

Public First Poll about health and wellness

Fieldwork: 8th Feb - 11th Feb 2022
Interview method: Online Survey
Population represented: UK Adults
Sample size: 2011

Methodology:

All results are weighted using Iterative Proportional Fitting, or 'Raking'. The results are weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

Public First is a member of the BPC and abides by its rules. For more information please contact Seb Wride (seb@publicfirst.co.uk)

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(1.A) How would you rate your knowledge of what public health authorities advise in terms of exercise and diet?

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
I have a very good understanding of what public health authorities advise	24%	25%	24%	27%	29%	31%	19%	21%	20%	25%	26%	24%	21%	19%
I have a pretty good understanding of what public health authorities advise	63%	63%	63%	58%	60%	58%	67%	64%	69%	65%	62%	63%	66%	60%
I have a pretty poor understanding of what public health authorities advise	10%	9%	10%	11%	9%	9%	10%	12%	9%	8%	10%	9%	13%	16%
I have a very poor understanding of what public health authorities advise	3%	3%	3%	4%	2%	1%	3%	4%	2%	2%	2%	3%	0%	5%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(1.B) How would you rate your knowledge of what public health authorities advise in terms of exercise and diet?

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
I have a very good understanding of what public health authorities advise	24%	31%	21%	23%	21%	55%	22%	12%	20%	21%	100%	0%	0%	0%
I have a pretty good understanding of what public health authorities advise	63%	61%	66%	62%	63%	40%	68%	73%	55%	45%	0%	100%	0%	0%
I have a pretty poor understanding of what public health authorities advise	10%	6%	9%	12%	12%	4%	8%	13%	17%	16%	0%	0%	100%	0%
I have a very poor understanding of what public health authorities advise	3%	1%	3%	3%	3%	1%	1%	2%	8%	17%	0%	0%	0%	100%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(1.C) How would you rate your knowledge of what public health authorities advise in terms of exercise and diet?

	Region												
	Total	London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
I have a very good understanding of what public health authorities advise	24%	30%	19%	19%	25%	17%	24%	26%	30%	26%	24%	26%	35%
I have a pretty good understanding of what public health authorities advise	63%	57%	67%	71%	64%	70%	60%	62%	59%	62%	64%	63%	56%
I have a pretty poor understanding of what public health authorities advise	10%	10%	13%	7%	8%	9%	14%	11%	9%	8%	8%	10%	6%
I have a very poor understanding of what public health authorities advise	3%	3%	1%	3%	3%	4%	2%	1%	2%	4%	3%	1%	4%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(2.A) Which barriers would you say you experience to having a healthier diet, if any? Please select up to three

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
I don't know which foods to eat	9%	10%	8%	17%	15%	11%	6%	5%	3%	6%	12%	11%	25%	10%
I don't know how to prepare healthy meals	7%	9%	6%	17%	11%	9%	6%	3%	2%	6%	8%	11%	14%	6%
Healthier food options are too expensive	38%	36%	40%	44%	49%	47%	45%	29%	19%	33%	43%	33%	51%	44%
N/A My diet is already as healthy as possible	37%	35%	38%	21%	22%	30%	31%	45%	63%	46%	30%	35%	18%	30%
I don't enjoy the taste of foods that are considered healthier	21%	21%	20%	21%	22%	17%	23%	26%	16%	22%	17%	20%	29%	23%
I don't have time to prepare healthy meals	17%	18%	16%	32%	29%	21%	13%	6%	3%	12%	20%	21%	30%	21%
Other (Please specify)	5%	5%	4%	2%	3%	5%	6%	6%	6%	3%	5%	5%	5%	4%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(2.B) Which barriers would you say you experience to having a healthier diet, if any? Please select up to three

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
I don't know which foods to eat	9%	9%	9%	8%	10%	9%	8%	10%	11%	13%	7%	9%	16%	14%
I don't know how to prepare healthy meals	7%	6%	8%	8%	8%	11%	7%	6%	9%	7%	9%	6%	9%	14%
Healthier food options are too expensive	38%	31%	40%	39%	44%	33%	37%	40%	54%	53%	37%	37%	47%	42%
N/A My diet is already as healthy as possible	37%	43%	36%	35%	32%	50%	40%	29%	18%	30%	44%	36%	23%	28%
I don't enjoy the taste of foods that are considered healthier	21%	21%	21%	20%	21%	17%	17%	28%	23%	23%	16%	21%	27%	32%
I don't have time to prepare healthy meals	17%	15%	17%	17%	19%	16%	17%	18%	14%	8%	15%	18%	18%	7%
Other (Please specify)	5%	5%	5%	5%	4%	2%	4%	5%	12%	15%	3%	5%	7%	8%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(2.C) Which barriers would you say you experience to having a healthier diet, if any? Please select up to three

	Total	Region											
		London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
I don't know which foods to eat	9%	16%	6%	7%	4%	5%	13%	7%	7%	11%	6%	12%	14%
I don't know how to prepare healthy meals	7%	13%	5%	3%	6%	5%	11%	8%	5%	7%	7%	8%	8%
Healthier food options are too expensive	38%	40%	36%	33%	40%	34%	47%	37%	29%	37%	37%	37%	54%
N/A My diet is already as healthy as possible	37%	31%	38%	40%	39%	39%	33%	40%	46%	32%	40%	39%	26%
I don't enjoy the taste of foods that are considered healthier	21%	20%	19%	20%	20%	23%	19%	18%	15%	26%	24%	19%	16%
I don't have time to prepare healthy meals	17%	23%	13%	18%	15%	14%	17%	19%	11%	16%	13%	10%	33%
Other (Please specify)	5%	4%	9%	5%	3%	8%	4%	3%	5%	3%	1%	6%	7%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(3.A) How often, if ever, do you experience the following?: Feeling like you don't have time or the energy to prepare a meal yourself

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
Every day	8%	8%	8%	20%	13%	8%	7%	3%	2%	6%	10%	5%	25%	7%
4-6 days a week	9%	10%	7%	17%	14%	12%	7%	3%	2%	6%	11%	10%	20%	10%
2-3 days a week	19%	16%	21%	25%	27%	28%	18%	13%	4%	15%	22%	16%	15%	21%
One day a week	10%	11%	10%	14%	13%	12%	14%	3%	6%	9%	12%	14%	4%	11%
2-3 days a month	8%	8%	7%	6%	9%	8%	7%	8%	7%	6%	8%	11%	12%	9%
Once a month	5%	4%	6%	3%	6%	4%	6%	6%	6%	5%	6%	3%	0%	4%
Less often	16%	15%	17%	6%	7%	13%	16%	24%	26%	18%	13%	17%	9%	13%
Never	23%	25%	22%	7%	10%	13%	21%	37%	46%	33%	16%	24%	16%	21%
Don't know	2%	3%	2%	3%	2%	3%	3%	3%	1%	1%	2%	0%	0%	5%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(3.B) How often, if ever, do you experience the following?: Feeling like you don't have time or the energy to prepare a meal yourself

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
Every day	8%	6%	7%	9%	11%	9%	5%	8%	26%	26%	13%	6%	10%	14%
4-6 days a week	9%	9%	8%	8%	9%	10%	9%	8%	8%	6%	10%	9%	5%	9%
2-3 days a week	19%	16%	20%	19%	19%	12%	18%	23%	20%	21%	17%	19%	22%	17%
One day a week	10%	10%	12%	11%	9%	10%	11%	12%	8%	0%	9%	12%	7%	3%
2-3 days a month	8%	8%	8%	6%	8%	8%	8%	8%	6%	14%	8%	8%	4%	4%
Once a month	5%	6%	5%	6%	4%	6%	5%	5%	5%	0%	3%	6%	3%	7%
Less often	16%	17%	16%	16%	15%	16%	17%	16%	8%	8%	13%	16%	21%	4%
Never	23%	26%	23%	24%	21%	28%	27%	17%	16%	14%	25%	22%	23%	31%
Don't know	2%	1%	3%	1%	5%	0%	1%	4%	2%	10%	1%	2%	6%	10%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(3.C) How often, if ever, do you experience the following?: Feeling like you don't have time or the energy to prepare a meal yourself

	Region												
	Total	London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
Every day	8%	9%	8%	12%	4%	8%	8%	9%	13%	9%	5%	10%	10%
4-6 days a week	9%	16%	6%	6%	11%	4%	9%	9%	7%	9%	5%	6%	13%
2-3 days a week	19%	18%	18%	14%	13%	24%	21%	19%	18%	21%	19%	17%	30%
One day a week	10%	15%	13%	10%	10%	9%	6%	9%	8%	11%	12%	5%	7%
2-3 days a month	8%	9%	7%	9%	9%	3%	4%	6%	11%	6%	12%	10%	7%
Once a month	5%	5%	5%	4%	7%	4%	5%	5%	5%	6%	5%	5%	4%
Less often	16%	14%	16%	17%	16%	20%	19%	14%	11%	10%	19%	18%	13%
Never	23%	13%	26%	28%	28%	27%	25%	24%	25%	23%	23%	28%	9%
Don't know	2%	2%	1%	2%	2%	2%	3%	3%	3%	5%	2%	1%	7%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(4.A) How often, if ever, do you experience the following?: Relying on ready meals or take out to save time as you are busy

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
Every day	5%	7%	2%	10%	11%	5%	2%	2%	0%	3%	6%	3%	7%	5%
4-6 days a week	6%	8%	5%	18%	7%	8%	4%	2%	3%	5%	7%	11%	29%	3%
2-3 days a week	14%	16%	12%	20%	21%	16%	14%	9%	5%	12%	15%	17%	13%	14%
One day a week	13%	11%	14%	13%	14%	17%	14%	10%	8%	11%	15%	9%	8%	12%
2-3 days a month	10%	10%	11%	12%	11%	12%	10%	7%	8%	9%	10%	8%	8%	13%
Once a month	7%	6%	8%	7%	9%	7%	10%	6%	6%	8%	7%	5%	3%	10%
Less often	16%	15%	18%	8%	10%	16%	16%	26%	21%	18%	15%	13%	12%	14%
Never	27%	24%	29%	9%	15%	17%	27%	39%	49%	33%	22%	33%	20%	26%
Don't know	2%	3%	2%	3%	3%	3%	3%	1%	0%	1%	3%	1%	0%	3%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(4.B) How often, if ever, do you experience the following?: Relying on ready meals or take out to save time as you are busy

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
Every day	5%	6%	4%	3%	5%	12%	2%	4%	6%	7%	10%	3%	2%	8%
4-6 days a week	6%	8%	5%	7%	7%	9%	6%	6%	5%	3%	10%	6%	4%	7%
2-3 days a week	14%	12%	15%	13%	14%	13%	14%	14%	12%	15%	13%	15%	13%	7%
One day a week	13%	13%	13%	13%	12%	8%	14%	14%	10%	0%	10%	14%	11%	10%
2-3 days a month	10%	10%	11%	11%	9%	7%	10%	12%	13%	14%	10%	10%	12%	11%
Once a month	7%	6%	8%	7%	7%	9%	7%	6%	7%	7%	8%	7%	7%	8%
Less often	16%	18%	15%	17%	15%	13%	17%	16%	16%	13%	13%	18%	17%	5%
Never	27%	25%	28%	27%	27%	28%	27%	24%	29%	40%	27%	26%	28%	35%
Don't know	2%	1%	2%	2%	3%	0%	1%	3%	1%	0%	1%	2%	6%	9%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(4.C) How often, if ever, do you experience the following?: Relying on ready meals or take out to save time as you are busy

