

Survey results

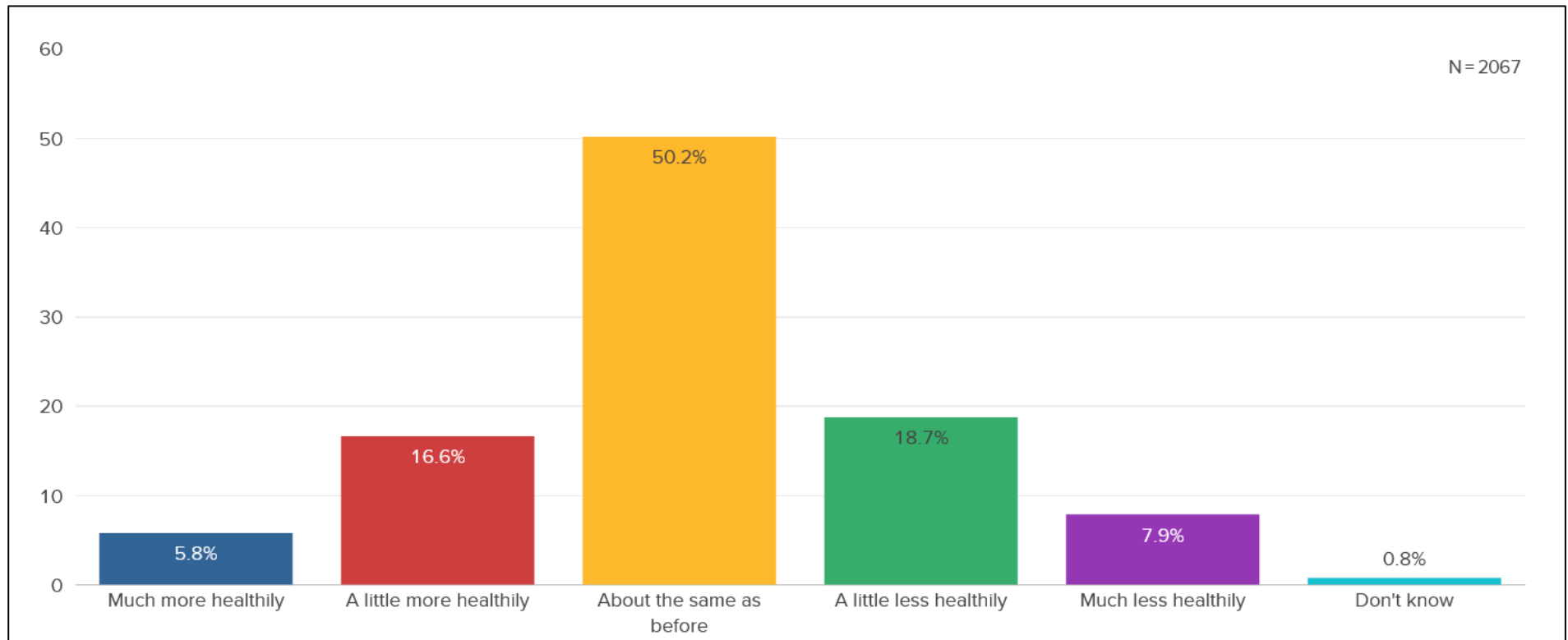
How has the UK COVID-19 lockdown affected views and behaviour on diet and fitness?

BNF HEW at home 2020

Survey carried out by YouGov on behalf of the British Nutrition Foundation. 3rd-4th June 2020

All questions below were framed in the context of peoples' behaviours since the UK-wide lockdown was imposed by the Government on the 23rd March 2020.

