



NFL ALUMNI SURVEY RESULTS CONNECTING WEIGHT AND HEALTH



Thank you to the **1,236 members** who participated in the health and wellness survey



We learned a lot about your current state of health and perceptions around weight



Take a look at the results and see why we are urging you to Huddle Up with us to discuss obesity

THE FACTS

Many members are comfortable talking about their weight and are open to getting support

93%

of NFL Alumni with obesity have tried to lose weight in the past 5 years – you are not alone in the journey to better health

4 OUT OF 10

adults today are living with excess weight above BMI of >30, which is diagnosed as obesity

70%

of NFL Alumni with obesity have one or more associated health problems

ATHLETES DEAL WITH WEIGHT REGAIN

Various factors play a role in our weight and ability to lose weight and keep it off

84%

of NFL Alumni have gained weight back within 2 years of losing it

56%

of NFL Alumni feel their weight has gotten harder to manage as they've gotten older

PERCEPTION DIFFERENCES PERSIST

52%

of NFL Alumni currently live with obesity, although only **10% think** of their weight in this way

55%

of those who have obesity admit they are embarrassed by weight gain

YOU WANT RESULTS, AND ARE OPEN TO GETTING HELP

NFL Alumni strongly agree that obesity can cause a variety of health problems, including increased risk for serious complications from COVID-19

In fact, research shows that people with obesity have a **higher risk of severe illness** from COVID-19 and are more likely to need **treatment in a hospital**.

94%

of NFL Alumni agree that it's important to confront and address health issues, not hide from them

71%

of NFL Alumni with obesity have talked to their healthcare provider about needing to lose weight

47%

of NFL Alumni would appreciate advice on the best way to lose weight

The top 3 most important reasons NFL Alumni cite for losing weight are:



Long-term health



Longer life expectancy



Reducing the risk of health complications

Stay tuned for more to come on how you can address excess weight through **Huddle Up: Let's Talk Obesity**.