

## GALLUP NEWS SERVICE

### GALLUP POLL SOCIAL SERIES: HEALTH AND HEALTHCARE

-- FINAL TOPLINE --

Timberline: 937008  
HR: 795  
Princeton Job #: 13-11-020

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November 7-10, 2013

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Results are based on telephone interviews conducted November 7-10, 2013 with a random sample of **-1,039—** adults, aged 18+, living in all 50 U.S. states and the District of Columbia. For results based on this 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 **-562—** men, the maximum margin of sampling error is **±5** percentage points.

For results based on the sample of **-477—** 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 of national adults includes a minimum quota of 50% cell phone respondents and 50% landline respondents, with additional minimum quotas by region. Landline and cell phone telephone 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 to correct for unequal selection probability, non-response, and double coverage of landline and cell users in the two sampling frames. They are also weighted to match the national demographics of gender, age, race, Hispanic ethnicity, education, region, population density, and phone status (cell phone-only/landline only/both and cell phone mostly). Demographic weighting targets are based on the March 2012 Current Population Survey figures for the aged 18 and older U.S. population. Phone status targets are based on the July-December 2011 National Health Interview Survey. Population density targets are based on the 2010 census. All reported margins of sampling error include the computed design effects for weighting.

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.

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Thinking about your weight,

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

	<u>Very over- weight</u>	<u>Some- what over- weight</u>	<u>About right</u>	<u>Some- what under- weight</u>	<u>Very under- weight</u>	<u>No opinion</u>
2013 Nov 7-10	5	31	57	5	1	1
2013 Jul 10-14	6	39	49	5	1	1
2012 Nov 15-18	3	31	60	5	1	1
2012 Jul 9-12	5	36	54	3	1	*
2011 Nov 3-6	5	34	56	5	*	*
2011 Jul 7-10	6	36	54	4	1	*
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	*

24. 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	Average weight
<b><u>NATIONAL ADULTS</u></b>							
2013 Nov 7-10	9	18	21	19	27	6	176
2012 Nov 15-18	6	21	24	18	27	4	176
2011 Nov 3-6	7	21	21	19	29	4	178
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
<b><u>MEN</u></b>							
2013 Nov 7-10	*	7	21	29	41	3	195
2012 Nov 15-18	1	7	22	24	44	3	196
2011 Nov 3-6	1	10	22	24	44	1	196
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

*Q.24 continued on next page*

**Q.24 (APPROXIMATE CURRENT WEIGHT) CONTINUED**

	124 lbs. <u>or less</u>	125-149 <u>lbs.</u>	150-174 <u>lbs.</u>	175-199 <u>lbs.</u>	200 lbs. <u>and over</u>	No <u>opinion</u>	<i>Average weight</i>
<b><u>WOMEN</u></b>							
2013 Nov 7-10	18	29	20	10	14	9	157
2012 Nov 15-18	12	34	25	13	10	6	156
2011 Nov 3-6	13	31	20	14	15	7	160
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

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

	<u>Lose weight</u>	<u>Stay at present</u>	<u>Put on weight</u>	<u>No opinion</u>
<b><u>NATIONAL ADULTS</u></b>				
2013 Nov 7-10	51	39	8	1
2012 Nov 15-18	54	38	8	1
2011 Nov 3-6	59	36	5	*
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. 25 continued on next page*

**Q.25 (LIKE TO LOSE/GAIN WEIGHT) CONTINUED**

	<u>Lose weight</u>	<u>Stay at present</u>	<u>Put on weight</u>	<u>No opinion</u>
<b><u>MEN</u></b>				
2013 Nov 7-10	46	43	10	1
2012 Nov 15-18	45	43	11	--
2011 Nov 3-6	50	43	7	*
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
<b><u>WOMEN</u></b>				
2013 Nov 7-10	57	36	7	1
2012 Nov 15-18	62	32	4	2
2011 Nov 3-6	67	30	3	*
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

26. 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	Average weight
<b><u>NATIONAL ADULTS</u></b>							
2013 Nov 7-10	12	26	25	20	13	4	161
2012 Nov 15-18	8	29	25	19	16	4	162
2011 Nov 3-6	12	27	26	19	13	3	159
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
<b><u>MEN</u></b>							
2013 Nov 7-10	1	5	31	35	25	3	182
2012 Nov 15-18	1	6	25	33	31	4	185
2011 Nov 3-6	1	8	27	35	26	3	181
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
<b><u>WOMEN</u></b>							
2013 Nov 7-10	22	46	19	5	2	6	139
2012 Nov 15-18	14	51	24	5	2	3	140
2011 Nov 3-6	21	46	25	4	1	3	138
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.26 (IDEAL BODY WEIGHT) CONTINUED**

**COMBINED RESPONSES (Q.24/Q.26): DIFFERENCE BETWEEN ACTUAL/IDEAL WEIGHT**

<i>2013 Nov 7-10</i>	<u>National Adults</u>	<u>Men</u>	<u>Women</u>
<b>Under Ideal Weight</b>	<b>15</b>	<b>17</b>	<b>12</b>
<i>More than 20 lbs.</i>	(1)	(1)	(1)
<i>11-20 lbs.</i>	(5)	(7)	(3)
<i>1-10 lbs.</i>	(9)	(9)	(8)
<b>At ideal weight</b>	<b>18</b>	<b>20</b>	<b>17</b>
<b>Over Ideal Weight</b>	<b>59</b>	<b>58</b>	<b>59</b>
<i>1-10 lbs.</i>	(20)	(20)	(21)
<i>11-20 lbs.</i>	(15)	(17)	(12)
<i>21-50 lbs.</i>	(17)	(17)	(7)
<i>More than 50 lbs.</i>	(7)	(4)	(9)
<b>Undesignated</b>	<b>8</b>	<b>4</b>	<b>12</b>
<i>Mean</i>	+15.0	+12.2	+17.9
<i>Median</i>	+10	+8	+10

## HISTORICAL TREND: DIFFERENCE BETWEEN ACTUAL AND IDEAL WEIGHT

	<u>Mean</u>	<u>Median</u>
<u>NATIONAL ADULTS</u>		
2013 Nov 7-10	+15.0	+10
2012 Nov 15-18	+13.2	+10
2011 Nov 3-6	+18.8	+10
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
<u>MEN</u>		
2013 Nov 7-10	+12.2	+8
2012 Nov 15-18	+10.7	+10
2011 Nov 3-6	+15.5	+10
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
<u>WOMEN</u>		
2013 Nov 7-10	+17.9	+10
2012 Nov 15-18	+15.7	+10
2011 Nov 3-6	+22.1	+10
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



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

	<u>Yes</u>	<u>No</u>	<u>No opinion</u>
<b><u>NATIONAL ADULTS</u></b>			
2013 Nov 7-10	25	75	1
2012 Nov 15-18	25	75	*
2011 Nov 3-6	29	70	1
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	*
<b><u>MEN</u></b>			
2013 Nov 7-10	22	77	1
2012 Nov 15-18	16	83	*
2011 Nov 3-6	25	74	*
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
<b><u>WOMEN</u></b>			
2013 Nov 7-10	27	72	1
2012 Nov 15-18	33	67	*
2011 Nov 3-6	32	67	1
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	*