	Region												
	Total	London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
Every day	5%	9%	5%	3%	3%	5%	0%	5%	12%	3%	3%	3%	5%
4-6 days a week	6%	9%	6%	5%	4%	3%	9%	7%	3%	7%	7%	4%	15%
2-3 days a week	14%	22%	11%	10%	9%	10%	13%	12%	11%	20%	11%	15%	20%
One day a week	13%	11%	13%	14%	10%	12%	14%	14%	13%	14%	13%	10%	18%
2-3 days a month	10%	10%	11%	7%	12%	9%	6%	8%	10%	9%	19%	6%	12%
Once a month	7%	6%	8%	12%	8%	6%	5%	10%	9%	7%	5%	10%	4%
Less often	16%	9%	15%	19%	20%	25%	19%	14%	16%	14%	20%	17%	9%
Never	27%	23%	29%	29%	32%	28%	30%	29%	25%	23%	21%	34%	12%
Don't know	2%	2%	1%	1%	3%	2%	4%	1%	0%	4%	1%	1%	5%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(5.A) How often, if ever, do you experience the following?: Having to snack throughout the day because you don't have the time to take a meal break

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
Every day	7%	7%	7%	16%	12%	6%	6%	3%	1%	5%	9%	4%	7%	7%
4-6 days a week	9%	10%	8%	19%	15%	14%	6%	1%	1%	7%	10%	14%	22%	9%
2-3 days a week	14%	14%	15%	20%	19%	23%	15%	10%	3%	12%	18%	11%	19%	16%
One day a week	9%	9%	8%	13%	13%	10%	10%	4%	2%	8%	10%	6%	5%	7%
2-3 days a month	5%	5%	6%	7%	9%	5%	7%	5%	1%	4%	5%	8%	0%	9%
Once a month	4%	4%	4%	6%	4%	3%	4%	6%	2%	4%	4%	1%	0%	3%
Less often	16%	16%	16%	6%	10%	14%	18%	22%	24%	17%	16%	16%	22%	12%
Never	34%	33%	35%	11%	15%	22%	32%	48%	65%	42%	25%	39%	23%	34%
Don't know	2%	2%	2%	3%	3%	3%	2%	2%	1%	1%	3%	1%	4%	4%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(5.B) How often, if ever, do you experience the following?: Having to snack throughout the day because you don't have the time to take a meal break

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
Every day	7%	5%	6%	9%	7%	10%	6%	6%	10%	14%	12%	5%	6%	7%
4-6 days a week	9%	10%	8%	7%	11%	11%	10%	7%	6%	6%	13%	8%	8%	6%
2-3 days a week	14%	13%	16%	15%	14%	13%	14%	18%	13%	8%	13%	15%	14%	9%
One day a week	9%	9%	10%	8%	8%	9%	10%	7%	7%	7%	8%	9%	8%	1%
2-3 days a month	5%	5%	5%	7%	5%	5%	5%	5%	5%	10%	4%	6%	5%	3%
Once a month	4%	4%	3%	7%	2%	5%	4%	4%	3%	2%	3%	5%	1%	6%
Less often	16%	16%	15%	15%	17%	12%	15%	19%	18%	7%	13%	16%	18%	17%
Never	34%	36%	36%	29%	33%	34%	35%	31%	33%	45%	34%	33%	33%	41%
Don't know	2%	1%	2%	3%	3%	1%	1%	3%	4%	0%	1%	2%	5%	11%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(5.C) How often, if ever, do you experience the following?: Having to snack throughout the day because you don't have the time to take a meal break

	Region												
	Total	London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
Every day	7%	9%	5%	5%	5%	6%	9%	10%	10%	8%	2%	7%	12%
4-6 days a week	9%	14%	8%	11%	6%	8%	6%	10%	5%	12%	3%	7%	16%
2-3 days a week	14%	17%	10%	11%	13%	12%	18%	14%	19%	16%	16%	14%	16%
One day a week	9%	12%	8%	8%	8%	9%	6%	9%	11%	6%	10%	6%	9%
2-3 days a month	5%	5%	10%	4%	8%	3%	1%	3%	4%	3%	10%	3%	7%
Once a month	4%	4%	3%	1%	5%	4%	2%	3%	5%	7%	6%	5%	0%
Less often	16%	14%	18%	15%	18%	16%	16%	10%	15%	13%	20%	20%	13%
Never	34%	23%	37%	42%	35%	39%	37%	39%	31%	30%	29%	39%	22%
Don't know	2%	2%	1%	4%	2%	2%	4%	2%	0%	5%	2%	0%	5%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(6.A) How often, if ever, do you experience the following?: Feeling like you have to rush a meal as you are busy

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
Every day	6%	7%	4%	14%	10%	6%	5%	2%	1%	4%	8%	3%	7%	5%
4-6 days a week	8%	8%	8%	20%	10%	11%	6%	3%	1%	6%	9%	9%	37%	8%
2-3 days a week	17%	17%	17%	19%	31%	29%	16%	7%	3%	13%	22%	19%	3%	16%
One day a week	11%	11%	10%	16%	17%	13%	10%	7%	3%	8%	14%	12%	4%	11%
2-3 days a month	6%	6%	7%	7%	7%	7%	9%	5%	4%	5%	6%	9%	0%	8%
Once a month	4%	4%	4%	3%	2%	4%	3%	6%	4%	3%	3%	3%	3%	5%
Less often	17%	15%	19%	7%	8%	12%	24%	26%	24%	20%	15%	12%	22%	16%
Never	29%	29%	29%	9%	12%	14%	25%	44%	61%	39%	19%	33%	24%	28%
Don't know	3%	3%	2%	4%	2%	3%	3%	1%	1%	1%	3%	2%	0%	4%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(6.B) How often, if ever, do you experience the following?: Feeling like you have to rush a meal as you are busy

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
Every day	6%	7%	4%	7%	6%	11%	4%	5%	10%	10%	11%	4%	4%	6%
4-6 days a week	8%	7%	8%	9%	8%	10%	9%	7%	4%	7%	9%	8%	4%	5%
2-3 days a week	17%	18%	18%	17%	16%	15%	18%	18%	15%	9%	19%	16%	18%	6%
One day a week	11%	9%	12%	12%	9%	11%	10%	12%	7%	3%	11%	11%	10%	2%
2-3 days a month	6%	7%	6%	6%	6%	9%	6%	6%	5%	11%	6%	7%	6%	0%
Once a month	4%	3%	3%	4%	4%	4%	3%	4%	5%	9%	3%	4%	2%	7%
Less often	17%	18%	18%	15%	17%	14%	19%	17%	17%	6%	10%	19%	20%	19%
Never	29%	30%	28%	27%	31%	27%	30%	28%	32%	40%	29%	28%	29%	47%
Don't know	3%	1%	3%	2%	4%	1%	1%	3%	4%	6%	1%	2%	7%	9%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(6.C) How often, if ever, do you experience the following?: Feeling like you have to rush a meal as you are busy

	Region												
	Total	London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
Every day	6%	8%	6%	6%	3%	6%	2%	7%	14%	7%	3%	7%	5%
4-6 days a week	8%	12%	5%	9%	8%	7%	12%	7%	3%	6%	6%	8%	11%
2-3 days a week	17%	22%	16%	12%	13%	22%	18%	15%	12%	21%	16%	11%	25%
One day a week	11%	11%	11%	8%	14%	7%	7%	10%	7%	10%	18%	6%	11%
2-3 days a month	6%	9%	7%	8%	5%	3%	1%	7%	7%	7%	6%	6%	9%
Once a month	4%	2%	5%	3%	4%	3%	4%	4%	5%	1%	6%	9%	2%
Less often	17%	17%	16%	19%	19%	16%	19%	18%	15%	14%	17%	20%	17%
Never	29%	16%	32%	32%	33%	34%	35%	30%	35%	28%	27%	33%	15%
Don't know	3%	3%	2%	3%	2%	2%	3%	2%	2%	4%	1%	0%	5%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(7.A) To what extent do you agree or disagree with the following?: I enjoy taking the time to cook for myself / my family

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
Strongly agree	26%	24%	28%	23%	20%	30%	20%	27%	32%	30%	26%	17%	22%	20%
Slightly agree	33%	33%	34%	30%	41%	35%	38%	29%	27%	31%	36%	36%	37%	34%
Neither agree nor disagree	22%	24%	21%	23%	21%	20%	22%	24%	24%	22%	20%	21%	26%	23%
Slightly disagree	10%	10%	11%	16%	10%	7%	11%	12%	9%	9%	11%	12%	4%	12%
Strongly disagree	7%	7%	6%	5%	6%	6%	7%	7%	8%	7%	5%	13%	7%	9%
Don't know	2%	3%	1%	4%	2%	1%	2%	1%	1%	1%	2%	0%	4%	2%
Total Agree:	59%	56%	61%	53%	61%	65%	58%	57%	58%	61%	62%	53%	59%	54%
Total Disagree:	17%	17%	17%	21%	16%	14%	18%	19%	17%	16%	16%	25%	11%	21%
Net:	42%	39%	44%	32%	46%	51%	40%	38%	41%	45%	46%	28%	48%	33%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(7.B) To what extent do you agree or disagree with the following?: I enjoy taking the time to cook for myself / my family

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
Strongly agree	26%	30%	24%	27%	21%	48%	25%	18%	13%	22%	41%	22%	15%	16%
Slightly agree	33%	32%	35%	32%	34%	27%	37%	31%	33%	20%	27%	37%	33%	22%
Neither agree nor disagree	22%	21%	22%	25%	21%	14%	21%	29%	22%	18%	17%	24%	22%	21%
Slightly disagree	10%	10%	9%	9%	13%	5%	11%	11%	18%	15%	8%	10%	17%	15%
Strongly disagree	7%	5%	8%	6%	8%	3%	6%	8%	13%	19%	6%	6%	9%	14%
Don't know	2%	1%	1%	2%	3%	2%	1%	2%	1%	6%	1%	1%	5%	11%
Total Agree:	59%	63%	60%	58%	55%	75%	63%	49%	46%	42%	68%	58%	47%	38%
Total Disagree:	17%	15%	17%	15%	21%	8%	16%	19%	30%	34%	14%	16%	26%	30%
Net:	42%	47%	43%	44%	34%	67%	47%	30%	16%	8%	53%	42%	21%	9%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(7.C) To what extent do you agree or disagree with the following?: I enjoy taking the time to cook for myself / my family

	Total	Region											
		London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
Strongly agree	26%	28%	24%	28%	24%	18%	25%	31%	26%	24%	27%	27%	26%
Slightly agree	33%	37%	32%	31%	37%	36%	36%	33%	20%	37%	29%	32%	27%
Neither agree nor disagree	22%	21%	26%	21%	21%	21%	16%	15%	36%	18%	28%	25%	33%
Slightly disagree	10%	6%	13%	11%	13%	13%	12%	10%	12%	10%	9%	9%	10%
Strongly disagree	7%	8%	6%	8%	4%	10%	6%	9%	4%	9%	5%	6%	3%
Don't know	2%	2%	0%	2%	1%	3%	5%	2%	2%	3%	2%	0%	2%
Total Agree:	59%	65%	55%	59%	61%	53%	61%	64%	47%	61%	56%	59%	52%
Total Disagree:	17%	13%	19%	19%	17%	22%	18%	19%	16%	18%	14%	15%	13%
Net:	42%	51%	36%	40%	44%	31%	43%	45%	31%	43%	42%	44%	39%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(8.A) To what extent do you agree or disagree with the following?: Ready meals are generally cheaper than preparing meals from scratch

