

LIVING WITH OBESITY

Ipsos MORI - Omnibus Poll

October 2021



45%

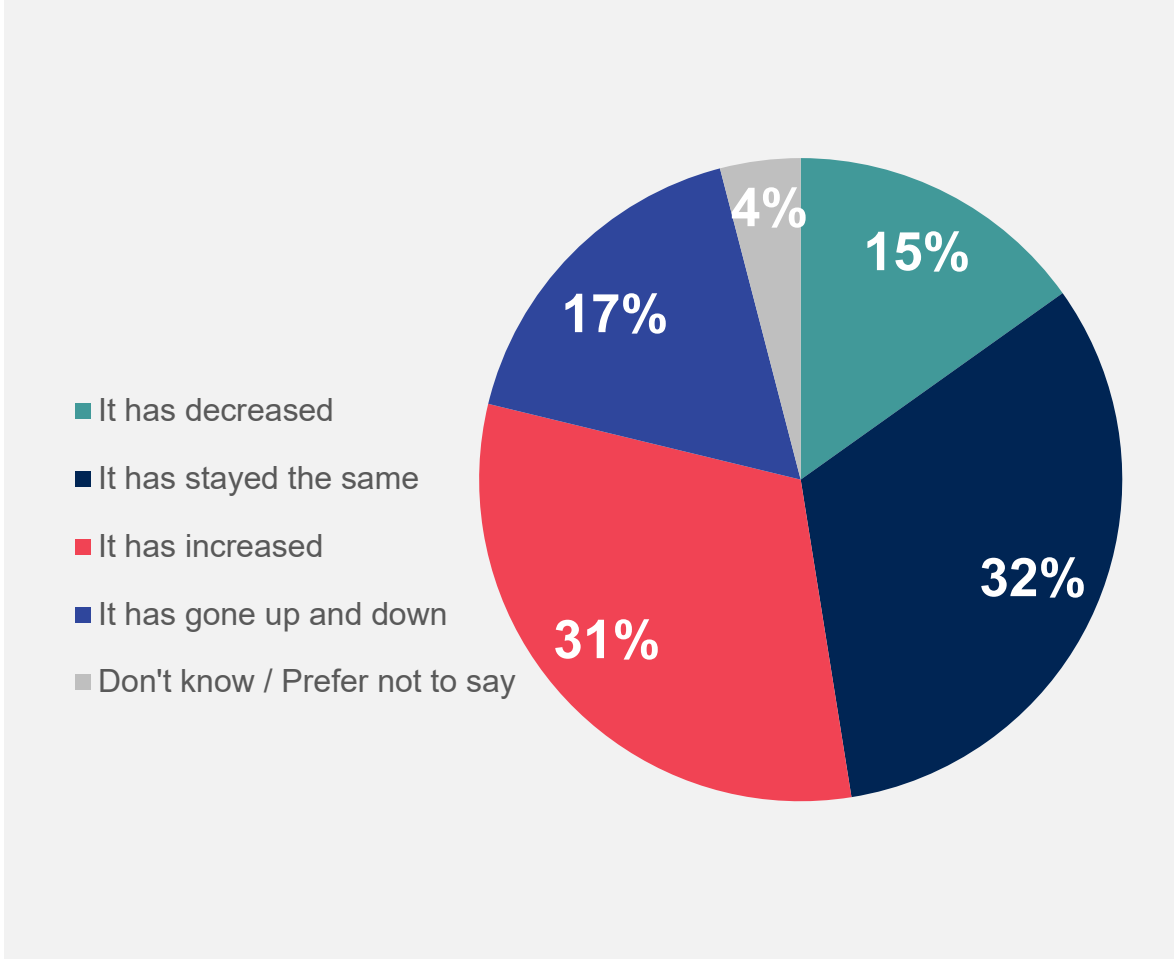
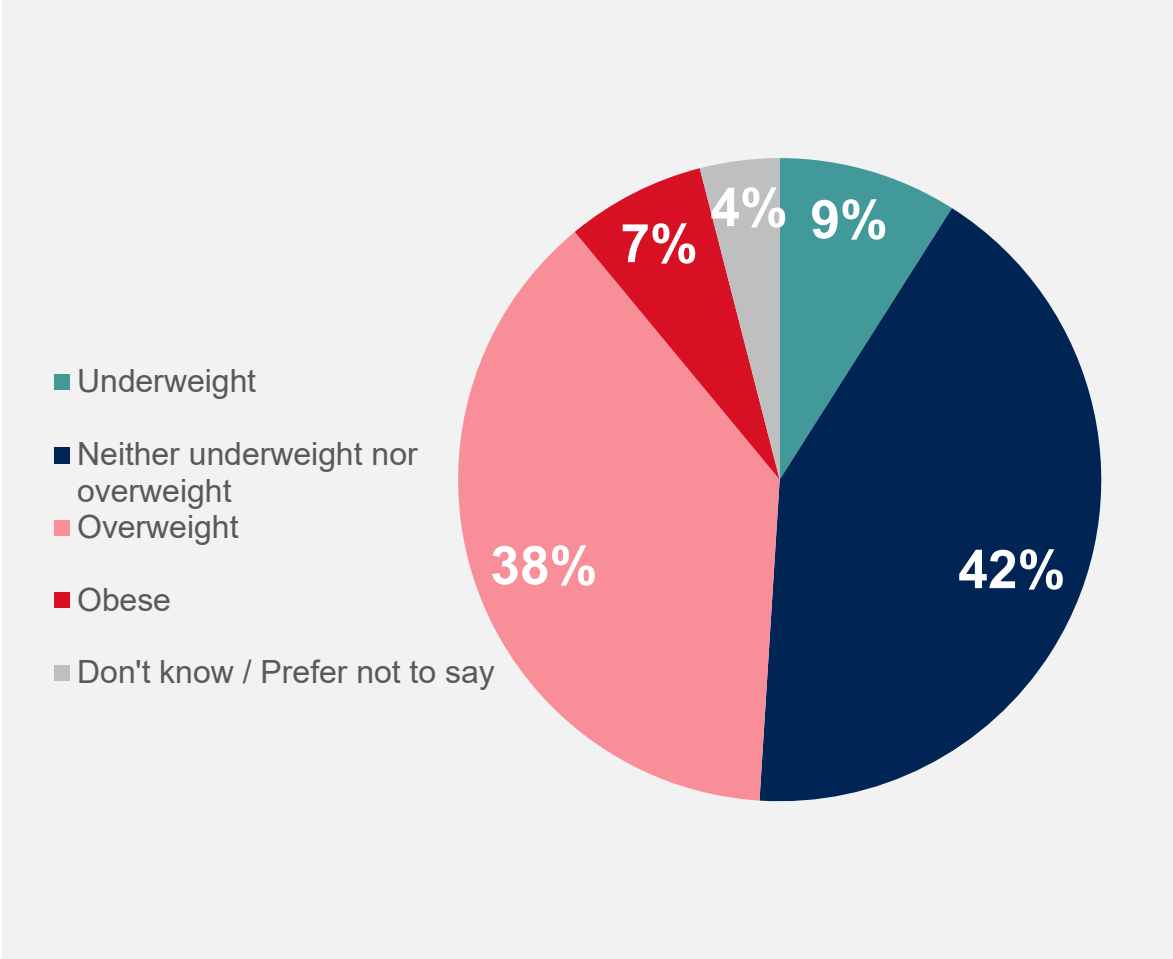
45% of people in the UK believe themselves to be overweight or obese. Nearly 1 in 2 (49%) women believe so, compared to just above 2 in 5 (42%) men.

Q1. How would you describe your current weight?

