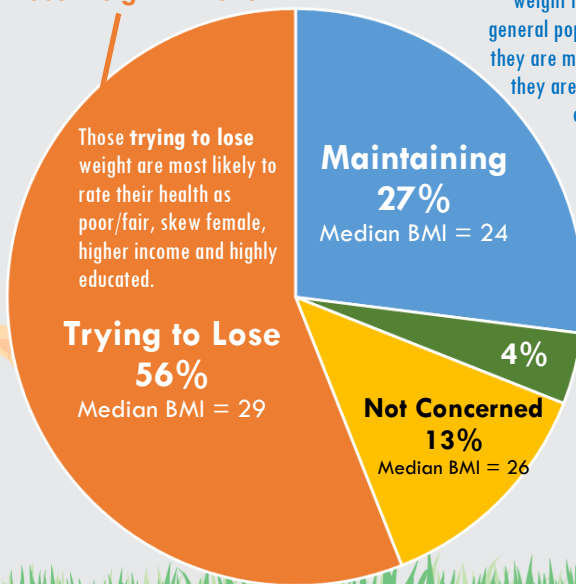


UNDERSTANDING OBESITY IN AMERICA

In Terms of Public Health, America Continues to Have a Serious Weight Problem

What are you currently doing with your weight?

Over half of U.S. adults are trying to lose weight in 2015.



Those **maintaining** their weight largely resemble the general population, except that they are more likely to believe they are healthy and tend to exercise more often.

Those **trying to lose** weight are most likely to rate their health as poor/fair, skew female, higher income and highly educated.

Those **trying to gain** weight are more likely to be male, lower income and less educated.

Source: Weight Management & Healthy Living 2015 report, The Hartman Group

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