

Obesity Survey

Conducted by ASMBS and NORC at the University of Chicago

Interviews: 8/11/2016-9/21/2016

1,509 adults

Margin of error: +/- 3.5 percentage points at the 95% confidence level among all adults

NOTE: All results show percentages among all respondents, unless otherwise labeled.

Q1. In general, how would you rate your overall health?

[HALF SAMPLE ASKED RESPONSE OPTIONS IN REVERSE ORDER]

	All adults age 18+	African Americans	Hispanics	Obese adults ¹
Excellent/very good NET	37	35	46	22
Excellent	8	13	12	3
Very good	28	22	34	19
Good	44	43	36	51
Fair/poor NET	19	21	18	27
Fair	16	20	14	23
Poor	4	1	5	4
DON'T KNOW	-	-	-	-
SKIPPED ON WEB/REFUSED	*	-	1	*
N=	1,509	390	453	570

Q4. In this country, how serious a problem is each of these health issues?

[ITEMS RANDOMIZED; HALF SAMPLE ASKED RESPONSE OPTIONS IN REVERSE ORDER]

All adults age 18+

	Only a little serious /not a problem at all NET	Not a problem at all	Only a little serious	Moderately serious	Extremely/very serious NET	Very serious	Extremely serious	DK	REF.
Cancer	6	4	2	12	81	38	43	*	*
Diabetes	7	3	3	21	72	42	29	*	*
Heart disease	6	4	2	21	72	44	29	*	*
Mental illness	8	4	5	26	65	37	28	*	*
HIV/AIDS	16	5	11	35	46	27	19	1	1
Obesity and overweight	5	2	3	14	81	40	41	-	*
Alcohol and drug abuse	7	4	3	17	76	41	35	-	*

N=1,509

¹ Obese adults are those with a Body Mass Index (BMI) of 30 or higher, calculated from self-reported height and weight in Q40 and Q41.

African Americans

	Only a little serious /not a problem at all NET	Not a problem at all	Only a little serious	Moderately serious	Extremely/ very serious NET	Very serious	Extremely serious	DK	REF.
Cancer	8	5	3	6	86	28	58	-	*
Diabetes	7	5	2	11	81	37	44	1	-
Heart disease	8	5	2	12	80	33	47	*	*
Mental illness	8	6	2	17	74	32	43	*	*
HIV/AIDS	7	5	2	14	78	34	45	*	*
Obesity and overweight	7	4	4	12	81	30	51	-	-
Alcohol and drug abuse	8	5	3	11	81	33	48	-	-

N=390

Hispanics

	Only a little serious /not a problem at all NET	Not a problem at all	Only a little serious	Moderately serious	Extremely/ very serious NET	Very serious	Extremely serious	DK	REF.
Cancer	6	4	2	8	86	39	47	-	*
Diabetes	7	3	4	14	79	38	41	-	-
Heart disease	5	3	2	20	74	43	30	*	1
Mental illness	7	4	4	22	71	38	33	-	*
HIV/AIDS	9	4	5	30	60	34	26	1	*
Obesity and overweight	4	2	1	10	87	39	48	-	-
Alcohol and drug abuse	6	4	2	17	77	39	38	-	1

N=453

Obese adults

	Only a little serious /not a problem at all NET	Not a problem at all	Only a little serious	Moderately serious	Extremely/ very serious NET	Very serious	Extremely serious	DK	REF.
Cancer	7	4	2	11	82	38	43	-	1
Diabetes	9	4	5	19	72	43	29	*	-
Heart disease	6	3	3	19	74	42	31	*	1
Mental illness	8	4	4	26	65	35	30	1	*
HIV/AIDS	19	6	13	32	48	27	21	*	1
Obesity and overweight	4	1	3	11	85	40	45	-	-
Alcohol and drug abuse	9	5	4	15	75	39	36	-	*

N=570

Q5. What would you say are the most significant outcomes of being overweight or obese? Please list up to five.

[OPEN END]

	All adults age 18+	African Americans	Hispanics	Obese adults
Heart disease / heart attack / cardiovascular disease	58	46	48	56
Diabetes / sugar diabetes / Type II diabetes	53	38	48	53
High blood pressure	20	24	18	20
Arthritis / joint problems / pain	16	9	12	19
High cholesterol / bad cholesterol	6	7	9	6
Depression / stress / anxiety / mental health issues	14	17	17	14
Stroke	6	6	6	7
Death / dying / dying young	19	22	17	16
Cancer	5	5	7	2
Mobility / decreased ability to exercise or be active / sedentary lifestyle	17	16	16	16
Lung / respiratory	9	11	6	9
Kidney	2	2	1	1
Liver / fatty liver	1	1	1	1
Poor circulation	2	3	3	2
Health issues/problems – general or other specific condition	23	25	21	22
Poor self-esteem/effects on appearance	12	16	12	13
Feeling tired/fatigue/sleep problems	9	10	10	13
Hard to do everyday activities/tasks/quality of life	7	4	5	7

ASMBS and NORC Obesity Survey 2016

Higher costs (e.g. medical)	5	4	6	5
Social consequences/discrimination	7	10	7	7
Other	21	23	24	19
DON'T KNOW	1	3	2	1
SKIPPED ON WEB/REFUSED	6	7	10	5
<i>N=</i>	<i>1,509</i>	<i>390</i>	<i>453</i>	<i>570</i>

Q6. Which statement comes closest to your view of obesity, even if neither is exactly right?

[HALF SAMPLE ASKED Q6 THEN Q7 AND OTHER HALF ASKED Q7 THEN Q6]

	All adults age 18+	African Americans	Hispanics	Obese adults
Obesity is a lifestyle choice resulting from a persons' eating and exercise habits	48	43	48	46
Obesity is a disease resulting from many different genetic, environmental, and social factors	50	55	50	53
DON'T KNOW	1	1	1	*
SKIPPED ON WEB/REFUSED	1	1	1	*
<i>N=</i>	<i>1,509</i>	<i>390</i>	<i>453</i>	<i>570</i>

Q7. Which statement comes closest to your view of obesity, even if neither is exactly right?

[HALF SAMPLE ASKED Q6 THEN Q7 AND OTHER HALF ASKED Q7 THEN Q6]

	All adults age 18+	African Americans	Hispanics	Obese adults
Obesity itself is a disease	38	39	42	40
Obesity is a risk factor for other diseases, but it is not a disease itself	61	59	58	60
DON'T KNOW	1	2	*	1
SKIPPED ON WEB/REFUSED	*	*	1	*
<i>N=</i>	<i>1,509</i>	<i>390</i>	<i>453</i>	<i>570</i>

Q8. To the best of your knowledge, how much of a risk is obesity to a person’s overall health?

[HALF SAMPLE ASKED RESPONSE OPTIONS IN REVERSE ORDER]

	All adults age 18+	African Americans	Hispanics	Obese adults
Extremely/very high risk NET	85	88	85	83
Extremely high risk	30	41	38	28
Very high risk	54	47	48	55
Moderate risk	14	12	12	16
Low/very low risk NET	1	1	3	1
Low risk	1	*	2	1
Very low risk	*	*	1	*
No risk at all	*	-	-	-
DON’T KNOW	*	*	-	*
SKIPPED ON WEB/REFUSED	-	-	-	-
<i>N=</i>	<i>1,509</i>	<i>390</i>	<i>453</i>	<i>570</i>

Q9. To the best of your knowledge, does being obese increase a person’s risk of developing each of the following or does it not increase that risk?

