



about Weight and Health

This is the second survey of our Doncaster Talks consultation to support the development of the Compassionate Approach to Weight.

The aims of this survey were:

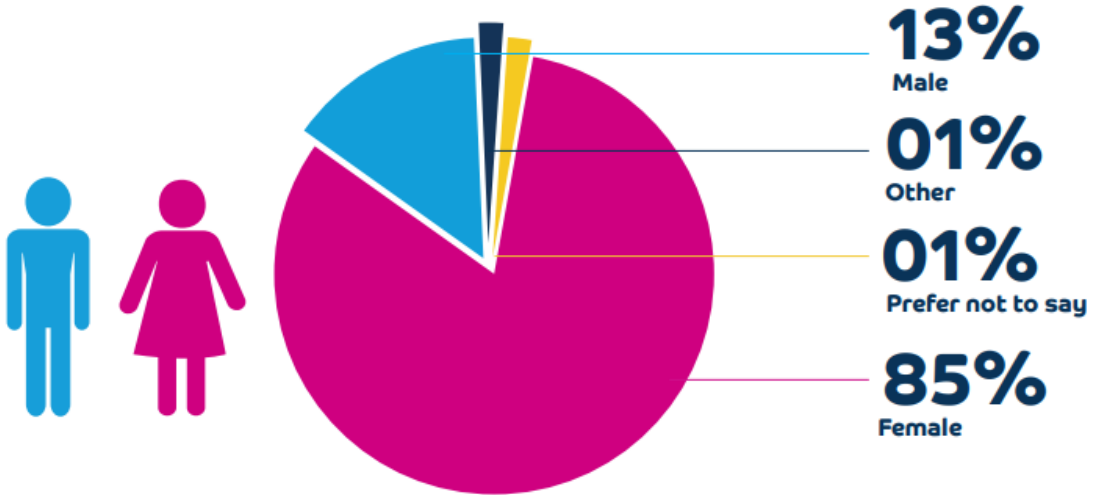
- To understand local attitudes and opinions of weight, health, and wellbeing.
- To understand the factors that influence weight stigma and stereotypes.

This survey was open to all Doncaster residents and asked about opinions on weight and obesity, and its relationship with health and wellbeing. This survey had a total of 417 participants.

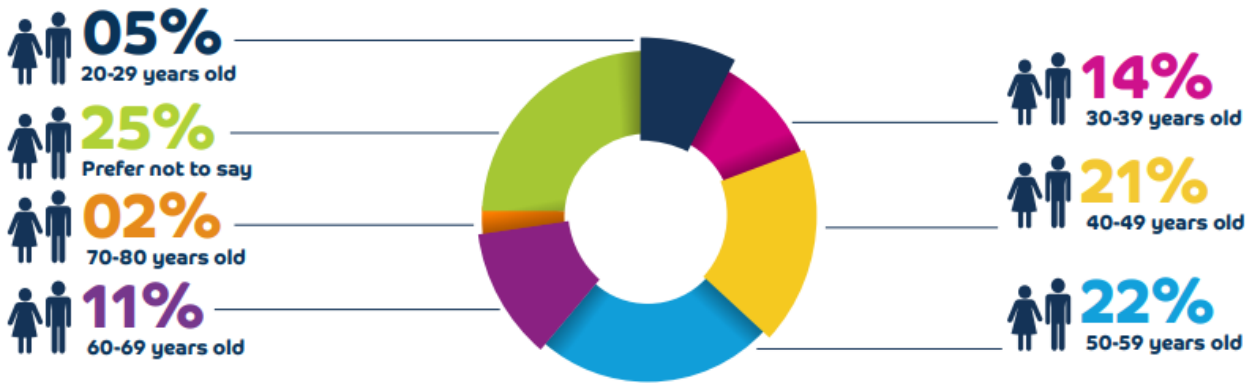
Who completed the survey?

