

GALLUP NEWS SERVICE

**GALLUP POLL SOCIAL SERIES:
HEALTH AND HEALTHCARE**

-- FINAL TOPLINE --

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November 5-19, 2020

Results are based on telephone interviews conducted November 5-19, 2020 with a random sample of ~1,018—adults, ages 18+, living in all 50 U.S. states and the District of Columbia. For results based on this sample of national adults, the margin of sampling error is ± 4 percentage points at the 95% confidence level.

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 70% cell phone respondents and 30% landline respondents, with additional minimum quotas by time zone within region. Landline and cell phone telephone numbers are selected using random digit dial methods. Gallup obtained sample for this study from Dynata. Landline respondents are chosen at random within each household on the basis of which member has the next 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 2018 Current Population Survey figures for the aged 18 and older U.S. population. Phone status targets are based on the January-June 2019 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. For questions about how this survey was conducted, please contact galluphelp@gallup.com.

Thinking about your weight,

24. 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>
2020 Nov 5-19	4	37	51	6	*	1
2019 Nov 1-14	4	38	53	4	1	1
2018 Nov 1-11	6	35	54	5	*	1
2017 Nov 2-8	6	36	52	4	1	1
2016 Nov 9-13	5	31	57	6	*	*
2015 Nov 4-8	5	32	56	5	*	1
2014 Nov 6-9	4	32	56	5	1	2
2013 Nov 7-10	5	31	57	5	1	1
2012 Nov 15-18	3	31	60	5	1	1
2011 Nov 3-6	5	34	56	5	*	*
2010 Nov 4-7	4	34	57	4	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
2006 Nov 9-12	4	37	53	4	1	*
2005 Nov 7-10	5	37	53	4	1	*
2004 Nov 7-10	5	36	54	5	*	*
2003 Nov 3-5	4	37	53	5	1	*
2002 Nov 11-14	6	36	51	5	1	1
2001 Nov 8-11	6	38	51	4	*	1
1999 Jul 22-25	4	35	53	6	1	1
1990 Oct 18-21	7	41	46	5	1	*

25. 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
<u>NATIONAL ADULTS</u>							
2020 Nov 5-19	6	15	26	19	29	5	181
2019 Nov 1-14	5	19	22	19	29	5	179
2018 Nov 1-11	5	17	21	19	31	8	184
2017 Nov 2-8	6	16	25	19	30	5	181
2016 Nov 9-13	9	15	27	19	26	5	176
2015 Nov 4-8	9	18	24	17	27	4	176
2014 Nov 6-9	8	20	23	19	25	5	175
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
<u>MEN ^</u>							
2020 Nov 5-19	1	4	23	24	44	4	200
2019 Nov 1-14	1	8	22	25	43	2	194
2018 Nov 1-11	1	5	20	24	47	3	203
2017 Nov 2-8	1	6	24	24	44	1	196
2016 Nov 9-13	2	7	22	24	42	1	194
2015 Nov 4-8	2	7	23	24	42	2	196
2014 Nov 6-9	*	9	26	27	36	3	193
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

^ Based on – 525 – men; ±5 pct. pts.

Q.25 (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 <u>weight</u></i>
<i>WOMEN †</i>							
2020 Nov 5-19	11	26	29	14	16	5	162
2019 Nov 1-14	10	29	23	14	16	9	163
2018 Nov 1-11	9	28	22	14	16	12	164
2017 Nov 2-8	12	25	25	14	16	8	165
2016 Nov 9-13	16	22	31	14	10	7	158
2015 Nov 4-8	17	29	25	10	13	7	155
2014 Nov 6-9	16	32	20	11	15	6	157
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

† Based on – 493 – women; ±5 pct. pts.