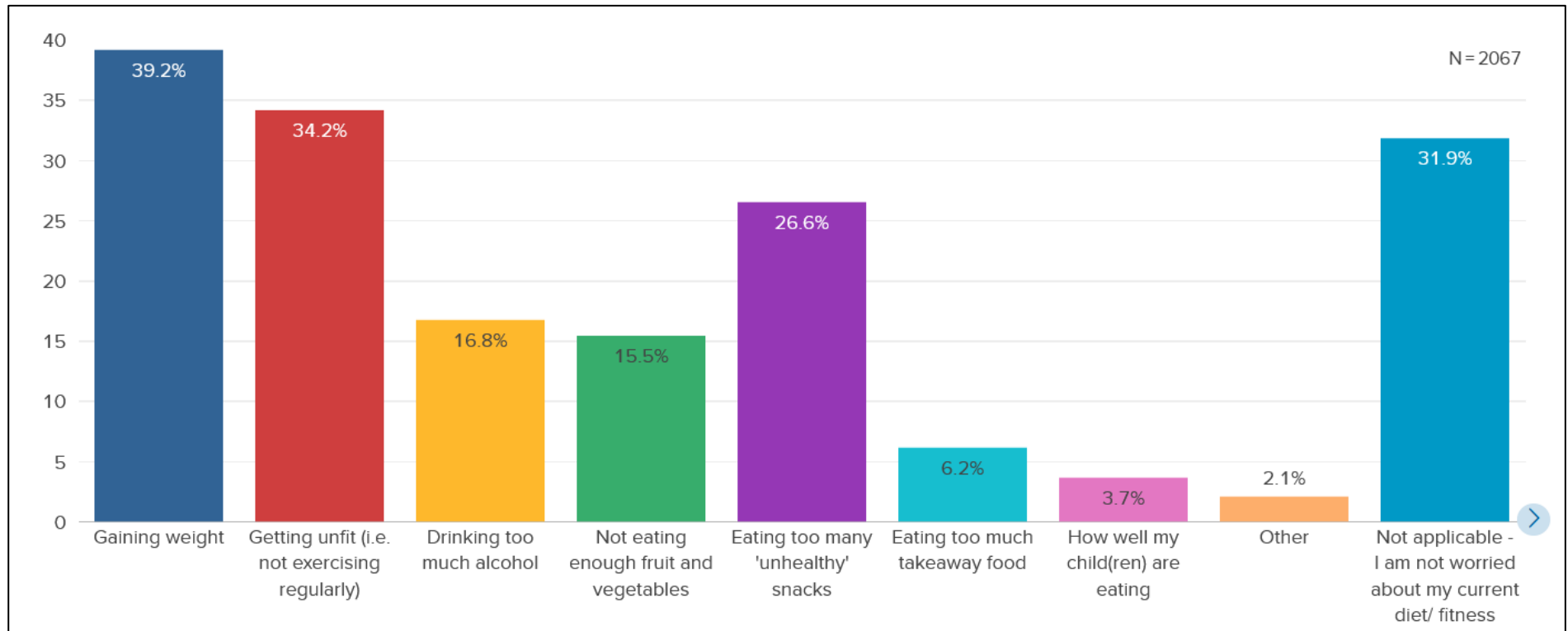
1. Generally speaking, would you say you have been eating more or less healthily than you were before the lockdown, or have your eating habits stayed about the same as before?



Results

- Half reported that their eating habits were about the same as before (50%).
- Over a quarter reported that they had been eating less healthily (27%).
- Over a fifth reported that they had been eating more healthily (22%).

