

# YouGov / BHF Survey Results

Sample Size: 2171

Fieldwork: 30th March - 1st April 2010

	TOTAL	Gender		Age					Social Grade	
	Base	Male	Female	18 to 24	25 to 34	35 to 44	45 to 54	55+	ABC1	C2DE
<b>Do you think you have any excess weight around your middle (i.e. waist)?</b>										
Unweighted Base	2171	1022	1149	193	333	349	364	932	1339	832
<b>All UK Adults</b>	2171	1044	1127	242	361	381	393	794	1194	977
Yes, I do	72%	70%	75%	46%	66%	73%	82%	79%	75%	69%
No, I do not	25%	27%	23%	49%	32%	23%	18%	20%	23%	28%
Don't know	2%	3%	2%	4%	3%	4%	-	2%	2%	3%
<b>Which, if any, of the following effect(s) do you think carrying extra fat in and around your middle could have on your b</b>										
Unweighted Base	2171	1022	1149	193	333	349	364	932	1339	832
<b>All UK Adults</b>	2171	1044	1127	242	361	381	393	794	1194	977
Higher levels of oestrogen	10%	7%	12%	10%	14%	11%	7%	8%	10%	10%
Heart disease	72%	69%	75%	64%	71%	70%	74%	75%	77%	66%
Asthma	14%	13%	15%	18%	14%	13%	13%	13%	13%	15%
Arthritis	23%	22%	23%	19%	20%	17%	24%	27%	23%	22%
Type 2 diabetes	57%	53%	61%	57%	58%	54%	61%	56%	63%	50%
Acne	5%	5%	6%	17%	9%	6%	2%	1%	4%	7%
Type 1 diabetes	29%	28%	29%	31%	35%	34%	28%	23%	28%	29%
Liver disease	22%	24%	21%	32%	26%	23%	22%	18%	24%	20%
Chest infections	13%	13%	14%	15%	10%	13%	12%	16%	14%	13%
Cancer	27%	22%	31%	26%	33%	29%	26%	23%	31%	22%
Food intolerances	11%	10%	12%	14%	17%	12%	11%	7%	10%	12%
Excess chemicals in my stomach	18%	18%	19%	19%	22%	20%	15%	16%	17%	19%
None of these	6%	7%	4%	8%	8%	8%	5%	4%	6%	6%
Don't know	11%	12%	10%	14%	9%	12%	9%	11%	8%	15%
Combine : (Heart disease, Type 2 diabetes, Type 1 diabetes, Cancer)	80%	77%	82%	72%	79%	77%	82%	82%	84%	75%
Net of Cancer/Diabets1-2/ Heart Disease	8%	7%	9%	8%	11%	10%	9%	5%	9%	7%
Net Heart Disease/ type2 diabets/ Cancer	21%	17%	24%	21%	26%	21%	20%	18%	25%	16%
Higher levels of oestrogen/ excess chemicals in my stomach	4%	3%	5%	4%	6%	5%	3%	3%	3%	5%

## YouGov / BHF Survey Results

Sample Size: 2171

Fieldwork: 30th March - 1st April 2010

TOTAL	Gender		Age					Social Grade	
	Male	Female	18 to 24	25 to 34	35 to 44	45 to 54	55+	ABC1	C2DE

**At what waist size do you think men start putting their health at risk in terms of carrying EXCESS weight?**

	Unweighted Base	2171	1022	1149	193	333	349	364	932	1339	832
<b>All UK Adults</b>		2171	1044	1127	242	361	381	393	794	1194	977
More than 51 inches (130 cm)		1%	2%	0%	1%	1%	1%	2%	0%	1%	1%
51 inches (130 cm)		0%	0%	0%	-	-	-	1%	0%	0%	0%
49 inches (125 cm)		1%	0%	2%	1%	1%	1%	1%	1%	1%	1%
47 inches (119 cm)		3%	2%	3%	1%	3%	3%	3%	2%	3%	2%
45 inches (114 cm)		7%	5%	8%	8%	6%	4%	7%	8%	7%	7%
43 inches (109 cm)		8%	7%	9%	9%	5%	5%	9%	10%	8%	8%
41 inches (104 cm)		17%	17%	17%	15%	16%	19%	16%	18%	17%	17%
39 inches (99 cm)		17%	18%	17%	16%	15%	18%	18%	18%	18%	16%
37 inches (94 cm)		15%	19%	12%	16%	17%	17%	15%	14%	15%	16%
35 inches (89 cm)		8%	10%	7%	7%	12%	8%	8%	7%	9%	7%
Less than 35 inches (89 cm)		1%	2%	1%	0%	2%	1%	2%	2%	2%	1%
Don't know		21%	18%	24%	27%	22%	22%	18%	19%	19%	23%