[ITEMS RANDOMIZED]

All adults age 18+

	Increases risk a lot	Increases risk a little	Does not increase risk	DK	REF.
Heart disease	91	8	*	*	*
High blood pressure	89	10	1	*	*
Diabetes	89	9	1	*	*
Certain types of cancer	41	41	15	3	1
Stroke	73	23	3	1	*
Bone/joint damage	78	19	2	1	1
Alzheimer’s disease	14	35	45	5	1
Kidney disease	49	38	10	2	1
Severe depression	63	32	4	1	1
Liver disease	42	41	14	3	1
Sleep apnea	64	28	6	2	1
Infertility	35	42	17	5	1

N=1,509

African Americans

	Increases risk a lot	Increases risk a little	Does not increase risk	DK	REF.
Heart disease	91	8	1	1	-
High blood pressure	89	11	1	*	-
Diabetes	89	8	1	2	-
Certain types of cancer	48	36	12	3	1
Stroke	78	17	4	1	1
Bone/joint damage	76	21	2	1	1
Alzheimer's disease	28	28	40	4	2
Kidney disease	60	31	7	1	1
Severe depression	69	27	3	1	*
Liver disease	48	36	13	2	1
Sleep apnea	62	28	8	2	*
Infertility	39	33	24	4	*

N=390

Hispanics

	Increases risk a lot	Increases risk a little	Does not increase risk	DK	REF.
Heart disease	87	11	2	-	*
High blood pressure	87	11	2	-	*
Diabetes	88	10	1	*	1
Certain types of cancer	46	38	15	1	*
Stroke	76	22	3	-	*
Bone/joint damage	73	20	5	1	*
Alzheimer's disease	18	37	41	2	1
Kidney disease	50	38	10	1	1
Severe depression	71	24	4	1	*
Liver disease	49	36	12	1	2
Sleep apnea	63	26	9	*	1
Infertility	46	38	14	2	*

N=453

Obese adults

	Increases risk a lot	Increases risk a little	Does not increase risk	DK	REF.
Heart disease	89	10	*	-	-
High blood pressure	88	11	1	-	-
Diabetes	87	11	2	*	-
Certain types of cancer	39	42	17	2	*
Stroke	72	23	3	1	1
Bone/joint damage	79	18	1	*	1
Alzheimer's disease	15	37	42	5	1
Kidney disease	47	39	12	1	1
Severe depression	65	29	5	*	1
Liver disease	39	42	14	3	2
Sleep apnea	71	23	4	2	1
Infertility	38	40	19	3	1

N=570

Q10. To the best of your knowledge, does obesity itself increase a person's risk of dying early even if they do not have any other health conditions or does it not increase that risk?

	All adults age 18+	African Americans	Hispanics	Obese adults
Increases risk a lot	63	69	68	63
Increases risk a little	31	24	28	31
Does not increase risk	5	7	4	5
DON'T KNOW	1	1	*	1
SKIPPED ON WEB/REFUSED	*	*	-	*

N=

1,509

390

453

570

Q11. In the next five years, do you think there will be more obese Americans than there are today, fewer obese Americans than there are today, or will the number of obese Americans stay the same?

[HALF SAMPLE ASKED RESPONSE OPTIONS IN REVERSE ORDER]

	All adults age 18+	African Americans	Hispanics	Obese adults
More obese Americans	57	53	57	63
Fewer obese Americans	13	23	18	13
The number of obese Americans will stay the same	29	24	25	24
DON'T KNOW	1	1	*	*
SKIPPED ON WEB/REFUSED	*	*	*	-

N=

1,509

390

453

570

If more or stay the same in Q11

Q12. Do you think something should be done to prevent obesity in this country in next five years, or does nothing need to be done?

	All adults age 18+	African Americans	Hispanics	Obese adults
Yes, something should be done	89	93	92	89
No, nothing needs to be done	11	7	8	11
DON'T KNOW	*	-	-	-
SKIPPED ON WEB/REFUSED	*	-	1	-
<i>N=</i>	1,282	314	381	483

If yes in Q12

Q12A. Do you think our health care system can prevent more people from becoming obese in the next five years, or is it up to individuals themselves?

	All adults age 18+	African Americans	Hispanics	Obese adults
Yes, the health care system can prevent more people from becoming obese	41	43	46	41
No, it is up to individuals themselves	58	56	53	58
DON'T KNOW	*	1	1	*
SKIPPED ON WEB/REFUSED	1	1	1	1
<i>N=</i>	1,167	296	350	444

Q13. Do you consider yourself now to be underweight, overweight, or about right?

[HALF SAMPLE ASKED FIRST TWO RESPONSE OPTIONS IN REVERSE ORDER]

	All adults age 18+	African Americans	Hispanics	Obese adults
Underweight	5	9	4	*
Overweight	46	44	44	91
About right	49	46	51	9
DON'T KNOW	-	-	-	*
SKIPPED ON WEB/REFUSED	*	*	*	*
<i>N=</i>	1,509	390	453	570

If overweight in Q13

Q14. Do you consider yourself now to be obese, or not?

	All adults age 18+	African Americans	Hispanics	Obese adults
Obese	34	37	36	47
Not obese	66	63	64	53
DON'T KNOW	*	-	1	*
SKIPPED ON WEB/REFUSED	*	-	-	*
<i>N=</i>	725	187	218	501

Q15. When it comes to managing your weight, how much control do you feel like you have over your weight?

[HALF SAMPLE ASKED RESPONSE OPTIONS IN REVERSE ORDER]

	All adults age 18+	African Americans	Hispanics	Obese adults
Complete/quite a bit of control NET	58	57	58	41
Complete control	23	34	28	15
Quite a bit of control	35	23	30	25
A moderate amount of control	30	28	31	38
Only a little/no control at all NET	12	14	10	20
Only a little control	9	11	9	17
No control at all	3	4	2	3
DON'T KNOW	*	-	*	-
SKIPPED ON WEB/REFUSED	*	1	-	1
<i>N=</i>	1,509	390	453	570

Q16. How much does your weight interfere with your...?