26. 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>
<u>NATIONAL ADULTS</u>				
2020 Nov 5-19	55	38	7	1
2019 Nov 1-14	55	38	7	*
2018 Nov 1-11	54	39	6	1
2017 Nov 2-8	56	36	8	*
2016 Nov 9-13	54	38	7	1
2015 Nov 4-8	49	41	9	*
2014 Nov 6-9	51	40	8	1
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. 26 continued on next page

Q.26 (LIKE TO LOSE/GAIN WEIGHT) CONTINUED

	<u>Lose weight</u>	<u>Stay at present</u>	<u>Put on weight</u>	<u>No opinion</u>
<i><u>MEN</u></i> ^				
2020 Nov 5-19	51	39	10	1
2019 Nov 1-14	48	41	10	*
2018 Nov 1-11	48	42	8	1
2017 Nov 2-8	48	42	11	--
2016 Nov 9-13	48	40	11	1
2015 Nov 4-8	44	43	13	*
2014 Nov 6-9	43	44	12	1
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

^ Based on – 525 – men; ± 5 pct. pts.

Q.26 (LIKE TO LOSE/GAIN WEIGHT) CONTINUED

	<u>Lose weight</u>	<u>Stay at present</u>	<u>Put on weight</u>	<u>No opinion</u>
<u>WOMEN †</u>				
2020 Nov 5-19	59	36	4	1
2019 Nov 1-14	61	35	3	*
2018 Nov 1-11	59	36	4	1
2017 Nov 2-8	64	31	5	*
2016 Nov 9-13	59	36	4	1
2015 Nov 4-8	54	40	5	1
2014 Nov 6-9	60	35	4	1
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

† Based on – 493 – women; ±5 pct. pts.

27. 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
<u>NATIONAL ADULTS</u>							
2020 Nov 5-19	8	22	30	21	16	3	165
2019 Nov 1-14	8	24	28	20	15	4	163
2018 Nov 1-11	7	24	27	20	16	6	167
2017 Nov 2-8	8	25	27	22	14	4	163
2016 Nov 9-13	13	23	26	22	13	4	161
2015 Nov 4-8	11	26	25	20	14	4	161
2014 Nov 6-9	11	28	25	19	13	4	159
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
<u>MEN ^</u>							
2020 Nov 5-19	*	3	29	36	29	3	186
2019 Nov 1-14	1	5	27	35	29	3	183
2018 Nov 1-11	1	4	25	37	30	3	191
2017 Nov 2-8	1	5	28	36	27	3	184
2016 Nov 9-13	2	5	27	39	24	3	182
2015 Nov 4-8	1	7	25	37	29	2	183
2014 Nov 6-9	1	8	27	34	26	4	182
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

^ Based on – 525 – men; ±5 pct. pts.

Q.27 (IDEAL BODY 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>
<u>WOMEN</u>							
2020 Nov 5-19	15	41	30	7	4	3	144
2019 Nov 1-14	15	41	29	6	2	6	143
2018 Nov 1-11	14	43	30	3	2	8	143
2017 Nov 2-8	15	44	26	9	1	4	142
2016 Nov 9-13	22	40	26	6	1	4	140
2015 Nov 4-8	20	45	25	4	1	6	139
2014 Nov 6-9	20	47	23	5	1	4	137
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

† Based on – 493 – women; ±5 pct. pts.

COMBINED RESPONSES (Q.25/Q.27): DIFFERENCE BETWEEN ACTUAL/IDEAL WEIGHT

<i>2020 Nov 5-19</i>	<u>National Adults</u>	<u>Men</u>	<u>Women</u>
Under Ideal Weight	12	14	9
<i>More than 20 lbs.</i>	(2)	(3)	(*)
<i>11-20 lbs.</i>	(3)	(3)	(3)
<i>1-10 lbs.</i>	(7)	(8)	(6)
At ideal weight	19	21	17
Over Ideal Weight	65	60	68
<i>1-10 lbs.</i>	(20)	(18)	(22)
<i>11-20 lbs.</i>	(18)	(18)	(17)
<i>21-50 lbs.</i>	(20)	(18)	(21)
<i>More than 50 lbs.</i>	(7)	(6)	(8)
Undesignated	6	4	7
<i>Mean</i>	+16.1	+13.8	+18.4
<i>Median</i>	+10	+10	+10