**At what waist size do you think women start putting their health at risk in terms of carrying EXCESS weight?**

	Unweighted Base	2171	1022	1149	193	333	349	364	932	1339	832
<b>All UK Adults</b>		2171	1044	1127	242	361	381	393	794	1194	977
More than 51 inches (130cm)		1%	1%	0%	1%	0%	1%	1%	0%	0%	1%
46 inches (117 cm)		1%	0%	1%	-	0%	0%	1%	1%	1%	0%
44 inches (112 cm)		1%	1%	1%	2%	1%	1%	1%	1%	1%	1%
42 inches (107 cm)		3%	3%	3%	1%	3%	3%	3%	4%	2%	4%
40 inches (102 cm)		9%	7%	10%	10%	5%	10%	12%	8%	8%	10%
38 inches (97cm)		14%	13%	14%	12%	11%	14%	13%	16%	14%	14%
36 inches (91 cm)		16%	17%	16%	18%	22%	15%	14%	15%	19%	14%
34 inches (86 cm)		17%	16%	17%	18%	20%	16%	19%	14%	18%	15%
32 inches (81 cm)		10%	9%	10%	5%	7%	9%	9%	13%	11%	8%
30 inches (76 cm)		6%	5%	8%	7%	5%	6%	6%	8%	6%	7%
Less than 30 inches (76 cm)		2%	2%	1%	1%	1%	1%	2%	2%	2%	1%
Don't know		21%	24%	18%	24%	23%	24%	19%	19%	18%	24%

## YouGov / BHF Survey Results

Sample Size: 2171

Fieldwork: 30th March - 1st April 2010

	TOTAL	Region							
	Base	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland
<b>Do you think you have any excess weight around your middle (i.e. waist)?</b>									
Unweighted Base	2171	474	334	187	296	457	91	278	54
<b>All UK Adults</b>	2171	519	350	202	269	480	106	182	63
Yes, I do	72%	77%	67%	70%	72%	73%	70%	79%	64%
No, I do not	25%	22%	30%	26%	24%	26%	28%	20%	36%
Don't know	2%	2%	3%	4%	4%	2%	2%	1%	-
<b>Which, if any, of the following effect(s) do you think carrying extra fat in and around your middle could have on your b</b>									
Unweighted Base	2171	474	334	187	296	457	91	278	54
<b>All UK Adults</b>	2171	519	350	202	269	480	106	182	63
Higher levels of oestrogen	10%	10%	11%	4%	11%	11%	5%	11%	9%
Heart disease	72%	71%	78%	69%	69%	71%	72%	76%	71%
Asthma	14%	14%	14%	16%	12%	15%	8%	14%	17%
Arthritis	23%	24%	26%	23%	18%	20%	19%	29%	22%
Type 2 diabetes	57%	55%	60%	62%	59%	56%	49%	58%	53%
Acne	5%	5%	6%	2%	5%	7%	-	6%	5%
Type 1 diabetes	29%	29%	33%	30%	25%	27%	28%	28%	28%
Liver disease	22%	21%	25%	22%	24%	23%	15%	22%	22%
Chest infections	13%	14%	11%	14%	11%	15%	18%	14%	9%
Cancer	27%	27%	29%	22%	29%	25%	21%	30%	26%
Food intolerances	11%	11%	10%	8%	10%	14%	7%	12%	13%
Excess chemicals in my stomach	18%	15%	21%	19%	14%	20%	14%	25%	16%
None of these	6%	6%	4%	7%	7%	6%	5%	5%	8%
Don't know	11%	10%	11%	13%	12%	11%	14%	8%	12%
Combine : (Heart disease, Type 2 diabetes, Type 1 diabetes, Cancer)	80%	79%	83%	78%	76%	80%	78%	83%	80%
Net of Cancer/Diabets1-2/ Heart Disease	8%	8%	10%	9%	8%	8%	5%	7%	5%
Net Heart Disease/ type2 diabets/ Cancer	21%	20%	23%	20%	24%	19%	19%	21%	14%
Higher levels of oestrogen/ excess chemicals in my stomach	4%	2%	6%	2%	4%	6%	2%	5%	-

## YouGov / BHF Survey Results

Sample Size: 2171

Fieldwork: 30th March - 1st April 2010

At what waist size do you think men start putting their health at risk in terms of carrying EXCESS weight?

