

GALLUP NEWS SERVICE

GALLUP POLL SOCIAL SERIES: HEALTH AND HEALTHCARE

-- FINAL TOPLINE --

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Note: Q.29-37 and 40 should be reported as a *USA Today*/Gallup poll.

Results are based on telephone interviews conducted November 4-7, 2010 with a random sample of –1,021—adults, aged 18+, living in the continental U.S., selected using random-digit dial sampling.

For results based on the total sample of national adults, one can say with 95% confidence that the margin of error is ± 4 percentage points.

For results based on the sample of –511—national adults in Form A and –510—national adults in Form B, the maximum margins of sampling error are ± 5 percentage points.

Interviews are conducted with respondents on landline telephones (for respondents with a landline telephone) and cellular phones (for respondents who are cell phone only). Each sample includes a minimum quota of 150 cell phone only respondents and 850 landline respondents, with additional minimum quotas among landline respondents for gender within region. Landline respondents are chosen at random within each household on the basis of which member had the most recent birthday.

Samples are weighted on the basis of gender, age, race, education, region and phone lines. Demographic weighting targets are based on the March 2009 Current Population Survey figures for the age 18+ non-institutionalized population living in continental U.S. telephone households. All reported margins of sampling error include the computed design effects for weighting and sample design.

In addition to sampling error, question wording and practical difficulties in conducting surveys can introduce error or bias into the findings of public opinion polls.

22. How would you describe your own personal weight situation right now -- very overweight, somewhat overweight, about right, somewhat underweight, or very underweight?

	Very over- weight	Some- what over- weight	About right	Some- what under- weight	Very under- weight	No opinion
2010 Nov 4-7	4	34	57	4	1	1
2010 Jul 8-11	6	39	48	5	1	1
2009 Nov 5-8	4	32	58	5	1	*
2008 Nov 13-16	3	37	54	4	1	1
2007 Nov 11-14	5	36	52	6	*	1
2007 Jul 12-15	5	37	52	4	1	1
2006 Nov 9-12	4	37	53	4	1	*
2006 Jul 6-9	6	40	49	4	*	*
2005 Nov 7-10	5	37	53	4	1	*
2005 Jul 7-10	4	38	52	5	1	*
2004 Nov 7-10	5	36	54	5	*	*
2004 Jul 8-11	5	39	50	5	1	*
2003 Nov 3-5	4	37	53	5	1	*
2003 Jul 7-9	4	39	50	5	1	1
2002 Nov 11-14	6	36	51	5	1	1
2002 Jul 9-11	6	34	55	5	*	*
2001 Nov 8-11	6	38	51	4	*	1
2001 Jul 19-22	5	41	49	5	*	*
1999 Jul 22-25	4	35	53	6	1	1
1990 Oct 18-21	7	41	46	5	1	*

