

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