	TOTAL	Region							
	Base	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland
Unweighted Base	2171	474	334	187	296	457	91	278	54
<b>All UK Adults</b>	2171	519	350	202	269	480	106	182	63
More than 51 inches (130 cm)	1%	1%	1%	1%	2%	0%	1%	0%	-
51 inches (130 cm)	0%	-	-	-	-	1%	1%	-	-
49 inches (125 cm)	1%	1%	1%	1%	1%	2%	1%	-	1%
47 inches (119 cm)	3%	3%	2%	2%	3%	2%	2%	2%	2%
45 inches (114 cm)	7%	8%	5%	7%	6%	6%	10%	7%	6%
43 inches (109 cm)	8%	8%	7%	7%	9%	10%	4%	8%	8%
41 inches (104 cm)	17%	18%	19%	28%	16%	13%	13%	17%	17%
39 inches (99 cm)	17%	16%	16%	19%	14%	20%	20%	19%	17%
37 inches (94 cm)	15%	16%	17%	11%	14%	13%	21%	18%	24%
35 inches (89 cm)	8%	9%	8%	7%	8%	9%	4%	9%	5%
Less than 35 inches (89 cm)	1%	1%	1%	1%	1%	2%	3%	2%	1%
Don't know	21%	20%	23%	15%	25%	23%	19%	18%	19%

At what waist size do you think women start putting their health at risk in terms of carrying EXCESS weight?

	TOTAL	Region							
	Base	North	Midlands	East	London	South	Wales	Scotland	Northern Ireland
Unweighted Base	2171	474	334	187	296	457	91	278	54
<b>All UK Adults</b>	2171	519	350	202	269	480	106	182	63
More than 51 inches (130cm)	1%	1%	1%	-	1%	0%	1%	0%	-
46 inches (117 cm)	1%	1%	-	-	0%	1%	1%	1%	-
44 inches (112 cm)	1%	1%	1%	-	3%	1%	1%	-	-
42 inches (107 cm)	3%	3%	2%	4%	6%	3%	1%	1%	5%
40 inches (102 cm)	9%	8%	11%	9%	9%	9%	8%	10%	5%
38 inches (97cm)	14%	14%	12%	18%	14%	14%	16%	12%	13%
36 inches (91 cm)	16%	17%	15%	19%	15%	15%	20%	18%	20%
34 inches (86 cm)	17%	14%	19%	13%	17%	17%	20%	18%	24%
32 inches (81 cm)	10%	13%	8%	14%	5%	8%	10%	11%	7%
30 inches (76 cm)	6%	9%	5%	6%	6%	7%	3%	8%	3%
Less than 30 inches (76 cm)	2%	2%	2%	1%	1%	2%	1%	1%	-
Don't know	21%	19%	25%	16%	23%	22%	19%	19%	23%

