

# Obesity Survey

Conducted by ASMBS and NORC at the University of Chicago

*Interviews: 12/10-28/2021*

*1,714 adults*

*Margin of error: +/- 3.3 percentage points at the 95% confidence level among all adults*

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

**Q4A. In this country, how serious a problem is each of these health issues?**

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

		8/11-9/21/2016	12/10-28/2021			
		TOTAL	TOTAL	Black	Hispanic	Obese
Cancer	<b>Not a problem at all/Only a little serious NET</b>	<b>6</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>3</b>
	Not a problem at all	4	1	4	4	1
	Only a little serious	2	2	1	1	2
	<b>Moderately serious</b>	<b>12</b>	<b>14</b>	<b>9</b>	<b>10</b>	<b>11</b>
	<b>Very/Extremely serious NET</b>	<b>81</b>	<b>82</b>	<b>85</b>	<b>85</b>	<b>85</b>
	Very serious	38	39	23	36	41
	Extremely serious	43	43	62	48	44
	DON'T KNOW	*	-	-	-	-
SKIPPED ON WEB/REFUSED	*	*	1	*	*	
Diabetes	<b>Not a problem at all/Only a little serious NET</b>	<b>7</b>	<b>5</b>	<b>5</b>	<b>6</b>	<b>4</b>
	Not a problem at all	3	2	3	3	1
	Only a little serious	3	3	3	3	3
	<b>Moderately serious</b>	<b>21</b>	<b>19</b>	<b>12</b>	<b>15</b>	<b>16</b>
	<b>Very/Extremely serious NET</b>	<b>72</b>	<b>76</b>	<b>82</b>	<b>78</b>	<b>79</b>
	Very serious	42	43	32	39	44
	Extremely serious	29	33	51	39	35
	DON'T KNOW	*	*	-	-	*
SKIPPED ON WEB/REFUSED	*	*	*	1	*	
Heart disease	<b>Not a problem at all/Only a little serious NET</b>	<b>6</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>3</b>
	Not a problem at all	4	2	4	3	2
	Only a little serious	2	2	1	2	2
	<b>Moderately serious</b>	<b>21</b>	<b>19</b>	<b>12</b>	<b>16</b>	<b>16</b>
	<b>Very/Extremely serious NET</b>	<b>72</b>	<b>77</b>	<b>83</b>	<b>77</b>	<b>80</b>
	Very serious	44	42	32	37	43
	Extremely serious	29	36	50	40	37
	DON'T KNOW	*	-	-	-	-
SKIPPED ON WEB/REFUSED	*	*	1	2	*	

		8/11-9/21/2016	12/10-28/2021			
		TOTAL	TOTAL	Black	Hispanic	Obese
Stroke <sup>1</sup>	<b>Not a problem at all/Only a little serious NET</b>		<b>6</b>	<b>7</b>	<b>7</b>	<b>6</b>
	Not a problem at all		2	4	4	2
	Only a little serious		4	2	3	3
	<b>Moderately serious</b>		<b>29</b>	<b>12</b>	<b>26</b>	<b>26</b>
	<b>Very/Extremely serious NET</b>		<b>65</b>	<b>80</b>	<b>66</b>	<b>67</b>
	Very serious		41	39	38	41
	Extremely serious		23	41	28	26
	DON'T KNOW		-	-	-	-
SKIPPED ON WEB/REFUSED		1	1	1	1	
Obesity and overweight	<b>Not a problem at all/Only a little serious NET</b>	<b>5</b>	<b>4</b>	<b>7</b>	<b>4</b>	<b>3</b>
	Not a problem at all	2	1	3	2	1
	Only a little serious	3	2	3	3	2
	<b>Moderately serious</b>	<b>14</b>	<b>14</b>	<b>12</b>	<b>15</b>	<b>15</b>
	<b>Very/Extremely serious NET</b>	<b>81</b>	<b>82</b>	<b>81</b>	<b>80</b>	<b>82</b>
	Very serious	40	40	29	31	39
	Extremely serious	41	42	52	49	44
	DON'T KNOW	-	-	-	-	-
SKIPPED ON WEB/REFUSED	*	*	*	1	*	
Alzheimer's <sup>2</sup>	<b>Not a problem at all/Only a little serious NET</b>		<b>6</b>	<b>9</b>	<b>7</b>	<b>5</b>
	Not a problem at all		2	5	4	2
	Only a little serious		4	4	3	3
	<b>Moderately serious</b>		<b>28</b>	<b>17</b>	<b>27</b>	<b>23</b>
	<b>Very/Extremely serious NET</b>		<b>65</b>	<b>73</b>	<b>65</b>	<b>70</b>
	Very serious		41	35	36	44
	Extremely serious		24	38	28	26
	DON'T KNOW		*	-	-	*
SKIPPED ON WEB/REFUSED		1	1	2	2	
COVID-19 <sup>3</sup>	<b>Not a problem at all/Only a little serious NET</b>		<b>13</b>	<b>6</b>	<b>14</b>	<b>11</b>
	Not a problem at all		3	5	5	4
	Only a little serious		9	1	9	8
	<b>Moderately serious</b>		<b>19</b>	<b>7</b>	<b>19</b>	<b>16</b>
	<b>Very/Extremely serious NET</b>		<b>68</b>	<b>87</b>	<b>66</b>	<b>73</b>
	Very serious		29	24	23	30
	Extremely serious		39	63	43	43
	DON'T KNOW		-	-	-	-
SKIPPED ON WEB/REFUSED		*	-	*	*	
N=		1,509	1,714	471	438	670

<sup>1</sup> 2016 survey did not ask about strokes

<sup>2</sup> 2016 survey did not ask about Alzheimer's

<sup>3</sup> 2016 survey did not ask about COVID-19

**NEW4B. As a result of the COVID-19 pandemic, are you paying more or less attention to your overall health?**

**[HALF SAMPLE ASKED RESPONSE OPTIONS IN REVERSE ORDER]**

	12/10-28/2021			
	TOTAL	Black	Hispanic	Obese
<b>A lot/Somewhat more attention NET</b>	<b>64</b>	<b>78</b>	<b>67</b>	<b>67</b>
A lot more attention	22	48	33	23
Somewhat more attention	42	31	35	44
<b>No difference</b>	<b>32</b>	<b>19</b>	<b>25</b>	<b>29</b>
<b>Somewhat/A lot less attention NET</b>	<b>3</b>	<b>3</b>	<b>7</b>	<b>4</b>
Somewhat less attention	2	1	4	2
A lot less attention	1	2	3	2
DON'T KNOW	-	-	-	-
SKIPPED ON WEB/REFUSED	*	-	1	*
<i>N=</i>	1,714	471	438	670