23. What is your approximate current weight?

	124 lbs. or less	125- 149 lbs.	150- 174 lbs.	175- 199 lbs.	200 lbs. and over	No opinion	Averag e weight
National Adults							
2010 Nov 4-7	7	16	26	20	26	5	177
2009 Nov 5-8	9	18	24	19	24	6	174
2008 Nov 13-16	6	17	27	20	26	4	177
2007 Nov 11-14	8	19	23	21	24	4	174
2006 Nov 9-12	8	19	23	22	23	5	175
2005 Nov 7-10	9	19	24	19	25	4	173
2004 Nov 7-10	8	19	25	20	24	4	173
2003 Nov 3-5	8	21	21	22	24	4	174
2002 Nov 11-14	9	22	22	18	25	4	173
2001 Nov 8-11	8	20	24	22	22	4	171
2001 Jul 19-22	8	19	26	20	22	5	173
1999 Jul 22-25	11	19	25	20	20	4	170
1990 Oct 18-21	12	27	27	16	15	3	161
Men							
2010 Nov 4-7	*	6	24	28	41	1	195
2009 Nov 5-8	3	6	20	28	39	3	194
2008 Nov 13-16	*	5	27	26	40	2	194
2007 Nov 11-14	1	8	24	32	32	3	191
2006 Nov 9-12	1	6	21	32	38	2	194
2005 Nov 7-10	1	7	24	27	40	1	193
2004 Nov 7-10	*	7	23	30	39	1	191
2003 Nov 3-5	1	7	19	34	38	1	195
2002 Nov 11-14	1	8	25	24	41	1	193
2001 Nov 8-11	1	8	22	33	35	1	189
2001 Jul 19-22	3	8	26	28	34	1	188
1999 Jul 22-25	1	6	27	31	33	2	190
1990 Oct 18-21	2	11	35	27	25	*	180
Women							
2010 Nov 4-7	14	25	28	12	12	8	159
2009 Nov 5-8	14	29	27	10	10	10	154
2008 Nov 13-16	12	28	27	14	13	6	160
2007 Nov 11-14	15	30	22	11	18	5	159
2006 Nov 9-12	14	31	26	13	9	6	155
2005 Nov 7-10	17	30	24	11	12	6	154
2004 Nov 7-10	16	29	27	11	11	6	156
2003 Nov 3-5	15	34	23	10	11	6	153
2002 Nov 11-14	15	35	21	12	10	7	153
2001 Nov 8-11	15	31	26	11	11	6	153
2001 Jul 19-22	13	29	26	12	12	8	158
1999 Jul 22-25	20	32	24	9	8	7	150
1990 Oct 18-21	21	42	20	7	5	5	142

24. Would you like to [ROTATED: lose weight, stay at your present weight, or put on weight]?

	Lose weight	Stay at present	Put on weight	No opinion
National Adults				
2010 Nov 4-7	54	39	6	1
2009 Nov 5-8	55	37	7	1
2008 Nov 13-16	59	34	7	*
2007 Nov 11-14	60	33	7	*
2006 Nov 9-12	58	36	5	*
2006 Feb 9-12	56	39	4	1
2005 Nov 7-10	60	32	8	*
2004 Nov 7-10	62	33	5	*
2003 Nov 3-5	60	32	8	*
2002 Nov 11-14	58	34	8	*
2001 Jul 19-22	59	34	7	*
1999 Jul 22-25	52	39	9	*
1996 Feb 23-25	55	41	4	*
1990 Oct 18-21	52	40	7	1
1957 Aug 29-Sep 4	35	49	11	5
1955 Jun 24-29	37	48	13	2
1954 Jul 2-7	35	50	14	1
1953 Feb 1-5	37	49	13	1
1951	31	50	17	2

Q. 24 continued on next page

Q.24 (LIKE TO LOSE/GAIN WEIGHT) CONTINUED

	Lose weight	Stay at present	Put on weight	No opinion
Men				
2010 Nov 4-7	45	43	11	1
2009 Nov 5-8	54	37	8	*
2008 Nov 13-16	51	39	10	*
2007 Nov 11-14	51	42	7	1
2006 Nov 9-12	53	39	8	*
2006 Feb 9-12	49	43	6	1
2005 Nov 7-10	56	35	9	*
2004 Nov 7-10	56	38	6	--
2003 Nov 3-5	51	37	12	*
2002 Nov 11-14	49	40	11	*
2001 Jul 19-22	49	39	12	--
1999 Jul 22-25	44	43	13	*
1996 Feb 23-25	45	49	6	*
1990 Oct 18-21	42	47	10	1
1957 Aug 29-Sep 4	25	56	14	5
1955 Jun 24-29	24	58	16	2
1954 Jul 2-7	26	58	16	*
1953 Feb 1-5	10	68	20	2
1951	21	57	20	2
Women				
2010 Nov 4-7	61	35	2	1
2009 Nov 5-8	56	38	5	1
2008 Nov 13-16	67	29	4	1
2007 Nov 11-14	68	26	7	*
2006 Nov 9-12	64	34	2	*
2006 Feb 9-12	63	35	2	--
2005 Nov 7-10	64	30	6	*
2004 Nov 7-10	67	29	4	*
2003 Nov 3-5	68	28	4	--
2002 Nov 11-14	66	30	4	*
2001 Jul 19-22	68	30	2	*
1999 Jul 22-25	58	37	5	*
1996 Feb 23-25	63	34	3	*
1990 Oct 18-21	61	34	4	1
1957 Aug 29-Sep 4	45	42	8	5
1955 Jun 24-29	49	38	10	3
1954 Jul 2-7	45	42	12	1
1953 Feb 1-5	43	45	11	1
1951	44	43	12	1

