Refusal)

### ASK VERSION A ONLY

Q392 [RespObA]<sup>3</sup>

-Q403 CARD L7

Which, if any, of the people on this card do you think should be responsible for trying to reduce the number of people in Britain who are very overweight, sometimes referred to by doctors as 'obese'?

CODE ALL THAT APPLY

Multicoded (Maximum of 12 codes)

- |    |  |             |
|----|--|-------------|
| 1  | Gyms or local leisure centres                                | [RespObA1]  |
| 2  | Companies that help people diet (e.g. WeightWatchers)        | [RespObA2]  |
| 3  | The media  | [RespObA3]  |
| 4  | Supermarkets   | [RespObA4]  |
| 5  | Food and drink manufacturers                                 | [RespObA5]  |
| 6  | Health care professionals (e.g. doctors or nurses)           | [RespObA6]  |
| 7  | The government   | [RespObA7]  |
| 8  | Family and friends of people who are very overweight (obese) | [RespObA8]  |
| 9  | Individuals who are very overweight (obese) themselves       | [RespObA9]  |
| 10 | Other (PLEASE SAY WHAT)                                      | [RespObA10] |
| 11 | (All of these)   | [RespObA11] |
| 12 | (None of these)  | [RespObA12] |
| 98 | (Don't know)   |             |
| 99 | (Refusal)  |             |

### ASK VERSION D ONLY

Q406 [RespObB]<sup>33</sup>

-Q417 CARD L8 - PLEASE CHECK RESPONDENT IS LOOKING AT CORRECT CARD

Which, if any, of the people on this card do you think should be responsible for trying to reduce the number of people in Britain who are very overweight, sometimes referred to by doctors as 'obese'?

CODE ALL THAT APPLY

Multicoded (Maximum of 12 codes)

- |    |  |             |
|----|--|-------------|
| 1  | Individuals who are very overweight (obese) themselves       | [RespObB1]  |
| 2  | Family and friends of people who are very overweight (obese) | [RespObB2]  |
| 3  | The government   | [RespObB3]  |
| 4  | Health care professionals (e.g. doctors or nurses)           | [RespObB4]  |
| 5  | Food and drink manufacturers                                 | [RespObB5]  |
| 6  | Supermarkets   | [RespObB6]  |
| 7  | The media  | [RespObB7]  |
| 8  | Companies that help people diet (e.g. WeightWatchers)        | [RespObB8]  |
| 9  | Gyms or local leisure centres                                | [RespObB9]  |
| 10 | Other (PLEASE SAY WHAT)                                      | [RespObB13] |
| 11 | (All of these)   | [RespObB14] |
| 12 | (None of these)  | [RespObB15] |
| 98 | (Don't know)   |             |
| 99 | (Refusal)  |             |

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<sup>3</sup> Note that response option ordering has been varied in RespObA and RespObB to minimise ordering effects. See derived variables RespObC1-RespObC12, which combine RespObA and RespObB responses.

**VERSIONS A & D: ASK ALL**

Q420 [FatTax]

CARD L9

I'm going to read out some things that some people have suggested might help reduce the number of people in Britain who are very overweight. For each one, please say whether you are in favour or against this idea.

First, putting a tax on high fat foods, which would increase the price of things like crisps and chocolate?

- 1 Strongly in favour
- 2 In favour
- 3 Neither in favour or against
- 4 Against
- 5 Strongly against
- 8 (Don't know)
- 9 (Refusal)

Q421 [SugTax]

CARD L9 AGAIN

And putting a tax on sugary fizzy drinks - are you in favour or against this idea?

IF ASKED - 'sugary fizzy drinks' does not include fruit juice.

- 1 Strongly in favour
- 2 In favour
- 3 Neither in favour or against
- 4 Against
- 5 Strongly against
- 8 (Don't know)
- 9 (Refusal)

Q422 [BanFatAd]

CARD L9 AGAIN

Banning adverts for high fat foods, like crisps and chocolate?  
(Are you in favour or against this idea?)

