

Exploring Women's Experiences with Obesity



The Health Analytics & Insights Group conducted a comprehensive public opinion survey to better understand women's attitudes around and perceptions of obesity, its effect on women's lives and well-being, and to gauge support for obesity care solutions. The total sample size was 1,000 women, including an oversample of 642 women with obesity. The sample was weighted to be representative of the US female population based on key Census demographic variables.

1 obesity is a public health crisis

Most women perceive obesity to be a serious health issue in the country and recognize its impact on societal well-being (95%).

Nearly all women say obesity is one of the largest public health crises of our time and rate it as serious as other major public health concerns, like cancer, heart disease, mental illness, or diabetes.

How serious are each of the following public health issues for society? (Total % Serious, n=1000)

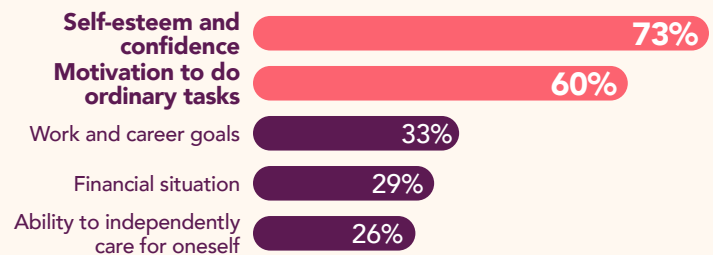


2 obesity negatively impacts the lives of women

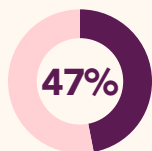
The lived experience of women with obesity shows that this disease creates barriers and challenges across many facets of everyday life.

These women struggle to manage their condition (only 47% feel their condition is managed) and say **obesity largely affects their sense of self and well-being.**

In the past 12 months, how has having obesity impacted the following aspects of your personal wellbeing and daily life? (Total % Negatively Impacted, n=642)



obesity is linked to discrimination



Adding to these difficulties, **47% of women** say they themselves or someone they care for with obesity have experienced discrimination and harassment as a result of their condition.

This experience is consistent across ethnicity and insurance status.



(Total % Agree, n=994)

Four-in-five women (80%) agree that this discrimination hinders one's ability to seek appropriate care.

LGBTQ+ women with obesity experience discrimination more frequently than their non-LGBTQ+ counterparts



3 gaps exist in obesity care—barriers to access need to be addressed

Women also face barriers when trying to access care for their condition, across every part of the patient journey—from having a conversation with their provider to access, affordability and coverage of obesity care solutions.

More than half (56%) of women with obesity say they have not spoken to their provider about obesity care solutions. Uninsured women experience this at a higher rate with 83% sharing that they have not discussed obesity treatment options with their provider.

Another obstacle is the gap between awareness of obesity care solutions and accessing them. **While most women with obesity are aware of the many obesity care solutions, few have tried to access care in the past year.**

when women do seek care for obesity, they experience challenges with access



Over one-third of women who are experiencing obesity say that they have **faced barriers when seeking obesity care solutions** in the past year (39%).

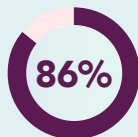


Among those who tried to seek obesity medications, **84% cited out-of-pocket costs as a barrier**, followed by lack of insurance coverage for care (76%).



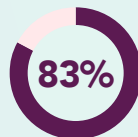
Half of respondents stated that **step therapy, where patients try and fail on other medications before being prescribed obesity medicines, was a barrier** for them.

For women living with obesity, access to obesity care solutions is vital. Both women with and without obesity agree that obesity medicines are an important tool in addressing obesity.



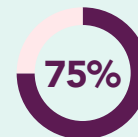
of women—both with and without obesity—agree that **everyone should have access to obesity medications** if they need them.

(Total % Agree, n=1,000)



of women living with obesity say taking obesity medication would be **helpful to improving their overall quality of life**

(Total % Agree, n=642)



of women living with obesity say that they would consider obesity medications as a treatment option **if it were covered by their insurance provider**

(Total % Likely, n=642)

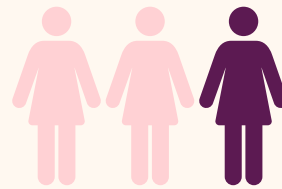
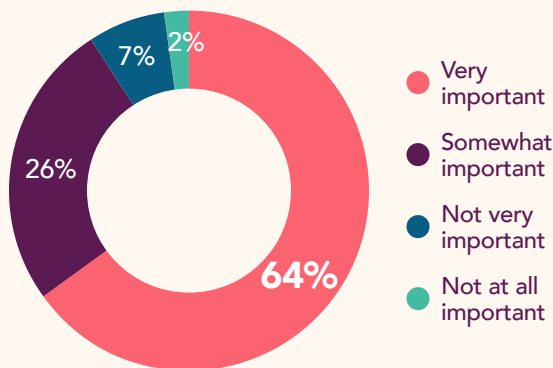
4 obesity medications should be covered by insurance

Women believe insurance should cover care for obesity, including obesity medications. Moreover, women with obesity say that insurance coverage is a deciding factor in decisions about their employment. Women believe that health insurance should provide the same benefits for people with obesity as those with other chronic conditions. **93% of ALL women say it is important for insurance to cover the full range of obesity care, including medication.**

Employee benefits, including health insurance coverage, are an important consideration for many working women. 85% of women with employer-sponsored health insurance say that employee benefits have at least some impact in their decision to take a particular job. Only 5% of women said that they do not consider benefits at all when thinking about their employment options.

Vast majority of women feel that having an employer maintain insurance plans that cover obesity medications is important

(among those who live with obesity & have employer-sponsored insurance plans, n=253)



Nearly one-third of women who are experiencing obesity would consider changing jobs if the employer-sponsored insurance plan covered obesity medications

(n=253)

methodology

The Health Analytics & Insights Group conducted a survey among a random sample of women using large-scale national consumer panels. The survey was conducted between February 29 to March 15, 2024. Data were weighted to adjust for U.S. female Census population parameters.

The 1,000 survey respondents consisted of general public sample plus an oversample of individuals who self-reported as having obesity, obesity caregivers, and obesity advocates. Obesity caregivers are those who do not have obesity themselves but are a caregiver for someone who has obesity. Obesity advocates are defined as those who have a family history of obesity but do not have obesity themselves or those who have previously (more than 2 years ago) had obesity but do not currently have obesity.

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