**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]**

	8/11-9/21/2016	12/10-28/2021			
	TOTAL	TOTAL	Black	Hispanics	Obese
Obesity is a lifestyle choice resulting from a persons' eating and exercise habits	48	47	45	52	44
Obesity is a disease resulting from many different genetic, environmental, and social factors	50	53	55	48	56
DON'T KNOW	1	*	*	-	-
SKIPPED ON WEB/REFUSED	1	*	*	*	*
<i>N=</i>	1,509	1,714	471	438	670

**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]**

	8/11-9/21/2016	12/10-28/2021			
	TOTAL	TOTAL	Black	Hispanics	Obese
Obesity itself is a disease	38	38	43	38	44
Obesity is a risk factor for other diseases, but it is not a disease itself	61	61	56	61	56
DON'T KNOW	1	-	-	-	-
SKIPPED ON WEB/REFUSED	*	1	1	1	*
<i>N=</i>	<i>1,509</i>	<i>1,714</i>	<i>471</i>	<i>438</i>	<i>670</i>

**NEWQ8. How has the COVID-19 pandemic changed the way you view the risk of obesity to a person's overall health?**

	12/10-28/2021			
	TOTAL	Black	Hispanics	Obese
I think obesity is a larger risk to a person's overall health than I did before the pandemic	38	39	48	41
I think obesity is a smaller risk to a person's overall health than I did before the pandemic	4	11	7	5
The pandemic has not changed my view of the risk of obesity to a person's overall health	58	49	45	54
DON'T KNOW	-	-	-	-
SKIPPED ON WEB/REFUSED	*	*	1	*
<i>N=</i>	<i>1,714</i>	<i>471</i>	<i>438</i>	<i>670</i>

**Q51. Now what about you personally? Has the COVID-19 pandemic made you...**

	12/10-28/2021			
	TOTAL	Black	Hispanics	Obese
Less worried than you have ever been about having obesity	4	5	6	4
More worried than you have ever been about having obesity	29	45	45	38
Neither more nor less worried than you have ever been about having obesity	67	49	49	57
DON'T KNOW	-	-	-	-
SKIPPED ON WEB/REFUSED	1	1	*	1
<i>N=</i>	<i>1,714</i>	<i>471</i>	<i>438</i>	<i>670</i>

**Q8A. 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]**

	8/11-9/21/2016	12/10-28/2021			
	TOTAL	TOTAL	Black	Hispanics	Obese
<b>Extremely/Very high risk NET</b>	<b>85</b>	<b>75</b>	<b>72</b>	<b>79</b>	<b>71</b>
Extremely high risk	30	24	33	35	22
Very high risk	54	51	38	44	49
<b>Moderate risk</b>	<b>14</b>	<b>22</b>	<b>23</b>	<b>16</b>	<b>27</b>
<b>Low/Very low risk NET</b>	<b>1</b>	<b>3</b>	<b>4</b>	<b>4</b>	<b>1</b>
Low risk	1	2	3	2	1
Very low risk	*	1	1	2	*
<b>No risk at all</b>	<b>*</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>
DON'T KNOW	*	-	-	-	-
SKIPPED ON WEB/REFUSED	-	*	*	*	*
N=	1,509	1,714	471	438	670

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

	8/11-9/21/2016	12/10-28/2021			
	TOTAL	TOTAL	Black	Hispanics	Obese
Yes	41	41	45	43	66
No	59	59	53	56	34
DON'T KNOW	-	-	-	-	-
SKIPPED ON WEB/REFUSED	-	*	2	1	-
N=	1,509	1,714	471	438	670

*If Yes, has spoken with a doctor or health professional specifically about weight in Q17*

**Q17A. How did that discussion start?**

	12/10-28/2021			
	TOTAL	Black	Hispanics	Obese
You brought up the topic of your weight to your doctor or health professional	60	59	52	56
Your doctor brought up the topic of your weight to you	39	38	47	43
DON'T KNOW	*	1	-	*
SKIPPED ON WEB/REFUSED	1	2	1	1
N=	743	223	196	435

**NEW17B. Because of COVID-19, are you more likely or less likely to bring up the topic of your weight to your doctor or health care professional than you were before the pandemic?**

**[HALF SAMPLE ASKED RESPONSE OPTIONS IN REVERSE ORDER]**

	12/10-28/2021			
	TOTAL	Black	Hispanics	Obese
More likely	18	28	29	27
Less likely	9	18	14	9
No difference	73	54	57	63
DON'T KNOW	-	-	-	-
SKIPPED ON WEB/REFUSED	*	*	*	*
N=	1,714	471	438	670

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

	8/11-9/21/2016	12/10-28/2021			
	TOTAL	TOTAL	Black	Hispanics	Obese
Yes	75	76	72	82	91
No	25	24	27	18	9
DON'T KNOW	-	-	-	-	-
SKIPPED ON WEB/REFUSED	*	*	1	*	*
N=	1,509	1,714	471	438	670

*If Yes, has tried to lose weight in Q20*

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

	8/11-9/21/2016	12/10-28/2021			
	TOTAL	TOTAL	Black	Hispanics	Obese
Yes	60	58	66	66	70
No	39	40	33	33	28
DON'T KNOW	*	*	-	-	-
SKIPPED ON WEB/REFUSED	1	1	1	1	2
N=	1,145	1,285	342	347	610

If Yes, has tried to lose weight in Q20 and No, is not currently trying to lose weight in Q21  
**NEWQ21A. Did you try to lose weight at any point in the last year, or not?**

	12/10-28/2021			
	TOTAL	Black	Hispanics	Obese
Yes	43	51	60	46
No	57	49	40	54
DON'T KNOW	-	-	-	-
SKIPPED ON WEB/REFUSED	*	-	-	-
N=	505	119	120	175

If yes in Q20

**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?**

[GRID ITEMS RANDOMIZED]

		8/11-9/21/2016	12/10-28/2021			
		TOTAL	TOTAL	Black	Hispanic	Obese
I developed a health condition like diabetes or high blood pressure	Major Reason	21	21	38	24	29
	Minor Reason	17	15	15	14	20
	Not a reason at all	62	63	47	62	51
	DON'T KNOW	-	-	-	-	-
	SKIPPED ON WEB/REFUSED	1	*	*	-	*
I wanted to live longer	Major Reason	53	55	69	57	61
	Minor Reason	25	25	15	23	25
	Not a reason at all	22	19	15	20	13
	DON'T KNOW	*	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	1	1	*	*
I wanted to improve my appearance or the way my clothes fit	Major Reason	63	62	63	67	64
	Minor Reason	26	29	24	25	27
	Not a reason at all	12	9	13	8	9
	DON'T KNOW	-	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	*	1	*	*
People made comments about my weight	Major Reason	11	10	11	17	12
	Minor Reason	23	21	21	20	26
	Not a reason at all	66	68	68	63	61
	DON'T KNOW	-	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	1	1	*	*



