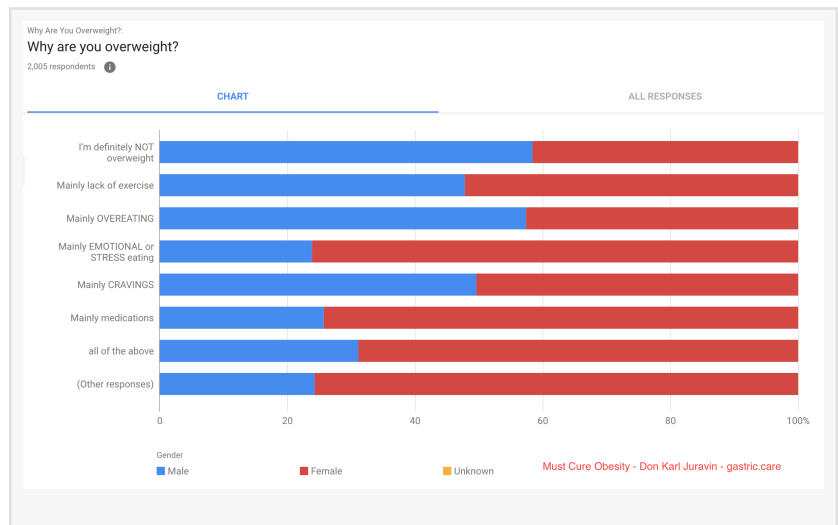


# Causes of obesity in America 2018: 67% of Americans feel "fat" and 41% blame themselves for lack of exercise

2,005 Americans answered frankly "Why am I overweight?" 41% of the women declared not to be overweight while 58% of the men insisted that they are not

DALLAS, TEXAS, UNITED STATES, February 4, 2018 /EINPresswire.com/ -- An [extensive obesity survey](#) asked 2,005 Americans (Aug-Sep 2017 in all 50 states) to frankly reveal the cause of their personal overweight or obesity condition: "Why am I overweight?". Results were analyzed by [Dr. Marcus Free](#) & [Don Karl Juravin](#) from Must Cure Obesity.



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STUDY RESULTS  
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“

We discovered that Americans are taking more responsibility for their overweight or obese condition than ever before”  
*Dr. Marcus Free & Don Karl Juravin*

2 out of 3 Americans (67%) see themselves as being overweight or obese while one-third (33%) don't. Similarly, a 2016 Gallup poll (with only 1,019 respondents) showed that 70% of Americans are overweight or obese but only 36% believed they are overweight or obese.

The study shows that most individuals in the United States who are overweight correctly perceive themselves as being overweight. Our study comprehensively examined the detailed reasons for each individual's overweight condition,

which may explain our study's accurate results. The current survey, with nearly double the number of respondents, shows that the 2016 Gallup poll is likely incorrect, and shows that more, not less, Americans are aware of their weight status.

Self-awareness of obesity has dramatically grown over the last three decades: a Gallup study from 1990 showed that 56% of the US population was medically overweight while only 48% felt they were overweight. The Must Cure Obesity late 2017 study shows an increase from 48% awareness to 67%.

Americans in late 2017 are more aware and they blame themselves: nearly half (49%) of all overweight Americans feel that their eating habits (overeating, emotional/stress eating, or cravings) are the cause of their weight problem.

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REASONS FOR OVERWEIGHT & OBESITY IN AMERICA  
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Stated as their main reason for obesity:

> 41% stated "lack of exercise"

> 24% stated "overeating"

> 19% suffer from "emotional/stress eating"

> 7% can't control "cravings/bad eating"

> 4% blame medications

> 5% other (see below)

The study reveals that more Americans realize that preventing obesity is within their control.

**\*\* 41% admit: It's a lack of exercise \*\***  
Both genders agree that lack of activity and exercise is a major cause for overweight and obesity in the United States (women 52% Vs men 48%).

**\*\* 24% admit: I overeat \*\***  
More men than women admit to overeating. Among US individuals that feel that the food quantity consumption is the problem, 35% more men than women feel that overeating is the real problem (57.4% men Vs 42.6% women).

