

Health Trends

Survey: Men And Women Battle Bulge On Different Fronts

(NAPSA)—On the weighty issue of shedding pounds, men and women don't always see eye to eye. However one survey found both sexes are in agreement that advancing years make it more difficult to stay at their ideal weight.

According to the national study, sponsored by dietary supplement maker, Metabolife International Inc., 91 percent of the respondents found losing or maintaining weight became more difficult as they grew older. A whopping 69 percent of women and 52 percent of men found it "much more" difficult.

Only two percent of Americans found weight control easier as they got older.

The survey, called "The Battle of the Bulge," revealed the sexes have their own "specific demons" in terms of diet and lifestyle.

Asked about dietary villains, 53 percent of women identified sweets as the bane of a trim waistline. However, only six percent of men claimed to be victimized by a sweet tooth. Men cited large portions (43 percent) and fast foods (29 percent) as the culprits they must overcome. Women listed snacking between meals (18 percent) ahead of either large portions (17 percent) or fast foods (12 percent).

The survey also revealed today's woman has an awful lot on her plate that isn't food. The number one weight loss obstacle women



A recent survey found men and women face different obstacles when trying to lose weight.

cited, at 34 percent, was the lack of time to plan meals and shop. Only seven percent of men shared that concern.

Both sexes agreed that changing metabolism was their main obstacle to losing weight.

The good news is the survey found Americans don't perceive themselves as total losers at losing weight. Eighty-four percent reported a desire to only shed either "a couple of sizes" or "a few pounds in certain places." Losing a couple of sizes was the main goal of both men (50 percent) and women (67 percent).

At the extremes were 12 percent who would like to lose "a ton, so to speak" and five percent who

simply wanted to "maintain."

Another telling statistic from the survey was that 97 percent of respondents have at some point in their lives been on a diet. In fact, for many, dieting is very much a part of their lives. Almost half of the male respondents—46 percent—have attempted six or more diets (women were at 31 percent) and 16 percent of women said they are always dieting (only three percent of men made such an admission).

The holidays were found to be especially trying-times for those battling the bulge. January is the biggest month for dieting with 43 percent of women and 34 percent of men admitting they begin every year on a diet.

A final query asked respondents how much combined weight they have lost over their lifetimes.

Forty-five percent said they have lost "enough weight to build a normal person." For the men, 21 percent had lost enough, they said, to fit into a National Football League lineman's uniform. For the women, 18 percent said they've lost enough to fit into a jockey's silks. Overall, 34 percent reported "maybe 50 pounds."

"The Battle of the Bulge" is the first in a series of surveys sponsored by Metabolife International Inc. The surveys explore diet and lifestyle as they relate to 21st century Americans. For more information, and to view the entire survey, visit www.Metabolife.com.