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
Strongly agree	11%	12%	9%	21%	15%	16%	6%	5%	3%	10%	11%	11%	22%	15%
Slightly agree	22%	24%	20%	27%	31%	26%	25%	11%	13%	19%	28%	21%	21%	19%
Neither agree nor disagree	22%	24%	19%	21%	20%	26%	21%	22%	21%	22%	21%	18%	27%	27%
Slightly disagree	19%	17%	21%	15%	19%	15%	18%	22%	23%	19%	16%	23%	15%	18%
Strongly disagree	22%	18%	27%	12%	12%	15%	26%	35%	33%	26%	20%	23%	10%	19%
Don't know	4%	5%	4%	5%	3%	3%	4%	6%	6%	5%	5%	4%	4%	2%
Total Agree:	33%	36%	29%	48%	47%	42%	31%	16%	17%	28%	38%	32%	43%	35%
Total Disagree:	41%	35%	48%	27%	30%	30%	44%	57%	56%	45%	36%	46%	25%	36%
Net:	-8%	2%	-18%	21%	16%	12%	-13%	-41%	-40%	-17%	2%	-15%	18%	-2%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(8.B) To what extent do you agree or disagree with the following?: Ready meals are generally cheaper than preparing meals from scratch

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
Strongly agree	11%	10%	9%	9%	15%	21%	9%	7%	15%	15%	17%	8%	8%	15%
Slightly agree	22%	20%	22%	24%	23%	21%	23%	24%	21%	4%	22%	22%	24%	10%
Neither agree nor disagree	22%	20%	25%	20%	21%	13%	23%	24%	19%	29%	17%	24%	22%	17%
Slightly disagree	19%	20%	18%	20%	18%	15%	19%	20%	20%	17%	14%	21%	16%	20%
Strongly disagree	22%	26%	22%	23%	18%	27%	22%	20%	22%	21%	28%	21%	19%	25%
Don't know	4%	4%	5%	4%	5%	3%	3%	5%	4%	12%	2%	4%	10%	12%
Total Agree:	33%	30%	31%	33%	38%	42%	32%	30%	35%	20%	40%	31%	32%	26%
Total Disagree:	41%	46%	40%	43%	36%	43%	42%	40%	42%	39%	42%	42%	35%	46%
Net:	-8%	-16%	-10%	-9%	1%	-1%	-10%	-10%	-7%	-19%	-2%	-11%	-3%	-20%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(8.C) To what extent do you agree or disagree with the following?: Ready meals are generally cheaper than preparing meals from scratch

	Total	Region											
		London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
Strongly agree	11%	18%	9%	5%	11%	10%	8%	11%	10%	11%	8%	14%	14%
Slightly agree	22%	25%	21%	17%	18%	21%	25%	20%	22%	30%	19%	18%	29%
Neither agree nor disagree	22%	14%	24%	22%	24%	20%	25%	20%	29%	19%	24%	17%	32%
Slightly disagree	19%	17%	22%	23%	17%	27%	15%	19%	15%	14%	22%	21%	9%
Strongly disagree	22%	20%	22%	29%	27%	16%	20%	26%	20%	22%	24%	28%	14%
Don't know	4%	6%	4%	5%	3%	5%	7%	4%	3%	5%	3%	2%	2%
Total Agree:	33%	43%	29%	22%	29%	32%	33%	30%	32%	41%	27%	32%	43%
Total Disagree:	41%	37%	43%	51%	44%	43%	35%	45%	35%	35%	46%	49%	23%
Net:	-8%	6%	-14%	-29%	-15%	-11%	-2%	-15%	-3%	5%	-19%	-18%	21%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(9.A) To what extent do you agree or disagree with the following?: Preparing a meal feels like a chore

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
Strongly agree	12%	11%	13%	20%	16%	16%	11%	8%	5%	10%	13%	15%	28%	16%
Slightly agree	28%	28%	27%	31%	39%	30%	30%	22%	17%	23%	32%	36%	20%	27%
Neither agree nor disagree	19%	21%	17%	19%	21%	19%	16%	21%	20%	18%	19%	17%	34%	24%
Slightly disagree	19%	18%	21%	14%	13%	20%	22%	20%	25%	21%	15%	20%	13%	18%
Strongly disagree	19%	19%	20%	10%	9%	14%	20%	28%	33%	27%	19%	10%	4%	12%
Don't know	2%	3%	1%	6%	2%	2%	2%	0%	0%	1%	2%	2%	0%	2%
Total Agree:	40%	39%	40%	51%	55%	46%	40%	30%	21%	33%	45%	51%	48%	43%
Total Disagree:	39%	37%	41%	24%	22%	33%	42%	48%	59%	48%	34%	30%	17%	30%
Net:	1%	2%	-1%	27%	33%	13%	-2%	-18%	-37%	-16%	11%	21%	31%	13%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(9.B) To what extent do you agree or disagree with the following?: Preparing a meal feels like a chore

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
Strongly agree	12%	12%	14%	12%	11%	18%	10%	12%	18%	19%	19%	9%	13%	14%
Slightly agree	28%	25%	28%	26%	32%	22%	29%	28%	32%	23%	24%	29%	32%	29%
Neither agree nor disagree	19%	21%	18%	17%	20%	16%	18%	25%	16%	11%	16%	21%	20%	19%
Slightly disagree	19%	21%	19%	22%	16%	17%	21%	21%	18%	14%	15%	21%	19%	15%
Strongly disagree	19%	20%	20%	20%	18%	26%	22%	14%	13%	21%	26%	19%	12%	11%
Don't know	2%	1%	2%	2%	2%	1%	1%	2%	2%	13%	1%	2%	5%	11%
Total Agree:	40%	36%	41%	39%	43%	39%	39%	40%	50%	42%	43%	38%	45%	43%
Total Disagree:	39%	41%	39%	43%	34%	43%	42%	34%	31%	34%	41%	40%	30%	26%
Net:	1%	-5%	3%	-4%	9%	-3%	-4%	5%	19%	7%	2%	-2%	15%	17%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(9.C) To what extent do you agree or disagree with the following?: Preparing a meal feels like a chore

	Total	Region											
		London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
Strongly agree	12%	17%	10%	9%	9%	15%	12%	15%	15%	13%	5%	12%	18%
Slightly agree	28%	33%	33%	27%	27%	24%	26%	25%	25%	29%	21%	22%	34%
Neither agree nor disagree	19%	18%	19%	23%	19%	17%	19%	14%	27%	17%	22%	28%	12%
Slightly disagree	19%	18%	19%	19%	22%	24%	18%	14%	15%	15%	30%	17%	23%
Strongly disagree	19%	12%	18%	19%	21%	17%	21%	29%	16%	24%	21%	21%	11%
Don't know	2%	2%	1%	2%	1%	2%	4%	2%	3%	3%	1%	0%	2%
Total Agree:	40%	50%	43%	36%	36%	39%	38%	41%	39%	42%	26%	34%	51%
Total Disagree:	39%	30%	38%	38%	43%	41%	39%	44%	31%	39%	51%	39%	34%
Net:	1%	20%	5%	-2%	-7%	-2%	-1%	-3%	8%	3%	-24%	-5%	17%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(10.A) To what extent do you agree or disagree with the following?: I would be able to eat healthier if I had more time

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
Strongly agree	11%	11%	11%	26%	19%	13%	9%	2%	1%	8%	14%	8%	16%	10%
Slightly agree	23%	23%	23%	31%	38%	33%	25%	12%	5%	20%	27%	26%	25%	24%
Neither agree nor disagree	28%	27%	29%	22%	21%	28%	31%	31%	31%	26%	27%	26%	29%	34%
Slightly disagree	16%	18%	14%	7%	12%	14%	17%	23%	21%	18%	12%	17%	22%	16%
Strongly disagree	19%	18%	21%	8%	5%	10%	16%	30%	41%	27%	16%	19%	4%	14%
Don't know	3%	3%	3%	6%	4%	2%	2%	2%	1%	1%	2%	3%	4%	3%
Total Agree:	34%	35%	34%	56%	57%	46%	34%	14%	7%	27%	42%	34%	41%	34%
Total Disagree:	35%	36%	35%	16%	18%	23%	33%	53%	62%	45%	29%	37%	27%	30%
Net:	-1%	-1%	-1%	41%	39%	22%	0%	-39%	-55%	-18%	13%	-2%	14%	4%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(10.B) To what extent do you agree or disagree with the following?: I would be able to eat healthier if I had more time

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
Strongly agree	11%	11%	11%	11%	12%	19%	11%	7%	11%	8%	18%	9%	8%	7%
Slightly agree	23%	24%	23%	24%	22%	22%	25%	24%	13%	10%	22%	24%	19%	22%
Neither agree nor disagree	28%	23%	28%	29%	31%	19%	27%	33%	27%	43%	22%	30%	30%	21%
Slightly disagree	16%	16%	17%	16%	14%	15%	15%	15%	24%	9%	12%	17%	16%	17%
Strongly disagree	19%	24%	20%	17%	17%	21%	20%	17%	22%	20%	24%	18%	20%	19%
Don't know	3%	2%	2%	3%	4%	3%	1%	3%	3%	10%	1%	2%	7%	14%
Total Agree:	34%	35%	34%	35%	34%	42%	37%	31%	24%	18%	40%	33%	28%	29%
Total Disagree:	35%	39%	37%	33%	31%	36%	35%	32%	46%	29%	36%	35%	35%	36%
Net:	-1%	-4%	-3%	2%	3%	5%	1%	-1%	-22%	-10%	4%	-1%	-8%	-7%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(10.C) To what extent do you agree or disagree with the following?: I would be able to eat healthier if I had more time

	Total	Region											
		London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
Strongly agree	11%	16%	8%	10%	8%	12%	9%	8%	15%	13%	8%	15%	16%
Slightly agree	23%	31%	23%	20%	17%	18%	23%	28%	15%	26%	25%	14%	29%
Neither agree nor disagree	28%	23%	26%	32%	32%	25%	24%	29%	28%	27%	31%	34%	31%
Slightly disagree	16%	13%	19%	15%	22%	19%	15%	9%	20%	12%	19%	16%	13%
Strongly disagree	19%	13%	22%	20%	19%	23%	25%	24%	18%	20%	15%	20%	9%
Don't know	3%	4%	2%	3%	1%	3%	4%	2%	4%	4%	2%	2%	2%
Total Agree:	34%	47%	31%	30%	25%	30%	32%	36%	30%	39%	33%	29%	44%
Total Disagree:	35%	26%	42%	35%	42%	42%	40%	33%	39%	31%	33%	35%	23%
Net:	-1%	21%	-11%	-5%	-17%	-11%	-7%	3%	-8%	7%	0%	-6%	22%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(11.A) To what extent do you agree or disagree with the following?: I make sure to take the time to prepare and eat my meals, even on busy days

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
Strongly agree	23%	22%	24%	16%	15%	18%	20%	28%	37%	29%	19%	19%	12%	16%
Slightly agree	38%	38%	39%	31%	38%	42%	37%	43%	38%	38%	40%	46%	45%	38%
Neither agree nor disagree	23%	24%	21%	25%	27%	24%	25%	18%	17%	20%	22%	19%	39%	32%
Slightly disagree	10%	10%	10%	14%	13%	11%	10%	7%	6%	9%	12%	11%	0%	8%
Strongly disagree	4%	4%	5%	10%	5%	3%	5%	3%	2%	4%	6%	3%	4%	3%
Don't know	2%	2%	1%	4%	2%	2%	2%	1%	0%	1%	2%	0%	0%	3%
Total Agree:	61%	60%	63%	47%	53%	60%	58%	71%	74%	67%	58%	65%	57%	54%
Total Disagree:	14%	14%	15%	24%	18%	14%	15%	10%	8%	12%	18%	15%	4%	11%
Net:	47%	46%	48%	23%	35%	45%	42%	62%	66%	55%	40%	51%	53%	42%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(11.B) To what extent do you agree or disagree with the following?: I make sure to take the time to prepare and eat my meals, even on busy days

