

## YouGov / Good Morning Britain Survey Results

Sample Size: 3379 GB Adults

Fieldwork: 21st - 23rd December 2015

	Vote in 2015					Gender		Age				Social Grade		Region				
	Total	Con	Lab	Lib Dem	UKIP	Male	Female	18-24	25-39	40-59	60+	ABC1	C2DE	London	Rest of South	Midlands / Wales	North	Scotland
<b>Weighted Sample</b>	<b>3379</b>	1149	946	237	405	1639	1740	402	855	1156	966	1926	1453	433	1098	723	831	294
<b>Unweighted Sample</b>	<b>3379</b>	1055	938	284	436	1646	1733	243	638	1373	1125	2148	1231	412	1147	698	832	290
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

### Which of the following comes closest to your view?

It is more important for my child to be happy, even if it means them being overweight	<b>15</b>	13	16	12	15	16	14	20	17	16	9	15	15	16	14	15	14	17
It is more important for my child to be of a healthy weight, even if that means them being less happy	<b>41</b>	46	37	43	44	44	38	45	41	35	45	43	38	42	43	38	42	35
Neither	<b>35</b>	35	37	35	33	31	40	21	30	40	41	34	37	34	35	37	35	36
Don't Know	<b>9</b>	6	10	10	9	9	9	14	11	8	5	8	10	9	8	9	9	12

### Do you know how much you weigh?

Yes, I know exactly how much I weigh	<b>50</b>	58	45	48	55	50	51	35	43	49	65	51	50	46	54	49	50	47
I know roughly how much I weigh but not my exact weight	<b>43</b>	36	48	46	40	43	42	51	48	44	32	43	42	44	40	44	43	46
No, I don't know how much I weigh	<b>7</b>	6	7	6	5	7	7	14	9	7	3	6	8	10	7	7	6	7

### Thinking about your own weight, generally speaking would you say you are overweight, underweight or are you at about the right weight?

Very underweight	<b>1</b>	0	1	1	0	1	1	1	1	0	1	1	1	1	1	1	1	0
Slightly underweight	<b>7</b>	6	6	8	6	7	6	14	9	5	5	7	7	7	7	7	6	5
<b>TOTAL UNDERWEIGHT</b>	<b>8</b>	<b>6</b>	<b>7</b>	<b>9</b>	<b>6</b>	<b>8</b>	<b>7</b>	<b>15</b>	<b>10</b>	<b>5</b>	<b>6</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>7</b>	<b>5</b>
About the right weight	<b>32</b>	29	31	35	34	31	33	45	39	27	27	33	31	34	32	31	33	30
Slightly overweight	<b>46</b>	51	45	43	44	48	43	29	38	51	52	45	46	43	46	46	45	50
Very overweight	<b>13</b>	13	15	13	15	11	16	5	12	16	15	13	13	14	13	14	13	14
<b>TOTAL OVERWEIGHT</b>	<b>59</b>	<b>64</b>	<b>60</b>	<b>56</b>	<b>59</b>	<b>59</b>	<b>59</b>	<b>34</b>	<b>50</b>	<b>67</b>	<b>67</b>	<b>58</b>	<b>59</b>	<b>57</b>	<b>59</b>	<b>60</b>	<b>58</b>	<b>64</b>
Don't Know	<b>2</b>	1	2	1	1	2	1	6	2	1	0	1	2	2	1	1	2	1

