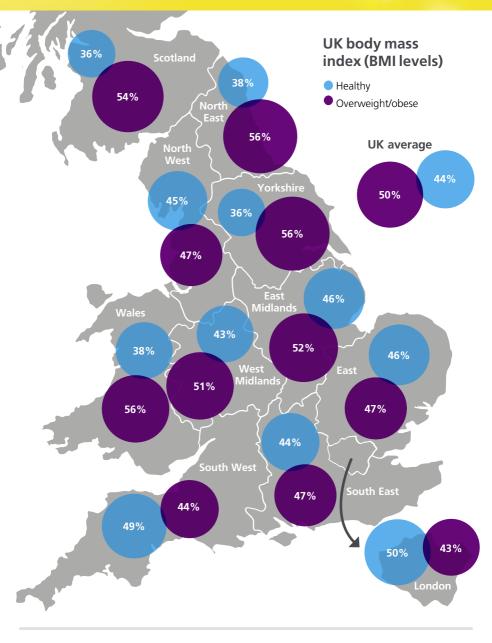
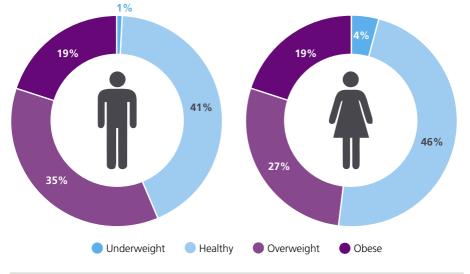
# Health in the UK

Taken from the Spring 2014 Aviva Health Check UK Report

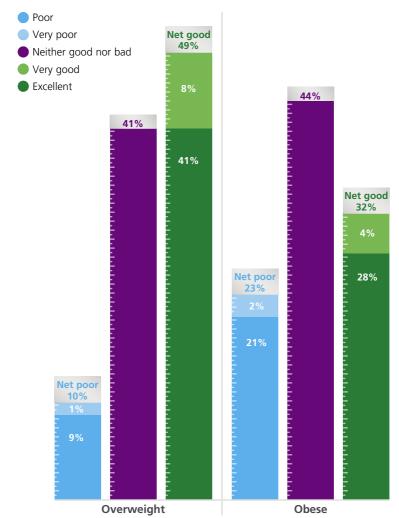




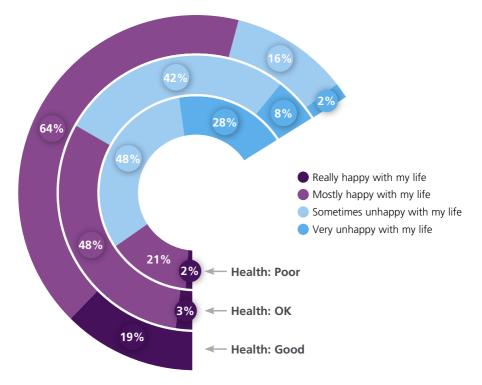
UK BMI levels according to gender



# Good, OK and poor rates of health vs BMI



## **Current level of health vs happiness**



#### Fruit and veg vs tea/coffee consumption

Frequency	
Five or more a day	${}$
Between two and four a day	

One per day	$\overset{15\%}{}$
Four to six a week	<ul> <li> </li> <li> </li></ul>
Two or three a week	<ul> <li></li></ul>
One a week or less	<ul> <li>4%</li> <li>3%</li> </ul>
None	<ul> <li>1%</li> <li>X0 X0 X0 X0 X0 X0 9%</li> </ul>

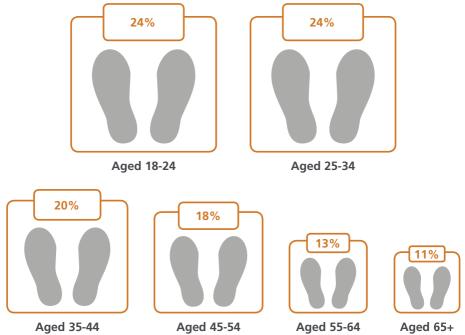
## Top 5 exercises most regularly undertaken



## Top 10 health ambitions in the UK



## Fear of putting on weight





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