

Tables for Fox, K. Perceptions of Body Weight and Contributing Weight Gain Factors in British Adults.

BMI CLASSIFICATION	SELF PERCEPTION OF WEIGHT		
	Perceived underweight	Perceived normal weight	Perceived overweight
Underweight (n=2)	n=1 (50%)*	n=1 (50%)	n=0 (0%)
Normal Weight (n=38)	n=7 (18%)	n=25 (66%)*	n=6 (16%)
Overweight (n=12)	n=1 (8%)	n=2 (16%)	n=9 (75%)*

*Indicates self-perception that correctly reflects BMI classification

Below are the factors that were self-perceived to contribute to the national obesity epidemic based upon a rating scale of 1-4, 1=no contribution, 4=great contribution.

FACTORS	M_±SD
Lack of physical activity	3.73 _± 0.63
Excess food consumed	3.34 _± 1.01
Slow metabolism	2.85 _± 1.05
Stress/depression	2.82 _± 1.01
Genetics	2.54 _± 0.94