Base: All Adults aged 16+ in United Kingdom (2,352)



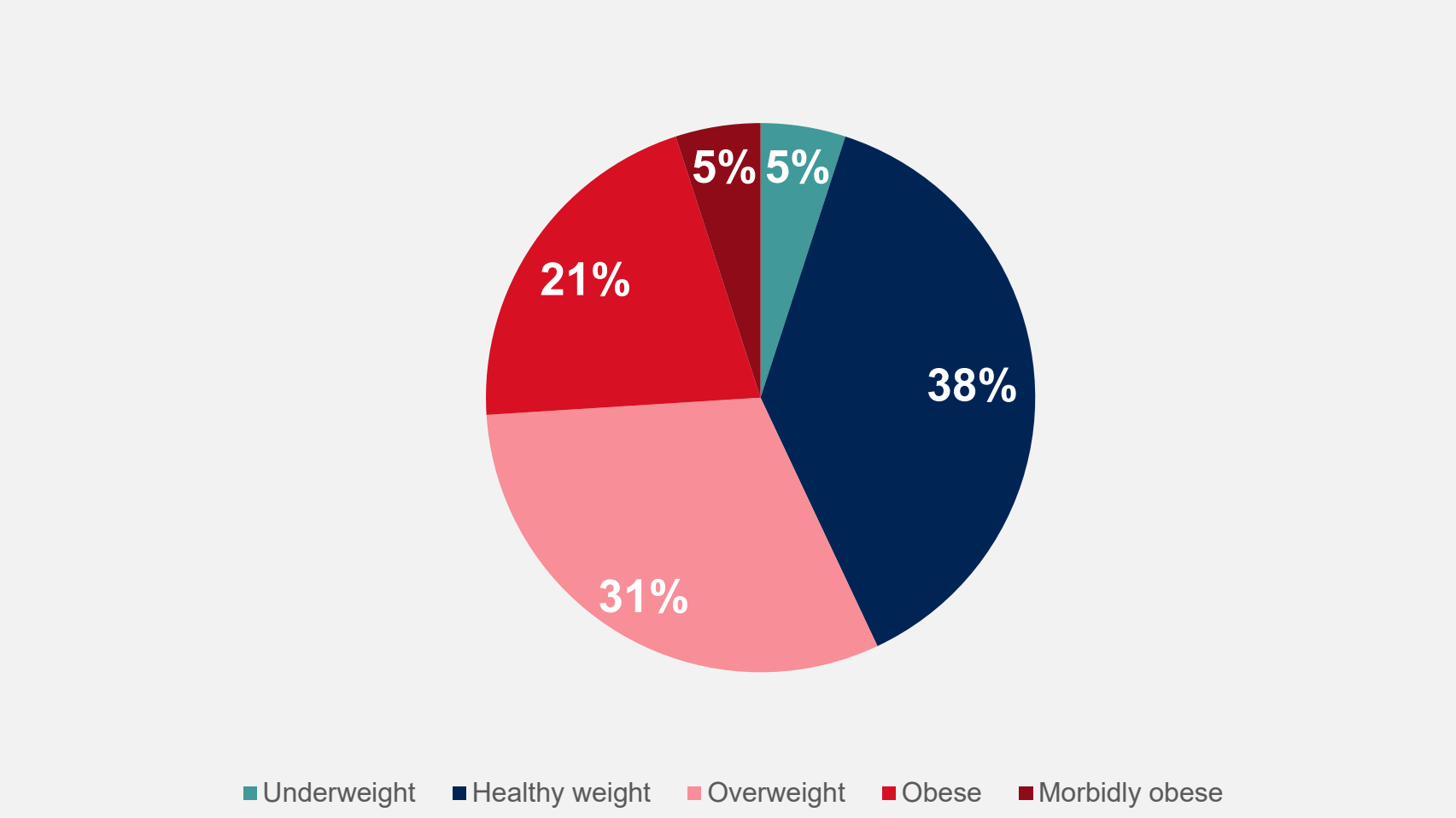
Nearly two thirds of people in the UK have said that their weight has changed over the last 5 years with almost a third saying that their weight has increased.



Q1. How would you describe your current weight? / Q2. How would you describe your weight over the last five years?

Base: All Adults aged 16+ in the United Kingdom: (2,352)

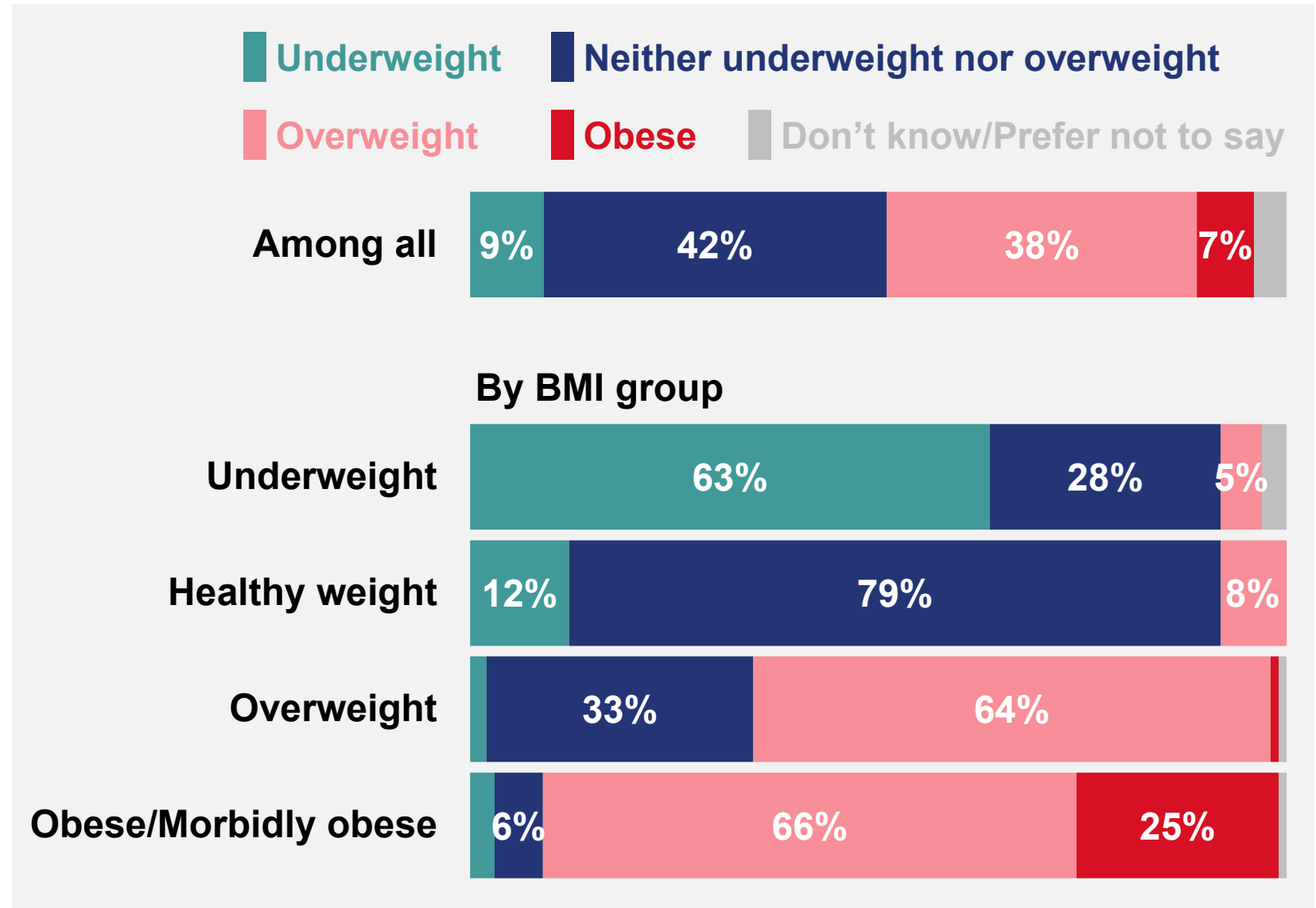
According to the Body Mass Index, about 6 in 10 people in the UK are considered to be overweight, obese or morbidly obese.