- 1 Strongly in favour
- 2 In favour
- 3 Neither in favour or against
- 4 Against
- 5 Strongly against
- 8 (Don't know)
- 9 (Refusal)

Q423 [BanFizAd]

CARD L9 AGAIN

Banning adverts for sugary fizzy drinks?

(Are you in favour or against this idea?)

IF ASKED - 'sugary fizzy drinks' does not include fruit juice.

- 1 Strongly in favour
- 2 In favour
- 3 Neither in favour or against
- 4 Against
- 5 Strongly against
- 8 (Don't know)
- 9 (Refusal)

Q424 [RedSize]

CARD L9 AGAIN

Reducing the standard size of unhealthy snacks or drinks, like chocolate bars or cans of sugary fizzy drinks?

(Are you in favour or against this idea?)

- 1 Strongly in favour
- 2 In favour
- 3 Neither in favour or against
- 4 Against
- 5 Strongly against
- 8 (Don't know)
- 9 (Refusal)

Q425 [MoreWMC]

CARD L9 AGAIN

Providing many more free weight management courses for people who want to lose weight?

(Are you in favour or against this idea?)

- 1 Strongly in favour
- 2 In favour
- 3 Neither in favour or against
- 4 Against
- 5 Strongly against
- 8 (Don't know)
- 9 (Refusal)

Q426 [MoreOps]

CARD L9 AGAIN

Providing many more operations on the NHS to help people lose weight - for example, fitting 'gastric bands'?

(Are you in favour or against this idea?)

- 1 Strongly in favour
- 2 In favour
- 3 Neither in favour or against
- 4 Against
- 5 Strongly against
- 8 (Don't know)
- 9 (Refusal)

Q427 [CycPave]

CARD L9 AGAIN

Doing more to improve cycle paths and pavements to encourage people to be more active?

(Are you in favour or against this idea?)

- 1 Strongly in favour
- 2 In favour
- 3 Neither in favour or against
- 4 Against
- 5 Strongly against
- 8 (Don't know)
- 9 (Refusal)

Q428 [TaxFuel]

CARD L9 AGAIN

Raising taxes on fuel and parking to encourage people to walk and cycle more?

(Are you in favour or against this idea?)

- 1 Strongly in favour
- 2 In favour
- 3 Neither in favour or against
- 4 Against
- 5 Strongly against
- 8 (Don't know)
- 9 (Refusal)

Q429 [OwnShape]

CARD WITH BODY IMAGES (INTERVIEWER: Use male pictures for men; female for women)

Before we move on to the next section, I'd like to ask you how you see your own body shape. Please look at this showcard again and tell me which of these pictures comes **closest** to what you think of as your own body shape? Please just tell me the letter.

- 1 A
- 2 B
- 3 C
- 4 D
- 5 E
- 6 F
- 7 G
- 8 H
- 9 I
- 10 J
- 11 (None of these pictures)
- 98 (Don't know)
- 99 (Refusal)

Q994 [HowTall]

How tall are you?

INTERVIEWER: IF UNSURE OF EXACT HEIGHT, ASK IF THEY KNOW ROUGHLY AND RECORD THIS.

CODE IF ANSWER GIVEN IN FEET AND INCHES, OR CM

- 1 Feet and inches
- 2 Centimetres
- 8 (Don't know)
- 9 (Refusal)

Q995 [HowTallF]

INTERVIEWER: ENTER NUMBER OF FEET

Range: 0 ... 7

- 8 (Don't know)
- 9 (Refusal)

Q996 [HowTallI]

INTERVIEWER: ENTER NUMBER OF INCHES

You can enter half inches, if given, with a .5 decimal.

