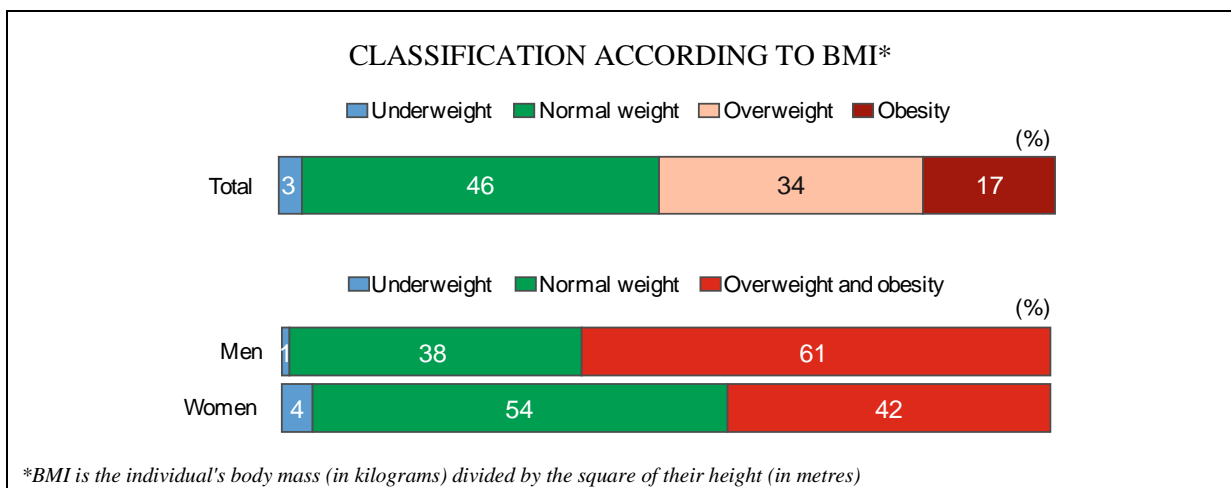
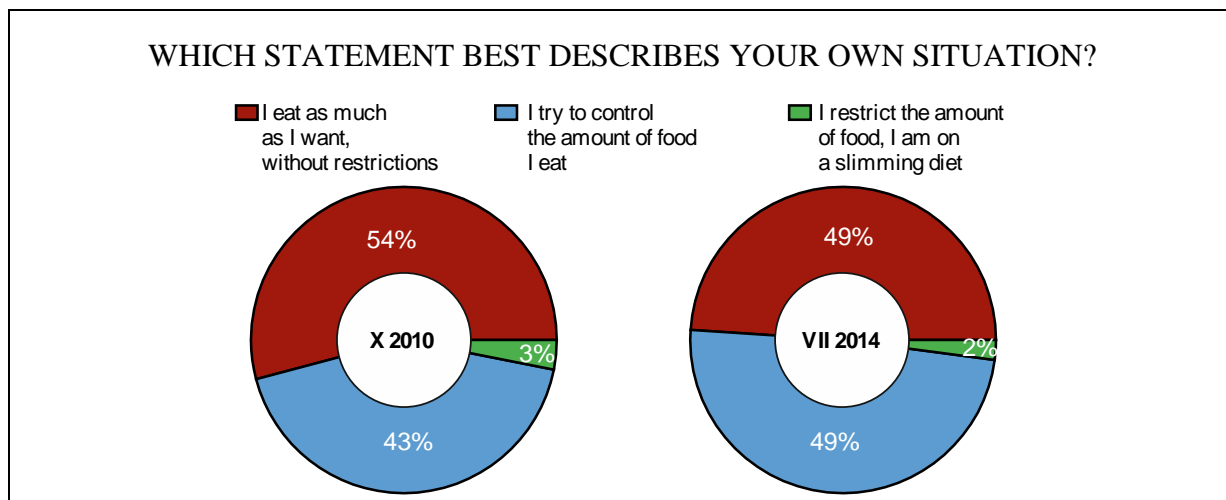


EXCESSIVE FOOD CONSUMPTION

Although CBOS research indicates that the majority of adult Poles declare healthy diet, half are overweight, including one-fifth who are obese. Less than half of respondents have appropriate weight and only a few weigh too little. The calculation of the BMI (Body Mass Index), which is a measure of appropriateness of weight, was conducted on the basis of information about weight and height given by respondents. The analysis indicates that problems with weight are related to age and gender of respondents. They are more common among men than women. They increase with age, and men start to have problems with weight earlier than women. Among men, the proportion of overweight respondents already prevails in the age group 25-34, while among women excessive weight predominates only after 55 years of age.



Almost half of respondents declare eating as much as they want, without restrictions. A similar proportion try to control the amount of food consumed, and a few are on a slimming diet. Compared with 2010, the proportion of people restricting the amount of food slightly increased.



More information about this topic can be found in CBOS report in Polish: *"Excessive food consumption"*, September 2014. Fieldwork for national sample: July 2014, N=943. The random address sample is representative for adult population of Poland.