Q9. How tall are you without shoes? / Q11. What is your current weight?

Base: All Adults aged 16+ in the United Kingdom who gave an estimation of their height and weight: (1,826)

In general, self-assessed weight corresponds to BMI grouping. However, among people who are obese, 2 in 3 describe their current weight as ‘overweight’.



Q1. How would you describe your current weight?

Base: All Adults aged 16+ in United Kingdom (2,352); Underweight (105), Healthy weight (699), Overweight (559), Obese/Morbidly obese (463).

26%

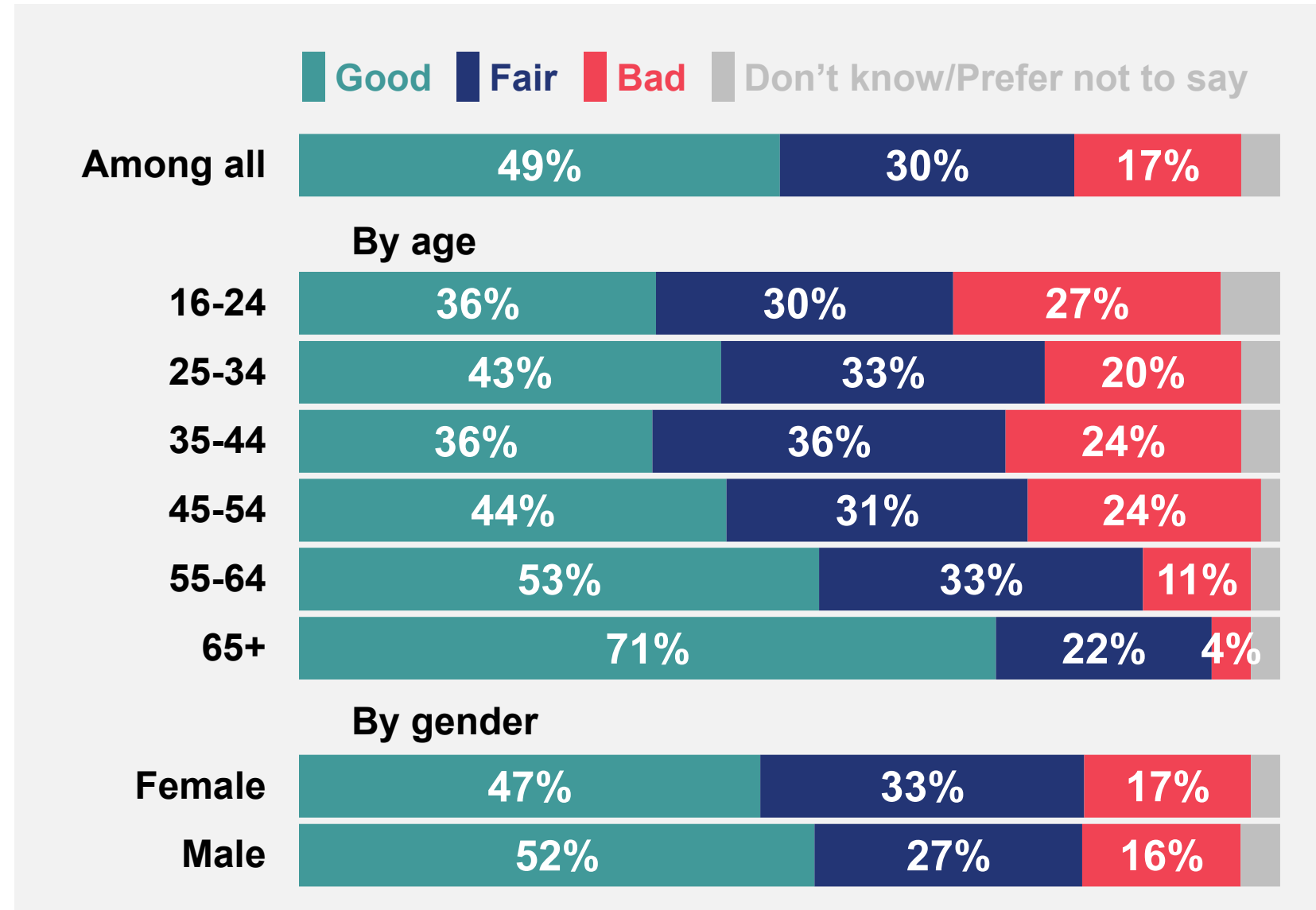
A quarter of Gen Z say that their mental health is bad.

Q3. How is your mental health in general?

Base: All Adults aged 16+ in United Kingdom (2,352); Gen Z are adults aged 16-25 (393)



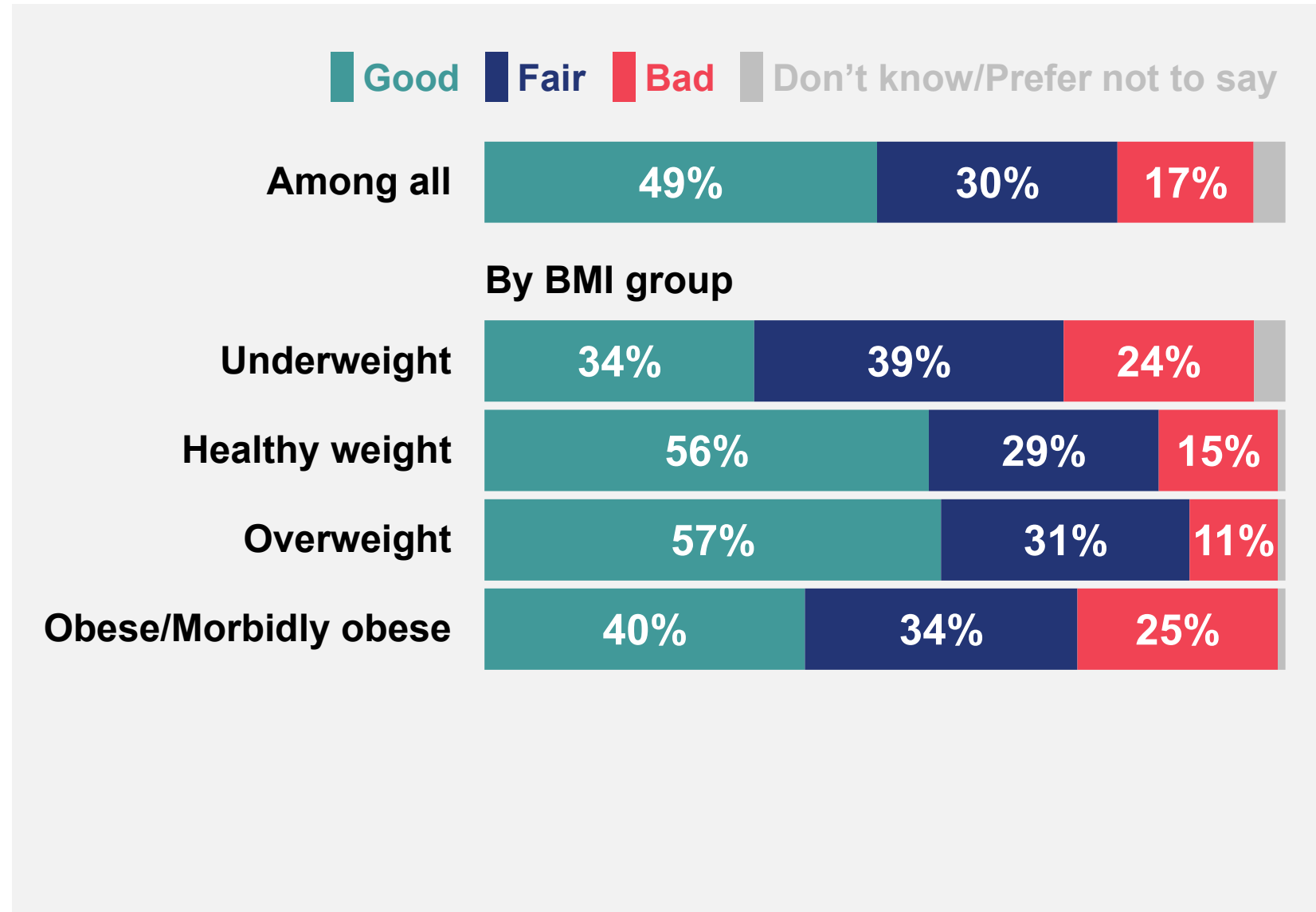
Men and people who are older are more likely to report that their mental health is good. Those aged 65+ are twice as likely to say their mental health is good, compared to 16-24 year olds.