Range: 0 ... 12

- 9998 (Don't know)
- 9999 (Refusal)

Q997 [HowTallCM]

INTERVIEWER: ENTER NUMBER OF CENTIMETRES

Range: 0 ... 245

- 999998 (Don't know)
- 999999 (Refusal)

Q999 [MuchWgh]  
How much do you weigh?  
INTERVIEWER: IF UNSURE OF EXACT WEIGHT, ASK IF THEY KNOW  
ROUGHLY AND RECORD THIS.  
CODE IF ANSWER GIVEN IN EITHER POUNDS, STONES AND POUNDS,  
OR KILOS

- 1 Pounds
- 2 Stones and pounds
- 3 Kilos
- 8 (Don't know)
- 9 (Refusal)

Q1000 [MuchWghP]  
INTERVIEWER: ENTER NUMBER OF POUNDS  
Range: 14 ... 462

- 998 (Don't know)
- 999 (Refusal)

Q1001 [MuchWghS]  
INTERVIEWER: ENTER NUMBER OF STONES  
Range: 1 ... 32

- 98 (Don't know)
- 99 (Refusal)

Q1002 [MuchWghSP]  
INTERVIEWER: ENTER NUMBER OF POUNDS  
Range: 0 ... 13

- 98 (Don't know)
- 99 (Refusal)

Q1003 [MuchWghK]  
INTERVIEWER: ENTER NUMBER OF KILOS  
Range: 1 ... 211

- 99998 (Don't know)
- 99999 (Refusal)

## Self-completion questionnaire

[OWtMarr]  
Which of the following comes closest to how you think you would feel if a close relative of yours married or formed a long-term relationship with someone who is very overweight?

- 1 The person's weight would affect how I felt about the relationship at least a little
- 2 The person's weight would make no difference to how I felt about the relationship

(Can't choose)

[OWtLazy]

How much do you agree or disagree with the following statements?

'Most very overweight people are lazy'

- 1 Agree strongly
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Disagree strongly

(Can't choose)

[OwtLose]

'Most very overweight people could lose weight easily if they tried'

- 1 Agree strongly
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Disagree strongly

(Can't choose)

[OWtCare]

'People who are very overweight care just as much about their appearance as anyone else'

- 1 Agree strongly
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Disagree strongly

(Can't choose)

[OwtNHS]

'People who are very overweight should have the same rights as anyone else to receive expensive NHS treatments'

- 1 Agree strongly
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Disagree strongly

(Can't choose)

[ViewWt]

Which of the following best describes how you think of yourself at the moment?

- 1 Very underweight
- 2 A bit underweight
- 3 About the right weight
- 4 A bit overweight
- 5 Very overweight

(Can't choose)

[HappyWt]

How happy or unhappy are you with your current weight?

1 Very happy

2 Happy

3 Neither happy nor unhappy

4 Unhappy

5 Very unhappy

(Can't choose)

## Additional data tables

### Perceptions and understanding

#### *Perceptions of own weight*

**Table 1 Women's and men's perception of own weight, by self-reported BMI**

BMI	Perception of own weight			Weighted base	Unweighted base	
	Underweight	About the right weight	Overweight			
<b>Men</b>						
Healthy weight	%	11	67	19	335	290
Overweight	%	5	24	71	364	346
Obese	%	6	6	87	164	153
All	%	8	37	54	923	839
<b>Women</b>						
Healthy weight	%	6	65	28	404	446
Overweight	%	2	17	77	245	275
Obese	%	7	1	91	155	178
All	%	6	36	56	918	1019

Figures for underweight men and women have been excluded due to low base sizes (unweighted bases are as follows: underweight men=12, underweight women=25).

**Table 2 Happiness with own weight, by BMI**

How happy or unhappy are you with your current weight	BMI				All
	Underweight	Healthy weight	Overweight	Obese	
	%	%	%	%	%
Happy	60	58	32	12	39
Neither happy nor unhappy	22	29	42	31	34
Unhappy	12	12	25	56	26
<i>Weighted base</i>	38	739	608	319	1841
<i>Unweighted base</i>	36	736	621	331	1858

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**Table 3 View on whether someone should worry about being overweight, by sex**

“There is no reason to worry about being a bit overweight”	Sex		All
	Men	Women	
	%	%	%
Agree	52	41	46
Neither	10	11	11
Disagree	38	48	43
<i>Weighted base</i>	1094	1085	2179
<i>Unweighted base</i>	992	1196	2188

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**Table 4 View on putting on weight during pregnancy**

