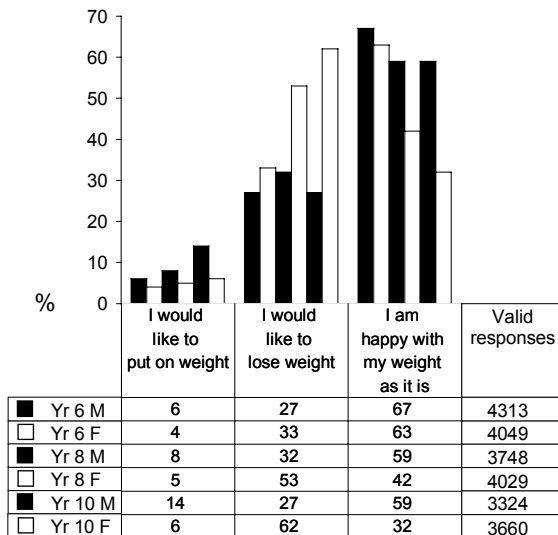


Attitude to personal weight

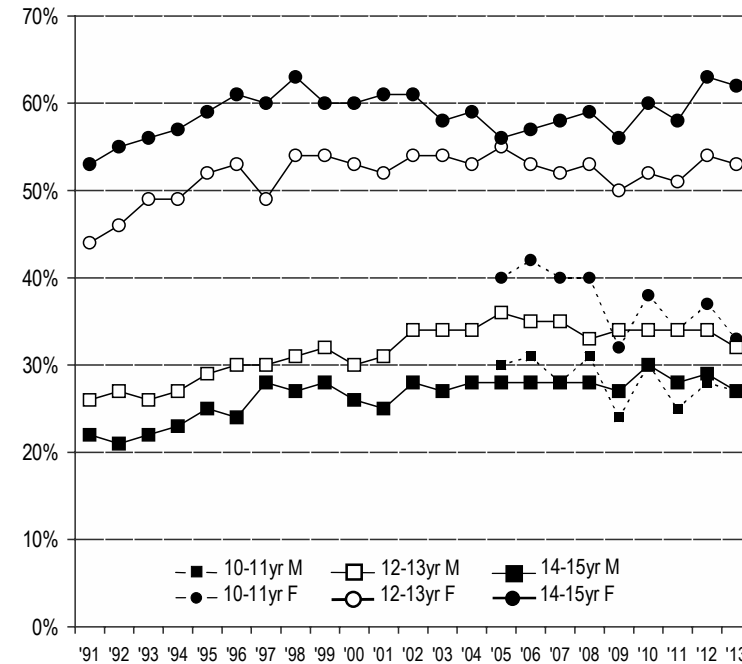
62% of Year 10 females and 53% of Year 8 females would like to lose weight

Your weight — which statement describes you best?

1. Many more females than males want to lose weight.
2. 62% of the Year 10 females, 53% of the Year 8 females and 33% of the Year 6 females would like to lose weight.
3. 14% of Year 10 males would like to put weight on.
4. Between 32% - 42% of the older females and 63% of the Year 6 females said they were happy with their weight as it is.



Pupils reporting 'I would like to lose weight' 1991-2013



Year 10 females who want to lose weight:

Proportion who want to lose weight who had nothing for breakfast: 19%
 Proportion who want to lose weight who missed lunch: 26%

In earlier reports in this series we also showed that a desire to lose weight could be linked to food choices.