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

**Do you suffer from any of the following? (Please tick all that apply)**

*[Only asked to those who said they were overweight; n=2076]*

Back pain	24	21	23	25	26	21	26	14	17	26	28	21	28	21	23	26	23	25
Joint pain	23	24	24	17	26	21	26	13	9	24	34	19	29	23	23	26	26	15
High blood pressure	19	19	20	19	22	21	17	0	3	18	34	17	21	18	19	20	19	15
Asthma/shortness of breath	11	9	11	12	11	9	12	8	10	10	12	9	13	8	12	10	10	8
Diabetes type 2	9	9	9	9	8	11	6	0	1	8	16	7	10	10	7	11	9	7
Osteoarthritis	9	9	11	11	11	6	12	0	1	8	18	8	11	8	9	10	11	5
Heart disease	4	3	4	1	4	5	2	0	0	2	8	3	5	2	3	4	5	4
Cardiovascular disease	2	1	2	1	3	2	1	0	1	1	4	1	2	1	2	1	2	3
Cancer	2	2	2	3	2	2	2	0	0	1	4	2	2	1	2	2	2	1
Chronic obstructive pulmonary disease	2	2	2	3	4	2	3	0	1	1	5	1	4	3	2	2	2	2
Diabetes type 1	1	1	1	1	0	1	1	4	1	1	0	1	1	0	1	1	1	0
Arthritis emphysema	1	1	1	0	2	1	1	0	0	1	1	0	1	0	1	0	1	2
Bronchitis	1	2	1	0	1	1	2	0	0	1	3	1	2	1	1	3	1	1
Suffered a stroke	1	1	1	2	2	1	1	0	0	1	2	1	1	1	1	1	1	2
Infertility	1	1	1	1	1	0	2	0	2	1	1	1	1	1	1	1	2	0
Not Applicable – I don't suffer from any of these	43	46	43	41	38	44	43	65	66	43	25	47	39	47	42	41	43	51
Prefer not to say	2	2	2	3	3	2	2	2	3	2	2	2	2	2	3	1	2	2

**How many times, if at all, have you ever been on diet?**

I have never been on a diet	39	35	39	42	39	52	26	48	40	37	36	36	42	34	39	38	41	41
I have dieted once or twice	22	22	21	19	26	21	22	21	24	21	22	24	19	22	23	23	20	19
I have dieted three to five times	10	11	11	9	8	8	12	8	9	10	11	11	9	13	10	10	9	8
I have dieted six to ten times	7	8	7	6	8	5	10	3	7	8	9	7	7	7	7	6	8	9
I have dieted more than ten times but less than twenty times	6	6	5	6	6	3	8	2	5	7	6	5	6	6	6	6	5	6
I have dieted twenty times or more	9	11	9	11	8	4	14	6	7	10	11	9	9	9	9	10	8	11
Don't Know	7	7	8	8	5	7	7	11	9	6	5	7	7	8	6	7	9	7

**Thinking about the last time you were on a diet, which of the following happened?**

*[Only asked to those who had been on a diet; n=1870]*

I lost weight and kept the weight off after the diet	33	32	34	28	33	36	32	38	31	33	34	34	33	29	35	34	33	33
I lost weight but put it back on soon after	44	43	45	55	42	42	45	39	42	46	45	43	45	49	41	44	45	43
My weight stayed about the same	17	19	15	12	18	17	17	18	23	13	16	17	16	15	17	18	15	19
I put weight on	2	2	2	1	4	2	3	3	2	3	2	2	3	2	2	2	3	3
Can't remember	4	4	4	5	4	4	4	4	2	6	3	4	4	5	4	2	5	3

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

In an earlier question you said that you were either slightly or very overweight. Generally speaking, does being overweight make you happy, unhappy, or does it make no difference either way?

[Only asked to those who said they were overweight; n=2076]

Happy	2	3	1	2	2	3	1	4	2	2	2	2	2	2	2	2	2	3
Unhappy	49	47	49	48	53	41	57	58	63	47	41	49	49	54	48	50	48	50
Makes no difference	47	48	46	49	43	53	40	23	34	49	56	46	47	39	49	45	49	46
Don't know	2	2	4	2	1	3	2	14	2	2	1	3	2	6	2	3	1	1

Thinking about your partner's weight, which of the following comes closest to your view? (If you don't have a partner, select Not Applicable).

