



Survey . . . on weight

## Obesity is now a weighty issue here

By **LEAH McDONALD**

ALMOST half of Irish people describe themselves as overweight and more believe they are obese, research claims.

A Royal London survey found that 42 per cent of Irish people classify themselves as overweight while five per cent consider themselves obese.

But the number jumps higher when it comes to the over 50s, with 59 per cent describing themselves as overweight.

It also found men had a more positive view of their weight than women with nearly half of females describing themselves as overweight compared with 39 per cent of males.

Royal London's Colette Houton said: "Our advice . . . is to know your weight, understand your BMI and take steps to keep it within the WHO's guidelines on maintaining a healthy body weight."