[ITEMS RANDOMIZED; HALF SAMPLE ASKED RESPONSE OPTIONS IN REVERSE ORDER]

All adults age 18+

	A great deal/ quite a bit NET	A great deal	Quite a bit	A moderate amount	Only a little/not at all NET	Only a little	Not at all	N/A	DK	REF.
Work	8	4	5	8	73	11	62	11	-	*
Romantic relationships	14	7	7	10	68	15	53	8	1	*
Family life	8	4	4	11	76	13	62	5	-	*
Aspirations and personal goals	15	6	9	12	69	16	53	5	-	*
Education	4	2	2	5	78	5	73	12	*	*
Ability to travel	7	4	4	7	80	9	71	5	-	*

N=1,509

African Americans

	A great deal/ quite a bit NET	A great deal	Quite a bit	A moderate amount	Only a little/not at all NET	Only a little	Not at all	N/A	DK	REF.
Work	11	8	4	9	69	8	60	10	-	1
Romantic relationships	19	14	5	7	68	13	55	5	-	1
Family life	13	9	4	12	71	10	62	4	-	*
Aspirations and personal goals	18	11	7	11	66	12	54	5	-	*
Education	8	5	3	7	74	6	68	10	-	1
Ability to travel	13	9	4	7	75	7	68	5	-	*

N=390

Hispanics

	A great deal/ quite a bit NET	A great deal	Quite a bit	A moderate amount	Only a little/not at all NET	Only a little	Not at all	N/A	DK	REF.
Work	10	3	7	7	75	11	65	8	-	*
Romantic relationships	17	7	11	10	67	12	55	6	-	-
Family life	12	3	8	8	76	14	63	4	-	-
Aspirations and personal goals	17	5	11	11	68	16	52	5	-	*
Education	8	3	5	5	79	5	75	8	-	-
Ability to travel	8	2	6	6	81	6	75	5	-	-

N=453

Obese adults

	A great deal/ quite a bit NET	A great deal	Quite a bit	A moderate amount	Only a little/not at all NET	Only a little	Not at all	N/A	DK	REF.
Work	9	3	6	11	69	19	50	11	-	*
Romantic relationships	21	10	11	15	58	22	37	6	*	-
Family life	11	4	7	16	70	21	48	4	-	-
Aspirations and personal goals	20	8	12	18	58	22	36	4	-	-
Education	2	2	*	4	81	8	73	14	*	*
Ability to travel	8	4	4	10	78	16	63	4	*	-

N=570

Q17. Have you spoken with a doctor or health professional specifically about your weight?

	All adults age 18+	African Americans	Hispanics	Obese adults
Yes	41	43	39	65
No	59	57	61	35
DON'T KNOW	-	-	-	-
SKIPPED ON WEB/REFUSED	-	*	-	-

N=

1,509

390

453

570

Q18. How much do you worry about gaining weight?

[HALF SAMPLE ASKED RESPONSE OPTIONS IN REVERSE ORDER]

	All adults age 18+	African Americans	Hispanics	Obese adults
I worry about it all the time	12	15	16	21
I worry about it a good deal	21	17	26	33
I worry about it a little	44	34	38	34
I don't worry about it at all	24	35	20	13
DON'T KNOW	-	-	-	-
SKIPPED ON WEB/REFUSED	-	*	-	-
<i>N=</i>	1,509	390	453	570

If at least a little in Q18

Q19. How concerned are you about each of the following aspects of gaining weight?

[ITEMS RANDOMIZED; HALF SAMPLE ASKED RESPONSE OPTIONS IN REVERSE ORDER]

All adults age 18+

	Extremely/ very concerned NET	Extremely concerned	Very concerned	Moderately concerned	Not too/not at all concerned	Not too concerned	Not at all concerned	DK	REF.
Changes in your appearance	52	23	29	31	18	12	5	-	*
Health consequences, such as increased risk of developing diabetes and other diseases	58	28	30	27	15	10	6	*	*
Not fitting into clothes	46	20	26	33	22	15	6	-	*
Limits on your ability to do physical activities	48	20	28	28	23	14	9	-	*
Effects on your family	27	12	15	27	46	28	18	*	*
Effects on your social life	29	11	18	30	41	24	18	*	*

N=1,145

African Americans

	Extremely/ very concerned NET	Extremely concerned	Very concerned	Moderately concerned	Not too/not at all concerned	Not too concerned	Not at all concerned	DK	REF.
Changes in your appearance	57	32	25	22	21	13	7	-	1
Health consequences, such as increased risk of developing diabetes and other diseases	63	37	26	20	17	12	5	-	1
Not fitting into clothes	50	28	23	25	25	20	4	-	1
Limits on your ability to do physical activities	45	20	25	25	31	14	16	-	-
Effects on your family	29	13	16	24	47	24	23	-	1
Effects on your social life	33	15	18	26	41	19	22	-	-

N=258

Hispanics

	Extremely/ very concerned NET	Extremely concerned	Very concerned	Moderately concerned	Not too/not at all concerned	Not too concerned	Not at all concerned	DK	REF.
Changes in your appearance	60	25	35	21	20	14	5	-	-
Health consequences, such as increased risk of developing diabetes and other diseases	59	35	24	21	20	12	8	-	-
Not fitting into clothes	56	24	32	22	23	14	9	-	-
Limits on your ability to do physical activities	53	24	29	17	30	18	13	-	*
Effects on your family	39	14	25	18	43	24	19	-	*
Effects on your social life	37	13	24	23	40	21	19	-	*

N=370

Obese adults

	Extremely/ very concerned NET	Extremely concerned	Very concerned	Moderately concerned	Not too/not at all concerned	Not too concerned	Not at all concerned	DK	REF.
Changes in your appearance	62	29	34	24	14	11	3	-	-
Health consequences, such as increased risk of developing diabetes and other diseases	70	33	36	22	8	5	3	-	-
Not fitting into clothes	58	28	31	28	14	12	2	-	-
Limits on your ability to do physical activities	55	20	35	27	18	10	7	-	*
Effects on your family	32	17	15	29	39	25	14	*	*
Effects on your social life	34	15	19	30	36	21	15	*	*

N=501

Q20. Have you ever tried to lose weight, or not?

	All adults age 18+	African Americans	Hispanics	Obese adults
Yes	75	70	73	94
No	25	30	27	6
DON'T KNOW	-	-	-	-
SKIPPED ON WEB/REFUSED	*	-	*	-

N=

1,509

390

453

570

If no, don't know, or refused in Q20, skip to Q29

If yes in Q20

Q21. Are you currently trying to lose weight, or not?

	All adults age 18+	African Americans	Hispanics	Obese adults
Yes	60	64	66	74
No	39	35	34	26
DON'T KNOW	*	-	-	-
SKIPPED ON WEB/REFUSED	1	1	*	*
<i>N=</i>	1,145	283	348	531

Q22. Was each of the following a major reason, minor reason, or not a reason at all that you decided to try to lose weight?

[ITEMS RANDOMIZED]

All adults age 18+

	Major reason	Minor reason	Not a reason at all	DK	REF.
I developed a health condition like diabetes or high blood pressure	21	17	62	-	1
I wanted to live longer	53	25	22	*	*
I wanted to improve my appearance or the way my clothes fit	63	26	12	-	*
People made comments about my weight	11	23	66	-	*
I was discriminated against because of my weight	6	10	84	-	*
My weight prevented me from doing the things I wanted to do	20	28	52	-	*
I wanted to improve my overall health	70	23	7	-	*
I wanted to be more physically active	56	30	13	-	1
My spouse or partner was interested in trying to lose weight too	16	19	65	*	1

N=1,145

African Americans

	Major reason	Minor reason	Not a reason at all	DK	REF.
I developed a health condition like diabetes or high blood pressure	33	15	52	-	-
I wanted to live longer	68	16	17	-	-
I wanted to improve my appearance or the way my clothes fit	54	31	15	-	-
People made comments about my weight	19	19	62	-	-
I was discriminated against because of my weight	12	13	75	-	-
My weight prevented me from doing the things I wanted to do	23	21	57	-	-
I wanted to improve my overall health	74	15	11	-	-
I wanted to be more physically active	59	25	15	-	-
My spouse or partner was interested in trying to lose weight too	15	18	66	*	*