**\*\* 19% say: It's because of my emotional or stress eating \*\***  
Three times more women admit to emotional eating than men (76% women Vs 24%).

**\*\* 7% admit: I can't control cravings and bad eating \*\***  
Both men and women feel equally guilty about cravings and bad eating.

**\*\* 4% blame: Medications \*\***

1 in 25 overweight Americans blames medications as the cause of being overweight. Three times as many women than men (74.3% women Vs 25.7% men) blame medications.


**\*\* 5% say: Other \*\***

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**Dr. Marcus K. Free**  
**Chief Medical Director**

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- Chief of Surgery and Chief of Staff at several hospitals
- The American Society for Metabolic and Bariatric Surgery
- The Obesity Action Coalition
- The International Federation for the Surgery of Obesity
- National Institutes of Health (NIH)

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**Dr Marcus Free MD**

Must Cure Obesity - Don Karl Juravin - gastric.care	
	Answers
I'm definitely NOT overweight	31.9%
	+2.1% / -2.0%
Mainly lack of exercise	27.6%
	+2.0% / -1.9%
Mainly OVEREATING	15.9%
	+1.7% / -1.5%
Mainly EMOTIONAL or STRESS eating	12.9%
	+1.5% / -1.4%
Mainly CRAVINGS	4.9%
	+1.0% / -0.9%
Mainly medications	2.5%
	+0.8% / -0.6%
all of the above	0.1%
	+0.3% / -0.1%
(Other responses)	3.9%
	+0.9% / -0.8%
Total Respondent count	100.0%
	2,005

**Why are you overweight/obese Statistics ANSWERS chart by Must Cure Obesity**

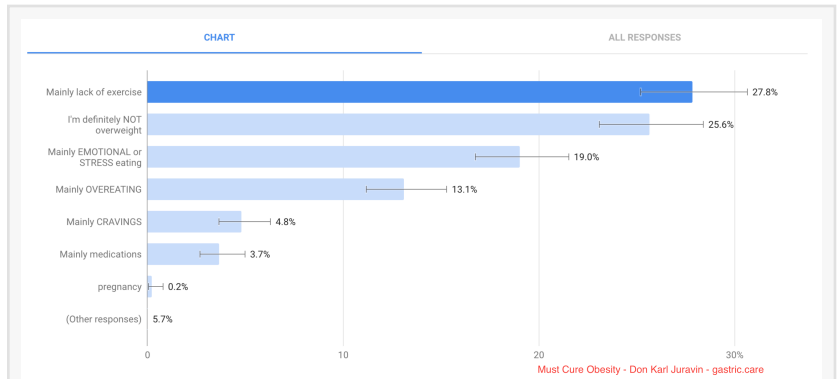
1 in 20 felt that they have another reason such as pregnancy, genetics, social conditions, arthritis, chemotherapy, slow metabolism, hormone imbalance, older or advanced age, social eating and drinking, a thyroid condition, or alcohol consumption.

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 STATISTICAL BASE

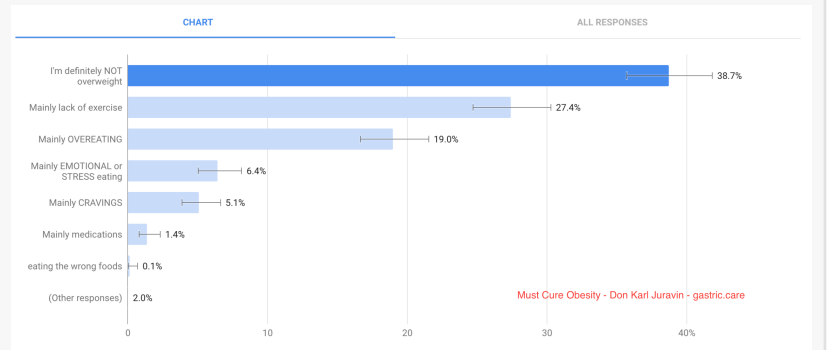
Gender:  
 52% are females, 48% are male