“It doesn’t matter how much weight women put on when they are pregnant”	All
	%
Agree	19
Neither	14
Disagree	66
<i>Weighted base</i>	2179
<i>Unweighted base</i>	2188

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### *Understanding health risks*

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**Table 5 Number of perceived health risks correctly identified, by education level**

Education level	Mean number of health risks correctly identified	Weighted base	Unweighted base
Degree	5.7	528	511
Higher education below degree	5.3	236	244
A level or equivalent	5.3	410	362
GCSE or equivalent	5.2	411	403
CSE or equivalent	5.0	147	153
No qualification	4.4	394	466
All	5.2	2179	2188

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**Table 6 Number of perceived health risks correctly identified, by BMI**

<b>BMI</b>	<b>Mean number of health risks correctly identified</b>	<i>Weighted base</i>	<i>Unweighted base</i>
Underweight	4.9	41	38
Healthy weight	5.3	873	864
Overweight	5.0	698	711
Obese	5.2	378	393
All	5.2	1991	2006

*Causes of being overweight*

**Table 7 View on why most overweight people put on weight**

	<b>Most overweight people put on weight due to eating too much</b>	<b>Most overweight people put on weight because they exercise too little</b>	<b>Being overweight is inherited from parents</b>	<b>Most overweight people put on weight due to low metabolism</b>
	%	%	%	%
Agree	81	81	24	28
Neither agree nor disagree	10	10	18	20
Disagree	8	8	58	50
<i>Weighted base</i>	2179	2179	2179	2179
<i>Unweighted base</i>	2188	2188	2188	2188

**Table 8 Attitudes towards the role of eating and exercise in putting on weight**

**% saying**

Agree that overweight people put on weight due to eating too much <u>and</u> due to lack of exercise	72
Agree that overweight people put on weight due to eating too much only	9
Agree that overweight people put on weight due to lack of exercise only	9
Does not agree with either	9
<i>Weighted base</i>	2179
<i>Unweighted base</i>	2188

**Table 9 The importance of diet and exercise for losing weight**

<b>Which is more important for someone trying to lose extra weight</b>	<b>%</b>
Eating a healthier diet	11
Doing more physical activity	3
Both are equally important	86
<i>Weighted base</i>	2179
<i>Unweighted base</i>	2188

**Table 10 Attitudes towards reasons for being overweight, by education level**

<b>% agree</b>	<b>Education level</b>				<b>All</b>
	<b>Degree</b>	<b>Higher level below degree or A level</b>	<b>GCSE or CSE or equivalent</b>	<b>No qualification</b>	
Most overweight people put on weight due to eating too much	83	79	81	82	81
Most overweight people put on weight due to lack of exercise	83	78	81	83	81
Being overweight is inherited from parents	24	25	20	27	24
Most overweight people put on weight due to low metabolism	20	26	30	36	28
<i>Weighted base</i>	528	646	558	394	2179
<i>Unweighted base</i>	511	606	556	466	2188

**Table 11 Attitudes towards reasons for being overweight, by sex**

<b>% agree</b>	<b>Sex</b>		<b>All</b>
	<b>Men</b>	<b>Women</b>	
Being overweight is inherited from parents	26	22	24
Most overweight people put on weight due to low metabolism	32	24	28
<i>Weighted base</i>	1094	1085	2179
<i>Unweighted base</i>	992	1196	2188

## Responsibility and solutions

### *Circumstances that encourage obesity*

**Table 12 Attitudes towards circumstances that might lead to a poor diet or a lack of exercise, by occupation**

% agree	Occupation					All
	Managerial & professional occupations	Intermediate occupations	Employers in small organisations, and own account workers	Lower supervisory & technical occupations	Semi-routine & routine occupations	
Most lack time to make healthy	37	37	30	52	55	43
Not enough safe places to walk/cycle	33	39	33	44	46	38
Healthy food too expensive for most people	29	32	33	43	53	39
<i>Weighted base</i>	<i>827</i>	<i>237</i>	<i>189</i>	<i>208</i>	<i>605</i>	<i>2179</i>
<i>Unweighted base</i>	<i>830</i>	<i>261</i>	<i>184</i>	<i>203</i>	<i>621</i>	<i>2188</i>

