

YouGov / BHF Survey Results

Sample Size: 2084

Fieldwork: 22nd - 24th February 2010

	Total	Gender		Age					Social Grade	
	Base	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE
Unweighted Base	2084	982	1102	213	357	379	358	777	1195	889
All GB Adults	2084	1000	1084	250	366	378	360	729	1146	938

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

Yes, I do	71%	67%	74%	55%	62%	74%	73%	78%	73%	68%
No, I do not	27%	31%	24%	39%	37%	25%	24%	21%	25%	30%
Don't know	2%	2%	2%	6%	1%	2%	3%	1%	2%	2%

Which, if any, of the following effect(s) do you think carrying extra fat in and around your middle could have on your body? (Please tick all that apply)

Combine : {Heart disease, Type 2 diabetes, Type 1 diabetes, Cancer}	87%	85%	88%	80%	84%	85%	88%	90%	88%	85%
Heart disease	79%	79%	79%	71%	76%	79%	81%	82%	80%	78%
Type 2 diabetes	61%	57%	65%	59%	62%	60%	63%	60%	63%	58%
Type 1 diabetes	30%	29%	31%	32%	33%	32%	31%	26%	29%	31%
Cancer	28%	27%	29%	31%	29%	32%	30%	23%	29%	26%
Net Heart Disease/ type2 diabets/ Cancer	22%	20%	24%	24%	25%	25%	25%	18%	23%	22%
Arthritis	21%	19%	22%	16%	18%	17%	19%	26%	21%	21%
Liver disease	21%	20%	21%	25%	23%	20%	18%	19%	19%	22%
Excess chemicals in my stomach	15%	15%	15%	21%	17%	15%	16%	11%	12%	19%
Asthma	14%	12%	15%	19%	15%	12%	10%	14%	13%	14%
Chest infections	12%	13%	11%	11%	10%	9%	13%	15%	13%	11%
Net of Cancer/Diabets1-2/ Heart Disease	9%	9%	9%	15%	12%	9%	8%	6%	8%	10%
Higher levels of oestrogen	9%	7%	10%	10%	8%	10%	7%	8%	8%	9%
Food intolerances	8%	7%	10%	17%	11%	10%	7%	4%	7%	10%
Acne	5%	5%	6%	15%	9%	4%	3%	2%	4%	7%
Higher levels of oestrogen/ excess chemicals in my stomach	3%	3%	3%	5%	3%	3%	2%	3%	3%	3%
None of these	2%	3%	2%	4%	3%	2%	2%	2%	3%	2%
Don't know	9%	9%	9%	11%	11%	11%	9%	6%	8%	11%

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

More than 51 inches (130 cm)	1%	1%	1%	0%	1%	1%	1%	1%	1%	0%	1%
51 inches (130 cm)	1%	1%	1%	1%	1%	1%	-	1%	1%	0%	1%
49 inches (125 cm)	1%	1%	2%	3%	0%	1%	1%	1%	1%	0%	2%
47 inches (119 cm)	2%	2%	2%	6%	2%	2%	3%	1%	1%	1%	3%
45 inches (114 cm)	5%	5%	6%	9%	4%	4%	6%	6%	6%	6%	5%
43 inches (109 cm)	8%	6%	11%	7%	6%	9%	9%	10%	9%	9%	8%
41 inches (104 cm)	19%	18%	20%	18%	19%	16%	20%	20%	19%	19%	19%
39 inches (99 cm)	19%	21%	16%	12%	16%	19%	19%	21%	19%	19%	17%
37 inches (94 cm)	16%	20%	12%	16%	17%	18%	15%	15%	16%	16%	15%
35 inches (89 cm)	8%	10%	5%	7%	10%	6%	7%	7%	9%	9%	6%
Less than 35 inches (89 cm)	1%	2%	1%	-	1%	1%	1%	1%	1%	1%	1%
Don't know	19%	14%	25%	21%	22%	22%	19%	17%	19%	19%	21%

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

More than 46 inches (117cm)	0%	1%	0%	0%	1%	-	0%	0%	0%	1%
46 inches (117 cm)	1%	0%	1%	1%	0%	1%	-	1%	0%	1%
44 inches (112 cm)	1%	1%	1%	3%	1%	1%	1%	1%	1%	1%
42 inches (107 cm)	3%	3%	2%	5%	3%	4%	1%	1%	2%	3%
40 inches (102 cm)	9%	8%	10%	10%	6%	9%	9%	10%	8%	9%
38 inches (97cm)	14%	13%	14%	12%	13%	10%	16%	16%	14%	14%
36 inches (91 cm)	17%	20%	15%	26%	18%	17%	20%	13%	17%	18%
34 inches (86 cm)	15%	17%	14%	11%	19%	15%	16%	15%	17%	13%
32 inches (81 cm)	11%	11%	11%	5%	13%	11%	9%	12%	12%	10%
30 inches (76 cm)	8%	7%	10%	7%	5%	7%	8%	12%	9%	8%
Less than 30 inches (76 cm)	1%	1%	1%	1%	-	2%	1%	2%	1%	2%
Don't know	19%	18%	21%	18%	21%	24%	19%	17%	18%	21%