		8/11-9/21/2016	12/10-28/2021			
		TOTAL	TOTAL	Black	Hispanic	Obese
I was discriminated against because of my weight	Major Reason	6	6	13	11	8
	Minor Reason	10	12	14	14	17
	Not a reason at all	84	81	72	75	74
	DON'T KNOW	-	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	1	1	*	1
My weight prevented me from doing the things I wanted to do	Major Reason	20	24	26	34	38
	Minor Reason	28	28	25	25	35
	Not a reason at all	52	47	48	40	26
	DON'T KNOW	-	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	1	1	*	1
I wanted to improve my overall health	Major Reason	70	73	80	73	80
	Minor Reason	23	19	14	22	14
	Not a reason at all	7	7	5	5	5
	DON'T KNOW	-	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	1	1	*	1
I wanted to be more physically active	Major Reason	56	57	59	71	61
	Minor Reason	30	30	25	20	31
	Not a reason at all	13	13	15	9	7
	DON'T KNOW	-	-	-	-	-
	SKIPPED ON WEB/REFUSED	1	1	1	*	1
My spouse or partner was interested in trying to lose weight too	Major Reason	16	12	14	19	12
	Minor Reason	19	21	19	20	20
	Not a reason at all	65	67	66	62	67
	DON'T KNOW	*	-	-	-	-
	SKIPPED ON WEB/REFUSED	1	*	1	*	1
I was worried that it makes COVID-19 worse <sup>4</sup>	Major Reason		14	20	23	18
	Minor Reason		22	22	20	26
	Not a reason at all		63	57	58	55
	DON'T KNOW		-	-	-	-
	SKIPPED ON WEB/REFUSED		1	1	*	1
I had COVID-19 <sup>5</sup>	Major Reason		5	10	10	6
	Minor Reason		7	7	8	9
	Not a reason at all		88	81	83	84
	DON'T KNOW		-	*	-	*
	SKIPPED ON WEB/REFUSED		1	2	*	1

N=

1,145

1,285

342

347

610

<sup>4</sup> Not asked in 2016 survey

<sup>5</sup> Not asked in 2016 survey

If yes in Q20

**Q26A. Is each of the following a major barrier, a minor barrier, or not a barrier at all to your attempts to lose weight?**

**[GRID ITEMS RANDOMIZED]**

		8/11-9/21/2016	12/10-28/2021			
		TOTAL	TOTAL	Black	Hispanic	Obese
A lack of willpower	Major barrier	34	37	29	31	47
	Minor barrier	41	36	36	38	34
	Not a barrier at all	25	26	34	30	18
	DON'T KNOW	-	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	*	*	1	*
I don't get enough support from my spouse or partner	Major barrier	6	7	9	11	7
	Minor barrier	17	16	10	21	18
	Not a barrier at all	77	77	80	67	74
	DON'T KNOW	*	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	1	2	1	1
I don't get enough support from family or friends	Major barrier	5	7	9	15	9
	Minor barrier	21	16	14	21	21
	Not a barrier at all	74	76	76	63	69
	DON'T KNOW	*	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	1	*	1	1
Healthy foods are not convenient, affordable, or available enough	Major barrier	27	22	26	26	31
	Minor barrier	32	30	24	32	32
	Not a barrier at all	41	47	49	41	37
	DON'T KNOW	-	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	*	1	1	*
I am genetically predisposed to be overweight or obese	Major barrier	12	15	15	15	25
	Minor barrier	30	26	19	28	32
	Not a barrier at all	58	59	65	56	43
	DON'T KNOW	*	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	*	1	1	1
Methods for losing weight are not covered by my health insurance	Major barrier	20	13	15	18	19
	Minor barrier	19	17	17	19	22
	Not a barrier at all	59	70	68	62	58
	DON'T KNOW	1	*	*	-	-
	SKIPPED ON WEB/REFUSED	*	*	*	*	*
I don't have enough time to exercise <sup>6</sup>	Major barrier		16	15	20	18
	Minor barrier		34	33	37	36
	Not a barrier at all		50	51	43	46
	DON'T KNOW		-	-	-	-
	SKIPPED ON WEB/REFUSED		*	*	*	*

<sup>6</sup> Not asked in 2016 survey

		8/11-9/21/2016	12/10-28/2021			
		TOTAL	TOTAL	Black	Hispanic	Obese
I lack information about the best way for me to lose weight <sup>7</sup>	Major barrier		12	14	20	17
	Minor barrier		23	26	26	29
	Not a barrier at all		65	60	54	53
	DON'T KNOW		-	-	-	-
	SKIPPED ON WEB/REFUSED		*	*	*	*
Obesity related stigma <sup>8</sup>	Major barrier		8	12	12	11
	Minor barrier		20	20	24	31
	Not a barrier at all		72	67	63	58
	DON'T KNOW		*	-	-	*
	SKIPPED ON WEB/REFUSED		*	1	1	1
<i>N=</i>		1,145	1,285	342	347	610

*If yes in Q21 or yes in Q21A*

**NEW26B. Was the COVID-19 pandemic a major reason, minor reason, or not a reason at all for trying to lose weight this year?**

	12/10-28/2021			
	TOTAL	Black	Hispanics	Obese
Major reason	10	19	16	12
Minor reason	29	24	35	29
Not a reason at all	60	57	49	59
DON'T KNOW	-	-	-	-
SKIPPED ON WEB/REFUSED	*	*	*	-
<i>N=</i>	989	276	289	511

<sup>7</sup> Not asked in 2016 survey. A similar response option read, "I don't have enough information to know how to manage my weight."