HISTORICAL TREND: DIFFERENCE BETWEEN ACTUAL AND IDEAL WEIGHT

<u>NATIONAL ADULTS</u>	<u>Mean</u>	<u>Median</u>
2020 Nov 5-19	+16.1	+10
2019 Nov 1-14	+15.2	+10
2018 Nov 1-11	+16.7	+10
2017 Nov 2-8	+17.3	+10
2016 Nov 9-13	+15.2	+10
2015 Nov 4-8	+15.0	+10
2014 Nov 6-9	+15.8	+10
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

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

HISTORICAL TREND: DIFFERENCE BETWEEN ACTUAL AND IDEAL WEIGHT

	<u>Mean</u>	<u>Median</u>
<u>MEN</u>		
2020 Nov 5-19	+13.8	+10
2019 Nov 1-14	+11.6	+6
2018 Nov 1-11	+12.0	+7
2017 Nov 2-8	+12.2	+8
2016 Nov 9-13	+12.4	+10
2015 Nov 4-8	+12.7	+5
2014 Nov 6-9	+11.6	+7
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>		
2020 Nov 5-19	+18.4	+10
2019 Nov 1-14	+19.1	+11
2018 Nov 1-11	+21.7	+10
2017 Nov 2-8	+22.5	+13
2016 Nov 9-13	+18.0	+10
2015 Nov 4-8	+17.3	+10
2014 Nov 6-9	+19.9	+10
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

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

	<u>Yes</u>	<u>No</u>	<u>No opinion</u>
<u>NATIONAL ADULTS</u>			
2020 Nov 5-19	23	76	1
2019 Nov 1-14	25	75	1
2018 Nov 1-11	27	72	1
2017 Nov 2-8	26	74	*
2016 Nov 9-13	25	74	1
2015 Nov 4-8	24	76	1
2014 Nov 6-9	26	73	1
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	*
<u>MEN ^</u>			
2020 Nov 5-19	23	76	1
2019 Nov 1-14	21	79	*
2018 Nov 1-11	21	79	*
2017 Nov 2-8	24	76	*
2016 Nov 9-13	23	77	1
2015 Nov 4-8	20	79	1
2014 Nov 6-9	23	76	1
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

^ Based on – 525 – men; ±5 pct. pts.

Q.28 (TRYING TO LOSE WEIGHT) CONTINUED

	<u>Yes</u>	<u>No</u>	<u>No opinion</u>
<u>WOMEN</u> †			
2020 Nov 5-19	23	76	1
2019 Nov 1-14	29	70	1
2018 Nov 1-11	32	66	1
2017 Nov 2-8	29	71	*
2016 Nov 9-13	28	71	1
2015 Nov 4-8	27	73	1
2014 Nov 6-9	29	70	1
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	*

† Based on – 493 – women; ±5 pct. pts.

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QN24: Current Weight Situation BY Total + Gender + Race I + Age + Education + Party I.D. + Ideology

		Gender			Race I		Age			Education			Party I.D.			Ideology		
		Total	Male	Female	White	Non-white	18-34	35-54	55+	College Grad	Some College	HS Grad or Less	Republican	Independent	Democrat	Conservative	Moderate	Liberal
Total	Unweighted n	1018	525	493	713	285	201	270	530	444	347	220	302	375	327	368	357	267
	Weighted n	1018	500	518	667	341	283	316	401	339	289	385	310	384	311	370	339	275
Very overweight,		41	18	23	19	22	8	20	14	19	13	10	5	23	14	11	16	10
		4%	4%	4%	3%	7%	3%	6%	3%	6%	5%	2%	2%	6%	4%	3%	5%	4%
Somewhat overweight, (or)		381	181	200	262	116	81	128	165	114	117	149	124	135	118	137	124	110
		37%	36%	39%	39%	34%	29%	41%	41%	34%	40%	39%	40%	35%	38%	37%	37%	40%
About right,		520	247	273	347	166	162	148	200	184	142	192	163	194	156	192	172	138
		51%	49%	53%	52%	49%	57%	47%	50%	54%	49%	50%	53%	50%	50%	52%	51%	50%
Somewhat underweight, (or)		65	45	20	33	32	28	18	19	17	16	31	15	28	21	25	25	14
		6%	9%	4%	5%	9%	10%	6%	5%	5%	6%	8%	5%	7%	7%	7%	7%	5%
Very underweight,		4	3	1	3	1	4	-	0	2	1	2	-	3	2	2	-	3
		0%	1%	0%	1%	0%	1%	-	0%	0%	0%	0%	-	1%	1%	0%	-	1%
(DK)/(Refused)		6	5	1	2	3	-	3	3	3	1	1	2	2	1	4	2	1
		1%	1%	0%	0%	1%	-	1%	1%	1%	0%	0%	1%	1%	0%	1%	0%	0%

