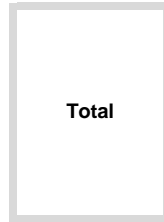


British Nutrition Foundation

XXX

GB18 Sample: XXX



British Nutrition Foundation

XXX

GB18 Sample: XXX



Total

Thinking about since the UK government imposed a nationwide lockdown to slow the spread of the Coronavirus (COVID-19) (i.e. since the 23rd of March 2020)...Generally speaking would you say that 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?

Unweighted base	2067
Base: All GB adults	2067
Much more healthily	6%
A little more healthily	17%
About the same as before	50%
A little less healthily	19%
Much less healthily	8%
Don't know	1%
Net: More healthily	22%
Net: Less healthily	27%

British Nutrition Foundation

XXX

GB18 Sample: XXX



Total

You previously said you have been eating XXX than you were before the UK government imposed a nationwide lockdown to slow the spread of the coronavirus (COVID-19) (i.e. since the 23rd of March 2020)...Which, if any, of the following has made it difficult for you to eat healthily recently? (Please select all that apply)

	Unweighted base	
	539	
Base: All GB adults who have been eating less healthily since the Coronavirus lockdown	550	
Not being able to go to the supermarket as often	30%	
Difficulty in being able to get to the shops (e.g. because I have been self-isolating, I can't use public transport etc.)	20%	
General shortage of food (i.e. due to lack of money, etc.)	8%	
No available food delivery slots/ general difficulty in getting food delivered	18%	
A lack of healthy food in my household/ too much less healthy food options in my household	18%	
Concerns about money	13%	
Lack of time to make healthier meals	4%	
Not feeling motivated enough to eat well	48%	
Eating out of boredom	63%	
Eating more due to stress, anxiety or tiredness	45%	
None of these	4%	
Don't know	2%	

British Nutrition Foundation

XXX

GB18 Sample: XXX



Total

For the following question, please think specifically in relation to your eating or drinking habits/ exercise levels during lockdown (i.e. since the 23rd March 2020)...Generally, which, if any, of the following are your priorities for your health/ well-being as the Coronavirus (COVID-19) restrictions are gradually lifted? (Please select all that apply)

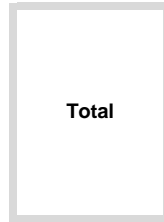
Unweighted base	2067
Base: All GB adults	2067
Losing weight	43%
Becoming more active/ exercising more	47%
Eating more fruit and vegetables	19%
Eating more healthily overall	29%
Eating foods to maintain the healthy function of my immune system	14%
Drinking less alcohol	14%
Getting my child(ren) to eat better	4%
Eating more sustainably (i.e. foods that are better for the environment, etc.)	11%
Keeping up with good habits I've practiced during lockdown	18%
Other	1%
Don't know	2%
Not applicable - I do not have any health/ well-being priorities as the Coronavirus (COVID-19) restrictions are gradually lifted	22%

Cell Contents (Column Percentages)

British Nutrition Foundation

XXX

GB18 Sample: XXX



British Nutrition Foundation

XXX

GB18 Sample: XXX



Total

Thinking about since the UK government imposed a nationwide lockdown to slow the spread of the Coronavirus (COVID-19) (i.e. since the 23rd of March 2020)...Generally speaking would you say that 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?

Unweighted base	2067
Base: All GB adults	2067
Much more healthily	120
A little more healthily	344
About the same as before	1037
A little less healthily	387
Much less healthily	163
Don't know	16
Net: More healthily	464
Net: Less healthily	550

British Nutrition Foundation

XXX

GB18 Sample: XXX



Total

You previously said you have been eating XXX than you were before the UK government imposed a nationwide lockdown to slow the spread of the coronavirus (COVID-19) (i.e. since the 23rd of March 2020)...Which, if any, of the following has made it difficult for you to eat healthily recently? (Please select all that apply)

	Unweighted base
Base: All GB adults who have been eating less healthily since the Coronavirus lockdown	539
	550
Not being able to go to the supermarket as often	167
Difficulty in being able to get to the shops (e.g. because I have been self-isolating, I can't use public transport etc.)	109
General shortage of food (i.e. due to lack of money, etc.)	45
No available food delivery slots/ general difficulty in getting food delivered	97
A lack of healthy food in my household/ too much less healthy food options in my household	101
Concerns about money	74
Lack of time to make healthier meals	24
Not feeling motivated enough to eat well	263
Eating out of boredom	347
Eating more due to stress, anxiety or tiredness	248
None of these	23
Don't know	8

British Nutrition Foundation

XXX

GB18 Sample: XXX



Total

For the following question, please think specifically in relation to your eating or drinking habits/ exercise levels during lockdown (i.e. since the 23rd March 2020)...Generally, which, if any, of the following are your priorities for your health/ well-being as the Coronavirus (COVID-19) restrictions are gradually lifted? (Please select all that apply)

Unweighted base	2067
Base: All GB adults	2067
Losing weight	881
Becoming more active/ exercising more	970
Eating more fruit and vegetables	397
Eating more healthily overall	602
Eating foods to maintain the healthy function of my immune system	287
Drinking less alcohol	297
Getting my child(ren) to eat better	75
Eating more sustainably (i.e. foods that are better for the environment, etc.)	232
Keeping up with good habits I've practiced during lockdown	372
Other	27
Don't know	44
Not applicable - I do not have any health/ well-being priorities as the Coronavirus (COVID-19) restrictions are gradually lifted	447

Cell Contents (Counts)