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
Strongly agree	23%	28%	21%	24%	18%	37%	24%	16%	18%	12%	38%	19%	11%	11%
Slightly agree	38%	42%	37%	36%	37%	39%	42%	36%	26%	29%	32%	41%	36%	37%
Neither agree nor disagree	23%	16%	25%	25%	25%	13%	21%	29%	29%	29%	18%	24%	26%	21%
Slightly disagree	10%	9%	12%	9%	11%	6%	9%	12%	19%	8%	8%	10%	16%	10%
Strongly disagree	4%	4%	4%	4%	6%	2%	4%	6%	8%	15%	4%	4%	8%	10%
Don't know	2%	1%	1%	3%	2%	2%	1%	2%	1%	6%	1%	1%	4%	11%
Total Agree:	61%	70%	58%	60%	56%	77%	66%	52%	43%	41%	69%	61%	47%	47%
Total Disagree:	14%	13%	16%	12%	17%	9%	13%	17%	27%	24%	12%	14%	23%	20%
Net:	47%	58%	43%	48%	39%	68%	53%	35%	17%	17%	57%	47%	23%	27%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(11.C) To what extent do you agree or disagree with the following?: I make sure to take the time to prepare and eat my meals, even on busy days

	Total	Region											
		London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
Strongly agree	23%	21%	23%	25%	26%	21%	18%	27%	31%	23%	22%	22%	8%
Slightly agree	38%	43%	41%	35%	35%	42%	44%	31%	30%	36%	40%	39%	36%
Neither agree nor disagree	23%	22%	19%	22%	24%	20%	21%	25%	29%	23%	21%	26%	36%
Slightly disagree	10%	8%	12%	11%	13%	9%	9%	8%	7%	8%	13%	7%	16%
Strongly disagree	4%	4%	5%	6%	2%	5%	3%	8%	2%	7%	2%	6%	2%
Don't know	2%	2%	0%	2%	1%	3%	5%	1%	2%	3%	1%	0%	2%
Total Agree:	61%	64%	64%	59%	61%	63%	62%	58%	61%	59%	63%	61%	44%
Total Disagree:	14%	13%	16%	17%	15%	14%	12%	16%	9%	15%	15%	13%	18%
Net:	47%	52%	48%	42%	46%	49%	50%	42%	52%	44%	47%	47%	26%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(12.A) To what extent do you agree or disagree with the following?: I don't take as much time as I'd like to enjoy my meals

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
Strongly agree	8%	9%	7%	19%	10%	11%	7%	3%	1%	7%	9%	6%	20%	7%
Slightly agree	26%	25%	26%	31%	37%	35%	28%	17%	9%	22%	27%	31%	18%	27%
Neither agree nor disagree	25%	26%	23%	23%	26%	25%	24%	25%	24%	22%	26%	24%	29%	32%
Slightly disagree	20%	19%	21%	11%	17%	17%	20%	23%	28%	21%	19%	18%	26%	17%
Strongly disagree	20%	20%	21%	10%	7%	11%	19%	31%	39%	28%	16%	20%	7%	14%
Don't know	2%	2%	2%	5%	3%	1%	2%	1%	0%	1%	2%	1%	0%	3%
Total Agree:	33%	33%	34%	50%	47%	45%	34%	20%	10%	29%	36%	37%	38%	35%
Total Disagree:	40%	39%	42%	22%	24%	28%	40%	53%	66%	49%	36%	38%	33%	31%
Net:	-7%	-5%	-8%	28%	22%	17%	-5%	-33%	-56%	-20%	0%	-1%	4%	4%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(12.B) To what extent do you agree or disagree with the following?: I don't take as much time as I'd like to enjoy my meals

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
Strongly agree	8%	8%	7%	8%	8%	12%	6%	7%	10%	12%	14%	6%	7%	6%
Slightly agree	26%	24%	25%	25%	29%	22%	26%	28%	28%	22%	24%	26%	24%	31%
Neither agree nor disagree	25%	22%	26%	26%	25%	18%	22%	31%	29%	27%	17%	27%	33%	16%
Slightly disagree	20%	22%	20%	19%	19%	18%	23%	16%	19%	21%	18%	21%	19%	15%
Strongly disagree	20%	23%	20%	20%	18%	29%	22%	16%	12%	15%	26%	19%	14%	20%
Don't know	2%	1%	2%	2%	2%	1%	1%	2%	1%	3%	1%	1%	4%	12%
Total Agree:	33%	32%	32%	33%	37%	33%	32%	35%	38%	34%	38%	32%	31%	37%
Total Disagree:	40%	45%	40%	39%	36%	47%	45%	32%	31%	36%	44%	40%	32%	35%
Net:	-7%	-12%	-8%	-7%	0%	-14%	-13%	4%	7%	-2%	-6%	-8%	-2%	2%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(12.C) To what extent do you agree or disagree with the following?: I don't take as much time as I'd like to enjoy my meals

	Total	Region											
		London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
Strongly agree	8%	11%	7%	7%	6%	4%	9%	8%	10%	9%	5%	10%	12%
Slightly agree	26%	29%	30%	24%	25%	24%	19%	19%	18%	28%	25%	29%	41%
Neither agree nor disagree	25%	27%	26%	24%	28%	18%	22%	24%	32%	26%	22%	19%	27%
Slightly disagree	20%	15%	15%	21%	22%	26%	26%	23%	16%	15%	29%	17%	8%
Strongly disagree	20%	16%	21%	21%	19%	24%	20%	25%	22%	19%	19%	26%	9%
Don't know	2%	2%	1%	3%	0%	4%	4%	1%	2%	3%	1%	0%	2%
Total Agree:	33%	40%	36%	30%	31%	28%	28%	27%	28%	37%	29%	38%	53%
Total Disagree:	40%	32%	37%	42%	42%	50%	46%	48%	38%	34%	48%	43%	18%
Net:	-7%	8%	0%	-12%	-11%	-22%	-18%	-21%	-10%	3%	-18%	-5%	35%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(13.A) When it comes to exercising, which of the following comes closest to your view?

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
I find exercising very fun	13%	15%	10%	18%	20%	20%	8%	6%	6%	10%	16%	13%	11%	11%
I find exercise somewhat fun	30%	33%	27%	39%	39%	31%	28%	25%	21%	30%	33%	30%	32%	24%
I find exercising neither fun nor boring	25%	23%	26%	22%	21%	20%	24%	27%	31%	25%	21%	27%	20%	27%
I find exercising somewhat boring	11%	9%	13%	8%	10%	12%	13%	14%	11%	12%	10%	11%	12%	12%
I find exercising very boring	13%	12%	15%	7%	8%	12%	20%	18%	15%	15%	13%	12%	9%	17%
I have a condition which means I cannot exercise	6%	5%	6%	4%	2%	3%	5%	7%	12%	6%	4%	6%	3%	6%
I am unable to exercise for another reason	2%	2%	3%	2%	1%	1%	3%	3%	3%	2%	2%	1%	13%	3%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(13.B) When it comes to exercising, which of the following comes closest to your view?

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
I find exercising very fun	13%	17%	10%	12%	12%	32%	12%	5%	7%	0%	26%	9%	7%	10%
I find exercise somewhat fun	30%	32%	31%	33%	24%	34%	37%	22%	10%	9%	32%	31%	19%	17%
I find exercising neither fun nor boring	25%	25%	23%	21%	29%	19%	26%	28%	21%	7%	19%	28%	24%	8%
I find exercising somewhat boring	11%	9%	12%	13%	12%	8%	10%	16%	16%	3%	9%	12%	12%	10%
I find exercising very boring	13%	12%	16%	12%	13%	7%	13%	17%	19%	22%	8%	13%	26%	32%
I have a condition which means I cannot exercise	6%	3%	6%	7%	6%	0%	1%	9%	23%	56%	4%	6%	7%	15%
I am unable to exercise for another reason	2%	1%	2%	2%	4%	1%	1%	3%	4%	3%	2%	2%	5%	8%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(13.C) When it comes to exercising, which of the following comes closest to your view?

	Region												
	Total	London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
I find exercising very fun	13%	18%	11%	13%	11%	7%	14%	14%	16%	8%	12%	11%	22%
I find exercise somewhat fun	30%	34%	25%	33%	29%	26%	28%	29%	29%	37%	27%	33%	27%
I find exercising neither fun nor boring	25%	21%	23%	28%	31%	28%	22%	23%	20%	23%	28%	22%	29%
I find exercising somewhat boring	11%	9%	14%	6%	10%	18%	12%	14%	8%	11%	13%	13%	6%
I find exercising very boring	13%	12%	16%	12%	13%	14%	14%	12%	17%	14%	14%	14%	9%
I have a condition which means I cannot exercise	6%	4%	7%	6%	7%	7%	8%	3%	5%	7%	5%	5%	6%
I am unable to exercise for another reason	2%	2%	4%	3%	0%	1%	2%	5%	4%	1%	1%	2%	2%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(14.A) According to the NHS, adults should do at least 150 minutes of moderate intensity activity (activity that makes you breathe faster but where you can still talk, such as brisk walking, riding a bike, rollerblading) a week, or 75 minutes of vigorous intensity activity (activity that makes you breath hard and fast, such as running, swimming, skipping) a week. With this in mind, would you say you do enough exercise in your day-to-day life?

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	1848	835	1007	217	347	323	328	265	368	705	492	153	20	222
Weighted	1850	924	921	262	333	326	317	256	357	688	491	150	21	227
Yes, I exercise a lot more than the minimum amount recommended	19%	23%	16%	23%	25%	24%	16%	19%	11%	18%	22%	24%	16%	15%
Yes, I exercise slightly more than the minimum amount recommended	23%	25%	21%	26%	28%	29%	21%	17%	19%	22%	27%	26%	28%	17%
Yes, I exercise just about the minimum amount recommended	23%	22%	23%	24%	23%	21%	24%	22%	23%	22%	26%	14%	23%	20%
No, I exercise slightly less than the minimum amount recommended	24%	21%	26%	21%	18%	17%	25%	28%	32%	26%	19%	26%	23%	28%
No, I do not exercise at all	11%	9%	13%	7%	7%	9%	14%	14%	14%	13%	7%	9%	11%	19%

Note:

BASE: Respondents who are able to exercise

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(14.B) According to the NHS, adults should do at least 150 minutes of moderate intensity activity (activity that makes you breathe faster but where you can still talk, such as brisk walking, riding a bike, rollerblading) a week, or 75 minutes of vigorous intensity activity (activity that makes you breath hard and fast, such as running, swimming, skipping) a week. With this in mind, would you say you do enough exercise in your day-to-day life?

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	1848	594	516	323	411	307	919	478	118	14	459	1173	175	41
Weighted	1850	516	478	403	450	309	922	478	118	12	462	1174	173	41
Yes, I exercise a lot more than the minimum amount recommended	19%	26%	15%	21%	16%	43%	17%	11%	13%	7%	36%	15%	8%	15%
Yes, I exercise slightly more than the minimum amount recommended	23%	25%	22%	25%	21%	23%	28%	19%	12%	0%	25%	25%	13%	7%
Yes, I exercise just about the minimum amount recommended	23%	18%	24%	24%	25%	18%	24%	23%	18%	28%	18%	25%	21%	19%
No, I exercise slightly less than the minimum amount recommended	24%	23%	27%	20%	24%	11%	23%	31%	34%	16%	16%	25%	33%	26%
No, I do not exercise at all	11%	8%	12%	10%	14%	5%	8%	16%	23%	48%	5%	11%	25%	34%

Note:

BASE: Respondents who are able to exercise

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(14.C) According to the NHS, adults should do at least 150 minutes of moderate intensity activity (activity that makes you breathe faster but where you can still talk, such as brisk walking, riding a bike, rollerblading) a week, or 75 minutes of vigorous intensity activity (activity that makes you breath hard and fast, such as running, swimming, skipping) a week. With this in mind, would you say you do enough exercise in your day-to-day life?