Q3. How is your mental health in general?

Base: All Adults aged 16+ in United Kingdom (2,352). 16-24 (354), 25-34 (421), 35-44 (370), 45-54 (430), 55-64 (342), 65+ (435), Males (1099), Females (1193)

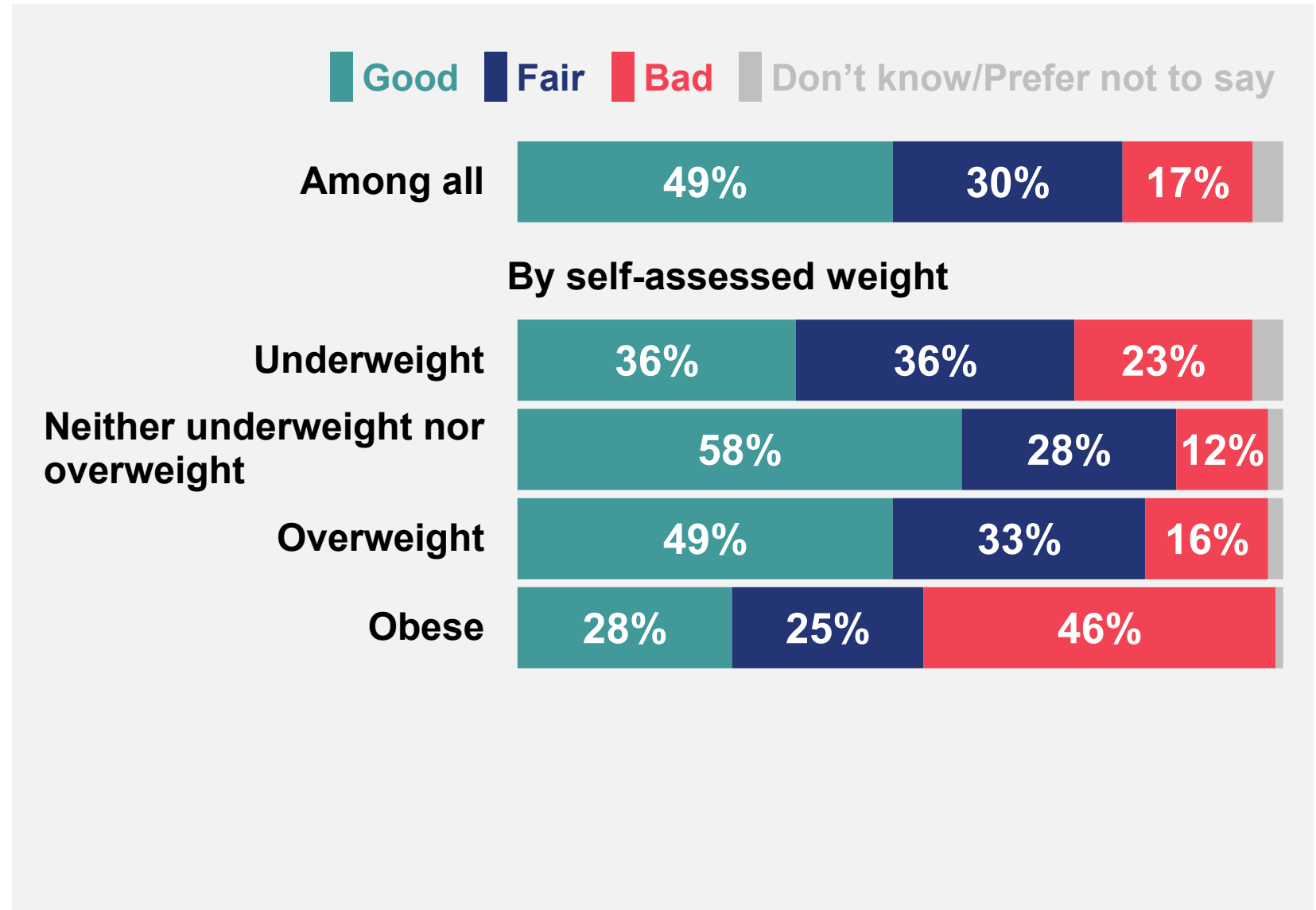
People who are underweight or obese are more likely to report that their mental health is bad.



Q3. How is your mental health in general?

Base: All Adults aged 16+ in United Kingdom (2,352); Underweight (105), Healthy weight (699), Overweight (559), Obese/Morbidly obese (463).

People who consider themselves to be obese are three times as likely to say their mental health is bad compared to those who describe themselves as overweight and twice as likely to say so compared to those who describe themselves as underweight.



Base: All Adults aged 16+ in United Kingdom (2,352); Underweight (209), Neither underweight nor overweight (1006), Overweight (882), Obese (172).