<sup>8</sup> Not asked in 2016 survey

If yes in Q20

**Q27. Please check all methods you are currently using or have tried to use in the past to lose weight.<sup>9</sup>**

		8/11-9/21/2016	12/10-28/2021			
		TOTAL	TOTAL	Black	Hispanic	Obese
Losing weight on your own through diet or exercise	<b>Ever used (Currently using or used in past NET)</b>	<b>95</b>	<b>98</b>	<b>94</b>	<b>98</b>	<b>98</b>
	Currently using		55	56	49	57
	Used in the past		55	48	58	53
	Never used	4	2	6	2	2
	DON'T KNOW	*	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	*	*	*	-
Losing weight with the help of your doctor through diet or exercise	<b>Ever used (Currently using or used in past NET)</b>	<b>30</b>	<b>30</b>	<b>41</b>	<b>37</b>	<b>38</b>
	Currently using		8	12	10	11
	Used in the past		23	30	28	28
	Never used	70	69	59	63	62
	DON'T KNOW	-	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	*	*	*	*
One-on-one dietary counseling with a dietician	<b>Ever used (Currently using or used in past NET)</b>	<b>17</b>	<b>19</b>	<b>28</b>	<b>21</b>	<b>23</b>
	Currently using		3	7	3	4
	Used in the past		16	21	19	19
	Never used	82	81	72	78	76
	DON'T KNOW	-	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	*	*	1	*
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	<b>Ever used (Currently using or used in past NET)</b>	<b>21</b>	<b>25</b>	<b>33</b>	<b>34</b>	<b>26</b>
	Currently using		5	9	4	5
	Used in the past		21	25	31	21
	Never used	79	75	66	66	74
	DON'T KNOW	-	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	*	1	*	*
Formal weight loss programs such as Weight Watchers, or a hospital-based program	<b>Ever used (Currently using or used in past NET)</b>	<b>25</b>	<b>28</b>	<b>31</b>	<b>31</b>	<b>32</b>
	Currently using		4	6	4	5
	Used in the past		25	26	28	28
	Never used	75	71	69	68	68
	DON'T KNOW	-	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	*	*	1	*

<sup>9</sup> Q27 is a trending question from the 2016 survey but the response gradient for 2021 survey changed with "Ever used (currently or past)" split into two possible responses ("currently using" and "used in past"). These latter responses have been aggregated in "Ever used (Currently using or used in past NET)" for comparison to the original phrasing from 2016.

		8/11-9/21/2016	12/10-28/2021			
		TOTAL	TOTAL	Black	Hispanic	Obese
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	<b>Ever used (Currently using or used in past NET)</b>	<b>27</b>	<b>24</b>	<b>24</b>	<b>31</b>	<b>30</b>
	Currently using		3	5	5	2
	Used in the past		22	19	28	29
	Never used	73	76	76	69	70
	DON'T KNOW	*	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	*	*	*	*
Prescription medication such as Saxenda, Qsymia, or Contrave	<b>Ever used (Currently using or used in past NET)</b>	<b>6</b>	<b>9</b>	<b>11</b>	<b>14</b>	<b>12</b>
	Currently using		2	3	3	2
	Used in the past		7	8	11	10
	Never used	93	90	89	86	88
	DON'T KNOW	*	*	*	-	*
	SKIPPED ON WEB/REFUSED	1	*	*	*	*
Meal replacements such as Slimfast or Ensure	<b>Ever used (Currently using or used in past NET)</b>	<b>36</b>	<b>35</b>	<b>40</b>	<b>42</b>	<b>38</b>
	Currently using		5	6	5	4
	Used in the past		31	34	38	34
	Never used	64	65	60	58	62
	DON'T KNOW	-	*	-	-	-
	SKIPPED ON WEB/REFUSED	*	*	*	-	*
Weight loss surgery such as gastric bypass or gastric sleeve surgery	<b>Ever used (Currently using or used in past NET)</b>	<b>3</b>	<b>6</b>	<b>12</b>	<b>12</b>	<b>6</b>
	Currently using		2	3	4	2
	Used in the past		4	9	7	4
	Never used	96	94	88	88	93
	DON'T KNOW	-	-	-	-	-
	SKIPPED ON WEB/REFUSED	1	*	*	*	*
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	<b>Ever used (Currently using or used in past NET)</b>	<b>11</b>	<b>10</b>	<b>17</b>	<b>15</b>	<b>12</b>
	Currently using		2	5	4	2
	Used in the past		9	12	13	10
	Never used	89	89	83	85	88
	DON'T KNOW	-	-	-	-	-
	SKIPPED ON WEB/REFUSED	*	1	*	*	*

N=

1,145

1,285

342

347

610

29A. 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]

		8/11-9/21/2016	12/10-28/2021			
		TOTAL	TOTAL	Black	Hispanic	Obese
Losing weight on your own through diet or exercise	<b>Effective NET</b>	<b>78</b>	<b>73</b>	<b>71</b>	<b>72</b>	<b>64</b>
	Very effective	36	23	27	27	16
	Effective	43	50	44	45	47
	<b>Neither effective nor ineffective</b>	<b>12</b>	<b>17</b>	<b>16</b>	<b>21</b>	<b>24</b>
	<b>Ineffective NET</b>	<b>9</b>	<b>9</b>	<b>12</b>	<b>7</b>	<b>12</b>
	Ineffective	6	7	7	4	9
	Very ineffective	4	2	5	3	3
	DON'T KNOW	*	*	*	-	-
SKIPPED ON WEB/REFUSED	*	*	1	1	*	
Losing weight with the help of your doctor through diet or exercise	<b>Effective NET</b>	<b>70</b>	<b>65</b>	<b>55</b>	<b>61</b>	<b>56</b>
	Very effective	25	17	19	18	11
	Effective	45	48	36	43	45
	<b>Neither effective nor ineffective</b>	<b>21</b>	<b>27</b>	<b>33</b>	<b>28</b>	<b>34</b>
	<b>Ineffective NET</b>	<b>8</b>	<b>7</b>	<b>11</b>	<b>10</b>	<b>9</b>
	Ineffective	5	5	5	6	5
	Very ineffective	3	3	6	4	3
	DON'T KNOW	1	*	1	-	*
SKIPPED ON WEB/REFUSED	1	1	1	*	1	
One-on-one dietary counseling with a dietician	<b>Effective NET</b>	<b>65</b>	<b>61</b>	<b>53</b>	<b>55</b>	<b>54</b>
	Very effective	23	16	17	14	12
	Effective	42	46	36	40	42
	<b>Neither effective nor ineffective</b>	<b>23</b>	<b>31</b>	<b>34</b>	<b>38</b>	<b>37</b>
	<b>Ineffective NET</b>	<b>11</b>	<b>7</b>	<b>12</b>	<b>7</b>	<b>8</b>
	Ineffective	6	4	6	3	5
	Very ineffective	4	3	6	4	3
	DON'T KNOW	1	*	1	-	-
SKIPPED ON WEB/REFUSED	1	1	*	*	*	

