

TABLE 3

ATTITUDES AND BELIEFS OF PATIENTS WHO THINK THEY NEED TO LOSE WEIGHT

	BMI <25 (n=63/160)	BMI 25-30 (n=85/101)	BMI >30 (n=102/105)	ANOVA or chi-squared P
Weight loss is important to me, %	84	78	95	<.001
My weight affects my happiness, %	59	54	67	.16
My weight affects my health, %	24	46	80	<.001
Best method(s) of weight loss for me, %				
Exercise	87	94	83	.13
Diet	87	80	79	.39
Referral to a weight program	9	20	35	<.001
Weight loss products or pills	14	12	20	.36
Other	6	6	11	.44
No preference	2	4	3	.89
My current doctor has helped me lose weight in the past, %	6	11	26	<.001
My current doctor can help me lose weight in the future, %	49	63	84	<.001
Pounds I need to lose (\pm SD)	11 (\pm 5)	20 (\pm 10)	51 (\pm 31)	<.001

BMI denotes body mass index; ANOVA, analysis of variance; SD, standard deviation.