Q3. *How is your mental health in general?*

46%

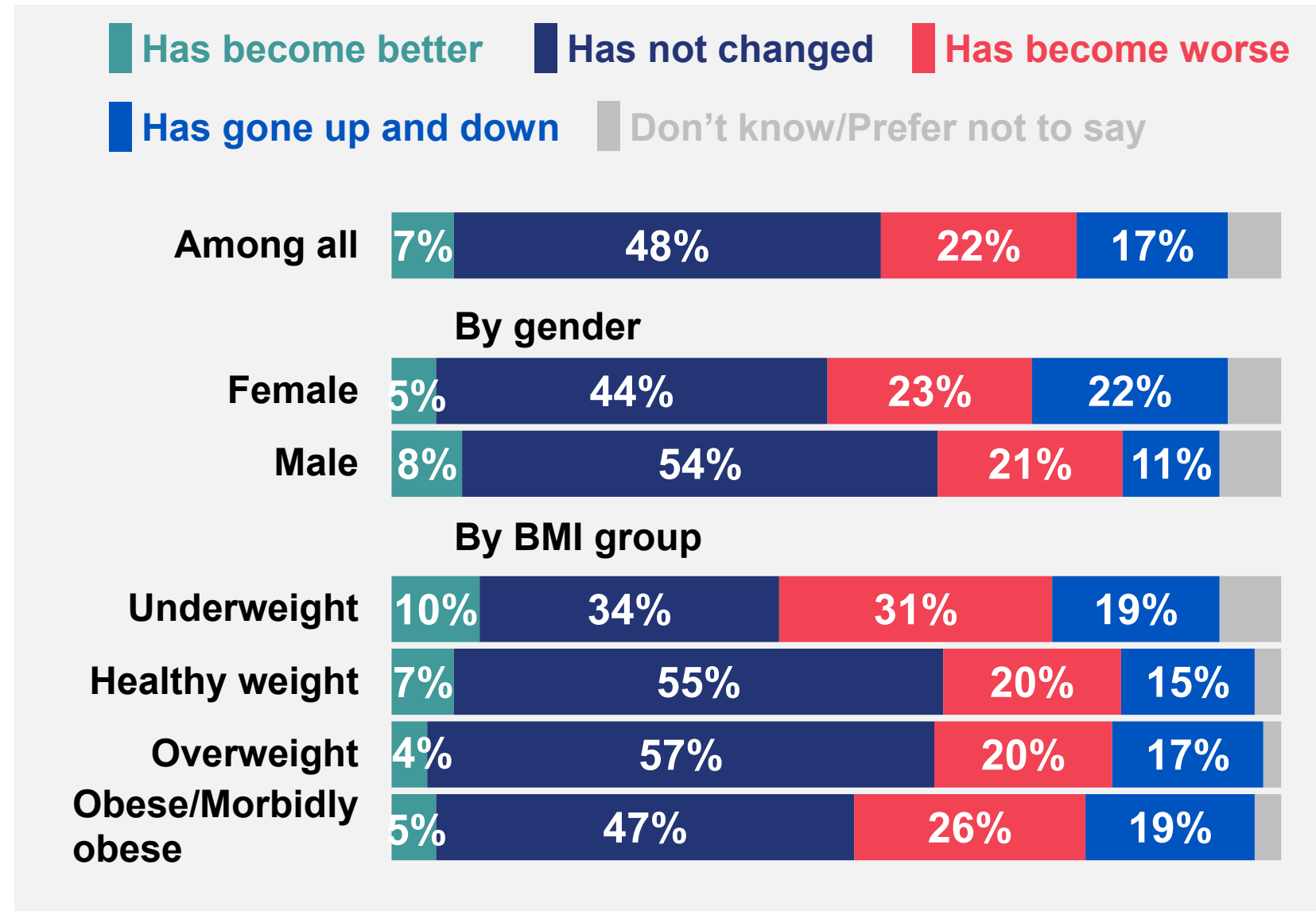
Almost half of people in the UK report that their mental health has been affected by the COVID-19 pandemic.

Q4. How, if at all, has your mental health been affected by the COVID-19 pandemic?

Base: All Adults aged 16+ in United Kingdom (2,352)

1 in 2 women have experienced changes to their mental health over the course of the COVID-19 pandemic, compared to 2 in 5 men.

People who are underweight or obese are more likely to report that their mental health has become worse.



Q4. How, if at all, has your mental health been affected by the COVID-19 pandemic?

Base: All Adults aged 16+ in United Kingdom (2,352); Underweight (105), Healthy weight (699), Overweight (559), Obese/Morbidly obese (463); Males (1099), Females (1193)

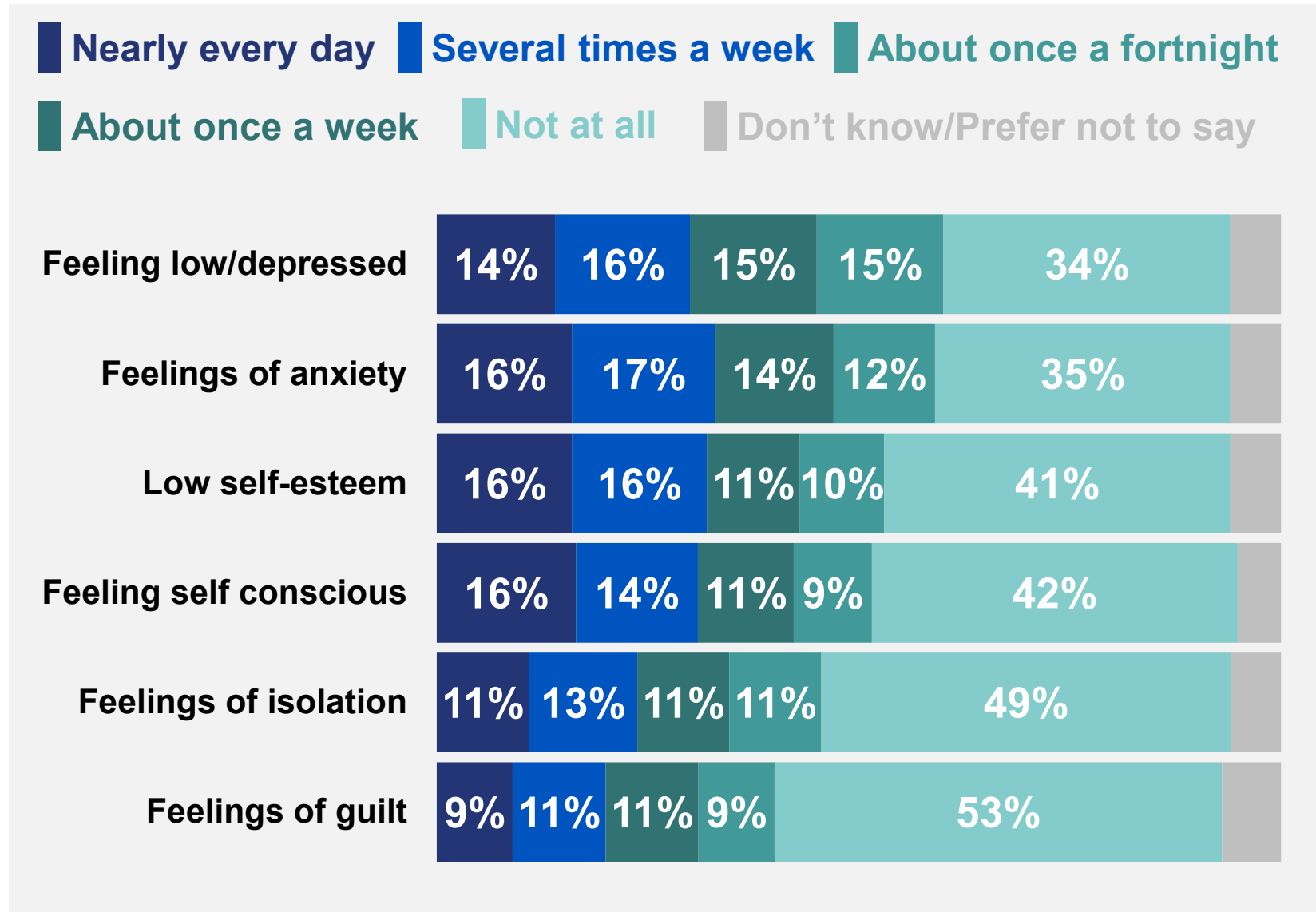
33%

**A third of people in the UK
have felt anxiety at least
several times a week over
the last two weeks.**

Q5. Over the last two weeks, how often, if at all, have you been bothered by any of the following feelings?

Base: All Adults aged 16+ in United Kingdom (2,352)

Feeling low or depressed was the most common emotion to have felt over the last two weeks with 6/10 adults in the UK reporting to have felt this emotion.



Base: All Adults aged 16+ in United Kingdom (2,352)

Q5. Over the last two weeks, how often, if at all, have you been bothered by any of the following feelings?