Not applicable - I do not have a partner	28	23	30	34	27	29	27	51	28	25	24	26	32	29	27	28	30	28
My partner is overweight and I worry about their weight.	15	18	14	15	16	13	17	5	13	18	17	16	14	13	16	15	15	11
My partner is overweight but I don't worry about it.	16	17	17	15	19	19	14	7	14	19	19	17	16	12	17	17	16	19
My partner is not overweight.	37	40	35	35	35	34	40	31	41	35	38	38	36	41	37	35	36	39
Don't Know	3	3	4	2	3	4	2	6	4	3	2	3	3	6	3	4	3	3

Generally speaking, how many glasses of water, if any, do you drink on an average day? (When we say a glass of water we mean a standard 250ml glass)

None	14	13	13	12	18	14	14	6	11	16	17	12	17	10	13	14	15	16
One glass	20	23	17	20	21	19	21	14	14	21	26	21	20	15	21	21	21	20
Two to four glasses	40	40	40	43	44	40	41	40	42	39	41	41	39	46	39	38	40	41
Five to seven glasses	15	13	17	17	10	15	15	20	17	13	11	16	13	18	14	16	13	15
Eight glasses or more	8	7	9	6	6	8	7	12	12	7	3	8	8	7	9	7	7	6
Don't know	4	3	4	2	2	5	3	7	4	4	2	3	5	5	3	4	4	3

In an average week how many times, if at all, do you exercise for 30 minutes or more?

None	28	28	27	24	31	28	29	22	24	31	32	26	31	30	29	28	27	28
Once a week	14	12	15	15	12	12	15	20	15	12	11	14	12	13	14	12	14	14
Twice a week	15	17	16	17	12	13	16	13	17	15	15	17	12	16	15	15	15	15
Three times a week	14	14	15	12	13	15	13	17	16	14	12	15	12	12	14	14	15	13
Four times a week	9	9	8	10	8	9	8	12	9	8	9	9	8	8	8	10	10	9
Five or six times a week	8	8	8	12	10	8	9	7	8	9	9	8	9	7	9	8	8	9
At least every day	8	8	6	7	11	9	7	3	7	8	11	7	9	7	8	8	8	9
Don't know	4	4	5	3	3	5	4	8	4	5	3	3	6	7	4	5	4	3

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

In an average week how many times, if at all, do you have a takeaway?

None	59	66	56	64	60	52	66	40	44	59	81	59	60	54	63	60	59	54
Once a week	30	27	33	29	30	34	27	36	40	33	16	31	30	30	29	29	32	33
Twice a week	4	4	4	3	4	6	3	9	6	4	1	5	3	6	4	5	3	6
Three times a week	2	1	2	1	3	2	1	3	3	1	0	2	1	3	1	2	1	1
Four times a week	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
Five or six times a week	0	0	1	0	0	0	0	0	1	0	0	0	0	0	0	0	0	1
At least every day	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Don't know	4	2	4	3	3	5	3	11	5	2	2	4	4	6	3	4	4	4

In an average week how many times, if at all, do you eat convenience food? (By convenience we mean foods that require little preparation such as microwavable food or ready-to-eat meals)

None	40	44	38	44	36	36	45	31	35	39	50	41	39	41	43	40	37	40
Once a week	29	29	30	24	31	28	29	29	29	30	26	29	29	29	30	28	29	25
Twice a week	14	13	14	14	15	14	13	9	15	15	13	14	13	13	11	15	14	16
Three times a week	7	6	7	7	8	8	6	10	8	6	5	7	7	6	7	8	7	5
Four times a week	3	2	3	4	3	4	2	4	4	3	2	2	4	2	3	2	4	4
Five or six times a week	2	2	2	3	4	3	1	4	2	3	2	3	2	3	2	2	2	3
At least every day	1	1	2	1	1	2	1	3	1	1	1	1	2	1	1	1	2	2
Don't know	4	3	4	2	2	5	3	11	7	2	1	4	5	7	3	4	4	5

Which of the following statements BEST applies to you?