## YouGov / BHF Survey Results

Sample Size: 2171

Fieldwork: 30th March - 1st April 2010

	TOTAL	Working Status					
	Base	Working full time	Working part time	Full Time student	Retired	Unemployed	Not working/ Other
<b>Do you think you have any excess weight around your middle (i.e. waist)?</b>							
Unweighted Base	2171	1062	304	107	464	64	170
<b>All UK Adults</b>	2171	1090	300	124	389	75	193
Yes, I do	72%	75%	67%	35%	79%	71%	81%
No, I do not	25%	24%	29%	61%	19%	29%	13%
Don't know	2%	1%	4%	4%	2%	-	6%
<b>Which, if any, of the following effect(s) do you think carrying extra fat in and around your middle could have on your b</b>							
Unweighted Base	2171	1062	304	107	464	64	170
<b>All UK Adults</b>	2171	1090	300	124	389	75	193
Higher levels of oestrogen	10%	10%	12%	11%	7%	6%	11%
Heart disease	72%	73%	70%	68%	74%	62%	70%
Asthma	14%	13%	14%	21%	13%	19%	14%
Arthritis	23%	21%	23%	24%	25%	18%	29%
Type 2 diabetes	57%	58%	54%	64%	54%	55%	57%
Acne	5%	5%	5%	23%	1%	3%	4%
Type 1 diabetes	29%	32%	23%	31%	22%	39%	25%
Liver disease	22%	26%	21%	24%	17%	19%	14%
Chest infections	13%	12%	16%	15%	14%	16%	15%
Cancer	27%	29%	26%	29%	21%	26%	22%
Food intolerances	11%	13%	10%	12%	4%	16%	10%
Excess chemicals in my stomach	18%	20%	15%	18%	16%	23%	15%
None of these	6%	6%	7%	4%	4%	6%	6%
Don't know	11%	10%	11%	15%	9%	15%	16%
Combine : (Heart disease, Type 2 diabetes, Type 1 diabetes, Cancer)	80%	81%	78%	76%	83%	72%	74%
Net of Cancer/Diabets1-2/ Heart Disease	8%	10%	5%	9%	4%	18%	5%
Net Heart Disease/ type2 diabets/ Cancer	21%	22%	21%	24%	17%	23%	18%
Higher levels of oestrogen/ excess chemicals in my stomach	4%	4%	5%	5%	2%	6%	4%

## YouGov / BHF Survey Results

Sample Size: 2171

Fieldwork: 30th March - 1st April 2010

TOTAL	Working Status					
	Base	Working full time	Working part time	Full Time student	Retired	Unemployed

At what waist size do you think men start putting their health at risk in terms of carrying EXCESS weight?

	Unweighted Base	2171	1062	304	107	464	64	170
<b>All UK Adults</b>		2171	1090	300	124	389	75	193
More than 51 inches (130 cm)	1%	1%	0%	-	1%	-	3%	
51 inches (130 cm)	0%	0%	-	-	0%	-	-	
49 inches (125 cm)	1%	1%	1%	-	2%	-	2%	
47 inches (119 cm)	3%	3%	3%	2%	3%	2%	1%	
45 inches (114 cm)	7%	6%	8%	8%	7%	3%	5%	
43 inches (109 cm)	8%	8%	9%	8%	11%	4%	6%	
41 inches (104 cm)	17%	18%	15%	18%	19%	10%	18%	
39 inches (99 cm)	17%	18%	17%	15%	17%	18%	14%	
37 inches (94 cm)	15%	16%	15%	12%	13%	24%	16%	
35 inches (89 cm)	8%	9%	5%	6%	10%	9%	6%	
Less than 35 inches (89 cm)	1%	1%	1%	1%	1%	3%	1%	
Don't know	21%	19%	26%	29%	16%	27%	28%	

At what waist size do you think women start putting their health at risk in terms of carrying EXCESS weight?

	Unweighted Base	2171	1062	304	107	464	64	170
<b>All UK Adults</b>		2171	1090	300	124	389	75	193
More than 51 inches (130cm)	1%	1%	1%	-	0%	-	-	
46 inches (117 cm)	1%	0%	1%	-	1%	-	0%	
44 inches (112 cm)	1%	1%	2%	2%	1%	-	-	
42 inches (107 cm)	3%	2%	3%	1%	4%	3%	4%	
40 inches (102 cm)	9%	9%	7%	14%	8%	4%	11%	
38 inches (97cm)	14%	14%	13%	12%	15%	11%	11%	
36 inches (91 cm)	16%	17%	14%	19%	16%	14%	18%	
34 inches (86 cm)	17%	17%	20%	16%	14%	15%	14%	
32 inches (81 cm)	10%	10%	8%	4%	15%	10%	7%	
30 inches (76 cm)	6%	6%	6%	6%	7%	9%	9%	
Less than 30 inches (76 cm)	2%	2%	1%	-	2%	5%	2%	
Don't know	21%	21%	23%	26%	15%	28%	24%	

# YouGov / BHF Survey Results

Sample Size: 2171

Fieldwork: 30th March - 1st April 2010

TOTAL	Marital Status						Children in the household				
	Base	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never married	Refused	0	1	2	3+

Do you think you have any excess weight around your middle (i.e. waist)?