2. Which, if any, of the following are your biggest worries about your current diet/fitness since lockdown began?



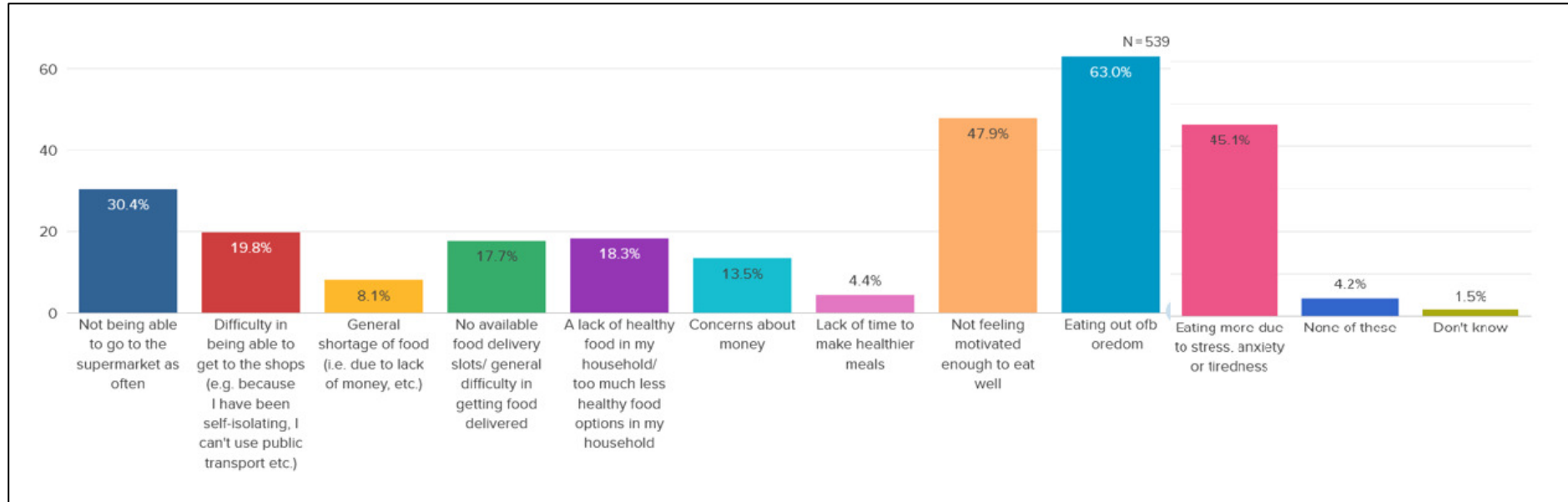
Results

The biggest reported worries about diet and fitness were:

- Gaining weight (39%)
- Getting unfit (34%)
- Eating too many unhealthy snacks (27%)

32% of responders said they were not worried about their current diet/fitness.

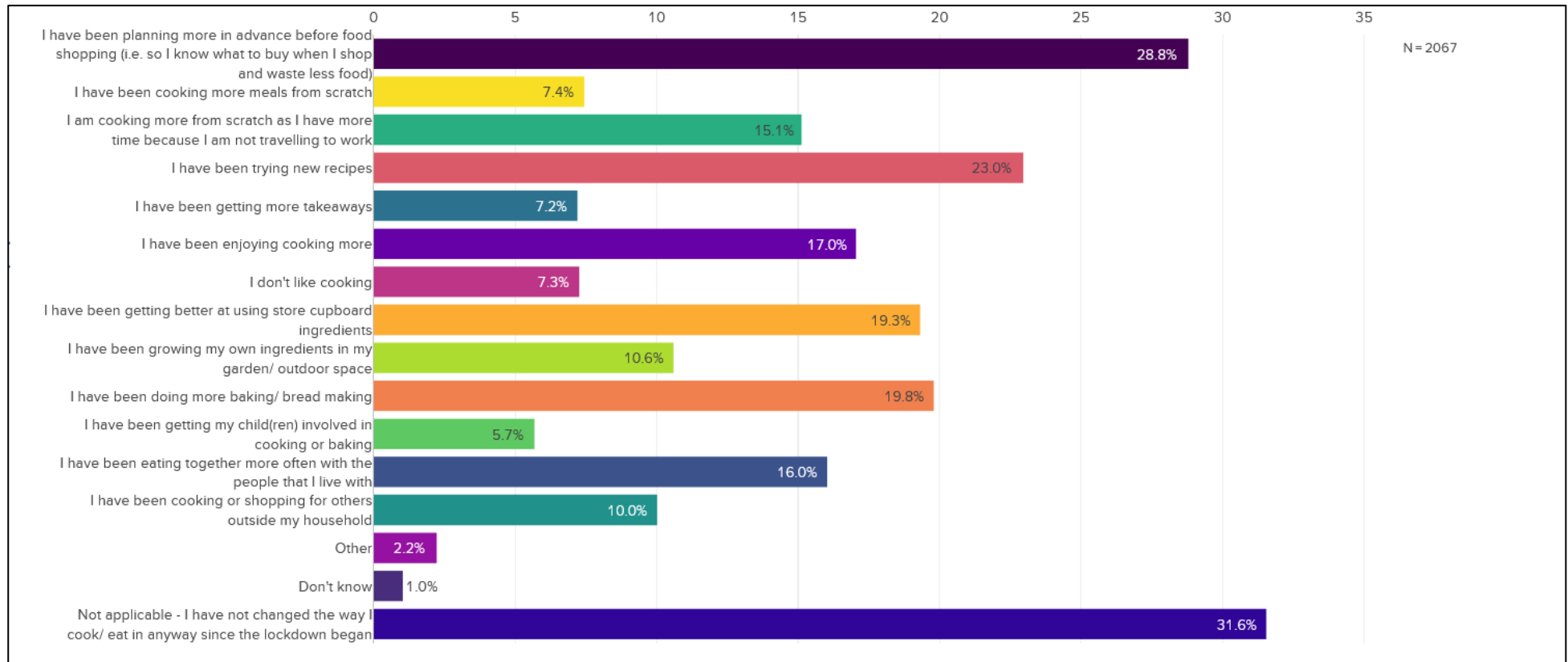
3. Which, if any, of the following have made it more difficult for you to eat healthily recently? (Directed at those who responded that they were eating a little or much less healthily to Q1).



