



Fat? So!: Two women dying to be thin. But at what cost?

Nicola Barry

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Fat. Everyone has it, everyone hates it and everyone does their damndest to get rid of it.

Step up Lucy Latimer, daytime TV host whose battle with her weight is a 24/7, 365-day-a year campaign. You name it, she's tried it: Weightwatchers, Atkins, food-combining, miracle pills, health farms without number.

It's not that she looks bad, quite the opposite. Rubenesque would probably describe her best and there has certainly never been a shortage of men in her life yet she still has a toxic view of herself. Her viewers love her because she is like them – not the statutory stick insect who believes it is her duty to go to bed hungry. However, Lucy's problems run a lot deeper than being overweight.

In 1986, at the age of eight, she and her six-year-old sister, Rowan, witnessed the horrific death of their parents, close to their home in Dorset. While they both seem to cope well on the surface, Lucy turns to food for comfort: food, food and more food. Rowan struggles but relies on her older sister for support.

For her part, Rowan, who has always been thin and tomboyish, adores Lucy and does everything she can to persuade her that she looks good. Back in their schooldays, she attempted to defend her against the school bullies who nicknamed her Lumpy Latimer.

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