		8/11-9/21/2016	12/10-28/2021			
		TOTAL	TOTAL	Black	Hispanic	Obese
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	<b>Effective NET</b>	<b>71</b>	<b>67</b>	<b>61</b>	<b>64</b>	<b>60</b>
	Very effective	32	22	28	21	19
	Effective	39	45	33	42	41
	<b>Neither effective nor ineffective</b>	<b>19</b>	<b>26</b>	<b>27</b>	<b>31</b>	<b>34</b>
	<b>Ineffective NET</b>	<b>8</b>	<b>6</b>	<b>11</b>	<b>5</b>	<b>6</b>
	Ineffective	5	4	5	2	4
	Very ineffective	4	2	6	3	2
	DON'T KNOW	1	*	*	*	-
SKIPPED ON WEB/REFUSED	1	1	1	*	*	
Formal weight loss program such as Weight Watchers, or a hospital-based program <sup>10</sup>	<b>Effective NET</b>	<b>55</b>	<b>54</b>	<b>47</b>	<b>48</b>	<b>48</b>
	Very effective	16	11	14	10	8
	Effective	39	44	33	38	40
	<b>Neither effective nor ineffective</b>	<b>27</b>	<b>35</b>	<b>35</b>	<b>40</b>	<b>40</b>
	<b>Ineffective NET</b>	<b>16</b>	<b>10</b>	<b>17</b>	<b>11</b>	<b>11</b>
	Ineffective	10	7	10	7	7
	Very ineffective	6	3	7	4	4
	DON'T KNOW	1	*	1	*	*
SKIPPED ON WEB/REFUSED	1	1	*	1	*	
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	<b>Effective NET</b>	<b>23</b>	<b>18</b>	<b>22</b>	<b>25</b>	<b>16</b>
	Very effective	4	3	5	6	2
	Effective	19	15	17	19	15
	<b>Neither effective nor ineffective</b>	<b>32</b>	<b>41</b>	<b>48</b>	<b>42</b>	<b>45</b>
	<b>Ineffective NET</b>	<b>39</b>	<b>39</b>	<b>27</b>	<b>32</b>	<b>37</b>
	Ineffective	26	26	17	19	25
	Very ineffective	13	12	9	13	12
	DON'T KNOW	4	*	1	-	*
SKIPPED ON WEB/REFUSED	2	1	1	1	1	
Prescription medication such as Saxenda, Qsymia, or Contrave	<b>Effective NET</b>	<b>25</b>	<b>23</b>	<b>25</b>	<b>24</b>	<b>23</b>
	Very effective	4	4	6	7	4
	Effective	20	19	19	17	19
	<b>Neither effective nor ineffective</b>	<b>38</b>	<b>50</b>	<b>49</b>	<b>51</b>	<b>53</b>
	<b>Ineffective NET</b>	<b>30</b>	<b>25</b>	<b>23</b>	<b>23</b>	<b>23</b>
	Ineffective	20	18	14	14	17
	Very ineffective	10	7	8	8	6
	DON'T KNOW	6	1	3	1	*
SKIPPED ON WEB/REFUSED	2	2	1	1	1	

<sup>10</sup> In 2016 survey, response phrased as, "Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program."

		8/11-9/21/2016	12/10-28/2021			
		TOTAL	TOTAL	Black	Hispanic	Obese
Meal replacements such as Slimfast or Ensure	<b>Effective NET</b>	<b>31</b>	<b>27</b>	<b>34</b>	<b>30</b>	<b>28</b>
	Very effective	5	3	6	5	3
	Effective	27	24	27	25	24
	<b>Neither effective nor ineffective</b>	<b>33</b>	<b>41</b>	<b>37</b>	<b>46</b>	<b>43</b>
	<b>Ineffective NET</b>	<b>32</b>	<b>31</b>	<b>28</b>	<b>22</b>	<b>28</b>
	Ineffective	22	23	18	13	21
	Very ineffective	10	8	9	9	7
	DON'T KNOW	3	*	1	*	*
SKIPPED ON WEB/REFUSED	2	1	1	2	1	
Weight loss surgery such as gastric bypass or gastric sleeve surgery	<b>Effective NET</b>	<b>60</b>	<b>56</b>	<b>48</b>	<b>49</b>	<b>57</b>
	Very effective	21	17	18	19	21
	Effective	39	39	29	30	35
	<b>Neither effective nor ineffective</b>	<b>20</b>	<b>31</b>	<b>34</b>	<b>35</b>	<b>31</b>
	<b>Ineffective NET</b>	<b>16</b>	<b>12</b>	<b>16</b>	<b>14</b>	<b>11</b>
	Ineffective	9	8	11	6	7
	Very ineffective	7	4	5	8	4
	DON'T KNOW	3	*	1	*	*
SKIPPED ON WEB/REFUSED	2	1	1	1	1	
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	<b>Effective NET</b>	<b>28</b>	<b>24</b>	<b>25</b>	<b>22</b>	<b>24</b>
	Very effective	4	4	6	4	4
	Effective	24	20	20	18	20
	<b>Neither effective nor ineffective</b>	<b>38</b>	<b>50</b>	<b>47</b>	<b>54</b>	<b>49</b>
	<b>Ineffective NET</b>	<b>29</b>	<b>25</b>	<b>26</b>	<b>23</b>	<b>25</b>
	Ineffective	19	16	18	14	17
	Very ineffective	11	9	8	9	8
	DON'T KNOW	4	*	1	*	*
SKIPPED ON WEB/REFUSED	1	1	1	1	2	

N=

1,509

1,714

471

438

670



**Q30A. 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]**

		8/11-9/21/2016	12/10-28/2021			
		TOTAL	TOTAL	Black	Hispanic	Obese
Losing weight on your own through diet or exercise	<b>Safe NET</b>	<b>88</b>	<b>83</b>	<b>79</b>	<b>81</b>	<b>83</b>
	Very safe	44	36	42	38	36
	Safe	43	47	37	43	48
	<b>Neither safe nor unsafe</b>	<b>8</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>14</b>
	<b>Unsafe NET</b>	<b>4</b>	<b>2</b>	<b>6</b>	<b>3</b>	<b>2</b>
	Unsafe	3	2	4	3	2
	Very unsafe	1	*	1	*	*
	DON'T KNOW	*	*	-	-	-
	SKIPPED ON WEB/REFUSED	*	1	1	*	1
Losing weight with the help of your doctor through diet or exercise	<b>Safe NET</b>	<b>90</b>	<b>88</b>	<b>81</b>	<b>77</b>	<b>87</b>
	Very safe	54	48	43	41	45
	Safe	37	39	39	36	42
	<b>Neither safe nor unsafe</b>	<b>7</b>	<b>10</b>	<b>15</b>	<b>18</b>	<b>10</b>
	<b>Unsafe NET</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>2</b>
	Unsafe	1	1	2	3	2
	Very unsafe	1	*	1	2	1
	DON'T KNOW	*	*	*	-	*
	SKIPPED ON WEB/REFUSED	1	1	*	*	*
One-on-one dietary counseling with a dietician	<b>Safe NET</b>	<b>87</b>	<b>85</b>	<b>77</b>	<b>72</b>	<b>85</b>
	Very safe	47	43	37	34	42
	Safe	40	42	40	38	43
	<b>Neither safe nor unsafe</b>	<b>10</b>	<b>12</b>	<b>16</b>	<b>24</b>	<b>12</b>
	<b>Unsafe NET</b>	<b>2</b>	<b>2</b>	<b>6</b>	<b>3</b>	<b>2</b>
	Unsafe	1	2	5	2	1
	Very unsafe	1	*	1	1	1
	DON'T KNOW	1	*	*	-	*
	SKIPPED ON WEB/REFUSED	1	1	2	1	*
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	<b>Safe NET</b>	<b>86</b>	<b>84</b>	<b>77</b>	<b>76</b>	<b>83</b>
	Very safe	40	37	34	31	37
	Safe	46	47	42	45	46
	<b>Neither safe nor unsafe</b>	<b>11</b>	<b>14</b>	<b>18</b>	<b>21</b>	<b>16</b>
	<b>Unsafe NET</b>	<b>1</b>	<b>1</b>	<b>6</b>	<b>2</b>	<b>1</b>
	Unsafe	1	1	4	1	1
	Very unsafe	1	*	2	1	1
	DON'T KNOW	1	*	*	-	*
	SKIPPED ON WEB/REFUSED	1	1	*	*	-