N=283

Hispanics

	Major reason	Minor reason	Not a reason at all	DK	REF.
I developed a health condition like diabetes or high blood pressure	22	17	61	-	1
I wanted to live longer	61	20	20	-	-
I wanted to improve my appearance or the way my clothes fit	60	27	12	-	1
People made comments about my weight	14	26	60	-	1
I was discriminated against because of my weight	7	15	77	-	1
My weight prevented me from doing the things I wanted to do	25	23	52	-	1
I wanted to improve my overall health	77	16	8	-	-
I wanted to be more physically active	63	24	13	-	-
My spouse or partner was interested in trying to lose weight too	23	19	58	-	*

N=348

Obese adults

	Major reason	Minor reason	Not a reason at all	DK	REF.
I developed a health condition like diabetes or high blood pressure	31	22	47	-	1
I wanted to live longer	61	25	14	-	-
I wanted to improve my appearance or the way my clothes fit	66	25	8	-	-
People made comments about my weight	14	29	57	-	*
I was discriminated against because of my weight	7	15	78	-	-
My weight prevented me from doing the things I wanted to do	33	31	36	-	1
I wanted to improve my overall health	77	19	4	-	1
I wanted to be more physically active	62	29	8	-	1
My spouse or partner was interested in trying to lose weight too	18	20	60	*	1

N=531

Q23. How successful have you been at losing weight?

[HALF SAMPLE ASKED RESPONSE OPTIONS IN REVERSE ORDER]

	All adults age 18+	African Americans	Hispanics	Obese adults
Extremely/very successful NET	30	30	31	15
Extremely successful	11	11	11	3
Very successful	19	19	19	12
Moderately successful	48	50	47	51
Not very/not at all successful NET	22	20	22	34
Not very successful	19	16	18	29
Not at all successful	3	4	4	6
DON'T KNOW	*	*	-	-
SKIPPED ON WEB/REFUSED	*	-	1	*

N=

1,145

283

348

531

If at least not very successful in Q23

Q24. How successful have you been at keeping off the weight you did lose?

[HALF SAMPLE ASKED RESPONSE OPTIONS IN REVERSE ORDER]

	All adults age 18+	African Americans	Hispanics	Obese adults
Extremely/very successful NET	31	30	31	13
Extremely successful	8	11	7	2
Very successful	23	19	24	11
Moderately successful	43	51	46	45
Not very/not at all successful NET	26	18	23	41
Not very successful	21	15	19	33
Not at all successful	4	3	3	8
DON'T KNOW	-	*	-	-
SKIPPED ON WEB/REFUSED	*	1	-	1
N=	1,088	268	331	492

Q25. How well does each of the following words describe your experience trying to lose weight?

[ITEMS RANDOMIZED; HALF SAMPLE ASKED RESPONSE OPTIONS IN REVERSE ORDER]

All adults age 18+

	Not at all/not too well NET	Not at all well	Not too well	Moderately well	Extremely/very well NET	Very well	Extremely well	DK	REF.
Frustrating	33	15	18	29	38	23	16	*	*
Worthwhile	12	4	9	31	56	30	26	*	1
Easy	58	29	29	28	13	6	6	*	1

N=1,145

African Americans

	Not at all/not too well NET	Not at all well	Not too well	Moderately well	Extremely/very well NET	Very well	Extremely well	DK	REF.
Frustrating	36	20	16	29	35	14	21	-	*
Worthwhile	16	7	10	24	59	29	30	*	1
Easy	44	21	23	35	20	12	9	*	1

N=283

Hispanics

	Not at all/not too well NET	Not at all well	Not too well	Moderately well	Extremely/very well NET	Very well	Extremely well	DK	REF.
Frustrating	31	16	15	36	33	19	14	-	*
Worthwhile	10	4	6	32	58	34	24	-	*
Easy	54	25	28	29	18	10	8	-	*

N=358

Obese adults

	Not at all/not too well NET	Not at all well	Not too well	Moderately well	Extremely/very well NET	Very well	Extremely well	DK	REF.
Frustrating	22	9	13	26	52	27	25	*	-
Worthwhile	16	5	11	38	46	25	21	*	1
Easy	71	42	29	20	8	4	4	*	1

N=531

Q26. Is each of the following a major barrier, a minor barrier, or not a barrier at all to your attempts to lose weight?

[ITEMS RANDOMIZED]

All adults age 18+

	Major barrier	Minor barrier	Not a barrier at all	DK	REF.
A lack of willpower	34	41	25	-	*
I don't get enough support from my spouse or partner	6	17	77	*	*
I don't get enough support from family or friends	5	21	74	*	*
Healthy foods are not convenient, affordable, or available enough	27	32	41	-	*
Unhealthy foods are too convenient, affordable, or available	38	35	27	*	*
There are not enough safe or low cost options where I can be physically active	15	27	57	*	1
I spend too much time in front of TV, video games, or computer screens	27	36	37	*	*
I am genetically predisposed to be overweight or obese	12	30	58	*	*
I don't have enough information to know how to manage my weight	7	23	69	*	-
Methods for losing weight are too expensive	20	29	51	*	*
Methods for losing weight are not covered by my health insurance	20	19	59	1	*

N=1,145

African Americans

	Major barrier	Minor barrier	Not a barrier at all	DK	REF.
A lack of willpower	31	33	36	-	*
I don't get enough support from my spouse or partner	7	21	71	*	-
I don't get enough support from family or friends	8	23	69	-	*
Healthy foods are not convenient, affordable, or available enough	30	33	37	-	*
Unhealthy foods are too convenient, affordable, or available	41	29	30	-	-
There are not enough safe or low cost options where I can be physically active	18	27	55	1	-
I spend too much time in front of TV, video games, or computer screens	27	25	48	-	1
I am genetically predisposed to be overweight or obese	14	22	63	-	1
I don't have enough information to know how to manage my weight	11	23	67	-	-
Methods for losing weight are too expensive	23	26	49	*	1
Methods for losing weight are not covered by my health insurance	25	18	57	*	1

N=283

Hispanics

	Major barrier	Minor barrier	Not a barrier at all	DK	REF.
A lack of willpower	29	45	26	-	-
I don't get enough support from my spouse or partner	9	16	75	-	*
I don't get enough support from family or friends	6	24	70	-	-
Healthy foods are not convenient, affordable, or available enough	35	28	37	-	*
Unhealthy foods are too convenient, affordable, or available	45	28	27	-	1
There are not enough safe or low cost options where I can be physically active	19	32	48	-	2
I spend too much time in front of TV, video games, or computer screens	19	40	41	-	1
I am genetically predisposed to be overweight or obese	11	26	62	-	1
I don't have enough information to know how to manage my weight	13	27	60	*	-
Methods for losing weight are too expensive	27	32	40	*	-
Methods for losing weight are not covered by my health insurance	25	20	54	-	-

N=348

Obese adults

	Major barrier	Minor barrier	Not a barrier at all	DK	REF.
A lack of willpower	42	39	18	-	1
I don't get enough support from my spouse or partner	9	21	70	-	-
I don't get enough support from family or friends	8	28	64	*	-
Healthy foods are not convenient, affordable, or available enough	34	33	33	-	-
Unhealthy foods are too convenient, affordable, or available	48	33	19	-	1
There are not enough safe or low cost options where I can be physically active	20	29	51	*	1
I spend too much time in front of TV, video games, or computer screens	35	35	30	-	*
I am genetically predisposed to be overweight or obese	19	37	44	-	*
I don't have enough information to know how to manage my weight	10	28	62	*	-
Methods for losing weight are too expensive	32	29	39	*	*
Methods for losing weight are not covered by my health insurance	31	20	48	1	-

N=531

Q27. Please check all methods you are currently using or have tried to use in the past to lose weight.