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QN25: What is your current weight? + What is your current weight? + What is your current weight? BY Total + Gender + Race I + Age + Education + Party I.D. + Ideology

		Gender		Race I		Age			Education			Party I.D.			Ideology			
		Total	Male	Female	White	Non-white	18-34	35-54	55+	College Grad	Some College	HS Grad or Less	Republican	Independent	Democrat	Conservative	Moderate	Liberal
Total	Weighted n	1018	500	518	667	341	283	316	401	339	289	385	310	384	311	370	339	275
	Unweighted n	1018	525	493	713	285	201	270	530	444	347	220	302	375	327	368	357	267
Less than 125 pounds		62	5	57	40	23	21	14	26	18	15	29	19	21	22	17	24	21
		6%	1%	11%	6%	7%	8%	4%	7%	5%	5%	8%	6%	5%	7%	4%	7%	8%
125-149 pounds		155	22	133	113	40	40	45	65	65	45	45	53	45	53	58	33	60
		15%	4%	26%	17%	12%	14%	14%	16%	19%	16%	12%	17%	12%	17%	16%	10%	22%
150-174 pounds		263	114	149	170	92	93	63	104	85	64	111	84	87	89	87	92	70
		26%	23%	29%	25%	27%	33%	20%	26%	25%	22%	29%	27%	23%	29%	23%	27%	25%
175-199 pounds		192	121	71	119	71	51	68	72	62	54	75	49	81	60	67	68	53
		19%	24%	14%	18%	21%	18%	21%	18%	18%	19%	19%	16%	21%	19%	18%	20%	19%
200 pounds or more		299	218	81	192	105	72	110	114	91	96	112	80	141	76	117	107	65
		29%	44%	16%	29%	31%	26%	35%	28%	27%	33%	29%	26%	37%	24%	32%	32%	23%
No opinion		46	19	28	33	10	5	17	19	19	14	12	25	8	12	24	14	7
		5%	4%	5%	5%	3%	2%	6%	5%	6%	5%	3%	8%	2%	4%	7%	4%	3%
Mean		181.10	200.30	162.26	179.91	183.43	176.37	190.94	177.53	177.94	185.33	180.87	179.19	187.49	175.22	185.41	182.30	173.95
Median		175.00	190.00	155.00	170.00	180.00	170.00	180.00	170.00	170.00	180.00	175.00	170.00	183.00	170.00	180.00	178.00	165.00

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QN26: Weight Goal BY Total + Gender + Race I + Age + Education + Party I.D. + Ideology

		Gender			Race I		Age			Education			Party I.D.			Ideology		
		Total	Male	Female	White	Non-white	18-34	35-54	55+	College Grad	Some College	HS Grad or Less	Republican	Independent	Democrat	Conservative	Moderate	Liberal
Total	Unweighted n	1018	525	493	713	285	201	270	530	444	347	220	302	375	327	368	357	267
	Weighted n	1018	500	518	667	341	283	316	401	339	289	385	310	384	311	370	339	275
Lose weight		558	253	305	362	191	129	191	232	187	165	205	152	216	184	189	191	157
		55%	51%	59%	54%	56%	45%	60%	58%	55%	57%	53%	49%	56%	59%	51%	56%	57%
Stay at your present weight, or		382	194	188	261	115	110	114	150	134	99	145	138	133	104	163	116	91
		38%	39%	36%	39%	34%	39%	36%	37%	40%	34%	38%	45%	35%	33%	44%	34%	33%
Put on weight		70	48	22	39	31	43	10	15	13	25	33	14	34	22	15	28	27
		7%	10%	4%	6%	9%	15%	3%	4%	4%	9%	8%	5%	9%	7%	4%	8%	10%
(DK)/(Refused)		9	5	3	4	4	1	2	5	5	0	2	6	1	1	5	4	-
		1%	1%	1%	1%	1%	0%	1%	1%	2%	0%	1%	2%	0%	0%	1%	1%	-