	Region												
	Total	London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	1848	253	255	162	157	134	164	158	84	220	136	85	40
Weighted	1850	265	231	147	169	131	163	148	73	204	170	94	55
Yes, I exercise a lot more than the minimum amount recommended	19%	25%	18%	26%	20%	10%	20%	16%	23%	14%	20%	17%	25%
Yes, I exercise slightly more than the minimum amount recommended	23%	30%	24%	20%	22%	21%	22%	21%	26%	26%	23%	13%	24%
Yes, I exercise just about the minimum amount recommended	23%	17%	24%	20%	19%	28%	20%	22%	21%	26%	24%	36%	13%
No, I exercise slightly less than the minimum amount recommended	24%	20%	22%	23%	29%	25%	22%	28%	17%	23%	22%	26%	35%
No, I do not exercise at all	11%	8%	12%	10%	10%	16%	16%	13%	13%	10%	11%	8%	4%

Note:

BASE: Respondents who are able to exercise

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(15.A) Thinking now specifically about exercise and sports options in your local area, how would you rate it on the following aspects?: The availability (i.e. whether there are enough clubs/classes/facilities to accommodate the number of people)

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
Very good	15%	16%	13%	20%	18%	19%	10%	10%	11%	16%	14%	15%	18%	10%
Somewhat good	32%	32%	32%	31%	40%	35%	31%	25%	29%	34%	32%	33%	26%	27%
Neither good nor poor	23%	23%	22%	24%	20%	24%	24%	23%	22%	21%	25%	21%	19%	24%
Somewhat poor	10%	9%	11%	15%	9%	10%	9%	12%	8%	8%	11%	14%	23%	11%
Very poor	5%	4%	5%	3%	6%	4%	8%	4%	2%	3%	6%	2%	3%	6%
Don't know	16%	16%	16%	7%	8%	9%	18%	25%	27%	17%	12%	15%	11%	23%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(15.B) Thinking now specifically about exercise and sports options in your local area, how would you rate it on the following aspects?: The availability (i.e. whether there are enough clubs/classes/facilities to accommodate the number of people)

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
Very good	15%	20%	12%	14%	12%	36%	14%	7%	8%	3%	33%	10%	3%	8%
Somewhat good	32%	35%	33%	31%	28%	30%	37%	26%	25%	20%	30%	34%	23%	17%
Neither good nor poor	23%	21%	21%	25%	24%	17%	21%	29%	20%	13%	17%	25%	26%	13%
Somewhat poor	10%	7%	11%	12%	11%	6%	8%	12%	19%	29%	5%	11%	13%	15%
Very poor	5%	2%	5%	5%	6%	4%	4%	5%	9%	5%	5%	4%	7%	7%
Don't know	16%	15%	18%	12%	19%	7%	16%	20%	19%	30%	9%	16%	29%	40%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(15.C) Thinking now specifically about exercise and sports options in your local area, how would you rate it on the following aspects?: The availability (i.e. whether there are enough clubs/classes/facilities to accommodate the number of people)

	Total	Region											
		London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
Very good	15%	22%	12%	16%	12%	7%	11%	19%	16%	12%	12%	17%	25%
Somewhat good	32%	34%	33%	31%	31%	38%	36%	36%	25%	32%	30%	19%	17%
Neither good nor poor	23%	21%	22%	23%	25%	25%	23%	11%	28%	25%	23%	27%	31%
Somewhat poor	10%	9%	10%	8%	10%	11%	10%	10%	10%	11%	15%	9%	9%
Very poor	5%	1%	3%	6%	6%	3%	4%	6%	3%	5%	6%	12%	0%
Don't know	16%	13%	20%	16%	16%	17%	16%	18%	17%	16%	15%	15%	18%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(16.A) Thinking now specifically about exercise and sports options in your local area, how would you rate it on the following aspects?: The variety (i.e. whether there is a wide range of different sports and activities offered)

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
Very good	13%	15%	12%	17%	17%	18%	9%	9%	9%	15%	12%	14%	20%	8%
Somewhat good	32%	33%	32%	32%	39%	36%	30%	26%	30%	33%	35%	36%	25%	28%
Neither good nor poor	23%	22%	25%	23%	20%	21%	28%	28%	22%	23%	24%	21%	15%	23%
Somewhat poor	11%	11%	12%	16%	9%	11%	9%	12%	12%	10%	12%	11%	30%	15%
Very poor	5%	5%	6%	7%	6%	4%	8%	5%	2%	4%	7%	5%	0%	5%
Don't know	14%	14%	15%	5%	8%	9%	15%	20%	25%	16%	10%	12%	11%	20%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(16.B) Thinking now specifically about exercise and sports options in your local area, how would you rate it on the following aspects?: The variety (i.e. whether there is a wide range of different sports and activities offered)

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
Very good	13%	18%	11%	14%	10%	35%	12%	5%	7%	3%	29%	9%	3%	7%
Somewhat good	32%	37%	32%	33%	27%	35%	38%	26%	21%	14%	32%	35%	22%	15%
Neither good nor poor	23%	20%	25%	22%	27%	13%	22%	30%	24%	14%	17%	25%	28%	18%
Somewhat poor	11%	9%	12%	13%	13%	8%	10%	13%	19%	22%	8%	12%	15%	13%
Very poor	5%	4%	5%	6%	6%	2%	4%	6%	13%	21%	5%	4%	9%	10%
Don't know	14%	13%	15%	12%	17%	7%	13%	19%	17%	27%	9%	14%	24%	38%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(16.C) Thinking now specifically about exercise and sports options in your local area, how would you rate it on the following aspects?: The variety (i.e. whether there is a wide range of different sports and activities offered)

	Total	Region											
		London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
Very good	13%	22%	9%	11%	11%	5%	10%	18%	14%	13%	13%	14%	21%
Somewhat good	32%	38%	35%	29%	32%	31%	30%	35%	31%	30%	38%	22%	24%
Neither good nor poor	23%	18%	25%	26%	27%	29%	27%	11%	26%	27%	18%	21%	33%
Somewhat poor	11%	7%	11%	14%	13%	13%	12%	11%	11%	9%	15%	16%	9%
Very poor	5%	4%	4%	7%	6%	4%	4%	5%	3%	8%	6%	9%	2%
Don't know	14%	11%	16%	14%	12%	18%	17%	19%	15%	14%	11%	18%	12%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(17.A) Thinking now specifically about exercise and sports options in your local area, how would you rate it on the following aspects?: The affordability

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
Very good	10%	13%	7%	12%	14%	15%	6%	6%	5%	10%	11%	8%	18%	5%
Somewhat good	26%	27%	26%	30%	36%	32%	22%	18%	20%	26%	26%	32%	23%	20%
Neither good nor poor	27%	28%	25%	25%	24%	26%	30%	30%	27%	28%	24%	28%	22%	30%
Somewhat poor	13%	10%	15%	18%	10%	11%	13%	14%	12%	12%	16%	12%	13%	15%
Very poor	8%	6%	10%	8%	8%	7%	12%	9%	5%	6%	11%	7%	3%	9%
Don't know	16%	16%	17%	7%	8%	8%	16%	23%	32%	19%	12%	12%	20%	21%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(17.B) Thinking now specifically about exercise and sports options in your local area, how would you rate it on the following aspects?: The affordability

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
Very good	10%	14%	6%	11%	7%	28%	9%	3%	2%	6%	25%	5%	3%	2%
Somewhat good	26%	30%	27%	27%	21%	28%	33%	20%	12%	10%	28%	28%	16%	10%
Neither good nor poor	27%	27%	26%	26%	28%	19%	27%	31%	25%	16%	19%	31%	25%	24%
Somewhat poor	13%	9%	14%	14%	15%	9%	11%	16%	20%	21%	10%	14%	16%	5%
Very poor	8%	5%	9%	9%	9%	5%	6%	9%	23%	15%	9%	6%	14%	14%
Don't know	16%	16%	17%	13%	20%	10%	15%	21%	16%	32%	10%	16%	26%	45%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(17.C) Thinking now specifically about exercise and sports options in your local area, how would you rate it on the following aspects?: The affordability

	Region												
	Total	London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
Very good	10%	13%	8%	7%	7%	4%	9%	14%	17%	10%	10%	9%	11%
Somewhat good	26%	34%	26%	22%	24%	25%	22%	25%	19%	30%	29%	21%	25%
Neither good nor poor	27%	24%	25%	27%	28%	35%	32%	21%	29%	26%	27%	25%	27%
Somewhat poor	13%	10%	13%	17%	17%	10%	12%	13%	16%	10%	8%	19%	15%
Very poor	8%	6%	9%	10%	10%	5%	7%	8%	3%	10%	8%	8%	10%
Don't know	16%	13%	19%	17%	14%	20%	17%	20%	15%	14%	17%	18%	12%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(18.A) What do you think would most help you exercise more in your day-to-day life? Please select up to three.

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
More spare time in my day-to-day life	33%	32%	33%	49%	38%	44%	38%	23%	10%	29%	35%	32%	26%	30%
Feeling more confident in myself or motivated	32%	27%	36%	44%	34%	34%	35%	23%	23%	28%	33%	33%	35%	34%
More affordable exercise facilities/classes near me	25%	23%	26%	30%	31%	31%	26%	21%	14%	23%	29%	24%	10%	25%
Having sports or exercise options that I find more fun or engaging near me	23%	25%	22%	34%	24%	26%	24%	18%	16%	22%	21%	25%	23%	25%
Knowing more people in the area who I could exercise with	20%	18%	21%	28%	27%	21%	13%	15%	15%	18%	23%	19%	29%	15%
Don't know	17%	18%	16%	7%	10%	9%	18%	25%	30%	19%	15%	10%	15%	21%
Greater availability of spaces to do sports (sports grounds, parks, cycling trails etc)	16%	19%	13%	21%	26%	23%	12%	11%	7%	14%	21%	19%	14%	14%
Less caregiving obligations	10%	9%	10%	13%	13%	14%	9%	7%	4%	8%	11%	12%	11%	9%
Other (Please specify)	7%	8%	7%	1%	2%	3%	4%	14%	18%	9%	5%	10%	13%	6%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Public First Poll about health and wellness

(18.B) What do you think would most help you exercise more in your day-to-day life? Please select up to three.

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
More spare time in my day-to-day life	33%	30%	35%	36%	29%	36%	35%	31%	26%	10%	36%	33%	26%	28%
Feeling more confident in myself or motivated	32%	29%	31%	32%	34%	24%	30%	37%	40%	32%	28%	33%	32%	28%
More affordable exercise facilities/classes near me	25%	22%	27%	24%	28%	27%	25%	23%	26%	30%	28%	25%	22%	8%
Having sports or exercise options that I find more fun or engaging near me	23%	25%	21%	27%	20%	27%	24%	23%	16%	11%	26%	24%	15%	15%
Knowing more people in the area who I could exercise with	20%	20%	19%	20%	19%	25%	20%	16%	19%	8%	24%	18%	19%	16%
Don't know	17%	17%	16%	15%	21%	13%	18%	17%	16%	19%	11%	17%	25%	33%
Greater availability of spaces to do sports (sports grounds, parks, cycling trails etc)	16%	17%	14%	18%	16%	26%	15%	14%	11%	13%	22%	15%	12%	8%
Less caregiving obligations	10%	7%	10%	12%	10%	12%	8%	11%	11%	6%	15%	8%	8%	14%
Other (Please specify)	7%	8%	8%	5%	7%	6%	6%	8%	14%	26%	9%	6%	10%	19%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(18.C) What do you think would most help you exercise more in your day-to-day life? Please select up to three.