**Table 13 Attitudes towards circumstances that might lead to a poor diet or a lack of exercise, by household income**

% agree	Household income (monthly)				All
	Less than £1,200 p.m.	£1,201 - 2,200 p.m.	£2,201 - 3,700 p.m.	£3,701 or more p.m.	
Most lack time to make healthy meals	47	46	39	39	43
Not enough safe places to walk or cycle in	46	42	35	30	38
Healthy food is too expensive for most people	52	42	32	31	39
<i>Weighted base</i>	<i>354</i>	<i>396</i>	<i>439</i>	<i>573</i>	<i>2179</i>
<i>Unweighted base</i>	<i>445</i>	<i>424</i>	<i>442</i>	<i>495</i>	<i>2188</i>

**Table 14 Attitudes towards circumstances that might lead to a poor diet or a lack of exercise, by education level**

% agree	Education level				All
	Degree	Higher level below degree	A level or equivalent	No qualification	
Most lack time to make healthy meals	36	41	44	56	43
Not enough safe places to walk or cycle in	32	34	40	51	38
Healthy food is too expensive for most people	30	34	43	50	39
<i>Weighted base</i>	<i>528</i>	<i>646</i>	<i>558</i>	<i>394</i>	<i>2179</i>
<i>Unweighted base</i>	<i>511</i>	<i>606</i>	<i>556</i>	<i>466</i>	<i>2188</i>

**Table 15 Attitudes towards circumstances that might lead to a poor diet or a lack of exercise, by deprivation**

% agree	Index of Multiple Deprivation (quintiles)					All
	1 <sup>st</sup> quintile least deprived	2 <sup>nd</sup> quintile	3 <sup>rd</sup> quintile	4 <sup>th</sup> quintile	5 <sup>th</sup> quintile most deprived	
Most lack time to make healthy meals	35	37	41	47	56	43
Not enough safe places to walk or cycle in	31	32	36	44	46	38
Healthy food is too expensive for most people	26	34	39	47	48	39
<i>Weighted base</i>	<i>386</i>	<i>388</i>	<i>345</i>	<i>397</i>	<i>358</i>	<i>2179</i>
<i>Unweighted base</i>	<i>408</i>	<i>401</i>	<i>340</i>	<i>383</i>	<i>378</i>	<i>2188</i>

**Table 16 Attitudes towards circumstances that might lead to a poor diet or a lack of exercise, by ethnic background**

% agree	Ethnic background		All
	Black or Minority Ethnic	White	
Most lack time to make healthy meals	61	41	43
Not enough safe places to walk or cycle in	39	38	38
Healthy food is too expensive for most people	55	36	39
<i>Weighted base</i>	<i>307</i>	<i>1869</i>	<i>2179</i>
<i>Unweighted base</i>	<i>241</i>	<i>1945</i>	<i>2188</i>

**Table 17 Attitudes towards circumstances that might lead to a poor diet or a lack of exercise, by sex**

% agree	Sex		All
	Men	Women	
Most lack time to make healthy meals	43	44	43
Not enough safe places to walk or cycle in	34	42	38
Healthy food is too expensive for most people	38	40	39
<i>Weighted base</i>	1094	1085	2179
<i>Unweighted base</i>	992	1196	2188

*Responsibility for reducing obesity*

**Table 18 Combinations of perceptions of who should be responsible for trying to reduce obesity, by BMI**

	BMI				All
	Underweight	Healthy weight	Overweight	Obese	
	%	%	%	%	%
Selected one or more of: obese individuals themselves; their family and friends; or medical professionals ONLY	34	19	23	22	22
Selected at least one of these three answers and at least one of the other options associated with collective action	63	76	72	72	73
Selected one or more of options associated with collective action only	3	4	5	6	5
<i>Weighted base</i>	38	739	608	319	2179
<i>Unweighted base</i>	36	736	621	331	2188

