







**Q3. In the past 12 months...**

|   | Never | Less than once a month | Once a month | 2-3 times a month | Once a week | 2-3 times a week | 4-6 times a week | Every day |
|---|-------|------------------------|--------------|-------------------|-------------|------------------|------------------|-----------|
| My friends or family were worried about how much I overate.   |       |                        |              |                   |             |                  |                  |           |
| I spent a lot of time feeling sluggish or tired from overeating.  |       |                        |              |                   |             |                  |                  |           |
| I avoided work, school or social activities because I was afraid I would overeat there.   |       |                        |              |                   |             |                  |                  |           |
| I was so distracted by eating that I could have been hurt (e.g., when driving a car, crossing the street, operating machinery). |       |                        |              |                   |             |                  |                  |           |
| I ate to the point where I felt physically ill.   |       |                        |              |                   |             |                  |                  |           |

*Note: Survey from Modified Yale Food Addiction Scale Version 2.0: Schulte, E. M., & Gearhardt, A. N. (2017). Development of the modified Yale Food Addiction Scale Version 2.0. European Eating Disorders Review, 25(4), 302–308.*

**Data Source and Methods**

This National Poll on Healthy Aging report presents findings from a nationally representative household survey conducted exclusively by NORC at the University of Chicago for the University of Michigan’s Institute for Healthcare Policy and Innovation. National Poll on Healthy Aging surveys are conducted using NORC’s AmeriSpeak probability-based panel. This survey module was administered online and via phone between July 2022 to a randomly selected, stratified group of U.S. adults age 50–80 (n=2,163). The sample was subsequently weighted to reflect population figures from the U.S. Census Bureau. The completion rate was 75% among panel members contacted to participate. The margin of error is ±1 to 3 percentage points for questions asked of the full sample and higher among subgroups.

Findings from the National Poll on Healthy Aging do not represent the opinions of the University of Michigan. The University of Michigan reserves all rights over this material.

**National Poll on Healthy Aging Team**

- Jeffrey Kullgren, MD, MS, MPH**, Director
- Erica Solway, PhD, MPH, MSW**, Deputy Director
- Scott Roberts, PhD**, Associate Director
- Ashley Gearhardt, PhD, MPhil, MS**, Faculty Collaborator
- Dianne Singer, MPH**, Poll Manager
- Matthias Kirch, MS**, Data Lead
- Preeti Malani, MD, MSJ, MS**, Senior Advisor
- Emily Smith, MA**, Multimedia Designer
- Lauren Hutchens, MPH**, Contributing Editor

**The Regents of the University of Michigan**

Jordan B. Acker (Huntington Woods), Michael J. Behm (Grand Blanc), Mark J. Bernstein (Ann Arbor), Paul W. Brown (Ann Arbor), Sarah Hubbard (Okemos), Denise Ilitch (Bingham Farms), Ron Weiser (Ann Arbor), Katherine E. White (Ann Arbor), Santa J. Ono (*ex officio*)

The University of Michigan is a Non-discriminatory, Affirmative Action Employer.

© 2023, The Regents of the University of Michigan