All adults age 18+

	Ever used (currently or past)	Never used	DK	REF.
Losing weight on your own through diet or exercise	95	4	*	*
Losing weight with the help of your doctor through diet or exercise	30	70	-	*
One-on-one dietary counseling with a dietician	17	82	-	1
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	21	79	-	*
Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program	25	75	-	*
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	27	73	*	*
Prescription medication such as Saxenda, Qsymia, or Contrave	6	93	*	1
Meal replacements such as Slimfast or Ensure	36	64	-	*
Weight loss surgery such as gastric bypass or gastric sleeve surgery	3	96	-	1
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	11	89	-	*

N=1,145

African Americans

	Ever used (currently or past)	Never used	DK	REF.
Losing weight on your own through diet or exercise	91	8	1	*
Losing weight with the help of your doctor through diet or exercise	42	58	-	-
One-on-one dietary counseling with a dietician	29	70	-	1
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	35	65	-	-
Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program	28	72	-	-
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	34	66	*	-
Prescription medication such as Saxenda, Qsymia, or Contrave	9	90	*	1
Meal replacements such as Slimfast or Ensure	37	63	-	*
Weight loss surgery such as gastric bypass or gastric sleeve surgery	8	92	-	*
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	15	85	-	*

N=283

Hispanics

	Ever used (currently or past)	Never used	DK	REF.
Losing weight on your own through diet or exercise	95	5	-	-
Losing weight with the help of your doctor through diet or exercise	26	74	-	*
One-on-one dietary counseling with a dietician	17	82	-	*
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	25	75	-	*
Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program	21	79	-	*
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	36	64	-	-
Prescription medication such as Saxenda, Qsymia, or Contrave	5	95	-	-
Meal replacements such as Slimfast or Ensure	32	68	-	*
Weight loss surgery such as gastric bypass or gastric sleeve surgery	5	95	-	*
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	8	92	-	*

N=348

Obese adults

	Ever used (currently or past)	Never used	DK	REF.
Losing weight on your own through diet or exercise	97	3	*	-
Losing weight with the help of your doctor through diet or exercise	42	58	-	1
One-on-one dietary counseling with a dietician	25	75	-	*
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	25	75	-	*
Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program	35	65	-	-
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	39	61	-	*
Prescription medication such as Saxenda, Qsymia, or Contrave	10	89	*	1
Meal replacements such as Slimfast or Ensure	43	57	-	*
Weight loss surgery such as gastric bypass or gastric sleeve surgery	4	95	-	1
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	14	86	-	*

N=531

If currently using or used in the past in Q27A, Q27B, Q27C, Q27D, Q27E, or Q27H

Q28. About how many times have you ever attempted to lose weight through diet or exercise?

	All adults age 18+	African Americans	Hispanics	Obese adults
1-4 times	51	52	51	40
5-9 times	21	18	20	24
10-19 times	12	12	12	14
More than 20 times	15	18	15	20
DON'T KNOW	1	*	1	1
SKIPPED ON WEB/REFUSED	*	-	1	-

N=

1,107

267

338

518

Q29. Even if you've never used it, please rate how effective you think each method is for significant, long-term weight loss?

[HALF SAMPLE ASKED RESPONSE OPTIONS IN REVERSE ORDER]

All adults age 18+

	Effective NET	Very effective	Effective	Neither effective nor ineffective	Ineffective NET	Ineffective	Very ineffective	DK	REF.
Losing weight on your own through diet or exercise	78	36	43	12	9	6	4	*	*
Losing weight with the help of your doctor through diet or exercise	70	25	45	21	8	5	3	1	1
One-on-one dietary counseling with a dietician	65	23	42	23	11	6	4	1	1
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	71	32	39	19	8	5	4	1	1
Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program	55	16	39	27	16	10	6	1	1
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	23	4	19	32	39	26	13	4	2
Prescription medication such as Saxenda, Qsymia, or Contrave	25	4	20	38	30	20	10	6	2
Meal replacements such as Slimfast or Ensure	31	5	27	33	32	22	10	3	2
Weight loss surgery such as gastric bypass or gastric sleeve surgery	60	21	39	20	16	9	7	3	2
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	28	4	24	38	29	19	11	4	1

N=1,509

African Americans

	Effective NET	Very effective	Effective	Neither effective nor ineffective	Ineffective NET	Ineffective	Very ineffective	DK	REF.
Losing weight on your own through diet or exercise	71	35	36	16	12	6	6	1	*
Losing weight with the help of your doctor through diet or exercise	64	29	34	23	12	6	6	1	1
One-on-one dietary counseling with a dietician	57	25	32	29	13	6	6	1	1
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	68	37	31	21	10	5	6	1	*
Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program	52	19	33	29	16	8	8	3	1
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	31	9	22	35	30	20	10	3	1
Prescription medication such as Saxenda, Qsymia, or Contrave	29	7	22	38	29	17	12	3	1
Meal replacements such as Slimfast or Ensure	41	9	31	32	23	14	9	3	2
Weight loss surgery such as gastric bypass or gastric sleeve surgery	54	21	32	24	19	9	10	2	1
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	34	8	26	36	28	15	12	2	1

N=390

Hispanics

	Effective NET	Very effective	Effective	Neither effective nor ineffective	Ineffective NET	Ineffective	Very ineffective	DK	REF.
Losing weight on your own through diet or exercise	77	34	43	12	11	7	4	*	*
Losing weight with the help of your doctor through diet or exercise	65	25	40	24	9	6	3	2	1
One-on-one dietary counseling with a dietician	61	22	39	28	8	5	3	2	1
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	67	30	38	22	8	5	3	2	1
Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program	47	12	35	34	17	11	6	1	1
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	30	5	25	35	31	21	11	2	1
Prescription medication such as Saxenda, Qsymia, or Contrave	24	4	20	43	27	18	9	4	2
Meal replacements such as Slimfast or Ensure	31	3	27	38	29	21	8	2	1
Weight loss surgery such as gastric bypass or gastric sleeve surgery	61	23	38	23	14	6	8	2	1
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	30	5	25	44	23	16	7	3	*

N=453

Obese adults

	Effective NET	Very effective	Effective	Neither effective nor ineffective	Ineffective NET	Ineffective	Very ineffective	DK	REF.
Losing weight on your own through diet or exercise	70	25	45	18	12	8	4	*	-
Losing weight with the help of your doctor through diet or exercise	62	17	45	25	11	8	3	2	-
One-on-one dietary counseling with a dietician	55	15	41	30	14	9	5	1	*
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	64	22	42	23	12	8	5	1	*
Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program	53	14	39	26	19	12	7	1	1
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	28	5	24	29	39	25	14	3	1
Prescription medication such as Saxenda, Qsymia, or Contrave	30	5	25	38	26	16	10	5	2
Meal replacements such as Slimfast or Ensure	32	4	28	30	34	25	10	3	1
Weight loss surgery such as gastric bypass or gastric sleeve surgery	58	20	38	20	18	10	8	2	1
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	29	4	26	38	28	18	10	4	1

N=570

Q30. Even if you've never used it, please rate how safe you think each method is for significant, long-term weight loss?

