Truth in Medicine Poll

Weight Loss & Weight Loss Drugs

March 28, 2023
Mount Sinai South Nassau Truth in Medicine Poll
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- Poll of 600 adults in New York City and Long Island.
- Conducted from February 16-21, 2023.
- Via landline and cell phone.
- Findings applying to 600 sample are subject to sampling error of plus or minus 3.9%.
- Subgroups are subject to error of up to plus or minus 10%.
Q.5 DO YOU CONSIDER YOURSELF OVERWEIGHT, UNDERWEIGHT, OR ABOUT RIGHT?

- Overweight: 32%
- Underweight: 5%
- About right: 47%
- NS/Ref.: 16%
Q. 18 ARE YOU/ANYONE YOU KNOW CURRENTLY USING OZEMPIC OR SIMILAR?

- Yes: 10%
- No: 83%
- NS/Ref.: 7%
### Q.9 I WOULD CONSIDER A PRESCRIPTION DRUG TO HELP MANAGE MY WEIGHT

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Respondents</td>
<td>22%</td>
</tr>
<tr>
<td>NYC</td>
<td>23%</td>
</tr>
<tr>
<td>Long Island</td>
<td>20%</td>
</tr>
<tr>
<td>White</td>
<td>21%</td>
</tr>
<tr>
<td>Black</td>
<td>29%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>27%</td>
</tr>
<tr>
<td>Other race</td>
<td>13%</td>
</tr>
<tr>
<td>Over weight</td>
<td>40%</td>
</tr>
<tr>
<td>Under weight</td>
<td>15%</td>
</tr>
<tr>
<td>About right</td>
<td>9%</td>
</tr>
<tr>
<td>Lose weight res.</td>
<td>43%</td>
</tr>
<tr>
<td>No lose weight res.</td>
<td>16%</td>
</tr>
<tr>
<td>Men under 50</td>
<td>15%</td>
</tr>
<tr>
<td>Men 50+</td>
<td>19%</td>
</tr>
<tr>
<td>Women under 50</td>
<td>29%</td>
</tr>
<tr>
<td>Women 50+</td>
<td>23%</td>
</tr>
<tr>
<td>Take/Know Ozempic</td>
<td>44%</td>
</tr>
<tr>
<td>No Ozempic</td>
<td>17%</td>
</tr>
</tbody>
</table>

*Percentage who “agree.”*
Q.13 I WOULD CONSIDER AN OVER-THE-COUNTER DRUG TO HELP MANAGE MY WEIGHT

- All Respondents: 19%
- NYC: 20%
- Long Island: 15%
- White: 15%
- Black: 30%
- Hispanic: 25%
- Other race: 15%
- Over weight: 34%
- Under weight: 4%
- About right: 12%
- Lose weight res.: 44%
- No lose weight res.: 16%
- Men under 50: 15%
- Men 50+: 19%
- Women under 50: 29%
- Women 50+: 12%
- Take/Know Ozempic: 49%
- No Ozempic: 13%

*Percentage who "agree."
Q.19-20 DID YOU MAKE A NEW YEAR’S RESOLUTION TO LOSE WEIGHT?

- No: 22%
- Yes: 13%
- NS/Ref.: 1%
- No resolutions: 64%
Q.21 HOW IS YOUR WEIGHT LOSS GOING?*

- Well: 40%
- Very well: 5%
- Not very well: 34%
- Not well at all: 18%
- NS/Ref.: 3%

*Based only on those who made a New Year’s resolution to lose weight. N=77.
### Mount Sinai South Nassau Truth in Medicine Poll

**Q.8 WHAT IS THE MAIN REASON YOU HAVE NOT SPOKEN TO A HEALTH CARE PROVIDER ABOUT YOUR WEIGHT?**

<table>
<thead>
<tr>
<th>Reason</th>
<th>Q.8 Respondents*</th>
<th>White</th>
<th>Black</th>
<th>Hispanic</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provider didn't bring up</td>
<td>39%</td>
<td>37%</td>
<td>48%</td>
<td>41%</td>
<td>35%</td>
</tr>
<tr>
<td>Nothing they can do</td>
<td>12</td>
<td>9</td>
<td>15</td>
<td>8</td>
<td>22</td>
</tr>
<tr>
<td>Uncomfortable topic</td>
<td>7</td>
<td>4</td>
<td>10</td>
<td>13</td>
<td>8</td>
</tr>
<tr>
<td>Afraid of judgement</td>
<td>2</td>
<td>4</td>
<td>6</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Embarrassed about weight</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td>Other</td>
<td>25</td>
<td>33</td>
<td>10</td>
<td>23</td>
<td>22</td>
</tr>
<tr>
<td>NS/Refused</td>
<td>12</td>
<td>13</td>
<td>10</td>
<td>10</td>
<td>9</td>
</tr>
</tbody>
</table>

*Based only on those who have not spoken to a health care provider about their weight, N=365.
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Q.9-16 AGREEMENT WITH STATEMENTS ABOUT WEIGHT AND PRESCRIPTION DRUGS

- Encourage eating/exercise, not pills (5%)*: Agree 86%, Disagree 9%
- Inflation has changed groceries I buy (12%): Agree 60%, Disagree 29%
- Sometimes I binge eat (2%): Agree 50%, Disagree 49%
- Thought of gaining=stress/anxiety (6%): Agree 31%, Disagree 63%
- Consider weight mgmt. presc. drug (24%): Agree 22%, Disagree 55%
- Consider weight mgmt. otc drug (13%): Agree 19%, Disagree 68%
- Dr./Prov. has made me uncomfortable (5%): Agree 8%, Disagree 87%
- Considered weight loss surgery (8%): Agree 6%, Disagree 86%

*Percentages in parentheses are “not sure” or refused.
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