	Total	Region											
		London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
More spare time in my day-to-day life	33%	33%	29%	30%	35%	31%	27%	35%	29%	35%	37%	34%	40%
Feeling more confident in myself or motivated	32%	33%	27%	24%	30%	43%	29%	39%	29%	31%	31%	38%	30%
More affordable exercise facilities/classes near me	25%	28%	23%	26%	22%	21%	30%	25%	25%	27%	19%	29%	27%
Having sports or exercise options that I find more fun or engaging near me	23%	26%	23%	15%	27%	26%	20%	28%	22%	23%	25%	17%	21%
Knowing more people in the area who I could exercise with	20%	26%	17%	21%	13%	19%	22%	18%	17%	19%	16%	20%	26%
Don't know	17%	11%	18%	18%	20%	17%	22%	14%	17%	17%	24%	17%	8%
Greater availability of spaces to do sports (sports grounds, parks, cycling trails etc)	16%	25%	15%	11%	15%	14%	17%	17%	14%	16%	11%	13%	19%
Less caregiving obligations	10%	10%	6%	10%	11%	4%	12%	11%	7%	13%	8%	8%	24%
Other (Please specify)	7%	7%	12%	11%	6%	4%	7%	6%	9%	5%	5%	6%	7%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

(19.A) When it comes to publicly available information on healthy eating, which of the following applies to you, if any? Please select all that apply.

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
I find the information available clear	32%	31%	33%	34%	30%	36%	29%	33%	33%	36%	30%	35%	26%	30%
I'm aware of the general guidance on how to eat healthily but struggle to implement it in my day-to-day	26%	25%	27%	31%	30%	30%	25%	22%	20%	24%	28%	28%	32%	23%
The information available has helped me make healthier food choices	17%	20%	15%	23%	22%	20%	16%	11%	14%	17%	21%	21%	0%	12%
I find the information available confusing/contradictory	16%	19%	14%	24%	18%	18%	11%	17%	11%	15%	18%	16%	16%	14%
I feel overwhelmed by the amount of information available	14%	13%	15%	19%	19%	17%	11%	9%	10%	13%	16%	15%	20%	14%
I struggle to know which sources to trust when it comes to healthy eating	14%	16%	12%	22%	17%	16%	10%	10%	9%	13%	16%	9%	10%	13%
None of the above	19%	19%	20%	11%	16%	18%	21%	25%	24%	19%	16%	16%	17%	26%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(19.B) When it comes to publicly available information on healthy eating, which of the following applies to you, if any? Please select all that apply.

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
I find the information available clear	32%	38%	32%	30%	30%	40%	34%	27%	29%	21%	44%	31%	15%	17%
I'm aware of the general guidance on how to eat healthily but struggle to implement it in my day-to-day	26%	24%	26%	24%	29%	23%	23%	31%	33%	30%	27%	26%	22%	26%
The information available has helped me make healthier food choices	17%	22%	18%	15%	15%	31%	17%	14%	12%	6%	26%	16%	8%	4%
I find the information available confusing/contradictory	16%	16%	15%	19%	15%	21%	15%	16%	15%	12%	16%	16%	19%	12%
I feel overwhelmed by the amount of information available	14%	11%	15%	15%	17%	14%	14%	15%	16%	13%	15%	14%	17%	9%
I struggle to know which sources to trust when it comes to healthy eating	14%	12%	14%	13%	15%	12%	13%	14%	22%	10%	11%	14%	17%	16%
None of the above	19%	17%	18%	21%	22%	17%	20%	19%	13%	28%	15%	19%	31%	42%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(19.C) When it comes to publicly available information on healthy eating, which of the following applies to you, if any? Please select all that apply.

	Region												
	Total	London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
I find the information available clear	32%	35%	26%	32%	40%	36%	31%	36%	32%	27%	41%	19%	30%
I'm aware of the general guidance on how to eat healthily but struggle to implement it in my day-to-day	26%	29%	25%	22%	23%	24%	32%	24%	13%	28%	25%	25%	43%
The information available has helped me make healthier food choices	17%	26%	18%	18%	15%	14%	13%	18%	17%	14%	17%	19%	16%
I find the information available confusing/contradictory	16%	21%	15%	19%	12%	9%	18%	16%	14%	13%	14%	23%	19%
I feel overwhelmed by the amount of information available	14%	16%	12%	17%	11%	16%	12%	18%	19%	15%	11%	10%	14%
I struggle to know which sources to trust when it comes to healthy eating	14%	16%	10%	14%	12%	15%	16%	13%	14%	13%	10%	17%	26%
None of the above	19%	15%	23%	20%	18%	15%	23%	19%	21%	23%	17%	25%	13%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(20.A) If you were looking for advice on or support in making your lifestyle healthier, how difficult, or easy would it be for you to access these services in your local area?

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2011	898	1107	231	361	339	353	294	433	776	528	163	24	242
Weighted	2011	990	1015	280	343	342	342	283	421	755	525	161	25	247
It would be very easy	14%	15%	14%	16%	14%	18%	12%	12%	14%	17%	13%	15%	18%	9%
It would be somewhat easy	33%	35%	31%	39%	40%	38%	32%	25%	24%	32%	38%	39%	23%	26%
It would be neither easy nor difficult	25%	25%	26%	23%	22%	22%	27%	29%	29%	25%	25%	24%	33%	27%
It would be somewhat difficult	7%	7%	8%	10%	10%	8%	7%	6%	4%	7%	9%	5%	7%	10%
It would be very difficult	3%	2%	3%	4%	1%	3%	4%	3%	3%	2%	4%	3%	7%	2%
Don't know	17%	16%	18%	9%	12%	12%	18%	24%	26%	18%	12%	14%	12%	26%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(20.B) If you were looking for advice on or support in making your lifestyle healthier, how difficult, or easy would it be for you to access these services in your local area?

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2011	623	562	354	465	310	944	542	165	31	490	1270	199	52
Weighted	2011	541	521	441	501	312	946	542	163	30	492	1269	197	53
It would be very easy	14%	20%	11%	13%	13%	31%	13%	9%	7%	9%	33%	9%	3%	6%
It would be somewhat easy	33%	36%	34%	35%	27%	33%	40%	27%	20%	15%	32%	36%	18%	12%
It would be neither easy nor difficult	25%	23%	27%	24%	28%	17%	23%	35%	27%	23%	16%	28%	32%	23%
It would be somewhat difficult	7%	5%	7%	10%	8%	5%	7%	6%	18%	13%	6%	7%	13%	4%
It would be very difficult	3%	2%	2%	3%	4%	2%	1%	3%	10%	18%	1%	3%	4%	10%
Don't know	17%	15%	19%	15%	19%	12%	16%	20%	18%	22%	12%	16%	32%	45%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(20.C) If you were looking for advice on or support in making your lifestyle healthier, how difficult, or easy would it be for you to access these services in your local area?

	Region												
	Total	London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2011	268	286	177	168	145	183	173	92	240	144	91	44
Weighted	2011	282	261	161	181	141	181	161	80	221	181	101	60
It would be very easy	14%	20%	12%	14%	10%	12%	10%	21%	17%	13%	17%	10%	12%
It would be somewhat easy	33%	36%	34%	29%	30%	34%	32%	33%	35%	35%	31%	27%	34%
It would be neither easy nor difficult	25%	22%	25%	29%	30%	32%	26%	18%	21%	29%	24%	25%	22%
It would be somewhat difficult	7%	6%	6%	6%	10%	7%	10%	7%	6%	6%	6%	14%	6%
It would be very difficult	3%	3%	3%	3%	2%	2%	1%	1%	1%	4%	2%	10%	5%
Don't know	17%	12%	21%	18%	19%	13%	20%	20%	20%	13%	20%	15%	20%

Note:

BASE: All Respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(21.A) To what extent do you agree or disagree with the following?: I don't have the time to make a lot of changes that would help me have a healthier lifestyle

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2001	892	1103	230	360	338	352	294	427	771	527	162	23	241
Weighted	2001	984	1011	279	342	341	341	283	415	750	524	160	24	246
Strongly agree	7%	7%	6%	14%	10%	11%	6%	2%	1%	5%	9%	8%	18%	6%
Somewhat agree	23%	22%	23%	35%	36%	30%	22%	11%	6%	20%	27%	21%	30%	23%
Neither agree nor disagree	31%	31%	31%	31%	33%	31%	35%	36%	23%	28%	32%	27%	22%	39%
Somewhat disagree	27%	26%	27%	13%	17%	21%	26%	34%	44%	31%	24%	26%	25%	21%
Strongly disagree	13%	13%	13%	8%	5%	7%	12%	16%	26%	16%	8%	19%	4%	11%
Total Agree:	30%	30%	29%	49%	46%	41%	28%	13%	7%	25%	36%	29%	49%	29%
Total Disagree:	39%	39%	40%	20%	22%	28%	38%	51%	70%	47%	32%	44%	29%	32%
Net:	-10%	-9%	-11%	29%	24%	13%	-10%	-37%	-63%	-22%	4%	-16%	20%	-3%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(21.B) To what extent do you agree or disagree with the following?: I don't have the time to make a lot of changes that would help me have a healthier lifestyle

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2001	621	557	353	463	308	938	541	165	30	490	1261	198	52
Weighted	2001	539	516	440	499	310	939	541	163	29	492	1260	197	53
Strongly agree	7%	7%	6%	7%	7%	15%	5%	4%	8%	7%	13%	5%	6%	5%
Somewhat agree	23%	21%	21%	24%	26%	19%	25%	23%	18%	13%	23%	24%	18%	11%
Neither agree nor disagree	31%	28%	32%	32%	31%	22%	29%	37%	33%	24%	22%	33%	37%	44%
Somewhat disagree	27%	29%	28%	26%	23%	26%	27%	26%	25%	30%	23%	28%	29%	15%
Strongly disagree	13%	16%	12%	10%	13%	17%	13%	9%	16%	25%	19%	10%	10%	25%
Total Agree:	30%	28%	27%	31%	33%	35%	31%	27%	26%	21%	37%	28%	24%	15%
Total Disagree:	39%	44%	40%	37%	36%	43%	40%	35%	41%	55%	42%	39%	39%	41%
Net:	-10%	-17%	-13%	-6%	-3%	-8%	-9%	-8%	-15%	-35%	-5%	-10%	-15%	-25%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(21.C) To what extent do you agree or disagree with the following?: I don't have the time to make a lot of changes that would help me have a healthier lifestyle

	Region												
	Total	London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2001	266	285	176	167	145	181	173	91	239	143	91	44
Weighted	2001	280	260	160	180	141	179	161	79	220	180	101	60
Strongly agree	7%	7%	6%	4%	4%	8%	7%	6%	8%	8%	6%	11%	18%
Somewhat agree	23%	32%	18%	23%	20%	20%	24%	26%	13%	23%	18%	24%	27%
Neither agree nor disagree	31%	29%	32%	28%	30%	33%	35%	29%	35%	34%	33%	18%	34%
Somewhat disagree	27%	22%	31%	34%	30%	24%	24%	26%	30%	24%	28%	27%	15%
Strongly disagree	13%	10%	13%	11%	16%	16%	11%	13%	14%	11%	15%	19%	7%
Total Agree:	30%	39%	24%	27%	24%	28%	31%	32%	21%	30%	24%	35%	44%
Total Disagree:	39%	32%	44%	45%	46%	40%	35%	39%	44%	35%	43%	46%	21%
Net:	-10%	7%	-19%	-18%	-22%	-12%	-4%	-7%	-23%	-5%	-19%	-11%	23%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(22.A) To what extent do you agree or disagree with the following?: I don't have the money to make a lot of changes that would help me have a healthier lifestyle

