GALLUP NEWS SERVICE

GALLUP POLL SOCIAL SERIES: HEALTH AND HEALTHCARE

-- FINAL TOPLINE --

Results are based on telephone interviews conducted November 3-6, 2011 with a random sample of –1,012— adults, aged 18+, living in all 50 U.S. states and the District of Columbia.

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 –889— registered voters, the maximum margin of sampling error is ±4 percentage points.

For results based on the sample of –532— men, the maximum margin of sampling error is ±5 percentage points.

For results based on the sample of –480— women, the maximum margin of sampling error is ±6 percentage points.

Interviews are conducted with respondents on landline telephones and cellular phones, with interviews conducted in Spanish for respondents who are primarily Spanish-speaking. Each sample includes a minimum quota of 400 cell phone respondents and 600 landline respondents, with additional minimum quotas among landline respondents by region. Landline numbers are chosen at random among listed telephone numbers, cell phone numbers are selected using random-digit dial methods. Landline respondents are chosen at random within each household on the basis of which member had the most recent birthday.

Samples are weighted by gender, age, race, Hispanic ethnicity, education, region, adults in the household, and phone status (cell phone only/landline only/both, having an unlisted landline number, and being cell phone mostly). Demographic weighting targets are based on the March 2010 Current Population Survey figures for the age 18+ non-institutionalized population living in 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.

29.   How many different times, if any, have you seriously tried to lose weight in your life?

	Once or twice	Three-ten times	More than ten times	Never	No opinion	Mean
NATIONAL ADULTS						
2011 Nov 3-6	25	30	8	33	4	5.3
2005 Jul 7-10	24	28	11	34	3	7.3
1999 Jul 22-25	25	25	8	40	2	4.6
1990 Oct 18-21	30	18	5	44	3	4.0
MEN						
2011 Nov 3-6	25	23	7	44	1	3.6
2005 Jul 7-10	22	24	7	45	2	5.0
1999 Jul 22-25	24	19	7	49	1	3.1
1990 Oct 18-21	28	10	1	59	2	1.4
WOMEN						
2011 Nov 3-6	26	37	10	22	6	7.0
2005 Jul 7-10	25	31	15	24	5	9.6
1999 Jul 22-25	26	30	10	31	3	6.0
1990 Oct 18-21	32	25	8	31	4	6.5

30.   *(Asked of those who have seriously attempted to lose weight in their lives)* Have you personally succeeded in losing a significant amount of weight at least once in your lifetime, or not?

BASED ON –651—ADULTS WHO HAVE TRIED TO LOSE WEIGHT; ±5 PCT PTS

	Yes, have succeeded	No, have not	No opinion
NATIONAL ADULTS			
2011 Nov 3-6	83	17	*
MEN			
2011 Nov 3-6	81	19	*
WOMEN			
2011 Nov 3-6	83	16	*

31.   *(Asked of those who have successfully lost weight in their lives)* Trying to be as specific as possible, what strategies or methods for losing weight were the most effective for you? *[OPEN-ENDED]*

BASED ON –544—ADULTS WHO HAVE LOST WEIGHT IN THEIR LIFETIMES; ±5 PCT PTS

	2011 Nov 3-6
NET: Changed diet	60
Ate less/Dieted (non-specific)	*23*
Counted calories/Portion control	*12*
Ate more natural foods	*10*
Avoided sugar, sweets, soda	*6*
Did Weight Watchers program	*5*
Did Atkins Diet/Low carb/High protein	*4*
Ate more fruits, vegetables/salads	*3*
Ate low fat diet	*2*
NET: Exercised	36
Worked out/Exercised (non-specific)	*31*
Walked	*5*
Ran/Jogged	*3*
Diet and exercise (non-specific)	8
Took diet pills/drugs	4
Pregnancy/birth-related weight loss	2
Attitude/Discipline	1
Had gastric bypass surgery	1
Other	8
No opinion	*

Percentage total more than 100% due to multiple responses.