I have never smoked	54	56	58	59	45	52	57	76	60	55	39	60	47	57	53	52	56	57
I used to smoke but I have given up now	31	34	28	28	34	32	29	9	24	29	48	29	33	29	32	34	28	26
I smoke but I don't smoke every day	4	3	4	2	5	4	4	9	5	3	2	4	5	5	4	3	5	4
I smoke every day	11	8	9	10	15	12	10	6	11	12	11	7	15	9	12	11	10	12

And thinking about the last five years, have you tried to give up smoking?

[Only asked to those who smoke; n=485]

Yes, I have tried to give up smoking in the past five years	52	45	46	72	67	54	50	41	59	55	47	46	57	67	48	45	55	55
No, I have not tried to give up smoking in the past five years	48	55	54	28	33	46	50	59	41	45	53	54	43	33	52	55	45	45

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

**How often, if at all, do you feel stressed?**

I constantly feel stressed	<b>13</b>	9	15	9	14	10	15	14	14	14	9	11	15	13	13	12	12	14
At least once a day	<b>15</b>	14	15	14	15	13	16	26	20	13	8	16	14	15	16	15	13	15
A few times a week	<b>24</b>	24	24	25	24	22	25	23	29	25	18	24	24	25	22	22	28	21
Once a week	<b>8</b>	8	7	12	10	8	8	8	9	8	7	8	8	6	8	8	9	7
Once or twice a month	<b>12</b>	12	13	12	10	11	13	8	11	14	13	13	11	14	12	13	10	12
A few times a year	<b>14</b>	17	13	18	11	16	13	10	11	13	21	15	13	12	15	17	12	18
Once a year or less	<b>4</b>	5	2	4	4	4	3	2	2	3	7	4	3	2	3	3	5	3
Never	<b>7</b>	8	7	4	7	11	3	2	3	7	12	7	7	7	8	6	6	7
Don't Know	<b>4</b>	3	5	2	4	5	3	7	4	3	4	3	5	6	3	4	4	2

**And which, if any, of the following cause you stress? Please**

**tick all that apply.**

*[Only asked to those who had felt stressed; n=3016]*

Family / Relationship	<b>50</b>	51	48	48	52	45	54	54	46	46	56	47	53	50	51	51	48	44
Work	<b>49</b>	46	51	55	41	54	44	66	66	56	15	56	40	53	48	46	48	55
Money	<b>41</b>	34	46	35	43	38	44	50	48	43	28	40	43	42	42	41	40	43
Health	<b>28</b>	22	31	28	33	26	29	28	27	26	30	25	32	29	29	28	26	26
None of these	<b>8</b>	9	7	10	8	8	8	6	4	6	14	8	7	7	8	7	9	5
Don't Know	<b>3</b>	3	4	4	2	3	3	3	4	2	4	3	3	5	2	2	4	3

**Which, if any, of the following are generally effected when you are stressed? Please tick all that apply.**

*[Only asked to those who had felt stressed; n=3016]*

Sleeping Patterns	<b>67</b>	64	68	72	70	64	70	59	67	70	68	67	67	65	68	67	65	74
Food consumption	<b>34</b>	31	37	38	25	28	39	42	42	33	23	35	32	39	36	31	31	34
Relationships	<b>26</b>	23	27	26	27	27	25	35	30	24	19	27	24	31	27	26	22	24
Alcohol consumption	<b>16</b>	15	17	13	16	18	14	16	19	17	12	18	13	16	16	14	19	14
Spending Patterns	<b>14</b>	12	13	16	11	12	14	27	18	12	6	15	12	16	13	16	12	10
None of the these	<b>13</b>	15	13	9	15	16	10	13	11	11	17	12	14	14	13	12	14	11
Don't Know	<b>3</b>	4	3	2	2	3	3	7	3	3	3	3	4	4	3	4	4	2

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

**Roughly speaking how many sick days, if any, have you taken off work in the past 12 months?**

[Only asked to those in work; n=1866]

