

New survey reveals most people underestimate their weight

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WE are fatter than we think - although nearly half of us say we are either overweight or obese.

A new survey has revealed that 42pc of Irish people classify themselves as "overweight" while a further 5pc consider themselves to be "obese", according to the protection specialist Royal London.

However, the separate Healthy Ireland survey last year showed as many as 62pc are either overweight or obese.

Colette Houton, underwriting and claims lead at Royal London, said it would indicate a level of understatement in the latest findings.

She said: "Despite knowing the links between weight and our health, we know from our own policyholder data insights that people have a tendency to underestimate their own weight.

"This could be down to weight fluctuations, which hap-

pen for a variety of reasons, or in reference to a previous or aspirational weight.

NEGATIVE

"It would appear from these results that, although the differences aren't staggering, women may generally take a more negative view of their weight and health than their male counterparts.

"It's possible that females have a more accurate valuation of their weight from weighing themselves more frequently."

It showed the feeling of being overweight is most prevalent among the over-55s.

More women than men consider themselves to be unhealthy.

Further findings from the survey show that:

- Approximately 45pc of respondents aged 35-54, and 34pc of 18-34-year-olds, described themselves as "overweight".

- People aged 18-34 had a more positive attitude towards

their weight, with a relatively high number of respondents in this age category seeing themselves as a normal weight (54pc), although 10pc classified themselves as underweight, the highest percentage of this description across all age groups.

- One in five of those aged 18-34 consider themselves "very healthy".

- Some of the people surveyed classified themselves as "a little unhealthy", including 24pc of 35-44s.



Half of us say we are weighty