60%

6 in 10 people who are obese/morbidly obese have felt low self-esteem over the last two weeks, with over 2 in 5 who have been bothered by that feeling at least several times a week.

Q5. Over the last two weeks, how often, if at all, have you been bothered by any of the following feelings?

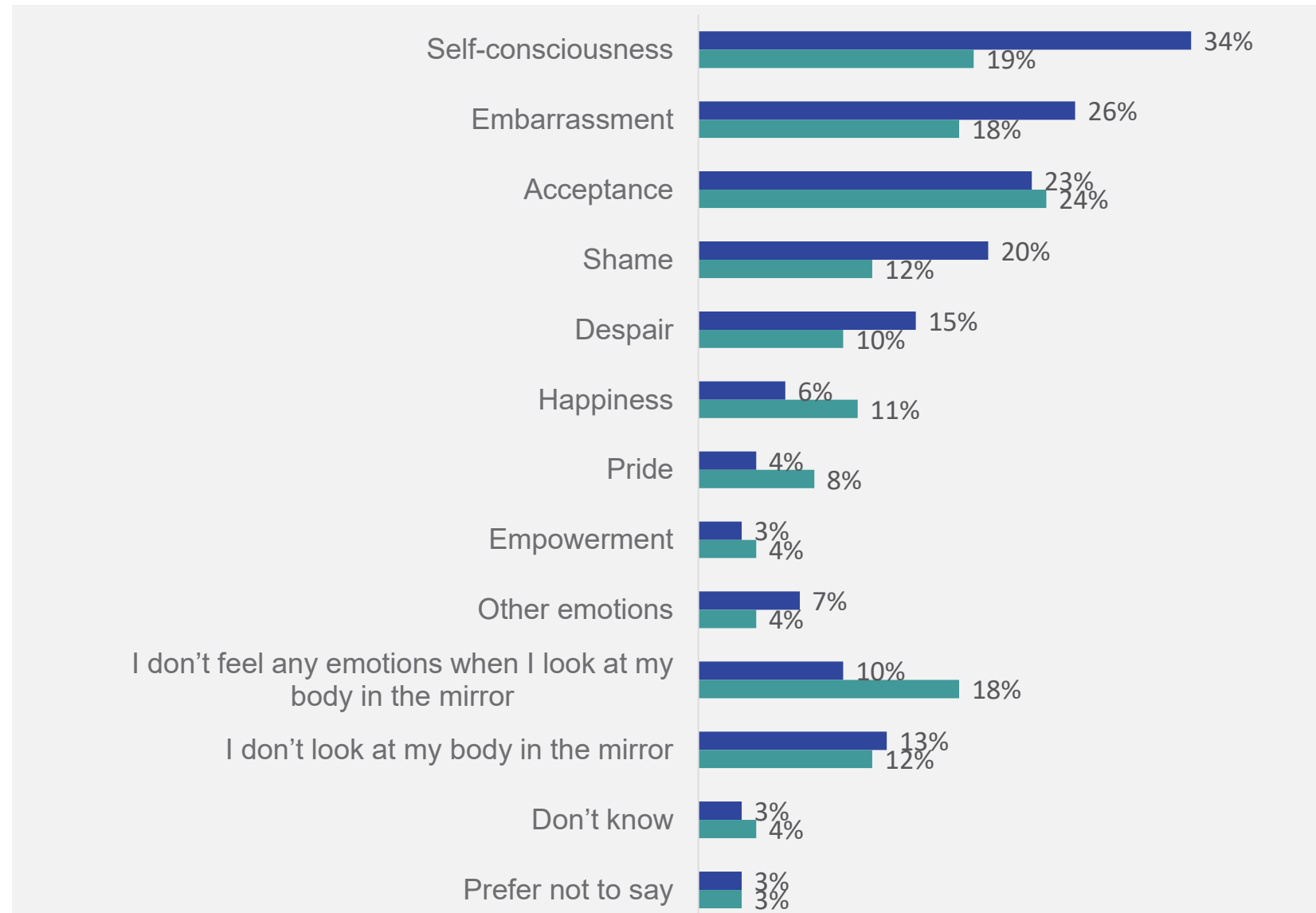
Base: All Adults aged 16+ in United Kingdom (2,352); Obese/Morbidly obese (463)

Women are more likely to feel negative emotions when looking at their bodies in a mirror than men. More than a third of women feel self-conscious when they look at their body in the mirror.

Women

Men

Q6. When you look at your body in a full-length mirror which of the following emotions, if any, do you usually feel?

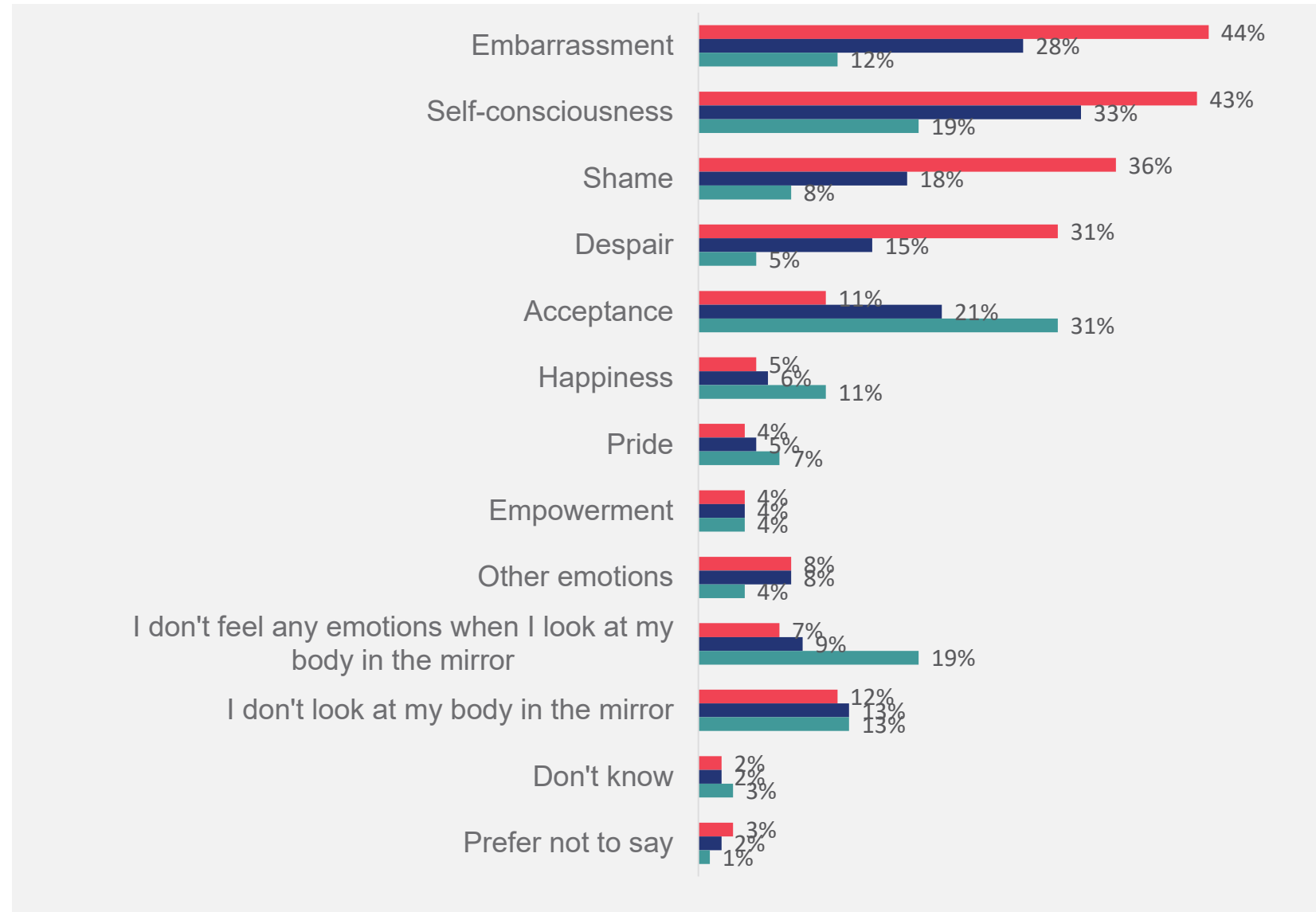


Base: All Adults aged 16+ in United Kingdom (2,352); Males (1099), Females (1193)

People who say they have bad mental health are more likely to view their bodies negatively. Over 2 in 5 people who have bad mental health feel embarrassed when they look at their bodies in the mirror.