25. What do you think is the ideal body weight for you, personally?

	124 lbs. or less	125- 149 lbs.	150- 174 lbs.	175- 199 lbs.	200 lbs. and over	No opinion	Averag e weight
National Adults							
2010 Nov 4-7	10	24	28	19	14	4	161
2009 Nov 5-8	12	25	27	20	12	5	160
2008 Nov 13-16	9	27	30	19	12	3	160
2007 Nov 11-14	11	30	25	21	10	4	157
2006 Nov 9-12	11	31	26	21	11	2	158
2005 Nov 7-10	14	27	26	19	10	4	157
2004 Nov 7-10	13	30	26	19	10	2	156
2003 Nov 3-5	12	33	21	20	12	2	157
2002 Nov 11-14	15	28	24	18	11	4	157
2001 Jul 19-22	11	31	26	20	9	3	156
1999 Jul 22-25	13	31	23	19	12	3	157
1990 Oct 18-21	18	32	24	16	6	4	149
Men							
2010 Nov 4-7	*	5	28	36	28	3	183
2009 Nov 5-8	2	5	29	36	24	4	182
2008 Nov 13-16	*	6	36	32	24	2	180
2007 Nov 11-14	2	9	28	38	19	4	178
2006 Nov 9-12	1	7	31	40	21	1	180
2005 Nov 7-10	1	7	31	36	20	5	179
2004 Nov 7-10	2	6	35	37	19	1	178
2003 Nov 3-5	1	9	27	39	23	2	181
2002 Nov 11-14	1	8	31	34	24	2	181
2001 Jul 19-22	2	8	31	38	19	2	177
1999 Jul 22-25	*	8	28	37	23	3	180
1990 Oct 18-21	1	10	41	33	12	3	171
Women							
2010 Nov 4-7	19	43	29	3	1	6	140
2009 Nov 5-8	21	44	24	5	1	5	138
2008 Nov 13-16	17	47	25	6	1	4	140
2007 Nov 11-14	19	51	21	4	1	4	138
2006 Nov 9-12	20	53	21	3	1	3	138
2005 Nov 7-10	26	46	21	3	1	3	136
2004 Nov 7-10	22	52	19	3	1	3	136
2003 Nov 3-5	22	55	16	3	1	3	135
2002 Nov 11-14	27	46	17	3	1	6	134
2001 Jul 19-22	20	51	22	3	*	4	137
1999 Jul 22-25	25	52	17	3	1	2	136
1990 Oct 18-21	32	51	10	2	*	5	129

Q.25 (IDEAL BODY WEIGHT) CONTINUED

COMBINED RESPONSES (Q.23/Q.25): DIFFERENCE BETWEEN ACTUAL/IDEAL WEIGHT

2010 Nov 4-7	National Adults	Men	Women
Under Ideal Weight	11	15	9
More than 20 lbs.	(1)	(2)	(1)
11-20 lbs.	(3)	(4)	(2)
1-10 lbs.	(7)	(9)	(6)
At ideal weight	19	22	17
Over Ideal Weight	62	59	65
1-10 lbs.	(22)	(23)	(22)
11-20 lbs.	(16)	(16)	(15)
21-50 lbs.	(19)	(17)	(21)
More than 50 lbs.	(5)	(3)	(7)
Undesignated	7	3	11
Mean	+15.5	+12.0	+19.1
Median	+10	+5	+10