Unweighted Base	2171	1165	267	201	72	439	27	1537	284	219	72	56
<b>All UK Adults</b>	<b>2171</b>	<b>1103</b>	<b>285</b>	<b>201</b>	<b>68</b>	<b>489</b>	<b>25</b>	<b>1466</b>	<b>318</b>	<b>247</b>	<b>81</b>	<b>56</b>
Yes, I do	72%	79%	69%	79%	73%	57%	84%	73%	70%	72%	72%	73%
No, I do not	25%	20%	27%	18%	27%	39%	16%	25%	27%	25%	22%	24%
Don't know	2%	1%	4%	3%	-	3%	-	2%	3%	2%	5%	2%

Which, if any, of the following effect(s) do you think carrying extra fat in and around your middle could have on your b

Unweighted Base	2171	1165	267	201	72	439	27	1537	284	219	72	56
<b>All UK Adults</b>	<b>2171</b>	<b>1103</b>	<b>285</b>	<b>201</b>	<b>68</b>	<b>489</b>	<b>25</b>	<b>1466</b>	<b>318</b>	<b>247</b>	<b>81</b>	<b>56</b>
Higher levels of oestrogen	10%	9%	11%	12%	7%	11%	-	10%	8%	10%	13%	9%
Heart disease	72%	74%	72%	66%	70%	70%	69%	74%	69%	63%	74%	75%
Asthma	14%	13%	13%	15%	10%	16%	9%	15%	12%	13%	11%	10%
Arthritis	23%	24%	19%	23%	20%	22%	15%	25%	18%	15%	17%	23%
Type 2 diabetes	57%	58%	60%	50%	48%	59%	49%	59%	52%	55%	56%	54%
Acne	5%	3%	5%	3%	-	12%	-	5%	6%	5%	6%	2%
Type 1 diabetes	29%	26%	34%	29%	26%	33%	23%	29%	27%	28%	29%	24%
Liver disease	22%	20%	31%	15%	18%	28%	16%	24%	21%	20%	19%	12%
Chest infections	13%	12%	15%	15%	11%	15%	6%	15%	9%	12%	13%	7%
Cancer	27%	27%	31%	21%	19%	28%	8%	29%	23%	22%	24%	16%
Food intolerances	11%	9%	12%	11%	7%	15%	11%	11%	9%	11%	15%	6%
Excess chemicals in my stomach	18%	18%	15%	23%	15%	20%	5%	18%	17%	20%	22%	6%
None of these	6%	5%	10%	6%	3%	4%	5%	5%	8%	8%	5%	2%
Don't know	11%	10%	8%	12%	16%	12%	20%	10%	10%	13%	11%	14%
Combine : (Heart disease, Type 2 diabetes, Type 1 diabetes, Cancer)	80%	81%	79%	75%	80%	78%	75%	81%	75%	75%	80%	82%
Net of Cancer/Diabets1-2/ Heart Disease	8%	7%	10%	7%	11%	9%	3%	9%	7%	5%	11%	6%
Net Heart Disease/ type2 diabets/ Cancer	21%	21%	26%	16%	15%	22%	8%	23%	17%	15%	19%	15%
Higher levels of oestrogen/ excess chemicals in my stomach	4%	3%	5%	5%	2%	5%	-	4%	3%	5%	5%	1%

# YouGov / BHF Survey Results

Sample Size: 2171

Fieldwork: 30th March - 1st April 2010

TOTAL	Marital Status						Children in the household				
Base	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never married	Refused	0	1	2	3+	Refused