Participant Information

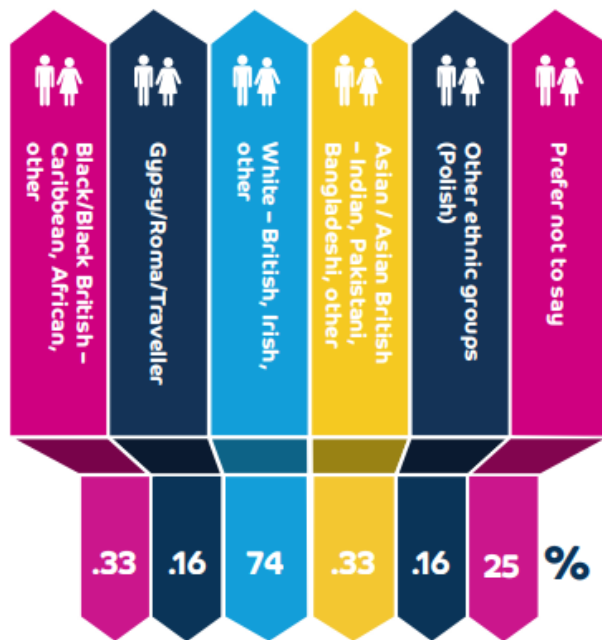
Gender



Age

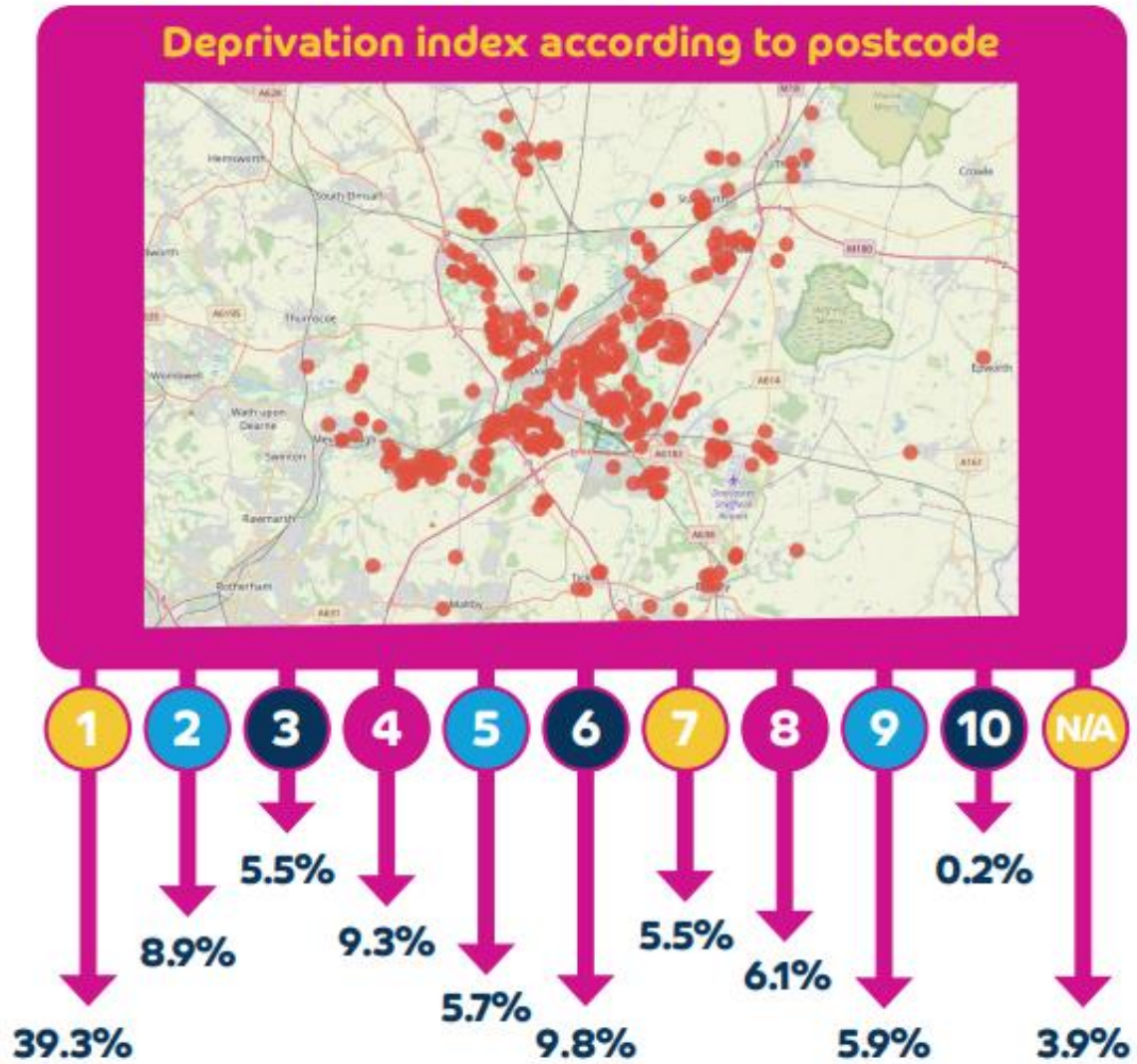


Ethnicity



Location distribution

1 most deprived to 10 least deprived



We asked...

What health and wellbeing means to you, and how your health and wellbeing could be improved?

You told us...

When asked what good health meant to them, the themes identified in the answers included having a good quality of life, a life free of pain or illness, good mental health, eating a balanced diet. Often answers were a combination of the above themes.

When asked what would improve their health, the themes identified in the answers included less stress, access to mental health services, better diet, taking part in physical activities and improved work-life balance.

When asked what good wellbeing meant to them, the themes which came up most frequently included having good mental health, living a happy life and feeling content, and having good physical health.

When asked what would improve their wellbeing, having more time for 'me time', to spend with friends and family and for hobbies was the most common answer. Participants also said, losing weight, reduced stress (more specifically work and/or

What we will do with this information...

There are many different definitions of health and wellbeing out there, so we wanted to develop an understanding of what health and wellbeing really means to our residents. We will ensure Public Health messages and services reflect and incorporate our Residents' definitions of Health and Wellbeing. Your feedback will help us to understand the barriers our residents face in improving their health and wellbeing. This will be used to shape current and future public health programmes, the delivery of peer groups and services, such as the Be Well programme, our approach to weight management and support for Children, Young People and Families.