Results

- 63% reported they are eating more out of boredom.
- 48% reported not feeling motivated enough to eat well.
- 45% reported eating more during lockdown due to stress, anxiety or tiredness.

4. Which, if any, of the following are ways you have changed the way you cook/eat?



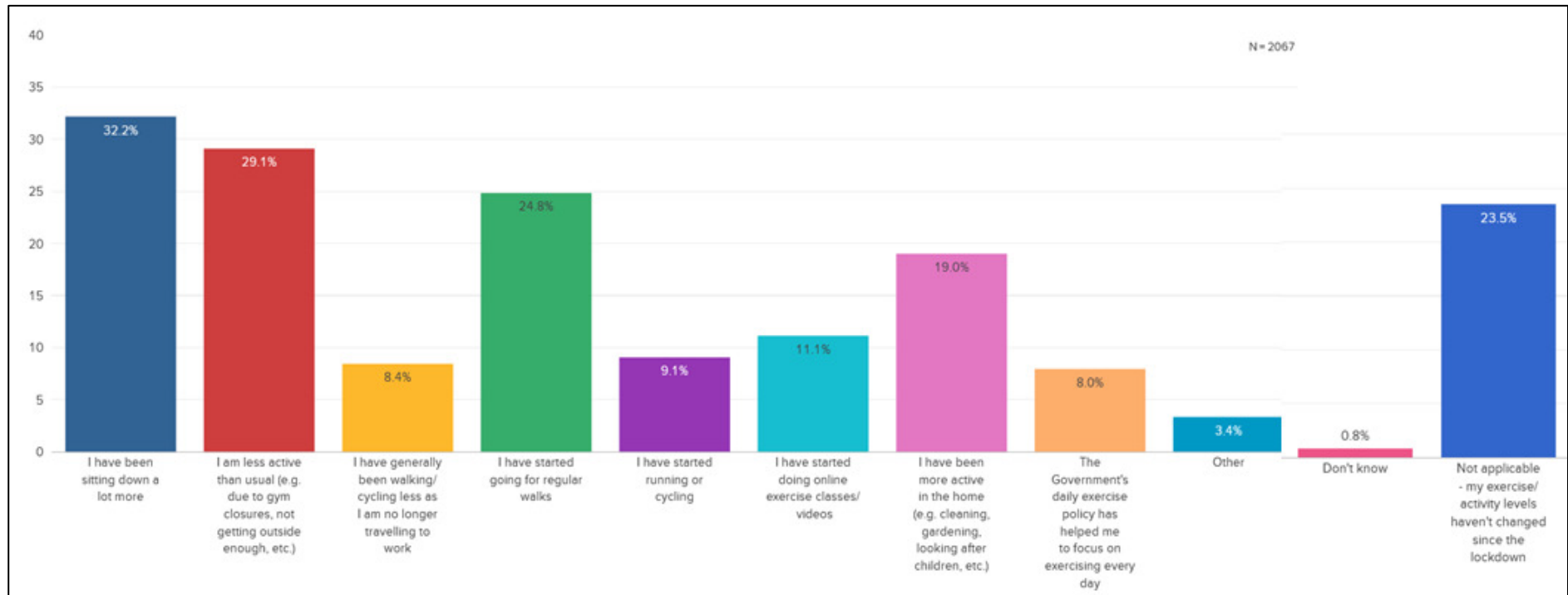
Results

The most commonly reported cooking and eating changes were:

- Planning more in advance (29%)
- Trying new recipes (23%)
- More baking/bread making (20%)

17% reported they have been enjoying cooking more (7% said they didn't enjoy cooking) and 32% reported they had not changed the way they cook/eat since lockdown.

