

Example Transcript: Social Determinants of Overweight and Obesity

Interviewer: What do you think has caused the increasing levels of overweight and obesity in the UK?

June: I can only say for myself; I don't think it's one thing at all. I think that would be most people's experience that yes, my father was overweight, but he got diabetes and his mother was overweight and the same thing so, there is like a possible genetic thing there.

But I do think everyday life comes now with so many sort of, you know, ways that encourage you to be overweight and I think a lot of people, it's like having a selection of a hundred things and people chose some of them. So, for example, my local mini-supermarket a bar of chocolate is 80p, but you can have three bars of chocolate for £1.20 and as a chocoholic that's terrible temptation because you think, 'Well that's ridiculous. I'll buy three and I'll put two in the glove compartment. One can be for tomorrow. One can be for the day after,' but no you see I've been eating. I'd creep out to the car at midnight and get one out of the glove compartment.

I, I just think there are so many every day temptations and if you're already overweight and you think to yourself that you think a slimmer person has either got more self-control or doesn't need to exercise for some reason their brain is wired differently, you know, that you're presented with say thirty choices in a day to do with calories or exercise and you just pick some of them wrongly every single day.

What I would also like to mention really is the busyness of today's world is a big factor that I haven't mentioned. I do think society is changed and speeded up an awful lot and people have jobs that have, you know, perhaps not as physically demanding obviously but mentally very demanding and a lot more stress in life and I think all of that is another major contributor to overweight. People not having the time to cook, to think about the shopping before they do it. To be supervising the children, to be sat down at a family meal table. I think time is a massive other factor that needs to be thought about in any initiatives. It's no good thinking we, we live in this ideal world of the fifties because no, nobody does anymore.