We asked...

What influences a person's weight?

You told us...

84% believe there is a relationship between a person's weight and how healthy they are

Most people believe it is an individual's lack of motivation and or self-control that makes it difficult to lose weight (71%), as opposed to access to unhealthy foods (19%) or genetics/biology (10%)

However, when asked about the different factors that determine a person's weight, participants thought that psychological factors had the most significant impact, influencing a person's weight 'a lot' (43%) or 'a great deal' (42%). This was followed by environmental factors, economic factors, and then biological factors. Participants felt that genetic factors had the least impact in influencing a person's weight, 'a little' (26%) to a 'moderate amount' (38%).

What we will do with this information...

We know there are lots of factors which affect a person's weight, including biology, psychology and the environment! Your insights into these factors will support our information campaigns on the relationship between health and weight, and the factors that influence health and weight, in order to reduce weight stigmatisation. This information will also help us to review our services related to weight and health, such as our weight management service.

We asked...

About your experiences of weight loss and maintenance.

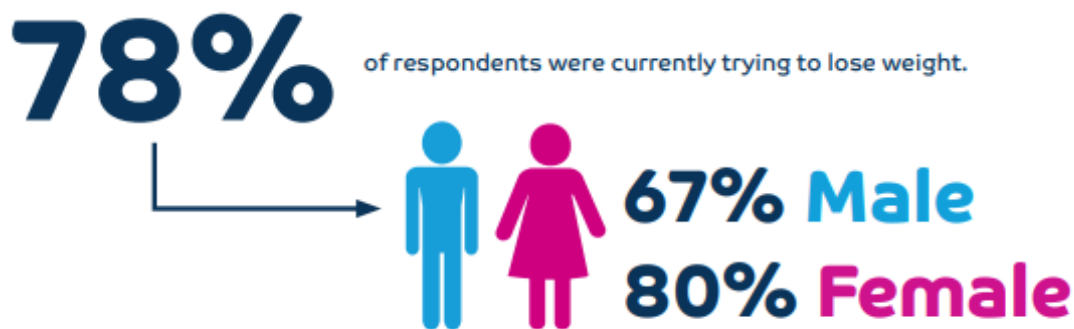
You told us...



