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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
<b>National Adults</b>							
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>Men</b>							
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
<b>Women</b>							
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
<b>Men</b>				
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>Women</b>				
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
<b>National Adults</b>							
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>Men</b>							
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	13	30	33	15		157

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
<b>National Adults</b>			
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>Men</b>			
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>Women</b>			
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	*