

THOMSON REUTERS-NPR HEALTH POLL NEW YEAR'S RESOLUTIONS

DECEMBER 2011



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SURVEY OVERVIEW

Each month, the Thomson Reuters-NPR Health Poll surveys approximately 3,000 Americans to gauge attitudes and opinions on a wide range of healthcare issues. Poll results are reported by NPR's Scott Hensley on the health blog Shots (<http://www.npr.org/blogs/health/>) and on air.

Complete survey results are posted here:
<http://healthcare.thomsonreuters.com/npr/>

NPR's reports on the findings are archived here:
http://www.npr.org/templates/archives/archive.php?thingId=137038712&ps=sh_sttag

The Thomson Reuters-NPR Health Poll is powered by the Thomson Reuters PULSE™ Healthcare Survey, an independently funded telephone poll which collects information from more than 100,000 U.S. households annually.

The results depicted below represent responses from 3,015 survey participants interviewed from December 1-13, 2011. The margin of error is 1.8 percent.



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EXECUTIVE SUMMARY

The survey asked respondents their opinions about New Year's resolutions that they have made, with a focus on smoking and weight loss. To establish a baseline, respondents were asked their height and weight to calculate Body Mass Index (BMI) and if they smoked regularly in the last five years. Following were the results:

- One in four respondents (25%) indicated that they had smoked regularly sometime during the past five years. Of those respondents, 42% said they resolved to quit smoking. 36% of them were successful.
- 35% of all respondents indicated that they had resolved to lose weight during the past 5 years. The highest rate of those (52%) were respondents whose BMIs categorized them as obese. 57% of those who made resolutions said they were successful at losing their weight
- 10 - 29 pounds was the most commonly reported amount of weight respondents said they have resolved to lose (48%), followed by 30 - 49 pounds (21%).
- Respondents who made resolutions to quit smoking said most frequently (38%) that the number of resolutions they've made in the past five years was 5, or that they've tried to quit roughly once per year each of the past five years.
- Heading into 2012, 51% of all respondents indicated that they will make a resolution to exercise more in the upcoming New Year. 35% said they will make a pledge to lose weight, and 9% of respondents that smoke indicated that they will make a resolution to quit smoking.



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SURVEY DATA

Responses in **RED** represent statistically significant differences.

QUESTION 1: At any time during the past five years have you smoked on a regular basis?

Age	Yes	No
<35	30.1%	69.9%
35 – 64	27.1%	72.9%
65+	11.4%	88.6%
Total	24.5%	75.5%

Income	Yes	No
< \$25k	39.6%	60.4%
\$25k – \$49.9k	23.5%	76.5%
\$50k – \$99.9k	19.0%	81.0%
\$100k+	11.4%	88.6%
Total	24.5%	75.5%

Education	Yes	No
High School or Less	35.5%	64.5%
Some College	30.9%	69.1%
College+	11.7%	88.3%
Total	24.5%	75.5%

QUESTION 2: During the past five years, have you made a New Year's resolution to lose weight?

Age	Yes	No
<35	28.7%	71.3%
35 – 64	38.8%	61.2%
65+	28.9%	71.1%
Total	34.9%	65.1%

Income	Yes	No
< \$25k	26.8%	73.2%
\$25k – \$49.9k	38.3%	61.7%
\$50k – \$99.9k	37.3%	62.7%
\$100k+	39.9%	60.1%
Total	34.9%	65.1%

Education	Yes	No
High School or Less	32.2%	67.8%
Some College	37.5%	62.5%
College+	34.9%	65.1%
Total	34.9%	65.1%

Weight Classification	Yes	No
Morbid	51.5%	48.5%
Obese	51.9%	48.1%
Over	37.4%	62.6%
Normal	15.6%	84.4%
Under	34.9%	65.1%
Total	34.9%	65.1%



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QUESTION 3: To the best of your recollection, how many times during the past 5 years did you resolve to lose weight?