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QN27: What do you think is the IDEAL body weight for you, personally? + What do you think is the IDEAL body weight for you, personally? + What do you think is the IDEAL body weight for you, personally? BY Total + Gender + Race I + Age + Education + Party I.D. + Ideology

		Gender			Race I		Age			Education			Party I.D.			Ideology		
		Total	Male	Female	White	Non-white	18-34	35-54	55+	College Grad	Some College	HS Grad or Less	Republican	Independent	Democrat	Conservative	Moderate	Liberal
Total	Weighted n	1018	500	518	667	341	283	316	401	339	289	385	310	384	311	370	339	275
	Unweighted n	1018	525	493	713	285	201	270	530	444	347	220	302	375	327	368	357	267
Less than 125 pounds		78	2	76	47	31	27	19	30	24	17	37	22	29	26	19	23	34
		8%	0%	15%	7%	9%	9%	6%	7%	7%	6%	10%	7%	8%	8%	5%	7%	13%
125-149 pounds		228	15	213	168	57	60	64	98	82	65	80	70	69	84	81	58	78
		22%	3%	41%	25%	17%	21%	20%	25%	24%	23%	21%	23%	18%	27%	22%	17%	28%
150-174 pounds		303	146	158	187	113	77	94	129	103	80	119	93	111	95	101	117	75
		30%	29%	30%	28%	33%	27%	30%	32%	31%	28%	31%	30%	29%	31%	27%	35%	27%
175-199 pounds		212	178	34	144	66	69	63	79	64	64	80	62	88	62	92	73	40
		21%	36%	7%	22%	19%	24%	20%	20%	19%	22%	21%	20%	23%	20%	25%	22%	15%
200 pounds or more		167	146	21	103	62	48	65	53	52	57	58	52	80	33	63	60	42
		16%	29%	4%	16%	18%	17%	21%	13%	15%	20%	15%	17%	21%	11%	17%	18%	15%
No opinion		29	13	16	17	12	3	11	11	12	6	10	10	7	11	14	7	7
		3%	3%	3%	2%	4%	1%	3%	3%	4%	2%	3%	3%	2%	3%	4%	2%	2%
Mean		164.69	186.29	143.75	163.85	166.26	164.64	170.78	160.74	163.05	168.07	163.50	165.55	168.99	158.90	168.51	166.96	157.80
Median		160.00	180.00	140.00	160.00	160.00	165.00	165.00	158.00	160.00	165.00	160.00	160.00	170.00	155.00	165.00	165.00	150.00

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QN28: Trying to Lose Weight BY Total + Gender + Race I + Age + Education + Party I.D. + Ideology

		Gender			Race I		Age			Education			Party I.D.			Ideology		
		Total	Male	Female	White	Non-white	18-34	35-54	55+	College Grad	Some College	HS Grad or Less	Republican	Independent	Democrat	Conservative	Moderate	Liberal
Total	Unweighted n	1018	525	493	713	285	201	270	530	444	347	220	302	375	327	368	357	267
	Weighted n	1018	500	518	667	341	283	316	401	339	289	385	310	384	311	370	339	275
Yes		236	116	119	130	106	59	100	76	64	77	94	65	91	75	84	76	65
		23%	23%	23%	19%	31%	21%	31%	19%	19%	27%	24%	21%	24%	24%	23%	23%	24%
No		774	378	396	531	233	224	215	319	270	210	290	241	291	234	283	259	209
		76%	76%	76%	80%	68%	79%	68%	80%	80%	73%	75%	78%	76%	75%	76%	76%	76%
(DK)/(Refused)		8	5	3	5	3	-	2	6	5	1	1	4	2	2	4	4	1
		1%	1%	1%	1%	1%	-	1%	1%	2%	0%	0%	1%	0%	1%	1%	1%	0%