**Table 19 Combinations of perceptions of who should be responsible for trying to reduce obesity, by education level**

	Education level					All
	Degree	Higher level below degree	A level or equivalent	No qualification		
	%	%	%	%	%	
Selected one or more of: obese individuals themselves; their family and friends; or medical professionals ONLY	15	19	24	30	22	
Selected at least one of these three answers and at least one of the other options associated with collective action	81	76	71	62	73	
Selected one or more of options associated with collective action only	3	5	6	8	5	
<i>Weighted base</i>	528	646	558	394	2179	
<i>Unweighted base</i>	511	606	556	466	2188	

### *Actions to reduce obesity*

**Table 20 Attitudes towards possible actions to encourage healthier lifestyles, by age**

% in favour	Age group						All
	18-24	25-34	35-44	45-54	55-64	65+	
Improve cycle paths and pavements	76	81	87	81	83	79	81
Providing more free weight management courses	88	85	83	85	79	73	81
Providing more NHS operations to help people lose weight	23	21	20	23	19	16	20
Raising taxes on fuel and parking	14	20	18	16	10	13	15
<i>Weighted base</i>	245	380	362	378	320	491	2179
<i>Unweighted base</i>	143	322	365	373	370	613	2188

**Table 21 Attitudes towards actions designed to discourage consumption of unhealthy foods and drinks, by whether there is a child in the household**

% in favour	Whether child in household		All
	Child in household	No child in household	
Ban ads for sugary fizzy drinks	59	57	58
Tax on sugary fizzy drinks	60	56	58
Ban ads for fatty foods	53	54	53
Reducing size of unhealthy snacks and drinks	52	47	49
Tax on high fat foods	48	43	45
<i>Weighted base</i>	819	1360	2179
<i>Unweighted base</i>	736	1452	2188

**Table 22 Attitudes towards tax on sugary fizzy drinks, by number of obesity health risks correctly identified**

Tax on sugary fizzy drinks	Number of health risks identified		All
	Less than 3	4 or more	
	%	%	%
In favour	50	60	58
Neither	16	13	13
Against	34	28	29
<i>Weighted base</i>	433	1755	2188
<i>Unweighted base</i>	424	1755	2179

**Table 23 Attitudes towards actions designed to discourage consumption of unhealthy foods and drinks, by household income**

% in favour	Household income (monthly)				All
	Less than £1,200 p.m.	£1,201 - 2,200 p.m.	£2,201 - 3,700 p.m.	£3,701 or more p.m.	
Ban ads for sugary fizzy drinks	56	58	59	60	58
Tax on sugary fizzy drinks	56	52	62	64	58
Ban ads for fatty foods	53	54	56	53	53
Reducing size of unhealthy snacks and drinks	49	47	50	50	49
Tax on high fat foods	47	39	48	49	45
<i>Weighted base</i>	354	396	439	573	2179
<i>Unweighted base</i>	445	424	442	495	2188

## Stigma

**Table 24 Feelings towards a relationship between a close relative and someone who is very overweight, by BMI**

How would feel if a close relative married or formed a long-term relationship with someone who is very overweight	BMI				All
	Underweight	Healthy weight	Overweight	Obese	
	%	%	%	%	%
The person's weight would affect how I felt about the relationship	33	32	26	17	26
The person's weight would make no difference to how I felt about the relationship	48	56	64	72	62
<i>Weighted base</i>	38	739	608	319	1841
<i>Unweighted base</i>	36	736	621	331	1858

**Table 25 Perceptions of those who are obese, by view of own weight**

% agree	View of own weight			All
	Underweight	About the right weight	Overweight	
Most overweight people are lazy	26	34	24	28
Most overweight people could lose weight if they wanted to	52	60	49	53
<i>Weighted base</i>	123	665	1014	1841
<i>Unweighted base</i>	120	657	1045	1858

**Table 26 Perceptions of those who are obese, by age**

Most overweight people are lazy	Age group			All
	18-34	35-54	55+	
	%	%	%	%
Agree	39	28	20	28
Neither	26	28	30	29
Disagree	32	41	44	40
<i>Weighted base</i>	502	619	720	1841
<i>Unweighted base</i>	372	615	870	1858