69% of people believe maintaining weight loss after losing weight is difficult.

Answers as to why weight loss is easy, commonly mentioned being focused, maintaining willpower or being in the right frame of mind, and adjusting caloric intake/eat less, move more.

When surveyed, participants described why weight loss is difficult, answers included struggles in finding the time to cook/exercise, unhealthy food/fast food being more accessible and satiating e.g. cost, location, satiation, and outside factors e.g. work-life, family life, advertising.



94% had tried to lose weight in the past (equal for Female/Male respondents)

90% had lost weight in the past

45% had tried to lose weight 10 or more times

Desire to eat (non-hunger related) was mostly seen when participant has 'nothing to do' (81%) or feeling 'bored' (76%) as opposed to emotional stressors such as feeling 'upset' (55%), anxious (40%), or lonely (53%).

What we will do with this information...

We know that weight loss and weight maintenance are very complicated processes. Your experiences of weight loss and weight maintenance will further our understanding of how well traditional weight management programmes work and identify what the wider influences on weight are in Doncaster. This will give our officers a greater understanding of our residents' first hand experiences and enable us to provide more tailored approaches and promotional materials, and inform our approach to weight management services.

We asked...

What is your opinion on the purpose and accessibility of weight management services?

You told us...



55% of participants said weight management services should not be focused on weight loss as the primary outcome.



95% said they thought weight management services should focus on improving health and wellbeing.



95% thought weight management services should be accessible to people of all body weights.



95% thought weight management services should support people to address emotional eating.



73% believe weight management services should always be accessible to people (no time limit).

What we will do with this information...

Providing accessible, purposeful, and barrier-free healthy lifestyle support and services is really important to us, so that we can make sure everyone can get the support they need when they need it! We will use the insights you provided on the purpose and accessibility of weight management services to shape our future offer of weight management and healthy lifestyle support, and for the review of past services. It will also inform the commissioning, funding and planning of any kind of weight management or health lifestyle services for children, young people and families in the future.

We asked...

What are your beliefs about and experiences of weight stigma?

You told us...

55% believe there is a stigma to attending weight management services.

32% of participants have experienced negative or hurtful behaviour 'fairly' or 'very' often in the last year because of their weight

78% believe people who are overweight or obese are discriminated against.

83% believe that people should not feel stigmatised about their weight.

Respondents believe that obesity stigma is mainly caused by a belief that obesity is largely caused by laziness (38%) and that obesity can be resolved through lifestyle and willpower (31%)

What we will do with this information...

Weight stigma is a significant problem in our society today, which can have negative effect on the health and wellbeing of our residents. Your beliefs and experiences of weight stigma will support our education campaigns and resources, to raise awareness of weight stigma, and to promote diversity of body types! This information will also help us to review past services and provide learning for the development of future services and programmes.

Further Support

If you need help from a food bank, you can find information on how to get support here:

- [Food Bank Information - YourLifeDoncaster](#)

If you need help with the cost of living, you can find information on how to get support here:

- [Help for Households Support website](#)

If any of the above information has brought up uncomfortable or difficult feelings for you, please discuss this with someone you trust, such as a friend or family member. Talking about negative feelings and experiences can help us to process them, and can begin the journey of finding help and support.

You can get professional support from:

- Your GP
- [BEAT - The UK's Eating Disorder Charity](#)
- Your local [IAPT](#) service

If you are experiencing a personal crisis and feel you are unable to cope, text SHOUT to 85258. Shout can help with urgent issues such as suicidal thoughts, self-harm, and relationship challenges.

The [Samaritans](https://www.samaritans.org) offer confidential emotional support 24 hours a day – call 116 123 or email jo@samaritans.org.uk