The sexes agree, 3 in 5 adults see obesity as a significant problem.

**Is obesity a significant problem in the U.S.?**

- **Who says yes?**
  - 60%
- **Percentage of adults who think of themselves as overweight or obese.**
  - 57%

**Obesity rates have grown more sharply for men over the last decade.**

- **2000**
  - Men: 33%
  - Women: 28%
- **2010**
  - Men: 36%
  - Women: 36%

**Women are more likely to talk about it.**

- **Adults who have discussed the issue with their doctor.**
  - 57%

Both men and women admit they can do better.

- **Adults who think lack of exercise is impacting their health.**
  - 53%
- **Adults who say they could do a better job of managing their weight.**
  - 55%
- **Adults who say they could benefit from losing weight right now!**
  - 81%

We’re all ready for some help!

- **“I want communications from my doctor on how to manage my weight.”**
  - 56%
- **“Emails, texts and voicemails between visits would help me manage my health.”**
  - 23%