**At what waist size do you think men start putting their health at risk in terms of carrying EXCESS weight?**

	Unweighted Base	2171	1165	267	201	72	439	27	1537	284	219	72	56
<b>All UK Adults</b>		2171	1103	285	201	68	489	25	1466	318	247	81	56
More than 51 inches (130 cm)		1%	1%	0%	2%	-	1%	6%	1%	2%	1%	3%	3%
51 inches (130 cm)		0%	0%	-	-	-	-	-	0%	-	-	-	-
49 inches (125 cm)		1%	1%	2%	1%	1%	1%	-	1%	1%	1%	1%	-
47 inches (119 cm)		3%	2%	2%	4%	6%	3%	-	3%	3%	2%	2%	3%
45 inches (114 cm)		7%	7%	7%	6%	10%	6%	13%	6%	8%	7%	10%	5%
43 inches (109 cm)		8%	9%	8%	6%	6%	7%	16%	8%	7%	7%	9%	18%
41 inches (104 cm)		17%	18%	16%	16%	21%	16%	20%	17%	17%	19%	11%	17%
39 inches (99 cm)		17%	19%	15%	19%	15%	13%	18%	18%	17%	18%	15%	5%
37 inches (94 cm)		15%	15%	17%	13%	13%	16%	16%	16%	13%	14%	17%	14%
35 inches (89 cm)		8%	8%	13%	8%	9%	8%	-	9%	8%	7%	7%	13%
Less than 35 inches (89 cm)		1%	2%	1%	2%	-	1%	-	1%	2%	1%	7%	1%
Don't know		21%	17%	21%	22%	19%	29%	11%	20%	22%	23%	19%	21%

**At what waist size do you think women start putting their health at risk in terms of carrying EXCESS weight?**

	Unweighted Base	2171	1165	267	201	72	439	27	1537	284	219	72	56
<b>All UK Adults</b>		2171	1103	285	201	68	489	25	1466	318	247	81	56
More than 51 inches (130cm)		1%	0%	0%	1%	-	1%	-	0%	1%	1%	-	-
46 inches (117 cm)		1%	1%	-	1%	-	1%	-	0%	1%	0%	-	-
44 inches (112 cm)		1%	1%	2%	2%	4%	1%	-	1%	1%	0%	-	-
42 inches (107 cm)		3%	3%	3%	2%	5%	2%	9%	2%	4%	5%	3%	5%
40 inches (102 cm)		9%	9%	9%	7%	15%	9%	22%	8%	11%	10%	12%	15%
38 inches (97cm)		14%	16%	12%	13%	9%	12%	13%	14%	13%	13%	19%	19%
36 inches (91 cm)		16%	15%	17%	16%	22%	18%	11%	17%	16%	17%	16%	8%
34 inches (86 cm)		17%	16%	17%	19%	14%	16%	23%	17%	17%	13%	17%	20%
32 inches (81 cm)		10%	12%	10%	7%	10%	6%	7%	11%	6%	10%	5%	3%
30 inches (76 cm)		6%	7%	6%	9%	5%	6%	-	7%	6%	4%	7%	8%
Less than 30 inches (76 cm)		2%	2%	1%	2%	3%	1%	-	2%	2%	1%	4%	-
Don't know		21%	19%	22%	20%	12%	27%	15%	20%	22%	26%	16%	22%

## YouGov / BHF Survey Results

Sample Size: 2171

Fieldwork: 30th March - 1st April 2010

	TOTAL						GC
	Base	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England
<b>Do you think you have any excess weight around your middle (i.e. waist)?</b>							
Unweighted Base	2171	79	215	180	169	165	187
<b>All UK Adults</b>	2171	91	243	185	158	191	202
Yes, I do	72%	80%	79%	72%	68%	66%	70%
No, I do not	25%	19%	20%	26%	31%	29%	26%
Don't know	2%	2%	2%	1%	1%	5%	4%
<b>Which, if any, of the following effect(s) do you think carrying extra fat in and around your middle could have on your b</b>							
Unweighted Base	2171	79	215	180	169	165	187
<b>All UK Adults</b>	2171	91	243	185	158	191	202
Higher levels of oestrogen	10%	10%	9%	11%	7%	15%	4%
Heart disease	72%	70%	70%	71%	80%	76%	69%
Asthma	14%	20%	10%	18%	10%	18%	16%
Arthritis	23%	22%	25%	22%	27%	25%	23%
Type 2 diabetes	57%	60%	54%	53%	58%	61%	62%
Acne	5%	6%	6%	3%	3%	9%	2%
Type 1 diabetes	29%	28%	30%	26%	32%	34%	30%
Liver disease	22%	25%	20%	20%	27%	24%	22%
Chest infections	13%	19%	13%	12%	8%	15%	14%
Cancer	27%	29%	26%	29%	24%	32%	22%
Food intolerances	11%	14%	12%	8%	7%	11%	8%
Excess chemicals in my stomach	18%	16%	16%	14%	20%	22%	19%
None of these	6%	3%	5%	8%	5%	3%	7%
Don't know	11%	12%	11%	7%	6%	15%	13%
Combine : {Heart disease, Type 2 diabetes, Type 1 diabetes, Cancer}	80%	82%	78%	78%	86%	81%	78%
Net of Cancer/Diabets1-2/ Heart Disease	8%	11%	6%	7%	8%	12%	9%
Net Heart Disease/ type2 diabets/ Cancer	21%	22%	19%	21%	18%	26%	20%
Higher levels of oestrogen/ excess chemicals in my stomach	4%	5%	2%	1%	3%	9%	2%

