

## Survey: 42% say they are obese

A NEW survey, commissioned by leading protection specialist Royal London, has revealed that 42% of Irish people classify themselves as 'overweight' while a further 5% consider themselves to be 'obese'.

The results are from a Royal London study, conducted by iReach, which asked 1,000 respondents around the country how they would describe their weight and health.

Speaking about the findings, Colette Houton, Underwriting and Claims Lead at Royal London, said: "It may be hard to believe that nearly half of those surveyed described themselves as either 'overweight' or 'obese' given the upward trend in healthy lifestyles in Ireland. However, when compared with recent official data from the 2017 Healthy Ireland Survey, which stated that 62% of the Irish population are now either overweight or obese, it would indicate a level of understatement by our survey respondents.

Whether or not a person is aware of their weight classification, there's no denying that being overweight or obese has an impact on their wellness and could be putting their overall health at risk. People classed as obese are at a significantly higher risk of suffering from many chronic diseases like heart disease, certain cancers, Type 2 diabetes, mental ill-health and respiratory problems. Looking at the current obesity statistics, it's likely that Ireland will face a dramatic increase in chronic diseases like these in the future."