		8/11-9/21/2016	12/10-28/2021			
		TOTAL	TOTAL	Black	Hispanic	Obese
Formal weight loss program such as Weight Watchers, or a hospital-based program <sup>11</sup>	<b>Safe NET</b>	<b>66</b>	<b>69</b>	<b>64</b>	<b>56</b>	<b>69</b>
	Very safe	20	23	22	16	21
	Safe	46	47	42	40	47
	<b>Neither safe nor unsafe</b>	<b>23</b>	<b>25</b>	<b>29</b>	<b>36</b>	<b>24</b>
	<b>Unsafe NET</b>	<b>9</b>	<b>4</b>	<b>6</b>	<b>7</b>	<b>7</b>
	Unsafe	7	3	4	5	4
	Very unsafe	2	1	2	2	2
	DON'T KNOW	1	*	*	*	*
	SKIPPED ON WEB/REFUSED	1	1	*	1	*
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	<b>Safe NET</b>	<b>16</b>	<b>13</b>	<b>23</b>	<b>20</b>	<b>13</b>
	Very safe	3	2	6	4	1
	Safe	12	11	17	16	11
	<b>Neither safe nor unsafe</b>	<b>30</b>	<b>38</b>	<b>48</b>	<b>40</b>	<b>35</b>
	<b>Unsafe NET</b>	<b>51</b>	<b>48</b>	<b>27</b>	<b>38</b>	<b>52</b>
	Unsafe	37	35	20	24	40
	Very unsafe	15	12	7	15	12
	DON'T KNOW	2	*	1	*	*
	SKIPPED ON WEB/REFUSED	1	1	1	1	*
Prescription medication such as Saxenda, Qsymia, or Contrave	<b>Safe NET</b>	<b>15</b>	<b>15</b>	<b>19</b>	<b>18</b>	<b>15</b>
	Very safe	3	2	6	4	1
	Safe	13	13	14	14	14
	<b>Neither safe nor unsafe</b>	<b>32</b>	<b>42</b>	<b>50</b>	<b>42</b>	<b>46</b>
	<b>Unsafe NET</b>	<b>49</b>	<b>41</b>	<b>27</b>	<b>39</b>	<b>38</b>
	Unsafe	37	32	21	27	28
	Very unsafe	12	9	6	12	10
	DON'T KNOW	3	1	2	*	1
	SKIPPED ON WEB/REFUSED	1	1	1	1	*
Meal replacements such as Slimfast or Ensure	<b>Safe NET</b>	<b>40</b>	<b>37</b>	<b>43</b>	<b>34</b>	<b>41</b>
	Very safe	6	5	6	8	6
	Safe	34	32	36	26	36
	<b>Neither safe nor unsafe</b>	<b>38</b>	<b>40</b>	<b>40</b>	<b>47</b>	<b>39</b>
	<b>Unsafe NET</b>	<b>19</b>	<b>21</b>	<b>16</b>	<b>18</b>	<b>19</b>
	Unsafe	15	16	13	12	14
	Very unsafe	4	5	3	6	5
	DON'T KNOW	2	*	*	*	*
	SKIPPED ON WEB/REFUSED	1	1	1	1	*

<sup>11</sup> In 2016 survey, response phrased as, "Formal weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, LA Weight Loss, or a hospital-based program."

		8/11-9/21/2016	12/10-28/2021			
		TOTAL	TOTAL	Black	Hispanic	Obese
Weight loss surgery such as gastric bypass or gastric sleeve surgery	<b>Safe NET</b>	<b>31</b>	<b>33</b>	<b>33</b>	<b>33</b>	<b>36</b>
	Very safe	5	3	5	7	4
	Safe	26	30	29	27	32
	<b>Neither safe nor unsafe</b>	<b>29</b>	<b>34</b>	<b>40</b>	<b>39</b>	<b>34</b>
	<b>Unsafe NET</b>	<b>37</b>	<b>32</b>	<b>25</b>	<b>27</b>	<b>29</b>
	Unsafe	26	24	19	20	20
	Very unsafe	11	8	7	7	10
	DON'T KNOW	2	*	*	*	*
	SKIPPED ON WEB/REFUSED	1	1	1	1	*
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	<b>Safe NET</b>	<b>41</b>	<b>36</b>	<b>38</b>	<b>30</b>	<b>39</b>
	Very safe	8	6	6	7	6
	Safe	32	31	32	23	33
	<b>Neither safe nor unsafe</b>	<b>40</b>	<b>49</b>	<b>47</b>	<b>52</b>	<b>47</b>
	<b>Unsafe NET</b>	<b>16</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>14</b>
	Unsafe	12	9	10	9	9
	Very unsafe	4	4	4	6	5
	DON'T KNOW	3	*	1	*	*
	SKIPPED ON WEB/REFUSED	1	1	1	3	*
<i>N=</i>		1,509	1,714	471	438	670

If yes in Q21 or Q21A

**NEW30B. During the COVID-19 pandemic, have you considered any methods to lose weight that you hadn't tried before?**

	12/10-28/2021			
	TOTAL	Black	Hispanics	Obese
Yes	19	21	28	22
No	80	78	71	78
DON'T KNOW	-	-	-	-
SKIPPED ON WEB/REFUSED	*	1	1	*
<i>N=</i>	989	276	289	511

