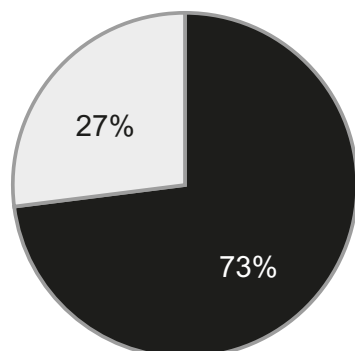


Supplementary appendix

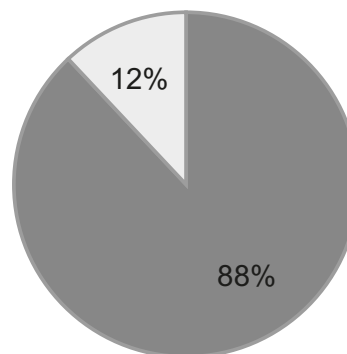
Supplement for: Masato Iwabu, et al.
Perceptions, attitudes and barriers to
obesity management: Japanese data from
the ACTION-IO study

(a) **Agreement with the statement that a 5–10% body weight loss would be extremely beneficial to the overall health of PwO**

PwO (*n* = 1994; Q640)



HCPs (*n* = 302; Q650)

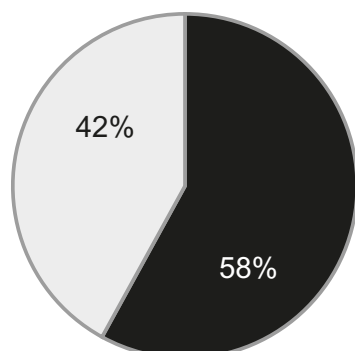


■ Agree (rated 4 or 5)
□ Do not agree (rated 1, 2 or 3)

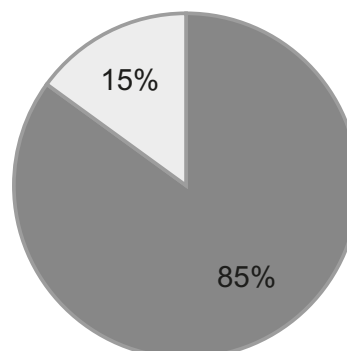
■ Agree (rated 4 or 5)
□ Do not agree (rated 1, 2 or 3)

(b) **Agreement with the statement that obesity is a chronic disease**

PwO (*n* = 1994; Q640)



HCPs (*n* = 302; Q650)

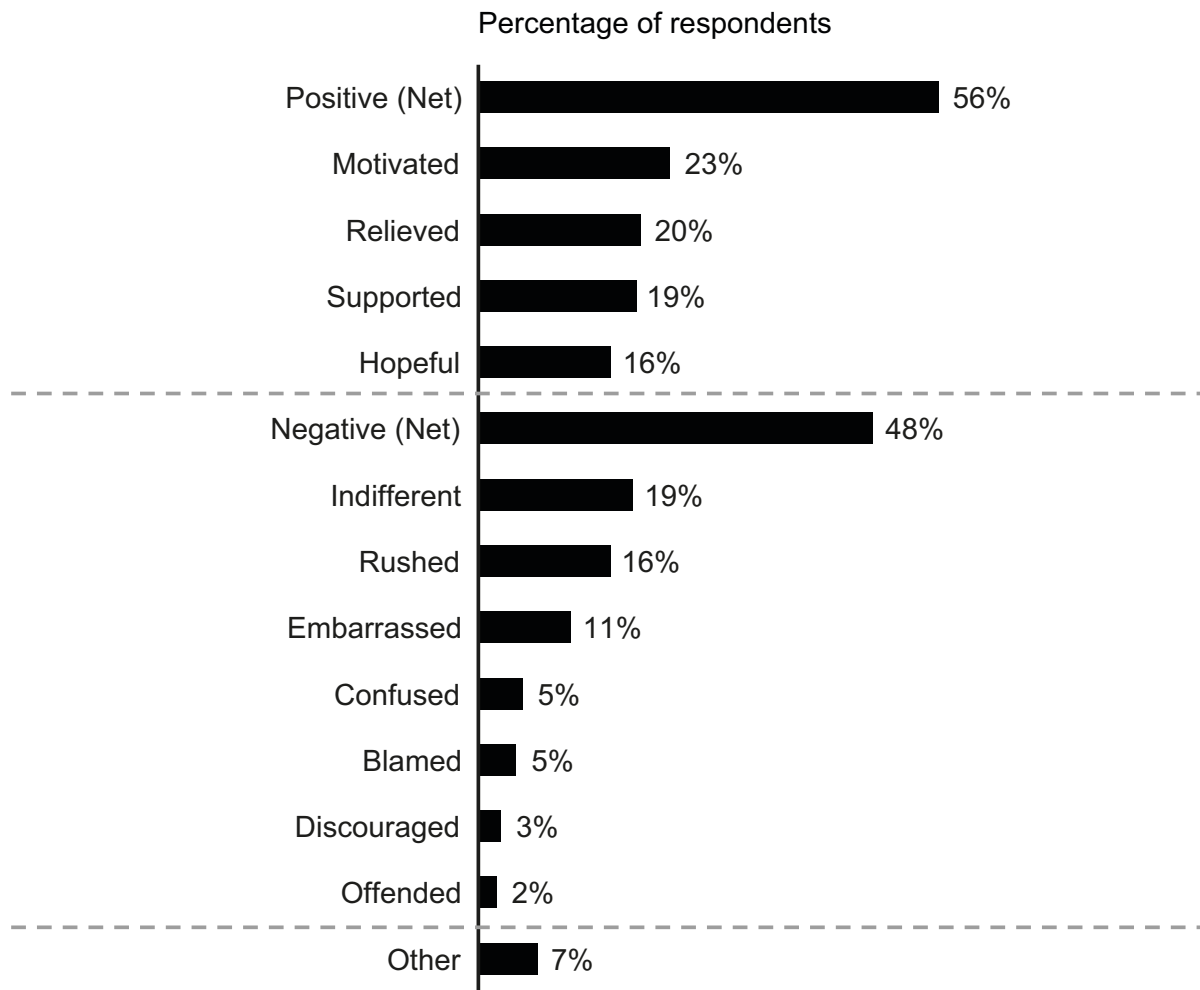


■ Agree (rated 4 or 5)
□ Do not agree (rated 1, 2 or 3)

■ Agree (rated 4 or 5)
□ Do not agree (rated 1, 2 or 3)

Supplementary Figure 1. PwO and HCP perceptions about obesity and weight management in Japan. (a) Proportion of Japanese respondents who agree that a weight loss of 5–10% of the total body mass would be extremely beneficial to the overall health of PwO. (b) Proportion of Japanese respondents who agree that obesity is a chronic disease. Rated on a scale of 1–5 where 1 means ‘do not agree at all’ and 5 means ‘completely agree’. Agreement was defined as a rating of 4 or 5. HCPs = dark gray; PwO = black. HCP, health-care professional; PwO, people with obesity.

PwO feelings after weight management discussions



PwO, discussed weight with an HCP in the past 5 years, $n = 474$; Q710

Supplementary Figure 2. PwO outcomes following recent weight management conversations with their HCP in Japan. HCP, health-care professional; PwO, people with obesity.