# YouGov / BHF Survey Results

Sample Size: 2171

Fieldwork: 30th March - 1st April 2010

TOTAL	GC					
Base	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England

**At what waist size do you think men start putting their health at risk in terms of carrying EXCESS weight?**

	Unweighted Base	2171	79	215	180	169	165	187
<b>All UK Adults</b>		2171	91	243	185	158	191	202
More than 51 inches (130 cm)	1%	1%	0%	1%	2%	1%	1%	
51 inches (130 cm)	0%	-	-	-	-	-	-	
49 inches (125 cm)	1%	-	1%	1%	2%	1%	1%	
47 inches (119 cm)	3%	2%	3%	5%	2%	1%	2%	
45 inches (114 cm)	7%	8%	9%	8%	5%	5%	7%	
43 inches (109 cm)	8%	4%	8%	10%	8%	6%	7%	
41 inches (104 cm)	17%	14%	19%	18%	21%	17%	28%	
39 inches (99 cm)	17%	22%	15%	13%	20%	12%	19%	
37 inches (94 cm)	15%	12%	17%	16%	18%	16%	11%	
35 inches (89 cm)	8%	15%	9%	6%	5%	11%	7%	
Less than 35 inches (89 cm)	1%	1%	2%	1%	2%	1%	1%	
Don't know	21%	22%	17%	22%	16%	29%	15%	

**At what waist size do you think women start putting their health at risk in terms of carrying EXCESS weight?**

	Unweighted Base	2171	79	215	180	169	165	187
<b>All UK Adults</b>		2171	91	243	185	158	191	202
More than 51 inches (130cm)	1%	-	1%	1%	1%	1%	-	
46 inches (117 cm)	1%	-	1%	2%	-	-	-	
44 inches (112 cm)	1%	1%	1%	2%	1%	1%	-	
42 inches (107 cm)	3%	3%	2%	4%	2%	1%	4%	
40 inches (102 cm)	9%	4%	9%	8%	11%	10%	9%	
38 inches (97cm)	14%	14%	13%	14%	9%	15%	18%	
36 inches (91 cm)	16%	17%	19%	13%	19%	12%	19%	
34 inches (86 cm)	17%	20%	14%	11%	21%	16%	13%	
32 inches (81 cm)	10%	10%	14%	14%	9%	8%	14%	
30 inches (76 cm)	6%	6%	8%	11%	5%	4%	6%	
Less than 30 inches (76 cm)	2%	1%	2%	1%	4%	1%	1%	
Don't know	21%	23%	17%	19%	18%	31%	16%	