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2003	893	1104	230	361	339	352	292	429	771	526	163	24	241
Weighted	2003	985	1012	279	343	342	341	281	416	750	523	161	25	246
Strongly agree	14%	12%	16%	20%	15%	19%	17%	9%	5%	10%	19%	10%	21%	18%
Somewhat agree	26%	25%	27%	39%	35%	29%	25%	17%	14%	24%	29%	23%	25%	26%
Neither agree nor disagree	30%	31%	30%	27%	30%	31%	31%	32%	31%	30%	28%	26%	24%	35%
Somewhat disagree	19%	21%	18%	11%	15%	15%	16%	26%	31%	22%	18%	23%	29%	14%
Strongly disagree	10%	11%	10%	3%	5%	6%	11%	16%	20%	15%	7%	18%	0%	6%
Total Agree:	40%	36%	43%	59%	50%	49%	42%	26%	19%	33%	47%	33%	47%	44%
Total Disagree:	30%	33%	27%	14%	20%	21%	27%	42%	51%	37%	25%	41%	29%	20%
Net:	10%	3%	16%	45%	30%	28%	15%	-16%	-32%	-4%	23%	-8%	18%	24%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(22.B) To what extent do you agree or disagree with the following?: I don't have the money to make a lot of changes that would help me have a healthier lifestyle

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2003	621	560	354	461	309	940	539	165	31	489	1264	199	51
Weighted	2003	539	519	441	497	311	941	539	163	30	491	1263	197	51
Strongly agree	14%	7%	14%	15%	21%	18%	11%	12%	27%	31%	18%	12%	12%	25%
Somewhat agree	26%	20%	27%	27%	30%	21%	27%	27%	31%	17%	24%	27%	27%	16%
Neither agree nor disagree	30%	31%	30%	29%	31%	24%	28%	38%	24%	30%	26%	31%	34%	30%
Somewhat disagree	19%	24%	22%	20%	12%	19%	22%	18%	14%	13%	17%	20%	20%	17%
Strongly disagree	10%	18%	8%	9%	6%	19%	12%	4%	4%	10%	15%	9%	7%	12%
Total Agree:	40%	27%	40%	42%	51%	39%	38%	39%	58%	48%	42%	39%	39%	41%
Total Disagree:	30%	42%	30%	28%	18%	37%	35%	22%	18%	22%	32%	30%	27%	29%
Net:	10%	-15%	10%	14%	33%	1%	3%	17%	41%	25%	10%	9%	12%	12%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(22.C) To what extent do you agree or disagree with the following?: I don't have the money to make a lot of changes that would help me have a healthier lifestyle

	Total	Region											
		London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2003	266	286	175	168	145	183	173	91	240	143	90	43
Weighted	2003	280	261	159	181	141	181	161	79	221	180	100	59
Strongly agree	14%	13%	14%	14%	9%	14%	15%	14%	14%	15%	10%	18%	30%
Somewhat agree	26%	31%	27%	30%	28%	24%	28%	23%	18%	22%	24%	20%	25%
Neither agree nor disagree	30%	28%	28%	32%	28%	30%	24%	36%	35%	36%	31%	31%	27%
Somewhat disagree	19%	18%	21%	14%	23%	20%	19%	20%	20%	18%	21%	22%	13%
Strongly disagree	10%	10%	10%	11%	11%	12%	13%	6%	13%	9%	14%	9%	4%
Total Agree:	40%	44%	41%	43%	37%	38%	44%	38%	32%	36%	34%	38%	56%
Total Disagree:	30%	28%	31%	25%	35%	32%	33%	26%	33%	27%	35%	31%	18%
Net:	10%	16%	10%	18%	2%	5%	11%	12%	-1%	9%	-1%	7%	38%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(23.A) To what extent do you agree or disagree with the following?: I find it hard to stay healthy with my schedule

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2000	894	1100	231	358	339	348	291	433	770	526	162	24	241
Weighted	2002	987	1009	280	340	342	338	281	421	750	523	160	25	246
Strongly agree	9%	10%	7%	19%	15%	11%	6%	3%	1%	7%	10%	3%	14%	7%
Somewhat agree	23%	22%	24%	36%	33%	31%	25%	12%	6%	21%	26%	29%	27%	21%
Neither agree nor disagree	30%	30%	29%	29%	31%	30%	31%	34%	25%	25%	31%	24%	28%	40%
Somewhat disagree	25%	25%	25%	11%	17%	19%	25%	35%	39%	28%	24%	25%	27%	20%
Strongly disagree	14%	13%	14%	5%	4%	9%	14%	17%	28%	19%	8%	18%	4%	12%
Total Agree:	31%	32%	31%	55%	47%	42%	30%	14%	7%	27%	37%	32%	41%	28%
Total Disagree:	39%	38%	40%	16%	21%	28%	39%	51%	68%	47%	32%	44%	31%	32%
Net:	-7%	-6%	-9%	39%	26%	13%	-9%	-37%	-61%	-20%	5%	-12%	10%	-4%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(23.B) To what extent do you agree or disagree with the following?: I find it hard to stay healthy with my schedule

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2000	617	559	353	464	309	935	542	164	31	489	1263	196	52
Weighted	2002	536	519	440	500	311	938	542	162	30	491	1263	195	53
Strongly agree	9%	10%	8%	8%	8%	17%	7%	5%	11%	5%	17%	5%	7%	7%
Somewhat agree	23%	19%	22%	25%	26%	21%	23%	26%	21%	6%	23%	24%	21%	7%
Neither agree nor disagree	30%	26%	30%	32%	32%	17%	28%	37%	35%	44%	19%	32%	39%	46%
Somewhat disagree	25%	27%	26%	23%	23%	23%	28%	23%	22%	21%	21%	28%	19%	17%
Strongly disagree	14%	18%	14%	12%	12%	22%	14%	9%	10%	24%	20%	11%	14%	23%
Total Agree:	31%	29%	30%	33%	34%	38%	30%	31%	32%	11%	40%	29%	28%	14%
Total Disagree:	39%	45%	39%	35%	35%	45%	42%	32%	33%	45%	41%	39%	33%	40%
Net:	-7%	-16%	-9%	-2%	-1%	-6%	-12%	-1%	-1%	-34%	0%	-10%	-4%	-25%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(23.C) To what extent do you agree or disagree with the following?: I find it hard to stay healthy with my schedule

	Region												
	Total	London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2000	266	285	177	168	143	181	171	92	238	144	91	44
Weighted	2002	280	260	161	181	140	179	159	80	219	181	101	60
Strongly agree	9%	12%	8%	8%	6%	8%	7%	10%	11%	8%	5%	9%	12%
Somewhat agree	23%	28%	18%	20%	21%	20%	26%	24%	18%	24%	22%	24%	35%
Neither agree nor disagree	30%	28%	31%	25%	27%	31%	34%	29%	27%	34%	35%	24%	26%
Somewhat disagree	25%	22%	28%	32%	31%	23%	19%	23%	26%	26%	23%	25%	18%
Strongly disagree	14%	10%	14%	14%	16%	18%	14%	14%	19%	9%	15%	18%	10%
Total Agree:	31%	40%	26%	28%	26%	28%	33%	34%	29%	31%	27%	33%	47%
Total Disagree:	39%	32%	42%	47%	47%	41%	33%	37%	44%	35%	38%	43%	28%
Net:	-7%	8%	-16%	-18%	-21%	-13%	-1%	-3%	-15%	-4%	-11%	-10%	19%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(24.A) To what extent do you agree or disagree with the following?: I found it easier to make time for exercising during Covid lockdowns

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2002	892	1104	231	361	339	348	290	433	772	525	162	24	241
Weighted	2003	985	1012	280	343	342	337	279	421	752	522	160	25	246
Strongly agree	18%	17%	18%	28%	23%	23%	16%	10%	8%	16%	18%	18%	18%	16%
Somewhat agree	29%	30%	28%	31%	37%	35%	29%	26%	20%	28%	32%	37%	17%	27%
Neither agree nor disagree	35%	35%	34%	25%	26%	27%	34%	43%	49%	36%	33%	25%	51%	38%
Somewhat disagree	11%	11%	11%	9%	11%	10%	12%	10%	13%	11%	10%	13%	10%	11%
Strongly disagree	8%	6%	9%	7%	3%	5%	9%	11%	10%	8%	7%	6%	3%	8%
Total Agree:	47%	48%	46%	59%	60%	58%	45%	36%	28%	44%	51%	55%	35%	43%
Total Disagree:	18%	17%	20%	16%	14%	15%	21%	21%	23%	19%	17%	19%	14%	19%
Net:	28%	31%	26%	43%	46%	42%	24%	16%	5%	25%	34%	36%	22%	24%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(24.B) To what extent do you agree or disagree with the following?: I found it easier to make time for exercising during Covid lockdowns

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2002	618	560	353	464	310	941	537	164	31	486	1267	199	50
Weighted	2003	537	519	440	500	312	943	537	162	30	488	1266	197	51
Strongly agree	18%	18%	16%	20%	17%	37%	17%	11%	11%	0%	31%	14%	11%	12%
Somewhat agree	29%	32%	31%	27%	27%	28%	33%	26%	24%	16%	25%	33%	20%	18%
Neither agree nor disagree	35%	32%	33%	37%	37%	23%	34%	42%	32%	24%	26%	37%	43%	35%
Somewhat disagree	11%	12%	12%	10%	11%	8%	10%	12%	17%	22%	9%	11%	14%	13%
Strongly disagree	8%	6%	8%	7%	8%	4%	5%	9%	15%	38%	8%	6%	12%	21%
Total Agree:	47%	50%	47%	46%	45%	65%	50%	37%	35%	16%	57%	46%	31%	30%
Total Disagree:	18%	18%	20%	17%	19%	12%	15%	21%	33%	60%	17%	17%	26%	35%
Net:	28%	32%	27%	30%	26%	53%	35%	16%	3%	-44%	39%	29%	6%	-5%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(24.C) To what extent do you agree or disagree with the following?: I found it easier to make time for exercising during Covid lockdowns

	Region												
	Total	London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2002	267	285	177	168	145	183	171	91	237	144	90	44
Weighted	2003	281	260	161	181	141	181	159	79	218	181	100	60
Strongly agree	18%	21%	14%	16%	16%	16%	15%	23%	17%	20%	14%	19%	30%
Somewhat agree	29%	35%	26%	30%	32%	32%	32%	29%	27%	25%	28%	28%	24%
Neither agree nor disagree	35%	29%	40%	34%	34%	35%	32%	32%	39%	41%	37%	26%	32%
Somewhat disagree	11%	8%	11%	13%	15%	11%	14%	8%	8%	9%	13%	17%	6%
Strongly disagree	8%	7%	10%	8%	4%	6%	8%	8%	9%	6%	7%	11%	8%
Total Agree:	47%	56%	39%	45%	48%	48%	46%	52%	44%	44%	42%	46%	54%
Total Disagree:	18%	14%	21%	21%	19%	17%	21%	16%	17%	15%	20%	28%	14%
Net:	28%	42%	18%	24%	29%	30%	25%	36%	27%	29%	22%	18%	40%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(25.A) To what extent do you agree or disagree with the following?: I found it easier to make time for cooking meals during Covid lockdowns