[HALF SAMPLE ASKED RESPONSE OPTIONS IN REVERSE ORDER]

All adults age 18+

	Safe NET	Very safe	Safe	Neither safe nor unsafe	Unsafe NET	Unsafe	Very unsafe	DK	REF.
Losing weight on your own through diet or exercise	88	44	43	8	4	3	1	*	*
Losing weight with the help of your doctor through diet or exercise	90	54	37	7	2	1	1	*	1
One-on-one dietary counseling with a dietician	87	47	40	10	2	1	1	1	1
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	86	40	46	11	1	1	1	1	1
Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program	66	20	46	23	9	7	2	1	1
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	16	3	12	30	51	37	15	2	1
Prescription medication such as Saxenda, Qsymia, or Contrave	15	3	13	32	49	37	12	3	1
Meal replacements such as Slimfast or Ensure	40	6	34	38	19	15	4	2	1
Weight loss surgery such as gastric bypass or gastric sleeve surgery	31	5	26	29	37	26	11	2	1
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	41	8	32	40	16	12	4	3	1

N=1,509

African Americans

	Safe NET	Very safe	Safe	Neither safe nor unsafe	Unsafe NET	Unsafe	Very unsafe	DK	REF.
Losing weight on your own through diet or exercise	83	43	39	13	3	2	1	1	-
Losing weight with the help of your doctor through diet or exercise	84	48	36	13	2	2	1	1	*
One-on-one dietary counseling with a dietician	79	41	38	16	4	3	1	*	1
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	84	42	42	12	4	3	1	*	*
Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program	63	22	41	26	8	7	1	3	*
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	24	8	17	39	34	24	10	2	*
Prescription medication such as Saxenda, Qsymia, or Contrave	18	5	13	40	39	28	11	2	1
Meal replacements such as Slimfast or Ensure	51	9	42	32	13	9	4	2	2
Weight loss surgery such as gastric bypass or gastric sleeve surgery	30	6	24	31	37	20	17	1	1
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	40	10	30	39	18	13	6	2	1

N=390

Hispanics

	Safe NET	Very safe	Safe	Neither safe nor unsafe	Unsafe NET	Unsafe	Very unsafe	DK	REF.
Losing weight on your own through diet or exercise	83	45	38	10	6	4	2	*	*
Losing weight with the help of your doctor through diet or exercise	84	52	32	11	4	4	1	*	*
One-on-one dietary counseling with a dietician	82	43	39	13	4	4	1	*	*
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	82	38	44	15	2	1	1	1	1
Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program	55	16	38	30	14	10	4	1	*
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	22	3	19	30	47	32	15	1	*
Prescription medication such as Saxenda, Qsymia, or Contrave	14	2	12	33	50	37	13	2	1
Meal replacements such as Slimfast or Ensure	36	4	32	33	30	24	6	1	*
Weight loss surgery such as gastric bypass or gastric sleeve surgery	31	6	25	30	38	30	8	1	*
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	35	8	28	44	20	14	5	1	*

N=453

Obese adults

	Safe NET	Very safe	Safe	Neither safe nor unsafe	Unsafe NET	Unsafe	Very unsafe	DK	REF.
Losing weight on your own through diet or exercise	88	42	46	9	3	2	1	*	-
Losing weight with the help of your doctor through diet or exercise	89	48	41	9	2	1	*	-	*
One-on-one dietary counseling with a dietician	85	42	43	11	2	2	*	*	2
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	84	36	48	13	2	2	*	1	1
Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program	64	20	44	23	11	8	3	2	*
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	19	3	16	28	51	37	14	1	1
Prescription medication such as Saxenda, Qsymia, or Contrave	22	3	18	32	44	33	10	2	1
Meal replacements such as Slimfast or Ensure	42	7	35	37	17	12	5	3	2
Weight loss surgery such as gastric bypass or gastric sleeve surgery	31	4	27	31	37	24	13	1	1
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	42	9	33	38	15	12	4	4	1

N=570

Q31. Do you think the costs for each of following methods for weight loss should be covered by health insurance or should individuals be responsible for the costs?

All adults age 18+

	Covered by health insurance	Responsibility of the individual	DK	REF.
Losing weight on your own through diet or exercise	26	74	*	*
Losing weight with the help of your doctor through diet or exercise	78	21	*	*
One-on-one dietary counseling with a dietician	73	27	*	1
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	60	39	*	*
Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program	39	60	1	1
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	20	78	1	1
Prescription medication such as Saxenda, Qsymia, or Contrave	61	37	1	1
Meal replacements such as Slimfast or Ensure	20	78	1	1
Weight loss surgery such as gastric bypass or gastric sleeve surgery	75	23	1	1
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	29	69	1	1

N=1,509

African Americans

	Covered by health insurance	Responsibility of the individual	DK	REF.
Losing weight on your own through diet or exercise	38	62	1	-
Losing weight with the help of your doctor through diet or exercise	79	20	*	1
One-on-one dietary counseling with a dietician	75	25	-	*
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	72	28	-	-
Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program	53	47	*	*
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	37	63	*	*
Prescription medication such as Saxenda, Qsymia, or Contrave	70	29	1	1
Meal replacements such as Slimfast or Ensure	37	62	*	*
Weight loss surgery such as gastric bypass or gastric sleeve surgery	80	19	1	*
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	42	57	1	*

N=390

Hispanics

	Covered by health insurance	Responsibility of the individual	DK	REF.
Losing weight on your own through diet or exercise	32	68	*	*
Losing weight with the help of your doctor through diet or exercise	77	22	*	1
One-on-one dietary counseling with a dietician	74	26	*	1
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	60	39	*	*
Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program	39	61	*	*
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	27	71	1	1
Prescription medication such as Saxenda, Qsymia, or Contrave	57	41	*	2
Meal replacements such as Slimfast or Ensure	24	74	1	1
Weight loss surgery such as gastric bypass or gastric sleeve surgery	71	28	*	1
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	37	62	*	1

N=453

Obese adults

	Covered by health insurance	Responsibility of the individual	DK	REF.
Losing weight on your own through diet or exercise	32	68	*	*
Losing weight with the help of your doctor through diet or exercise	84	15	*	*
One-on-one dietary counseling with a dietician	80	19	*	-
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	70	30	1	-
Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program	50	49	1	*
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	26	73	1	1
Prescription medication such as Saxenda, Qsymia, or Contrave	71	28	*	1
Meal replacements such as Slimfast or Ensure	24	76	1	*
Weight loss surgery such as gastric bypass or gastric sleeve surgery	82	18	1	*
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	36	62	1	*

N=570

Q32. How do you think obese people who lose weight through medical treatments like prescription medication or weight loss surgery should feel about their weight loss?

