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

<table>
<thead>
<tr>
<th>BMI CLASSIFICATION</th>
<th>Perceived underweight</th>
<th>Perceived normal weight</th>
<th>Perceived overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight (n=2)</td>
<td>n=1 (50%)*</td>
<td>n=1 (50%)</td>
<td>n=0 (0%)</td>
</tr>
<tr>
<td>Normal Weight (n=38)</td>
<td>n=7 (18%)</td>
<td>n=25 (66%)*</td>
<td>n=6 (16%)</td>
</tr>
<tr>
<td>Overweight (n=12)</td>
<td>n=1 (8%)</td>
<td>n=2 (16%)</td>
<td>n=9 (75%)*</td>
</tr>
</tbody>
</table>

*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:

<table>
<thead>
<tr>
<th>FACTORS</th>
<th>M±SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lack of physical activity</td>
<td>3.73±0.63</td>
</tr>
<tr>
<td>Excess food consumed</td>
<td>3.34±1.01</td>
</tr>
<tr>
<td>Slow metabolism</td>
<td>2.85±1.05</td>
</tr>
<tr>
<td>Stress/depression</td>
<td>2.82±1.01</td>
</tr>
<tr>
<td>Genetics</td>
<td>2.54±0.94</td>
</tr>
</tbody>
</table>