## YouGov / BHF Survey Results

Sample Size: 2171

Fieldwork: 30th March - 1st April 2010

	TOTAL	DR					
	Base	London	South East	South West	Wales	Scotland	Northern Ireland
<b>Do you think you have any excess weight around your middle (i.e. waist)?</b>							
Unweighted Base	2171	296	267	190	91	278	54
<b>All UK Adults</b>	2171	269	295	185	106	182	63
Yes, I do	72%	72%	73%	71%	70%	79%	64%
No, I do not	25%	24%	24%	28%	28%	20%	36%
Don't know	2%	4%	2%	1%	2%	1%	-
<b>Which, if any, of the following effect(s) do you think carrying extra fat in and around your middle could have on your b</b>							
Unweighted Base	2171	296	267	190	91	278	54
<b>All UK Adults</b>	2171	269	295	185	106	182	63
Higher levels of oestrogen	10%	11%	11%	10%	5%	11%	9%
Heart disease	72%	69%	71%	71%	72%	76%	71%
Asthma	14%	12%	14%	16%	8%	14%	17%
Arthritis	23%	18%	20%	21%	19%	29%	22%
Type 2 diabetes	57%	59%	55%	58%	49%	58%	53%
Acne	5%	5%	7%	8%	-	6%	5%
Type 1 diabetes	29%	25%	30%	23%	28%	28%	28%
Liver disease	22%	24%	20%	28%	15%	22%	22%
Chest infections	13%	11%	12%	19%	18%	14%	9%
Cancer	27%	29%	23%	29%	21%	30%	26%
Food intolerances	11%	10%	14%	15%	7%	12%	13%
Excess chemicals in my stomach	18%	14%	20%	19%	14%	25%	16%
None of these	6%	7%	5%	8%	5%	5%	8%
Don't know	11%	12%	11%	10%	14%	8%	12%
Combine : {Heart disease, Type 2 diabetes, Type 1 diabetes, Cancer}	80%	76%	80%	80%	78%	83%	80%
Net of Cancer/Diabets1-2/ Heart Disease	8%	8%	7%	9%	5%	7%	5%
Net Heart Disease/ type2 diabets/ Cancer	21%	24%	18%	22%	19%	21%	14%
Higher levels of oestrogen/ excess chemicals in my stomach	4%	4%	6%	5%	2%	5%	-

## YouGov / BHF Survey Results

Sample Size: 2171

Fieldwork: 30th March - 1st April 2010

TOTAL	DR						
Base	London	South East	South West	Wales	Scotland	Northern Ireland	

At what waist size do you think men start putting their health at risk in terms of carrying EXCESS weight?

	Unweighted Base	2171	296	267	190	91	278	54
	All UK Adults	2171	269	295	185	106	182	63
More than 51 inches (130 cm)	1%	2%	1%	-	1%	0%	-	-
51 inches (130 cm)	0%	-	-	2%	1%	-	-	-
49 inches (125 cm)	1%	1%	2%	1%	1%	-	1%	1%
47 inches (119 cm)	3%	3%	3%	2%	2%	2%	2%	2%
45 inches (114 cm)	7%	6%	4%	8%	10%	7%	6%	6%
43 inches (109 cm)	8%	9%	10%	9%	4%	8%	8%	8%
41 inches (104 cm)	17%	16%	13%	13%	13%	17%	17%	17%
39 inches (99 cm)	17%	14%	19%	23%	20%	19%	17%	17%
37 inches (94 cm)	15%	14%	13%	13%	21%	18%	24%	24%
35 inches (89 cm)	8%	8%	9%	9%	4%	9%	5%	5%
Less than 35 inches (89 cm)	1%	1%	1%	2%	3%	2%	1%	1%
Don't know	21%	25%	25%	18%	19%	18%	19%	19%

At what waist size do you think women start putting their health at risk in terms of carrying EXCESS weight?

	Unweighted Base	2171	296	267	190	91	278	54
	All UK Adults	2171	269	295	185	106	182	63
More than 51 inches (130cm)	1%	1%	0%	-	1%	0%	-	-
46 inches (117 cm)	1%	0%	1%	0%	1%	1%	-	-
44 inches (112 cm)	1%	3%	1%	1%	1%	-	-	-
42 inches (107 cm)	3%	6%	3%	2%	1%	1%	5%	5%
40 inches (102 cm)	9%	9%	10%	7%	8%	10%	5%	5%
38 inches (97cm)	14%	14%	11%	19%	16%	12%	13%	13%
36 inches (91 cm)	16%	15%	15%	16%	20%	18%	20%	20%
34 inches (86 cm)	17%	17%	18%	15%	20%	18%	24%	24%
32 inches (81 cm)	10%	5%	8%	8%	10%	11%	7%	7%
30 inches (76 cm)	6%	6%	5%	9%	3%	8%	3%	3%
Less than 30 inches (76 cm)	2%	1%	3%	1%	1%	1%	-	-
Don't know	21%	23%	23%	20%	19%	19%	23%	23%