- **Bad mental health**
- **Fair mental health**
- **Good mental health**

Q6. When you look at your body in a full-length mirror which of the following emotions, if any, do you usually feel?



Base: All Adults aged 16+ in United Kingdom (2,352); Good mental health (1137), Fair mental health (716); Bad mental health (416).

38%

Nearly 4 in 10 people who are obese/morbidly obese feel embarrassment when they look at their bodies in a mirror.

Q6. When you look at your body in a full-length mirror which of the following emotions, if any, do you usually feel?

Base: All Adults aged 16+ in United Kingdom (2,352); Obese/Morbidly obese (463)

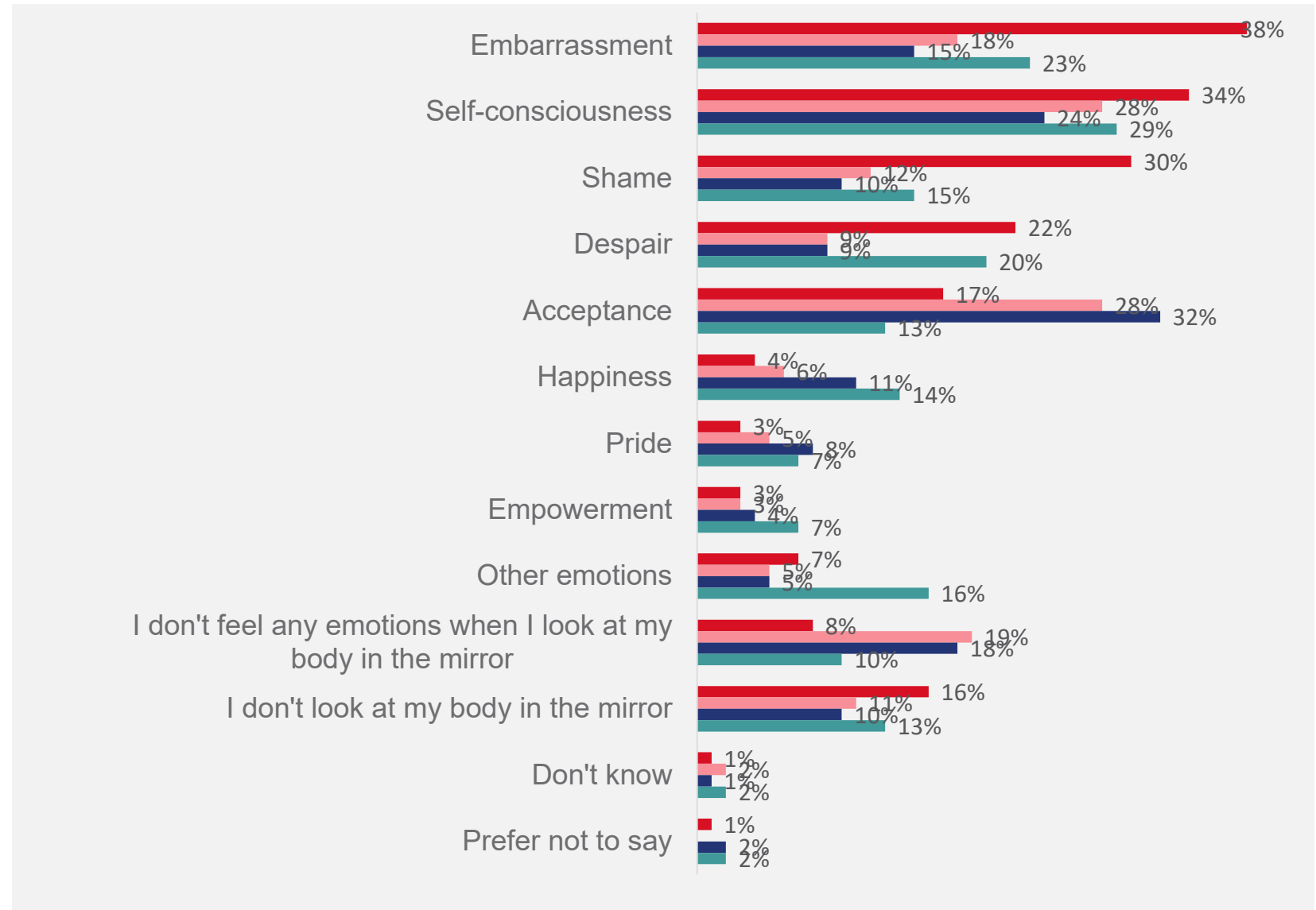


People who do not have a healthy weight are more likely to feel negative emotions when they look at their body in a mirror. About 1 in 3 people with a healthy weight feel acceptance.

By BMI group



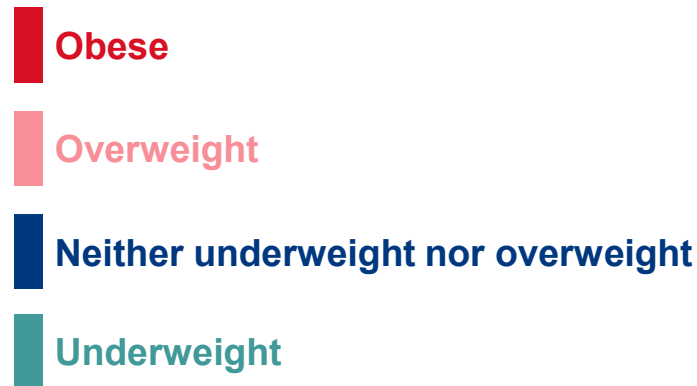
Q6. When you look at your body in a full-length mirror which of the following emotions, if any, do you usually feel? – By BMI group