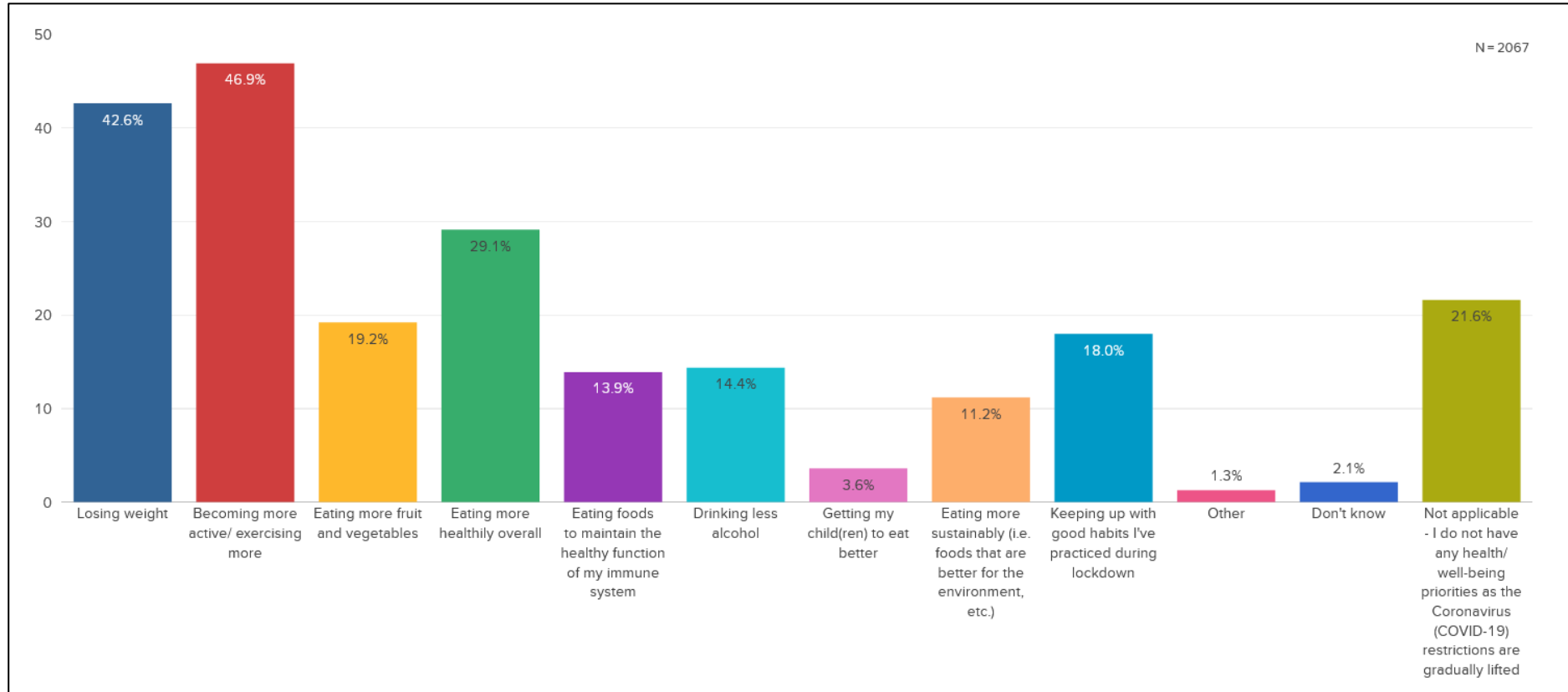
5. Which, if any, of the following are ways in which your exercise/activity levels have changed?



Results

- 32% responded that they have been sitting down a lot more since lockdown.
- 29% reported that they have been less active than usual.
- A quarter have started going for regular walks and 19% have been more active in the home.
- 24% reported their exercise/activity levels haven't changed since the lockdown.

6. Which, if any, of the following are priorities for your health/well-being as the coronavirus (COVID-19) restrictions are gradually lifted?



Results

The biggest priorities for health/wellbeing as the COVID-19 restrictions are lifted are:

- Becoming more active (47%)
- Losing weight (43%)
- Eating more healthily overall (29%)

22% reported no health/wellbeing priorities after COVID-19 restrictions are lifted.

This research has been conducted by YouGov on behalf of the British Nutrition Foundation. 2,067 UK adults were surveyed between 3rd - 4th June 2020. Of the 2,067 respondents, 539 stated they have been eating 'a little less healthily' or 'much less healthily' during lockdown.

The 539 respondents who said they ate less healthily were then asked to state what has made it difficult for them to eat healthily, ticking all options that apply. Of the 539, 347 said eating out of boredom, 263 said not feeling motivated to eat well, and 248 said they were eating more due to stress, anxiety or tiredness.

For more details see <https://www.nutrition.org.uk/healthyliving/hewathome>