	1	2	3	4	5
Age					
<35	24.6%	28.2%	14.9%	0.0%	32.3%
35 – 64	19.9%	21.5%	18.2%	3.1%	37.4%
65+	13.4%	17.5%	14.9%	7.2%	47.1%
Total	19.5%	21.9%	17.1%	3.3%	38.2%
Income					
< \$25k	16.1%	14.4%	20.8%	2.7%	46.0%
\$25k – \$49.9k	21.8%	28.4%	13.0%	1.8%	35.0%
\$50k – \$99.9k	20.0%	20.0%	19.9%	5.1%	35.0%
\$100k+	22.4%	21.2%	17.7%	4.0%	34.7%
Total	19.5%	21.9%	17.1%	3.3%	38.2%
Education					
High School or Less	17.5%	26.1%	13.1%	6.1%	37.4%
Some College	20.2%	17.2%	18.3%	0.9%	43.4%
College+	20.4%	22.9%	18.8%	3.4%	34.5%
Total	19.5%	21.9%	17.1%	3.3%	38.2%
Weight Classification					
Morbid	27.9%	12.3%	22.6%	3.0%	34.2%
Obese	9.8%	21.5%	20.0%	4.5%	44.3%
Over	20.5%	28.4%	15.8%	2.1%	33.2%
Normal	41.4%	14.2%	10.8%	4.2%	29.5%
Under	11.7%	7.0%	13.7%	0.5%	67.1%
Total	19.5%	21.9%	17.1%	3.3%	38.2%

QUESTION 4: How much weight did you attempt to lose (lbs)?

	< 10	10-29	30-49	50-99	100+	No set amt
Age						
<35	2.5%	57.8%	26.5%	13.2%	0.0%	0.0%
35 – 64	8.2%	45.3%	21.2%	15.6%	6.7%	3.0%
65+	13.8%	47.5%	14.3%	13.6%	4.2%	6.5%
Total	8.3%	47.6%	20.9%	14.9%	5.2%	3.1%
Income						
< \$25k	11.4%	35.2%	22.0%	17.1%	9.6%	4.6%
\$25k – \$49.9k	5.3%	54.2%	25.6%	10.8%	1.7%	2.4%
\$50k – \$99.9k	5.8%	48.6%	18.7%	19.2%	4.7%	3.1%
\$100k+	11.9%	51.4%	15.4%	11.9%	5.5%	3.8%
Total	8.3%	47.6%	20.9%	14.9%	5.2%	3.1%
Education						
High School or Less	6.6%	45.6%	13.6%	20.9%	9.6%	3.7%
Some College	7.4%	37.0%	31.5%	18.3%	3.5%	2.3%
College+	10.0%	57.4%	17.4%	8.2%	3.6%	3.4%
Total	8.3%	47.6%	20.9%	14.9%	5.2%	3.1%
Weight Classification						
Morbid	2.3%	11.6%	28.2%	24.4%	26.4%	7.2%
Obese	4.7%	41.4%	24.1%	21.1%	4.7%	4.2%
Over	7.8%	59.3%	21.6%	6.6%	2.4%	2.3%
Normal	23.1%	52.2%	7.6%	11.8%	4.3%	1.0%
Under	5.2%	46.8%	15.7%	31.8%	0.0%	0.6%
Total	8.3%	47.6%	20.9%	14.9%	5.2%	3.1%



QUESTION 5: Were you successful in meeting your weight loss goal?

	Yes	No
Age		
<35	77.9%	22.1%
35 – 64	53.7%	46.3%
65+	49.6%	50.4%
Total	56.8%	43.2%
Income		
< \$25k	46.9%	53.1%
\$25k – \$49.9k	59.0%	41.0%
\$50k – \$99.9k	65.1%	34.9%
\$100k+	55.7%	44.3%
Total	56.8%	43.2%
Education		
High School or Less	51.4%	48.6%
Some College	57.8%	42.2%
College+	59.7%	40.3%
Total	56.8%	43.2%
Weight Classification		
Morbid	37.7%	62.3%
Obese	54.2%	45.8%
Over	60.3%	39.7%
Normal	71.4%	28.6%
Under	32.6%	67.4%
Total	56.8%	43.2%

QUESTION 6: During the past five years, have you made a New Year’s resolution to quit smoking?

