

# Roughly how has your body weight changed since lockdown began? (1 stone = about 6kg)

Total sample size: 6,985

Scrubbed sample size: 2,094

GB Sample Spec	Percentage	Quota	Lower Quota	Upper Quota	Completes	% Complete	Gained 1 stone or more	Gained about 0.25 stone	Gained about 0.5 stone	Gained about 0.75 stone	Gained less than 0.25 stone	Lost 1 stone or more	Lost about 0.25 stone	Lost about 0.5 stone	Lost about 0.75 stone	Lost less than 0.25 stone	No change	Average Change											
<b>AgeRange</b>	<b>Quotas</b>				<b>Raw counts</b>		<b>Results</b>																						
18-24	12.0%	251	239	264	251	100%	34	13.55%	19	7.57%	42	16.73%	15	5.98%	9	3.59%	13	5.18%	13	5.18%	2	0.80%	10	3.98%	81	32.27%	+51.938945084 (avg: 0.21)		
25-34	17.0%	356	338	374	357	100.28%	46	12.89%	20	5.60%	47	13.17%	26	7.28%	13	3.64%	19	5.32%	14	3.92%	27	7.56%	7	1.96%	10	2.80%	128	35.85%	+59.366283412 (avg: 0.17)
35-44	17.7%	371	352	389	370	99.73%	65	17.57%	31	8.38%	52	14.05%	26	7.03%	17	4.59%	11	2.97%	15	4.05%	21	5.68%	11	2.97%	8	2.16%	113	30.54%	+105.337947483 (avg: 0.28)
45-54	17.6%	369	350	387	369	100%	48	13.01%	21	5.69%	58	15.72%	22	5.96%	14	3.79%	12	3.25%	10	2.71%	19	5.15%	6	1.63%	6	1.63%	153	41.46%	+83.018812776 (avg: 0.22)
55-64	14.9%	312	296	328	311	99.68%	31	9.97%	17	5.47%	54	17.36%	12	3.86%	22	7.07%	8	2.57%	9	2.89%	15	4.82%	5	1.61%	9	2.89%	129	41.48%	+58.807786179 (avg: 0.19)
65+	20.9%	438	416	460	436	99.54%	27	6.19%	15	3.44%	75	17.20%	21	4.82%	37	8.49%	9	2.06%	17	3.90%	24	5.50%	14	3.21%	15	3.44%	182	41.74%	+56.108808537 (avg: 0.13)
<b>TOTALS</b>							<b>251 - 11.99%</b>	<b>123 - 5.87%</b>	<b>328 - 15.66%</b>	<b>122 - 5.83%</b>	<b>112 - 5.35%</b>	<b>72 - 3.44%</b>	<b>78 - 3.72%</b>	<b>119 - 5.68%</b>	<b>45 - 2.15%</b>	<b>58 - 2.77%</b>	<b>786 - 37.54%</b>	<b>+414.578583471 (avg: 0.20)</b>											
<b>Gender</b>	<b>Quotas</b>				<b>Raw counts</b>		<b>Results</b>																						
Male	49.1%	1,028	977	1,080	1,028	100%	105	10.21%	52	5.06%	135	13.13%	56	5.45%	61	5.93%	36	3.50%	36	3.50%	64	6.23%	22	2.14%	19	1.85%	442	43.00%	+158.445967133 (avg: 0.15)
Female	50.9%	1,066	1,013	1,119	1,066	100%	146	13.70%	71	6.66%	193	18.11%	66	6.19%	51	4.78%	36	3.38%	42	3.94%	55	5.16%	23	2.16%	39	3.66%	344	32.27%	+258.132616338 (avg: 0.24)
<b>SocialGrade</b>	<b>Quotas</b>				<b>Raw counts</b>		<b>Results</b>																						
A	4.0%	84	80	88	84	100%	11	13.10%	2	2.38%	16	19.05%	5	5.95%	4	4.76%	4	4.76%	1	1.19%	7	8.33%	0	0%	5	5.95%	29	34.52%	+17.232492567 (avg: 0.21)
B	23.0%	482	458	506	484	100.41%	46	9.50%	30	6.20%	66	13.64%	31	6.40%	38	7.85%	16	3.31%	21	4.34%	35	7.23%	15	3.10%	12	2.48%	174	35.95%	+71.256148278 (avg: 0.15)
C1	28.0%	586	557	616	582	99.32%	81	13.92%	45	7.73%	89	15.29%	37	6.36%	31	5.33%	20	3.44%	21	3.61%	37	6.36%	13	2.23%	16	2.75%	192	32.99%	+132.902776965 (avg: 0.22)
C2	20.0%	419	398	440	419	100%	47	11.22%	17	4.06%	72	17.18%	22	5.25%	20	4.77%	8	1.91%	19	4.53%	18	4.30%	9	2.15%	16	3.82%	171	40.81%	+89.792210259 (avg: 0.21)
D	15.0%	314	298	330	316	100.64%	42	13.29%	22	6.96%	56	17.72%	17	5.38%	17	5.38%	14	4.43%	7	2.22%	5	1.58%	4	1.27%	4	1.27%	128	40.51%	+76.572035502 (avg: 0.24)
E	10.0%	209	199	220	209	100%	24	11.48%	7	3.35%	29	13.88%	10	4.78%	2	0.96%	10	4.78%	9	4.31%	17	8.13%	4	1.91%	5	2.39%	92	44.02%	+26.8229199 (avg: 0.13)
<b>Region</b>	<b>Quotas</b>				<b>Raw counts</b>		<b>Results</b>																						