If yes in NEW30B

**NEW30C. Which methods to lose weight did you consider because of the COVID-19 pandemic?**

Select all that apply

	12/10-28/2021			
	TOTAL	Black <sup>12</sup>	Hispanics <sup>13</sup>	Obese
Losing weight on your own through diet or exercise	65			61
Losing weight with the help of your doctor through diet or exercise	32			37
One-on-one dietary counseling with a dietician	20			20
Formal exercise programs with a personal trainer, physical therapist, or occupational therapist	24			30
Formal weight loss program such as Weight Watchers, or a hospital-based program	20			15
Dietary supplements such as Herbal-life, Ephedrine, or Dexatrim	17			9
Prescription medication such as Saxenda, Qsymia, or Contrave	14			15
Meal replacements such as Slimfast or Ensure	22			27
Weight loss surgery such as gastric bypass or gastric sleeve surgery	14			13
Other treatments or methods such as hypnosis, acupuncture, church programs, or in-person or online support groups	16			16
DON'T KNOW	-			-
SKIPPED ON WEB/REFUSED	4			*
N=	203	62	68	114

**Q31. Do you think the costs of prescription medications and weight loss surgery for obesity should be covered by health insurance or should individuals be responsible for the costs?**

	12/10-28/2021			
	TOTAL	Black	Hispanics	Obese
Should be covered by health insurance	75	81	76	84
Should be the responsibility of the individual	23	18	24	15
DON'T KNOW	*	*	-	*
SKIPPED ON WEB/REFUSED	1	1	1	1
N=	1,714	471	438	670

<sup>12</sup> Sample sizes below n=100, too small to analyze

<sup>13</sup> Sample sizes below n=100, too small to analyze

If never used weight loss surgery in Q27

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

	8/11-9/21/2016	12/10-28/2021			
	Total	Total	Blacks	Hispanics	Obese
Yes, I have considered it	13	16	18	19	28
No, I haven't considered it	87	83	82	81	71
DON'T KNOW	-	-	-	-	-
SKIPPED ON WEB/REFUSED	*	1	*	*	1
N=	1,089	1,180	305	307	563

If yes in Q35

**NEW35A. Did you consider getting weight loss surgery at any point during the COVID-19 pandemic, or not?**

	12/10-28/2021			
	TOTAL	Black <sup>14</sup>	Hispanics <sup>15</sup>	Obese
Yes	33			29
No	67			71
DON'T KNOW	-			-
SKIPPED ON WEB/REFUSED	-			-
N=	192	60	54	148

If never used weight loss surgery in Q27

**Q36. Has a doctor or other health professional ever recommended you for weight loss surgery?**

	8/11-9/21/2016	12/10-28/2021			
	Total	Total	Blacks	Hispanics	Obese
Yes	3	5	4	6	8
No	97	94	94	93	91
DON'T KNOW	-	-	-	-	-
SKIPPED ON WEB/REFUSED	*	1	1	1	1
N=	1,089	1,180	305	307	563

<sup>14</sup> Sample sizes below N=100, too small to analyze

<sup>15</sup> Sample sizes below N=100, too small to analyze

**Q50. To the best of your knowledge, what is the risk of dying from complications due to each of the following?**

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

		12/10-28/2021			
		TOTAL	Black	Hispanic	Obese
Heart surgery	High Risk	58	67	67	58
	Medium Risk	35	23	27	35
	Low Risk	6	10	6	7
	DON'T KNOW	*	*	-	*
	SKIPPED ON WEB/REFUSED	1	*	*	*
Joint replacement surgery	High Risk	8	17	13	6
	Medium Risk	41	40	45	42
	Low Risk	51	43	42	51
	DON'T KNOW	*	*	-	-
	SKIPPED ON WEB/REFUSED	*	*	1	*
Gallbladder surgery	High Risk	10	21	16	9
	Medium Risk	44	49	46	43
	Low Risk	46	29	38	47
	DON'T KNOW	*	*	-	*
	SKIPPED ON WEB/REFUSED	*	1	1	*
Weight loss surgery	High Risk	19	31	24	19
	Medium Risk	53	43	50	52
	Low Risk	27	24	26	29
	DON'T KNOW	*	*	*	*
	SKIPPED ON WEB/REFUSED	*	1	1	1
Child birth	High Risk	16	36	25	13
	Medium Risk	42	40	39	46
	Low Risk	41	23	34	40
	DON'T KNOW	*	*	-	*
	SKIPPED ON WEB/REFUSED	1	1	2	1
Appendectomy (surgery to remove the appendix)	High Risk	11	23	21	10
	Medium Risk	38	43	42	40
	Low Risk	50	33	36	48
	DON'T KNOW	*	*	-	*
	SKIPPED ON WEB/REFUSED	1	*	1	1
COVID-19	High Risk	39	60	48	42
	Medium Risk	40	27	28	40
	Low Risk	21	12	23	17
	DON'T KNOW	*	*	-	*
	SKIPPED ON WEB/REFUSED	1	*	1	1

		12/10-28/2021			
		TOTAL	Black	Hispanic	Obese
Obesity	High Risk	47	50	56	45
	Medium Risk	44	37	35	46
	Low Risk	9	12	9	9
	DON'T KNOW	*	*	-	*
	SKIPPED ON WEB/REFUSED	*	*	*	1
N=		1,714	471	438	670

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

	8/11-9/21/2016	12/10-28/2021			
	TOTAL	TOTAL	Black	Hispanic	Obese
Hypertension, also called high blood pressure?	36	37	47	31	48
Coronary heart disease?	6	7	8	8	8
A stroke or neurological disorder?	4	7	9	8	8
Chronic obstructive pulmonary disease, also called COPD?	5	8	8	6	7
Asthma?	15	18	17	21	21
Cancer or a malignancy of any kind?	9	13	7	11	12
Diabetes?	13	12	19	13	20
Some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?	26	28	26	19	33
Hepatitis or gastrointestinal disorder?	10	7	8	6	7
Weak or failing kidneys? Do not include kidney stones, bladder infections or incontinence.	5	5	9	6	7
Another chronic health condition?	12	17	19	9	18
N=	1,509	1,714	471	438	670

**NUMBER OF CHRONIC CONDITIONS**

	8/11-9/21/2016	12/10-28/2021			
	TOTAL	TOTAL	Black	Hispanic	Obese
No chronic conditions	40	34	29	43	27
1 chronic condition	22	26	29	26	25
2+ chronic conditions	38	40	42	31	47
N=	1,509	1,711	471	438	670

**Q40. About how tall are you without shoes?**

[OPEN END]

	12/10-28/2021			
	Total	Blacks	Hispanics	Obese
Mean in inches	67.02	66.57	66.15	66.82
Median in inches	67.00	66	66	67
DON'T KNOW/SKIPPED ON WEB/REFUSED	2	3	7	-
N=	1,714	471	438	670

**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]

	12/10-28/2021			
	Total	Blacks	Hispanics	Obese
Mean in pounds	192.40	197.02	189.64	235.82
Median in pounds	185.00	190	180	230
DON'T KNOW/SKIPPED ON WEB/REFUSED	5	5	10	-
N=	1,714	471	438	670