[HALF SAMPLE ASKED Q32 THEN Q33 AND OTHER HALF ASKED Q33 THEN Q32; HALF SAMPLE ASKED RESPONSE OPTIONS IN REVERSE ORDER]

	All adults age 18+	African Americans	Hispanics	Obese adults
Very proud/Proud NET	36	39	35	39
Very proud	14	18	16	15
Proud	22	20	19	24
Neither proud nor embarrassed	27	21	26	23
Very embarrassed/Embarrassed NET	36	40	39	38
Embarrassed	21	21	22	20
Very embarrassed	15	20	17	18
DON'T KNOW	*	*	*	1
SKIPPED ON WEB/REFUSED	*	*	*	*
N=	1,509	390	453	570

Q33. How do you think obese people who lose weight through diet and exercise should feel about their weight loss?

[HALF SAMPLE ASKED Q32 THEN Q33 AND OTHER HALF ASKED Q33 THEN Q32; HALF SAMPLE ASKED RESPONSE OPTIONS IN REVERSE ORDER]

	All adults age 18+	African Americans	Hispanics	Obese adults
Very proud/Proud NET	46	45	42	51
Very proud	34	36	33	36
Proud	12	9	9	14
Neither proud nor embarrassed	6	10	7	4
Very embarrassed/Embarrassed NET	48	43	51	45
Embarrassed	14	10	16	13
Very embarrassed	34	34	35	32
DON'T KNOW	*	1	-	1
SKIPPED ON WEB/REFUSED	*	*	*	*
N=	1,509	390	453	570

Q34. In general, which statement best describes your overall impression of weight loss surgery, even if neither is exactly right?

	All adults age 18+	African Americans	Hispanics	Obese adults
Having weight loss surgery is riskier than living with obesity	29	37	29	34
Living with obesity is riskier than having weight loss surgery	68	59	70	65
DON'T KNOW	2	3	1	1
SKIPPED ON WEB/REFUSED	1	1	*	1
N=	1,509	390	453	570

If never used weight loss surgery in Q27

Q35. Have you ever considered having weight loss surgery, or haven't you ever considered it?

	All adults age 18+	African Americans	Hispanics	Obese adults
Yes, I have considered it	13	20	15	25
No, I haven't considered it	87	80	84	75
DON'T KNOW	-	-	-	-
SKIPPED ON WEB/REFUSED	*	-	1	-
N=	1,089	264	328	504

If never used weight loss surgery in Q27

Q36. Has a doctor or other health professional ever told you that you are a candidate for weight loss surgery?

	All adults age 18+	African Americans	Hispanics	Obese adults
Yes	3	5	4	7
No	97	95	96	93
DON'T KNOW	-	-	-	-
SKIPPED ON WEB/REFUSED	*	1	-	*
N=	1,089	264	328	504

Q37. What are the main reasons you did/did not have weight loss surgery?

[OPEN END]

If had weight loss surgery

	All adults age 18+	African Americans	Hispanics	Obese adults
To treat a specific health issue/improve overall health or quality of life	20	16	53	16
Everything else failed	20	-	1	35
Wanted to lose weight/tired of being overweight	26	42	17	16
Other	25	21	12	33
DON'T KNOW	-	-	-	-
SKIPPED ON WEB/REFUSED	9	22	17	-
<i>N=</i>	<i>49</i>	<i>10</i>	<i>8</i>	<i>24</i>

If considered weight loss surgery or doctor recommended it, but didn't have surgery

	All adults age 18+	African Americans	Hispanics	Obese adults
Cost/couldn't afford it	29	37	23	32
Not covered by insurance	11	5	10	13
Risky/side effects	6	1	9	7
Nervous/scared	10	11	3	9
Not that overweight/not a candidate for another reason	16	10	14	16
Lost/can/want to try to lose weight on my own	8	4	11	5
Didn't talk to a doctor/doctor never recommended	2	2	7	2
Didn't need it	4	2	-	3
Didn't want surgery	4	4	-	3
Not ready yet	3	5	8	3
Other	3	11	6	2
DON'T KNOW	1	3	-	1
SKIPPED ON WEB/REFUSED	3	5	10	4
<i>N=</i>	<i>173</i>	<i>55</i>	<i>54</i>	<i>145</i>

Q38. When was your last visit with a primary care or family doctor for an annual exam or check-up?

	All adults age 18+	African Americans	Hispanics	Obese adults
Less than 6 months ago	48	52	42	56
Between 6 months and 1 year ago	25	24	26	25
Between 1 year and 2 years ago	14	12	16	9
More than 2 years ago	13	12	15	9
DON'T KNOW	-	-	-	-
SKIPPED ON WEB/REFUSED	*	-	1	-

N= 1,509 390 453 570

Q39. The next questions are about certain medical conditions. Have you EVER been told by a doctor or other health professional that you had...

All adults age 18+

	All adults age 18+	African Americans	Hispanics	Obese adults
Hypertension, also called high blood pressure?	36	41	20	55
Coronary heart disease?	6	6	3	7
A stroke or neurological disorder?	4	6	4	6
Chronic obstructive pulmonary disease, also called COPD?	5	7	3	5
Asthma?	15	25	15	19
Cancer or a malignancy of any kind?	9	6	5	11
Diabetes?	13	17	13	25
Some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?	26	26	15	35
Hepatitis or gastrointestinal disorder?	10	7	6	13
Weak or failing kidneys? - Do not include kidney stones, bladder infections or incontinence.	5	5	4	6
Another chronic health condition?	12	8	11	14

N= 1,509 390 453 570

NUMBER OF CHRONIC CONDITIONS

	All adults age 18+	African Americans	Hispanics	Obese adults
No chronic conditions	40	36	53	22
1 chronic condition	22	24	23	28
2+ chronic conditions	38	40	25	50
DK/SKIP/REFUSED	-	-	-	-

N= 1,509 390 453 570

Q40. About how tall are you without shoes?

[OPEN END]

	All adults age 18+	African Americans	Hispanics	Obese adults
Mean in inches	66.9	66.7	65.5	66.7
Median in inches	67	66	65	66
DON'T KNOW/SKIP/REFUSED	2	3	3	-
N=	1,509	390	453	570

Q41. About how much do you weigh without shoes?

Wording if female and under 50:

If you are currently pregnant, then please provide your weight pre-pregnancy.

[OPEN END]

	All adults age 18+	African Americans	Hispanics	Obese adults
Mean in pounds	183.6	193.8	173.7	230.2
Median in pounds	178	184	165	221
DON'T KNOW/SKIP/REFUSED	3	4	3	-
N=	1,509	390	453	570

WEIGHT STATUS²

	All adults age 18+	African Americans	Hispanics	Obese adults
Underweight	2	*	2	-
Normal weight	31	24	31	-
Overweight	29	29	27	-
Obese	35	43	35	100
Unknown	3	4	5	-
Mean BMI	28.8	30.6	28.4	36.3
Median BMI	27.4	29.2	27.2	34.8
N=	1,509	390	453	570

² Weight status is based on Body Mass Index (BMI), calculated from self-reported height and weight in Q40 and Q41. A BMI less than 18.5 is classified as underweight, a BMI greater than or equal to 18.5 and less than 25 is classified as normal weight, a BMI greater than or equal to 25 and less than 30 is overweight, and a BMI of 30 or above is obese.