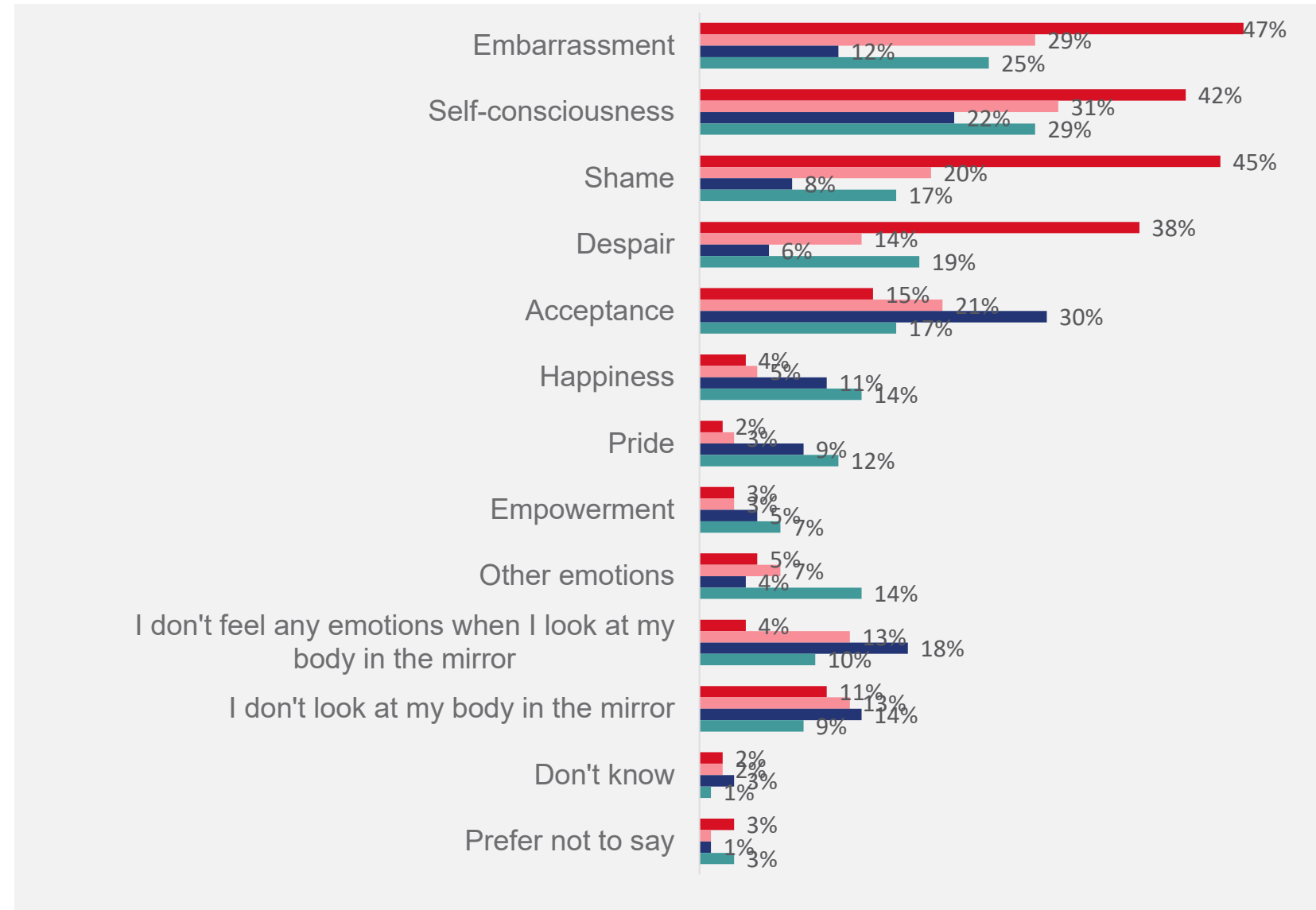
Base: All Adults aged 16+ in United Kingdom (2,352); Underweight (105), Healthy weight (699), Overweight (559), Obese/Morbidly obese (463)

Just less than 1 in 2 people who consider themselves to be obese feel embarrassment when they see their body in mirror.

By self-assessed weight



Q6. When you look at your body in a full-length mirror which of the following emotions, if any, do you usually feel? - By self-assessed weight



Base: All Adults aged 16+ in United Kingdom (2,352); Underweight (209), Neither underweight nor overweight (1006), Overweight (882), Obese (172).

67%

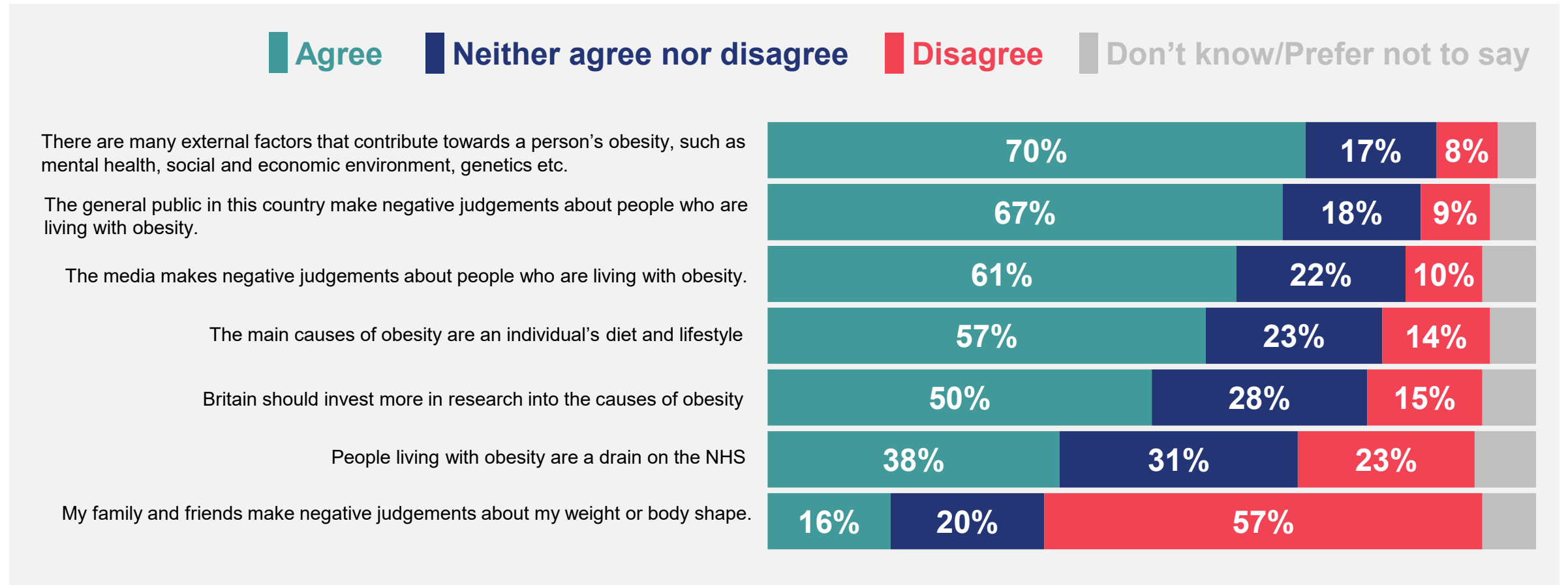
2 in 3 people in the UK believe that the general public make negative judgements about people living with obesity.

Q7/8. To what extent do you agree or disagree with these statements?

Base: All Adults aged 16+ in United Kingdom (2,352)



The majority of the people in the UK agree that both the general public and the media make negative judgements about people who are living with obesity.



Q7/8. To what extent do you agree or disagree with these statements?

Base: All Adults aged 16+ in United Kingdom (2,352)

Technical notes

- The research was carried out by Ipsos MORI.
- Ipsos MORI interviewed a representative quota sample of 2,352 adults aged 16+ in the United Kingdom using its online i:omnibus between 24th and 28th September 2021.
- The sample obtained is representative of the population with quotas on:
 - Age
 - Gender
 - Region
 - Working Status
- The data has been weighted to the known offline population proportions for age, working status and social grade within gender, and for government office region and education, to reflect the adult population of the United Kingdom.

For more information please contact the team at <https://www.ipsosomnibussurveys.com/>

Ipsos MORI

Omnibus Poll

For more information

Federica Curcurú
Associate Director
Federica.curcuru@ipsos.com

Flora Meisl
Graduate Research Executive
Flora.Meisl@ipsos.com

<https://www.ipsosomnibussurveys.com>