**PARTYID7. Party Identification**

	12/10-28/2021			
	Total	Blacks	Hispanics	Obese
<b>Democrat NET</b>	<b>46</b>	<b>75</b>	<b>47</b>	<b>45</b>
Strong democrat	21	40	17	21
Not so strong democrat	15	26	19	15
Lean Democrat	10	9	10	9
<b>Don't lean/Independent/None</b>	<b>18</b>	<b>19</b>	<b>25</b>	<b>19</b>
<b>Republican NET</b>	<b>36</b>	<b>7</b>	<b>28</b>	<b>36</b>
Lean republican	9	2	5	10
Not so strong republican	12	2	8	12
Strong republican	15	2	15	14
Unknown	*	*	*	-
N=	1,714	471	438	670



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

	12/10-28/2021			
	Total	Blacks	Hispanics	Obese
<b>Liberal NET</b>	<b>22</b>	<b>28</b>	<b>23</b>	<b>21</b>
Very liberal	12	15	10	11
Somewhat Liberal	10	13	13	10
<b>Moderate</b>	<b>49</b>	<b>56</b>	<b>47</b>	<b>52</b>
<b>Conservative NET</b>	<b>28</b>	<b>13</b>	<b>29</b>	<b>26</b>
Somewhat conservative	16	9	13	15
Very conservative	12	4	16	11
UNKNOWN	1	3	1	*
<i>N=</i>	<i>1,714</i>	<i>471</i>	<i>438</i>	<i>670</i>

**AGE**

	12/10-28/2021			
	Total	Blacks	Hispanics	Obese
18-29	20	23	28	15
30-44	25	28	30	28
45-59	24	23	25	32
60+	30	26	17	25
<i>N=</i>	<i>1,714</i>	<i>471</i>	<i>438</i>	<i>670</i>

**GENDER**

	12/10-28/2021			
	Total	Blacks	Hispanics	Obese
Male	48	46	50	47
Female	52	54	50	53
<i>N=</i>	<i>1,714</i>	<i>471</i>	<i>438</i>	<i>670</i>

**RACE/ETHNICITY**

	12/10-28/2021			
	Total	Blacks	Hispanics	Obese
White, non-Hispanic	65	-	-	64
African American, non-Hispanic	12	100	-	15
Hispanic	17	-	100	18
Other	6	-	-	3
<i>N=</i>	<i>1,714</i>	<i>471</i>	<i>438</i>	<i>670</i>

## MARITAL STATUS

	12/10-28/2021			
	Total	Blacks	Hispanics	Obese
Married/living with partner	52	32	52	52
Not married	48	68	48	48
N=	1,714	471	438	670

## EMPLOYMENT STATUS

	12/10-28/2021			
	Total	Blacks	Hispanics	Obese
Employed	60	61	61	64
Not employed	40	39	39	36
N=	1,714	471	438	670

## EDUCATION

	12/10-28/2021			
	Total	Blacks	Hispanics	Obese
No high school diploma	10	10	25	9
High school graduate	28	34	32	32
Some college	27	30	25	30
Bachelor's degree or above	35	26	18	30
N=	1,714	471	438	670

## INCOME

	12/10-28/2021			
	Total	Blacks	Hispanics	Obese
Under \$10,000	5	14	7	6
\$10,000 to under \$20,000	10	14	13	12
\$20,000 to under \$30,000	10	16	16	11
\$30,000 to under \$40,000	10	9	12	11
\$40,000 to under \$50,000	8	9	7	10
\$50,000 to under \$75,000	20	17	15	22
\$75,000 to under \$100,000	13	12	12	12
\$100,000 to under \$150,000	15	6	11	12
\$150,000 or more	9	3	6	5
N=	1,714	471	438	670

## Study Methodology

The survey was conducted by NORC at the University of Chicago and funded by the ASMBS and the ASMBS Foundation, a nonprofit dedicated to obesity research, education, and advocacy. Data were collected using AmeriSpeak®, NORC's probability-based panel designed to be representative of the U.S. household population. During the initial recruitment phase of the panel, randomly selected U.S. households were sampled with a known, non-zero probability of selection from the NORC National Sample Frame and then contacted by U.S. mail, email, telephone, and field interviewers (face to face). The panel provides sample coverage of approximately 97% of the U.S. household population. Those excluded from the sample include people with P.O. Box only addresses, some addresses not listed in the USPS Delivery Sequence File, and some newly constructed dwellings. Staff from NORC at the University of Chicago and the American Society for Metabolic and Bariatric Surgery collaborated on all aspects of the study.

Interviews for this survey were conducted between December 10 and December 28, 2021, with adults age 18 and older representing the 50 states and the District of Columbia. Panel members were randomly drawn from AmeriSpeak, and 1,714 completed the survey—1,644 via the web and 70 via telephone. Panel members were invited by email or by phone from an NORC telephone interviewer. Interviews were conducted in both English and Spanish, depending on respondent preference. Respondents were offered a small monetary incentive (\$2) for completing the survey.

The final stage completion rate is 22.9 percent, the weighted household panel response rate is 17.1 percent, and the weighted household panel retention rate is 75.6 percent, for a cumulative response rate of 3.0 percent. The overall margin of sampling error is +/- 3.3 percentage points at the 95 percent confidence level including the design effect.

In addition, Black and Hispanic respondents were sampled at a higher rate than their proportion of the population for reasons of analysis. The overall margin of sampling error for the 471 completed interviews with Black respondents is +/- 5.8 percentage points at the 95 percent confidence level including the design effect. The overall margin of sampling error for the 438 completed interviews with Hispanic respondents is +/- 6.6 percentage points at the 95 percent confidence level including the design effect.

Sampling error is only one of many potential sources of error and there may be other unmeasured error in this or any other survey.

Quality assurance checks were conducted to ensure data quality. In total, 108 interviews were removed for nonresponse to at least 50% of the questions asked of them, for completing the survey in less than one-third the median interview time for the full sample, or for straight-lining all grid questions asked of them. These interviews were excluded from the data file prior to weighting.

Once the sample has been selected and fielded, and all the study data have been collected and made final, a poststratification process is used to adjust for any survey nonresponse as well as any non-coverage or under and oversampling resulting from the study specific sample design. Poststratification variables included age, gender, census division, race/ethnicity, education, housing tenure, and

telephone status. Weighting variables were obtained from the 2021 Current Population Survey. The weighted data reflect the U.S. population of adults age 18 and over.

Additional information about the AmeriSpeak Panel methodology is available at:  
<https://amerispeak.norc.org/about-amerispeak/Pages/Panel-Design.aspx>

For more information, email [info@apnorc.org](mailto:info@apnorc.org).