Q42. Are you the parent or guardian of one or more children under the age of 18, or not?

	All adults age 18+	African Americans	Hispanics	Obese adults
Yes	30	41	44	35
No	70	58	56	65
DON'T KNOW	*	1	-	-
SKIPPED ON WEB/REFUSED	*	1	*	*
N=	1,509	390	453	570

Q43. Do you consider any of the following people to be overweight, or not?

	All adults age 18+	African Americans	Hispanics	Obese adults
Your spouse or partner	25	17	23	36
<i>If yes in Q42</i>				
Any of your children	11	12	11	18
Either of your biological parents	36	27	29	46
Any of your close friends	55	48	46	59
N=	1,509	390	453	570

Q44. Do you personally know anyone who died or developed a disease or health condition because of their obesity, or not?

	All adults age 18+	African Americans	Hispanics	Obese adults
Yes	34	27	31	35
No	66	71	69	65
DON'T KNOW	*	1	-	*
SKIPPED ON WEB/REFUSED	*	1	1	*
N=	1,509	390	453	570

Just a few more questions about you.

Q45. Do you now have any type of health plan or health coverage, or not?

	All adults age 18+	African Americans	Hispanics	Obese adults
Yes	89	81	76	91
No	11	17	23	9
DON'T KNOW	-	*	-	-
SKIPPED ON WEB/REFUSED	1	2	1	*
N=	1,509	390	453	570

If yes in Q45

Q47. Have you ever looked into whether or not your health insurance covers any methods for long-term weight loss?

	All adults age 18+	African Americans	Hispanics	Obese adults
Yes, I <u>have</u> looked into it	13	18	17	23
No, I <u>haven't</u> looked into it	86	82	81	76
DON'T KNOW	*	*	1	*
SKIPPED ON WEB/REFUSED	*	-	1	1
<i>N=</i>	1,323	333	371	509

Q48. Do you consider yourself a Democrat, a Republican, an independent or none of these?

	All adults age 18+	African Americans	Hispanics	Obese adults
Democrat	34	64	43	35
Republican	23	2	15	24
Independent	26	17	20	24
None of these	16	17	21	18
DON'T KNOW	*	1	*	-
SKIP/REFUSED	1	1	1	*
<i>N=</i>	1,509	390	453	570

If Independent, none of these, or don't know/skip/refused in Q48

Q48I. Do you lean more toward the Democrats or the Republicans?

	All adults age 18+	African Americans	Hispanics	Obese adults
Lean Democrat	25	47	23	22
Lean Republican	28	9	15	28
Don't lean	45	42	56	49
DON'T KNOW	1	2	*	*
SKIP/REFUSED	1	2	6	1
<i>N=</i>	600	130	183	214

If Democrat in Q48

Q48A. Do you consider yourself a strong Democrat or a moderate Democrat?

	All adults age 18+	African Americans	Hispanics	Obese adults
Strong Democrat	42	49	34	44
Moderate Democrat	58	51	66	56
DON'T KNOW	*	*	-	*
SKIP/REFUSED	-	-	-	-
<i>N=</i>	635	250	191	257

If Republican in Q48

Q48B. Do you consider yourself a strong Republican or a moderate Republican?

	All adults age 18+	African Americans	Hispanics	Obese adults
Strong Republican	34	45	35	35
Moderate Republican	66	55	65	65
DON'T KNOW	*	-	-	-
SKIP/REFUSED	*	-	-	-
<i>N=</i>	274	10	79	99

Q48/Q48I/Q48A/Q48B. Party Identification

	All adults age 18+	African Americans	Hispanics	Obese adults
Democrat NET	45	80	52	44
Strong Democrat	14	31	15	15
Moderate Democrat	19	32	28	19
Lean Democrat	11	16	10	9
Don't lean/Independent/None	20	14	24	20
Republican NET	35	5	21	35
Lean Republican	12	3	6	12
Moderate Republican	15	1	10	15
Strong Republican	8	1	5	8
Unknown	1	1	3	1
<i>N=</i>	1,509	390	453	570

Q49. Generally speaking, do you consider yourself a liberal, moderate, or conservative?

	All adults age 18+	African Americans	Hispanics	Obese adults
Liberal NET	26	24	25	22
Strong Liberal	8	8	8	9
Moderately Liberal	18	15	17	13
Moderate	39	50	45	42
Conservative NET	31	21	26	32
Moderately Conservative	21	12	16	22
Strong Conservative	10	9	9	10
DON'T KNOW	2	2	1	2
SKIP/REFUSED	2	4	4	2
<i>N=</i>	<i>1,509</i>	<i>390</i>	<i>453</i>	<i>570</i>

AGE

	All adults age 18+	African Americans	Hispanics	Obese adults
18-24	12	11	22	6
25-34	19	20	27	19
35-44	15	18	19	19
45-54	17	22	12	21
55-64	18	17	13	20
65-74	12	9	5	11
75+	7	4	2	5
<i>N=</i>	<i>1,509</i>	<i>390</i>	<i>453</i>	<i>570</i>

GENDER

	All adults age 18+	African Americans	Hispanics	Obese adults
Male	48	42	42	45
Female	52	58	58	55
<i>N=</i>	<i>1,509</i>	<i>390</i>	<i>453</i>	<i>570</i>

RACE/ETHNICITY

	All adults age 18+	African Americans	Hispanics	Obese adults
White, non-Hispanic	64	-	-	61
African American, non-Hispanic	12	100	-	15
Hispanic	16	-	100	16
Other	8	-	-	8
<i>N</i> =	1,509	390	453	570

MARITAL STATUS

	All adults age 18+	African Americans	Hispanics	Obese adults
Married	47	30	41	52
Widowed	7	7	2	7
Divorced	11	13	8	12
Separated	2	3	5	2
Never married	25	38	33	21
Living with partner	8	9	12	6
<i>N</i> =	1,509	390	453	570

EMPLOYMENT STATUS

	All adults age 18+	African Americans	Hispanics	Obese adults
Employed	59	56	62	57
Not employed	41	44	38	43
<i>N</i> =	1,509	390	453	570

EDUCATION

	All adults age 18+	African Americans	Hispanics	Obese adults
No high school diploma	12	21	16	11
High school graduate	29	28	29	29
Some college	31	29	35	35
Bachelor's degree or above	28	22	21	25
<i>N</i> =	1,509	390	453	570

INCOME

	All adults age 18+	African Americans	Hispanics	Obese adults
Under \$10,000	8	18	8	5
\$10,000 to under \$20,000	11	16	10	9
\$20,000 to under \$30,000	15	15	17	18
\$30,000 to under \$40,000	9	9	10	10
\$40,000 to under \$50,000	9	11	12	11
\$50,000 to under \$75,000	17	14	18	17
\$75,000 to under \$100,000	13	9	12	13
\$100,000 to under \$150,000	11	6	8	13
\$150,000 or more	7	2	5	4
<i>N</i> =	1,509	390	453	570