HISTORICAL TREND: DIFFERENCE BETWEEN ACTUAL AND IDEAL WEIGHT

	Mean	Median
National Adults		
2010 Nov 4-7	+15.5	+10
2009 Nov 5-8	+14.5	+10
2008 Nov 13-16	+16.5	+10
2007 Nov 11-14	+17.3	+10
2006 Nov 9-12	+16.5	+10
2005 Nov 7-10	+16.5	+10
2004 Nov 7-10	+16.6	+10
2003 Nov 3-5	+16.3	+10
2002 Nov 11-14	+15.5	+10
2001 Jul 19-22	+16.6	+10
1999 Jul 22-25	+11.8	+6
1990 Oct 18-21	+11.3	+5
Men		
2010 Nov 4-7	+12.0	+5
2009 Nov 5-8	+12.3	+7
2008 Nov 13-16	+14.0	+10
2007 Nov 11-14	+13.7	+7
2006 Nov 9-12	+14.4	+10
2005 Nov 7-10	+14.3	+10
2004 Nov 7-10	+12.7	+10
2003 Nov 3-5	+14.0	+7
2002 Nov 11-14	+12.4	+5
2001 Jul 19-22	+11.9	+5
1999 Jul 22-25	+9.8	+5
1990 Oct 18-21	+9.1	+5
Women		
2010 Nov 4-7	+19.1	+10
2009 Nov 5-8	+16.6	+10
2008 Nov 13-16	+19.0	+10
2007 Nov 11-14	+20.7	+14
2006 Nov 9-12	+18.5	+10
2005 Nov 7-10	+18.6	+10
2004 Nov 7-10	+20.4	+12
2003 Nov 3-5	+18.5	+10
2002 Nov 11-14	+18.6	+10
2001 Jul 19-22	+21.3	+10
1999 Jul 22-25	+13.6	+8
1990 Oct 18-21	+13.3	+8

Note: Positive numbers indicate over ideal weight, negative numbers indicate under ideal weight

26. At this time are you seriously trying to lose weight?

	Yes	No	No opinion
National Adults			
2010 Nov 4-7	27	72	1
2009 Nov 5-8	27	73	*
2008 Nov 13-16	30	69	1
2007 Nov 11-14	28	72	*
2006 Nov 9-12	28	71	1
2005 Nov 7-10	27	73	*
2004 Nov 7-10	29	71	*
2003 Nov 3-5	28	72	*
2002 Nov 11-14	24	75	1
2001 Jul 19-22	25	75	*
1999 Jul 22-25	20	80	*
1996 Feb 23-25	26	74	*
1990 Oct 18-21	18	82	*
Men			
2010 Nov 4-7	21	79	*
2009 Nov 5-8	26	74	1
2008 Nov 13-16	22	77	*
2007 Nov 11-14	23	77	1
2006 Nov 9-12	24	75	1
2005 Nov 7-10	23	77	*
2004 Nov 7-10	23	77	--
2003 Nov 3-5	21	79	*
2002 Nov 11-14	19	80	1
2001 Jul 19-22	17	82	1
1999 Jul 22-25	16	84	*
1996 Feb 23-25	22	78	*
1990 Oct 18-21	11	88	1
Women			
2010 Nov 4-7	32	66	2
2009 Nov 5-8	28	72	*
2008 Nov 13-16	38	62	1
2007 Nov 11-14	32	67	*
2006 Nov 9-12	32	67	*
2005 Nov 7-10	30	70	*
2004 Nov 7-10	34	66	*
2003 Nov 3-5	35	65	*
2002 Nov 11-14	30	70	*
2001 Jul 19-22	32	68	--
1999 Jul 22-25	24	76	*
1996 Feb 23-25	30	70	*
1990 Oct 18-21	24	76	*