	Yes	No
Age		
<35	68.6%	31.4%
35 – 64	32.8%	67.2%
65+	38.7%	61.3%
Total	41.6%	58.4%
Income		
< \$25k	35.5%	64.5%
\$25k – \$49.9k	47.9%	52.1%
\$50k – \$99.9k	45.1%	54.9%
\$100k+	43.2%	56.8%
Total	41.6%	58.4%
Education		
High School or Less	43.0%	57.0%
Some College	34.7%	65.3%
College+	52.2%	47.8%
Total	41.6%	58.4%



QUESTION 7: To the best of your recollection, how many times during the past 5 years did you resolve to quit smoking?

Age	1	2	3	4	5
<35	36.9%	27.3%	7.7%	0.9%	27.3%
35 – 64	31.9%	21.1%	16.2%	7.5%	23.4%
65+	23.8%	12.9%	17.7%	4.6%	41.0%
Total	33.2%	22.9%	12.9%	4.6%	26.4%
Income					
< \$25k	39.8%	23.3%	14.3%	1.6%	21.0%
\$25k – \$49.9k	23.8%	22.8%	5.4%	4.5%	43.6%
\$50k – \$99.9k	42.4%	22.3%	23.7%	4.2%	7.4%
\$100k+	29.5%	23.2%	7.9%	10.7%	28.7%
Total	33.2%	22.9%	12.9%	4.6%	26.4%
Education					
High School or Less	28.1%	18.6%	12.9%	3.7%	36.7%
Some College	42.6%	29.7%	8.9%	5.7%	13.1%
College+	30.4%	21.6%	18.3%	4.9%	24.8%
Total	33.2%	22.9%	12.9%	4.6%	26.4%

QUESTION 8: Have you been successful?

Age	Yes	No
<35	27.6%	72.4%
35 – 64	39.7%	60.3%
65+	48.5%	51.5%
Total	35.9%	64.1%
Income		
< \$25k	37.9%	62.1%
\$25k – \$49.9k	30.5%	69.5%
\$50k – \$99.9k	32.8%	67.2%
\$100k+	38.2%	61.8%
Total	35.9%	64.1%
Education		
High School or Less	25.6%	74.4%
Some College	47.7%	52.3%
College+	39.5%	60.5%
Total	35.9%	64.1%



QUESTION 9: This year, do you plan on making a New Year's resolution to

- a) Quit smoking
- b) Lose weight
- c) Exercise more
- d) Reduce or quit smoking

	Quit Smoking	Lose Weight	Exercise More	Reduce smoking
Age				
<35	12.7%	28.5%	46.4%	3.9%
35 – 64	9.3%	39.4%	54.1%	4.9%
65+	2.9%	28.2%	45.0%	4.6%
Total	8.6%	35.1%	50.8%	4.6%
Income				
< \$25k	15.9%	36.7%	55.5%	7.9%
\$25k – \$49.9k	6.1%	35.5%	49.3%	2.4%
\$50k – \$99.9k	8.1%	35.5%	52.1%	5.4%
\$100k+	2.9%	31.0%	46.1%	3.5%
Total	8.6%	35.1%	50.8%	4.6%
Education				
High School or Less	15.6%	39.5%	54.5%	5.9%
Some College	7.7%	36.9%	51.2%	6.3%
College+	4.2%	30.6%	47.8%	2.5%
Total	8.6%	35.1%	50.8%	4.6%
Weight Classification				
Morbid		53.7%		
Obese		59.4%		
Over		35.0%		
Normal		12.5%		
Under		34.1%		
Total		35.1%		



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