
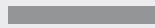







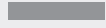
## Weighty Crucial Conversations with Your Child

The study collected responses via an online survey of 392 individuals in May of 2006. Margin of error is approximately 3%.

1. Do you have a daughter who is overweight or underweight enough that it is a concern for you?		Count	Percent
Yes		135	34.8%
No		253	62.2%

2. Are you her mother or her father?		Count	Percent
Father		23	16.7%
Mother		115	83.3%

3. How old is the daughter whose weight is the greatest concern to you?		Count	Percent
Under 7 years old		5	3.6%
Between 7 and 12 years old		25	18.1%
Between 13 and 18 years old		34	24.6%
Between 19 and 25 years old		36	26.1%
Over 27 years old		38	27.5%

4. How overweight or underweight is your daughter?		Count	Percent
Underweight: Needs to gain more than 30 pounds		1	0.7%
Underweight: Needs to gain between 21 and 30 pounds		4	2.9%
Underweight: Needs to gain between 10 and 20 pounds		10	7.3%
Overweight: Needs to lose between 10 and 20 pounds		41	29.9%
Overweight: Needs to lose between 21 and 30 pounds		26	19%
Overweight: Needs to lose more than 30 pounds		55	40.1%

5. What consequences does your daughter experience because of her weight? (Check all that apply.)	
Unable to participate in some activities she enjoys	
Lower self esteem	
Teasing or hurtful comments by peers	
Hurtful comments by adults	
Fewer friends	
Held back from her potential in her career	
Health-related problems such as diabetes or anorexia	
Medical treatment for her weight problem	
No consequences	

6. What concerns do you have about your daughter's weight? (Check all that apply.)	
The immediate impact on her health	
The possible long-term impact on her health	
The impact on her social life with friends	
The impact on her current or future romantic life	
The impact on her current or future career	
The impact on her ability to engage in recreational/sports activities	
No concerns	

7. How sensitive is your daughter to comments about her weight?		Count	Percent
Not at all		6	4.4%
Somewhat sensitive		27	19.7%
Moderately sensitive		36	26.3%
Very sensitive		41	29.9%
Extremely sensitive		27	19.7%



8. When you think about talking to your daughter about her weight, what concerns do you have? (Check all that apply.)	
It's an unpleasant, awkward conversation that doesn't feel comfortable.	
She will take it personally and feel very hurt.	
It will undermine her self esteem.	
She will think I have betrayed her or attacked her.	
It will hurt her long-term relationship with me.	
It will make her weight problem worse than it is now.	
No concerns	

9. What actions have you taken to resolve your daughter's weight problem? (Check all that apply.)	
Haven't tried anything.	■
Tried to get her to make some changes (i.e., changing how much or what kinds of things she eats, increasing her activity level, etc.) without getting her full commitment to do so.	■■■■■
Asked someone else (a teacher or other adult, my spouse/partner, or a physician) to talk to her about her weight.	■■
Spoke to her about her weight, but did so in a way that made her defensive and hurt.	■■■
Spoke to her about her weight, and shared the full depth of my concerns in an effective way.	■■■■■




10. What happened to your daughter's weight problem as a result of your actions?	Count	Percent
Saw some changes in diet or activity level but they didn't last.	■■■■■	35 37%
Saw some changes and, while there has been some backsliding, she's still doing a little better.	■■■	50 23.7%
Saw some significant changes, and she's still working on it.	■■	32 13.3%
No changes.	■■■■■	18 25.9%







11. What happened to your relationship with your daughter as a result of your actions?	Count	Percent
Our relationship was hurt a lot.		0 0%
Our relationship was moderately hurt.	■	9 6.7%
Our relationship was hurt a little bit.	■■■	27 20.1%
It had no affect on our relationship.	■■■■■	72 53.7%
Our relationship was strengthened a little bit.	■■	17 12.7%
Our relationship was moderately strengthened.	■	9 6.7%
Our relationship was strengthened a lot.		0 0%