Regions:  
 Midwest 24.5%  
 Northwest 18.8%  
 South 36.4%  
 West 20.3%

Age:  
 18-24 13.8%  
 25-34 17.4%  
 35-44 17.4%  
 45-54 17.9%  
 55-64 17.6%  
 65+ 15.9%



Why are you overweight/obese Statistics WOMEN chart by Must Cure Obesity



Why are you overweight/obese Statistics ANSWERS chart by Must Cure Obesity

Please refer to the source: <https://gastric.care/research/why-am-i-overweight-2005-americans-answer-frankly-extensive-men-vs-women-study/>

\*Numbers relate to the overweight respondents and were rounded

Other answers as they were given by the respondents (5%):

- I'm definitely NOT overweight (32%)
- Mainly lack of exercise (28%)
- Mainly OVEREATING (16%)
- Mainly EMOTIONAL or STRESS eating (13%)
- Mainly CRAVINGS (5%)
- Mainly medications (3%)
- all of the above (<1%)
- pregnancy (<1%)
- prefer not to answer (<1%)
- don't know (<1%)
- genetic (<1%)
- none of your business (<1%)
- medical issues (<1%)
- pcos (<1%)
- not overweight (<1%)

my weight is not to far over or under (<1%)  
not eating when i should (<1%)  
some of all (<1%)  
that is rude to ask (<1%)  
babies (<1%)  
medical condition (<1%)  
eating the wrong foods (<1%)  
eating junk foods (<1%)  
funniest phrased question yet (<1%)  
just had a baby (<1%)  
lack.of.exercise and eating both (<1%)  
postpartum new baby (<1%)  
rude much (<1%)  
social and class conditions (<1%)  
hashimoto's (<1%)  
i am not (<1%)  
all (<1%)  
arthritis (<1%)  
chemotherapy (<1%)  
giving birth menopause and age (<1%)  
lack of exercise because of health issues overeating (<1%)  
slow metabolism (<1%)  
thyroid (<1%)  
several of above (<1%)  
i'm underweight (<1%)  
thanks google i have an underactive thyroid (<1%)  
illness (<1%)  
that's really offensive (<1%)  
chunky (<1%)  
i have gotten older and have dieted a few times which i now believe lowered my overall metabolism (<1%)  
poor diet and desk job caught up with me (<1%)  
lack of exercise due to back injury (<1%)  
never taught to eat intuitively meaning listening to my body signals (<1%)  
medical problems and lack of exercise (<1%)  
reasons (<1%)  
alcohol (<1%)  
why not (<1%)  
lack of exercise (<1%)  
too many beers (<1%)  
health issues (<1%)  
inherited (<1%)  
no longer overweight had a gastric sleeve (<1%)  
what makes you think i'm overweight (<1%)  
due to health reasons i am limited in morning movement (<1%)  
hormone imbalance (<1%)  
eating the wrong things carbs (<1%)  
just gave birth to child (<1%)  
not so much (<1%)  
i'm slightly overweight due to a medical condition that affects my eating habits and my metabolism i eat once every couple days and it is very unhealthy (<1%)  
poor diet no exercise and sedentary work lifestyle (<1%)  
combination of reasons (<1%)  
hormonal pregnancy then menopause stable after each event (<1%)  
mainly getting older (<1%)  
standard american diet (<1%)

i am not overweight (<1%)  
social eating and drinking (<1%)  
arthritis and surgery (<1%)  
i'm at correct weight (<1%)  
mainly medical conditions (<1%)  
pain and unable to exercise (<1%)  
a combination of health issues eating habits age and lack of exercise (<1%)  
thyroid problems (<1%)

Note: this study reflects self-perception and not the qualified weight of the respondents. Conceivably, some non-overweight individuals perceive themselves as "overweight" while some individuals who do qualify as overweight perceive themselves as not overweight.

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This press release can be viewed online at: <http://www.einpresswire.com>

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