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2004	895	1103	231	360	339	352	292	430	772	527	162	24	242
Weighted	2005	987	1011	280	343	342	341	281	418	751	524	160	25	247
Strongly agree	20%	18%	21%	28%	23%	25%	20%	15%	11%	19%	22%	15%	21%	18%
Somewhat agree	32%	31%	33%	39%	41%	36%	32%	26%	20%	29%	36%	36%	29%	29%
Neither agree nor disagree	35%	38%	34%	22%	27%	29%	33%	45%	54%	39%	30%	32%	42%	41%
Somewhat disagree	8%	9%	7%	8%	6%	4%	10%	9%	10%	8%	9%	8%	5%	8%
Strongly disagree	5%	4%	5%	4%	4%	5%	4%	5%	6%	5%	2%	8%	3%	4%
Total Agree:	52%	50%	54%	67%	63%	62%	53%	41%	31%	48%	58%	52%	50%	47%
Total Disagree:	13%	13%	13%	11%	10%	10%	14%	14%	15%	13%	12%	16%	8%	12%
Net:	39%	37%	41%	56%	53%	52%	38%	26%	16%	35%	47%	36%	43%	35%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(25.B) To what extent do you agree or disagree with the following?: I found it easier to make time for cooking meals during Covid lockdowns

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2004	619	561	353	464	308	940	541	165	31	488	1266	198	52
Weighted	2005	538	520	440	500	310	942	541	163	30	490	1265	197	53
Strongly agree	20%	17%	21%	19%	22%	38%	19%	14%	13%	11%	31%	17%	12%	9%
Somewhat agree	32%	35%	31%	35%	28%	28%	35%	32%	27%	19%	29%	34%	30%	19%
Neither agree nor disagree	35%	35%	34%	35%	38%	24%	35%	41%	39%	32%	26%	38%	41%	40%
Somewhat disagree	8%	8%	9%	7%	8%	6%	7%	9%	13%	16%	7%	8%	11%	14%
Strongly disagree	5%	5%	5%	4%	4%	4%	4%	5%	8%	23%	6%	3%	6%	18%
Total Agree:	52%	52%	52%	54%	50%	66%	54%	46%	40%	29%	60%	51%	42%	29%
Total Disagree:	13%	13%	14%	11%	11%	10%	11%	14%	21%	39%	13%	11%	17%	31%
Net:	39%	38%	38%	43%	39%	56%	44%	32%	19%	-10%	47%	40%	25%	-2%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(25.C) To what extent do you agree or disagree with the following?: I found it easier to make time for cooking meals during Covid lockdowns

	Region												
	Total	London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2004	267	286	176	168	145	183	171	91	240	144	89	44
Weighted	2005	281	261	160	181	141	181	159	79	221	181	99	60
Strongly agree	20%	25%	17%	17%	16%	19%	15%	25%	17%	17%	21%	28%	16%
Somewhat agree	32%	34%	29%	28%	35%	34%	32%	35%	26%	38%	27%	30%	33%
Neither agree nor disagree	35%	28%	40%	36%	34%	38%	36%	28%	49%	38%	41%	27%	35%
Somewhat disagree	8%	8%	8%	12%	11%	4%	9%	8%	6%	5%	5%	8%	11%
Strongly disagree	5%	5%	5%	7%	3%	5%	7%	4%	1%	2%	5%	8%	4%
Total Agree:	52%	60%	46%	45%	51%	53%	47%	60%	43%	55%	49%	57%	50%
Total Disagree:	13%	13%	13%	20%	15%	9%	16%	12%	7%	7%	10%	16%	15%
Net:	39%	47%	33%	25%	36%	44%	31%	48%	36%	48%	39%	41%	35%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(26.A) To what extent do you agree or disagree with the following?: It is easy for people to get healthy if they try

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2001	892	1103	231	356	339	352	294	429	773	526	161	24	239
Weighted	2000	983	1012	280	338	342	341	283	416	752	523	159	25	244
Strongly agree	16%	17%	14%	14%	18%	20%	13%	15%	14%	19%	13%	15%	17%	16%
Somewhat agree	41%	41%	41%	34%	41%	42%	42%	39%	44%	43%	41%	48%	35%	36%
Neither agree nor disagree	30%	31%	29%	31%	29%	29%	31%	34%	27%	26%	31%	27%	45%	33%
Somewhat disagree	11%	9%	13%	16%	9%	8%	10%	10%	13%	9%	12%	8%	3%	14%
Strongly disagree	3%	2%	3%	5%	3%	2%	4%	3%	1%	3%	2%	3%	0%	2%
Total Agree:	56%	58%	55%	48%	59%	62%	55%	54%	59%	62%	54%	62%	52%	52%
Total Disagree:	14%	11%	16%	21%	12%	10%	13%	13%	14%	12%	14%	11%	3%	16%
Net:	43%	47%	39%	27%	47%	52%	42%	41%	45%	51%	40%	51%	49%	36%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(26.B) To what extent do you agree or disagree with the following?: It is easy for people to get healthy if they try

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2001	619	560	353	462	309	940	540	164	29	487	1264	199	51
Weighted	2000	537	519	440	497	311	941	539	162	28	488	1263	197	52
Strongly agree	16%	19%	14%	15%	15%	33%	16%	8%	10%	0%	29%	12%	8%	16%
Somewhat agree	41%	40%	42%	42%	40%	38%	45%	42%	26%	28%	38%	43%	33%	27%
Neither agree nor disagree	30%	31%	28%	31%	30%	20%	29%	36%	30%	21%	21%	32%	39%	29%
Somewhat disagree	11%	9%	13%	10%	11%	8%	8%	12%	24%	32%	9%	10%	17%	15%
Strongly disagree	3%	2%	3%	3%	4%	0%	2%	3%	10%	18%	2%	3%	3%	14%
Total Agree:	56%	59%	56%	56%	55%	71%	61%	49%	36%	28%	68%	55%	41%	43%
Total Disagree:	14%	11%	16%	13%	15%	9%	10%	15%	34%	51%	11%	13%	20%	28%
Net:	43%	48%	40%	43%	40%	63%	51%	34%	2%	-23%	57%	42%	21%	14%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(26.C) To what extent do you agree or disagree with the following?: It is easy for people to get healthy if they try

	Region												
	Total	London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2001	268	284	177	168	143	183	170	92	238	143	91	44
Weighted	2000	282	259	161	181	138	181	157	80	219	180	101	60
Strongly agree	16%	19%	13%	13%	15%	16%	11%	21%	20%	18%	12%	16%	12%
Somewhat agree	41%	44%	38%	42%	44%	39%	42%	38%	34%	41%	38%	38%	49%
Neither agree nor disagree	30%	29%	35%	31%	28%	26%	33%	28%	30%	28%	31%	32%	26%
Somewhat disagree	11%	6%	12%	13%	10%	15%	12%	10%	11%	9%	14%	11%	9%
Strongly disagree	3%	2%	2%	1%	3%	3%	2%	3%	5%	4%	4%	3%	5%
Total Agree:	56%	63%	51%	55%	60%	56%	53%	59%	54%	59%	50%	54%	61%
Total Disagree:	14%	9%	14%	14%	12%	19%	14%	13%	16%	13%	18%	14%	14%
Net:	43%	54%	37%	42%	47%	37%	39%	46%	38%	46%	32%	40%	47%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(27.A) To what extent do you agree or disagree with the following?: People who are unhealthy have chosen to be that way

	Total	Gender		Age						2019 Vote				
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Conservative Labour	Liberal Democrat	The Brexit Party	I did not vote	
Unweighted	2004	896	1102	231	358	338	352	293	432	774	525	163	23	241
Weighted	2005	988	1011	280	341	341	341	282	420	753	523	161	24	246
Strongly agree	11%	13%	9%	13%	14%	13%	8%	11%	6%	12%	10%	11%	29%	10%
Somewhat agree	28%	30%	26%	25%	31%	32%	28%	23%	27%	32%	27%	30%	17%	25%
Neither agree nor disagree	34%	33%	36%	29%	30%	32%	35%	40%	40%	33%	30%	37%	47%	39%
Somewhat disagree	19%	18%	20%	22%	17%	18%	19%	20%	20%	18%	22%	14%	7%	18%
Strongly disagree	8%	6%	10%	12%	8%	6%	10%	6%	8%	6%	10%	9%	0%	7%
Total Agree:	38%	43%	34%	38%	45%	45%	36%	33%	33%	43%	37%	40%	46%	36%
Total Disagree:	27%	24%	30%	33%	25%	24%	29%	27%	27%	23%	32%	23%	7%	25%
Net:	27%	24%	30%	33%	25%	24%	29%	27%	27%	23%	32%	23%	7%	25%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(27.B) To what extent do you agree or disagree with the following?: People who are unhealthy have chosen to be that way

	Total	Social Grade				Personal Health					Knowledge of Health Advice			
		AB	C1	C2	DE	Very good	Good	Moderate	Bad	Very bad	Very good	Pretty good	Pretty poor	Very poor
Unweighted	2004	621	560	352	464	309	941	539	165	31	489	1267	197	51
Weighted	2005	540	519	439	500	311	943	539	163	30	491	1266	196	52
Strongly agree	11%	12%	9%	11%	10%	27%	10%	5%	6%	3%	22%	8%	3%	5%
Somewhat agree	28%	31%	26%	29%	26%	27%	31%	26%	21%	11%	29%	28%	25%	25%
Neither agree nor disagree	34%	31%	36%	35%	36%	25%	37%	37%	28%	17%	26%	37%	41%	37%
Somewhat disagree	19%	18%	20%	19%	19%	15%	17%	21%	29%	28%	17%	20%	20%	15%
Strongly disagree	8%	8%	10%	6%	8%	6%	5%	10%	16%	41%	7%	8%	11%	18%
Total Agree:	38%	43%	35%	40%	36%	53%	41%	32%	27%	14%	50%	36%	28%	30%
Total Disagree:	27%	26%	30%	25%	27%	21%	22%	31%	45%	69%	24%	28%	31%	33%
Net:	27%	26%	30%	25%	27%	21%	22%	31%	45%	69%	24%	28%	31%	33%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions

(27.C) To what extent do you agree or disagree with the following?: People who are unhealthy have chosen to be that way

	Region												
	Total	London	South East	South West	East of England	East Midlands	West Midlands	Yorkshire and the Humber	North East	North West	Scotland	Wales	Northern Ireland
Unweighted	2004	267	284	177	167	145	183	173	92	239	143	91	43
Weighted	2005	281	259	161	180	141	181	161	80	220	180	101	59
Strongly agree	11%	12%	8%	11%	8%	10%	7%	13%	16%	14%	12%	6%	18%
Somewhat agree	28%	30%	29%	21%	31%	25%	32%	30%	25%	31%	17%	28%	36%
Neither agree nor disagree	34%	33%	36%	39%	39%	38%	31%	30%	27%	32%	38%	37%	25%
Somewhat disagree	19%	16%	21%	20%	20%	22%	21%	18%	16%	16%	23%	17%	14%
Strongly disagree	8%	9%	7%	9%	3%	4%	10%	10%	15%	7%	10%	12%	8%
Total Agree:	38%	42%	36%	32%	39%	35%	38%	42%	41%	45%	29%	34%	53%
Total Disagree:	27%	25%	28%	29%	22%	26%	31%	28%	31%	23%	33%	29%	22%
Net:	27%	25%	28%	29%	22%	26%	31%	28%	31%	23%	33%	29%	22%

Note:

BASE: Question randomly assigned to respondents

Fieldwork: 8th Feb - 11th Feb 2022

Data weighted by interlocking age & gender, region and social grade to Nationally Representative Proportions