None	<b>51</b>	54	48	58	58	55	47	30	46	56	65	50	53	44	47	57	58	50
1 - 2 days	<b>20</b>	18	23	18	17	19	22	30	24	18	12	22	17	22	22	20	15	25
3 - 4 days	<b>10</b>	11	11	8	7	8	12	14	12	9	7	10	10	13	11	7	8	13
5 - 7 days	<b>6</b>	6	6	4	5	5	7	5	7	6	5	6	6	8	6	5	7	4
8 - 14 days	<b>3</b>	3	3	5	4	3	3	6	3	3	3	3	4	3	4	4	3	0
More than 15 days	<b>6</b>	5	6	5	7	6	6	5	4	7	7	6	6	5	7	5	5	6
Can't remember	<b>3</b>	2	3	2	3	4	2	11	4	1	2	2	5	5	3	3	3	1

**To the nearest hour, how much sleep do you tend to get on an average night?**

5 hours or less	<b>16</b>	14	17	11	20	13	18	7	11	20	19	13	19	15	16	18	14	18
6 hours	<b>27</b>	25	28	23	31	28	25	15	26	29	28	28	25	27	26	25	27	33
7 hours	<b>32</b>	35	31	39	25	34	30	28	37	30	30	34	29	35	33	30	30	29
8 hours	<b>18</b>	20	16	20	17	17	20	28	19	15	18	19	17	14	19	20	21	14
9 hours or more	<b>5</b>	4	3	5	6	4	5	13	4	3	3	4	5	5	5	5	4	4
Not sure	<b>3</b>	2	4	1	2	3	3	10	4	2	1	2	5	4	2	3	4	3

**Which of the following best applies to you?**

I have at some point had depression and sought help for it	<b>32</b>	27	35	36	33	25	38	24	32	36	31	29	36	27	34	33	28	35
I have at some point had depression but I didn't seek help for it	<b>17</b>	17	14	18	21	18	17	19	19	17	16	17	17	18	17	16	20	15
I have never had depression	<b>42</b>	48	41	39	42	47	37	43	39	39	47	44	38	44	41	42	43	40
Don't Know	<b>6</b>	6	7	5	3	7	6	6	8	6	4	7	5	7	6	6	6	5
Prefer not to say	<b>3</b>	2	4	2	2	3	2	7	2	3	2	3	3	4	2	2	3	5

## YouGov Weighting Data

In addition to weighting by age, gender, social class and region (weighted and unweighted figures shown in the tables), YouGov also weighted its raw data by newspaper readership and Vote May 2015.

		Unweighted no.	Weighted no.
<b>Age and Gender</b>			
	Male 18 to 24	85	203
	Male 25 to 39	265	426
	Male 40 to 59	702	571
	Male 60 +	594	439
	Female 18 to 24	158	199
	Female 25 to 39	373	429
	Female 40 to 59	671	585
	Female 60 +	531	527
<b>Region</b>			
	North England	832	831
	Midlands	528	554
	East	329	324
	London	412	433
	South England	818	774
	Wales	170	169
	Scotland	290	294
<b>Social Grade</b>			
	AB	1282	946
	C1	866	980
	C2	522	710
	DE	709	743
<b>Newspaper Type</b>			
	Express / Mail	528	480
	Sun / Star	543	679
	Mirror / Record	266	297
	Guardian / Independent	295	149
	FT / Times / Telegraph	217	270
	Other Paper	374	389
	No Paper	1156	1115
<b>Vote Share May 2015</b>			
	Conservative	1055	1149
	Labour	938	946
	Liberal Democrat	284	237
	UKIP	436	405
	Green	126	118
	Other	197	186
	Didn't vote / Don't know	343	338

YouGov is a member of the British Polling Council and abides by its rules.

For more information on the methodology, please go to [yougov.co.uk/publicopinion/methodology](http://yougov.co.uk/publicopinion/methodology)

Or visit our website: [yougov.co.uk](http://yougov.co.uk)