GB Sample Spec	Percentage	Quota	Lower Quota	Upper Quota	Completes	% Complete	Gained 1 stone or more	Gained about 0.25 stone	Gained about 0.5 stone	Gained about 0.75 stone	Gained less than 0.25 stone	Lost 1 stone or more	Lost about 0.25 stone	Lost about 0.5 stone	Lost about 0.75 stone	Lost less than 0.25 stone	No change	Average Change
East of England	9.6%	200	190	210	198	99%	19 9.60%	15 7.58%	27 13.64%	13 6.57%	16 8.08%	5 2.53%	7 3.54%	6 3.03%	5 2.53%	5 2.53%	80 40.40%	+38.365582885 (avg: 0.18)
East Midlands	7.5%	156	148	164	156	100%	24 15.38%	7 4.49%	19 12.18%	7 4.49%	9 5.77%	0 0%	6 3.85%	10 6.41%	4 2.56%	7 4.49%	63 40.38%	+41.16413612 (avg: 0.26)
Greater London	12.8%	267	254	281	269	100.75%	28 10.41%	18 6.69%	50 18.59%	14 5.20%	20 7.43%	11 4.09%	14 5.20%	12 4.46%	4 1.49%	6 2.23%	92 34.20%	+50.428654298 (avg: 0.18)
North East	13.2%	277	263	291	279	100.72%	34 12.19%	12 4.30%	49 17.56%	17 6.09%	15 5.38%	9 3.23%	10 3.58%	14 5.02%	6 2.15%	8 2.87%	105 37.63%	+60.125431572 (avg: 0.22)
North West	11.5%	240	228	252	240	100%	28 11.67%	12 5.00%	40 16.67%	13 5.42%	9 3.75%	7 2.92%	9 3.75%	15 6.25%	6 2.50%	8 3.33%	93 38.75%	+46.490140786 (avg: 0.18)
The South East	13.9%	292	277	306	290	99.32%	29 10.00%	16 5.52%	41 14.14%	17 5.86%	13 4.48%	14 4.83%	9 3.10%	19 6.55%	6 2.07%	13 4.48%	113 38.97%	+38.576878437 (avg: 0.13)
The South West	8.8%	183	174	193	184	100.55%	25 13.59%	12 6.52%	30 16.30%	10 5.43%	9 4.89%	2 1.09%	7 3.80%	15 8.15%	5 2.72%	5 2.72%	64 34.78%	+44.983981881 (avg: 0.24)
West Midlands	9.1%	190	180	199	189	99.47%	20 10.58%	9 4.76%	27 14.29%	11 5.82%	15 7.94%	10 5.29%	8 4.23%	13 6.88%	4 2.12%	4 2.12%	68 35.98%	+25.42056388 (avg: 0.13)
Wales	5.1%	108	102	113	108	100%	12 11.11%	7 6.48%	16 14.81%	10 9.26%	2 1.85%	7 6.48%	3 2.78%	7 6.48%	1 0.93%	0 0%	43 39.81%	+17.755716706 (avg: 0.16)
Scotland	8.7%	182	173	191	181	99.45%	32 17.68%	15 8.29%	29 16.02%	10 5.52%	4 2.21%	7 3.87%	5 2.76%	8 4.42%	4 2.21%	2 1.10%	65 35.91%	+51.267496806 (avg: 0.28)