12. Realistically, how likely is it that your daughter's weight problem will be resolved over the next two years?	Count	Percent
Extremely unlikely	■	11 8.1%
Very unlikely	■■■	31 23%
Somewhat unlikely	■■■■	40 29.6%
Somewhat likely	■■■■■	39 28.9%
Very likely	■■	12 8.9%
Extremely likely	■	2 1.5%

13. Do you have a son who is overweight or underweight enough that it is a concern for you?		Count	Percent
Yes		62	16%
No		325	84%

14. Are you his mother or his father?		Count	Percent
Father		13	21%
Mother		49	79%

15. How old is the son whose weight is the greatest concern to you?		Count	Percent
Under 7 years old		1	1.6%
Between 7 and 12 years old		19	31.1%
Between 13 and 18 years old		12	19.7%
Between 19 and 25 years old		10	16.4%
Over 25 years old		19	31.1%

16. How overweight or underweight is your son?		Count	Percent
Underweight: Needs to gain more than 30 pounds		1	1.6%
Underweight: Needs to gain between 21 and 30 pounds		4	6.5%
Underweight: Needs to gain between 10 and 20 pounds		6	9.7%
Overweight: Needs to lose between 10 and 20 pounds		16	25.8%
Overweight: Needs to lose between 21 and 30 pounds		16	25.8%
Overweight: Needs to lose more than 30 pounds		19	30.6%

17. What consequences does your son experience because of his weight? (Check all that apply.)	
Unable to participate in some activities he enjoys	
Lower self esteem	
Teasing or hurtful comments by peers	
Hurtful comments by adults	
Fewer friends	
Held back from his potential in his career	
Health-related problems such as diabetes or anorexia	
Medical treatment for his weight problem	
No consequences	

18. What concerns do you have about your son's weight? (Check all that apply.)	
The immediate impact on his health	
The possible long-term impact on his health	
The impact on his social life with friends	
The impact on his current or future romantic life	
The impact on his current or future career	
The impact on his ability to engage in recreational/sports activities	
No concerns	1

19. How sensitive is your son to comments about his weight?		Count	Percent
Not at all		5	7.9%
Somewhat sensitive		22	34.9%
Moderately sensitive		19	30.2%
Very sensitive		12	19%
Extremely sensitive		5	7.9%

20. When you think about talking to your son about his weight, what concerns do you have? (Check all that apply.)	
It's an unpleasant, awkward conversation that doesn't feel comfortable.	
He will take it personally and feel very hurt.	
It will undermine his self esteem.	
He will think I have betrayed him or attacked him.	
It will hurt his long-term relationship with me.	
It will make his weight problem worse than it is now.	
No concerns.	

21. What actions have you taken to resolve your son's weight problem? (Check all that apply.)	
Haven't tried anything.	1
Tried to get him to make some changes (i.e., changing how much or what kinds of things he eats, increasing his activity level, etc.) without getting his full commitment to do so.	
Asked someone else (a teacher or other adult, my spouse/partner, or a physician) to talk to him about his weight.	
Spoke to him about his weight, but did so in a way that made him defensive and hurt.	
Spoke to him about his weight, and shared the full depth of my concerns in an effective way.	

22. What happened to your son's weight problem as a result of your actions?		Count	Percent
Saw some changes in diet or activity level but they didn't last.		28	25.8%
Saw some changes and, while there has been some backsliding, he's still doing a little better.		16	24.2%
Saw some significant changes, and he's still working on it.		15	4.8%
No changes.		3	45.2%

23. What happened to your relationship with your son as a result of your actions?		Count	Percent
Our relationship was hurt a lot		0	0%
Our relationship was moderately hurt		1	1.6%
Our relationship was hurt a little bit		18	28.6%
It had no affect on our relationship		36	57.1%
Our relationship was strengthened a little bit		7	11.1%
Our relationship was moderately strengthened		1	1.6%
Our relationship was strengthened a lot		0	0%

24. Realistically, how likely is it that your son's weight problem will be resolved over the next two years?		Count	Percent
Extremely unlikely		6	9.4%
Very unlikely		9	14.1%
Somewhat unlikely		19	29.7%
Somewhat likely		22	34.4%
Very likely		7	10.9%
Extremely likely		1	1.6%