

Cyberletter

Gilani Weekly Poll

July 2011

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From The Editor

Dear Reader,

Gilani Research Team now brings

to you a collection of daily polls releases in the form of a weekly digest, which gives you the opportunity to read opinions of the Pakistani public on various socio-political issues.

We hope it will be of interest to you and your readers.

If you have any further questions in this regard, please feel free to contact us.

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Week # 28 (2011)

Opinion Polls Released during July 11th, 2011– July 15th, 2011

More Than Half (51%) Pakistanis Have Never Weighed Themselves; Concern Over Body Weight Higher Among Urban Residents: GILANI POLL/GALLUP PAKISTAN

July 11, 2011



According to a Gilani Research Foundation survey carried out by Gallup Pakistan, only half (49%) Pakistanis are aware of their body weight. Of these, concern for weight was greater among urban respondents (58%) than rural (42%).

[Click for details](#)

More Than Three-Fourths (80%) Pakistanis Do Not Pay Attention To Maintaining Normal Body Weight: GILANI POLL/GALLUP PAKISTAN

July 12, 2011



19% of Pakistanis attempt to control their body weight if they are overweight or underweight. A startling 80% admitted to paying little or no attention to irregular body weight.

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**55% Avoid Fatty Foods While Only 17% Choose Physical Exercise To Control Obesity:
GILANI POLL/GALLUP PAKISTAN**

July 13, 2011



According to a Gilani Research Foundation survey carried out by Gallup Pakistan, less than one-fourth Pakistanis (21%) have tried dieting to reduce weight. A majority of these (55%) prefer to avoid fatty foods in order to reduce weight, while only 17% choose physical exercise.

[Click for details](#)

Struggle To Prevent Obesity: 62% Take No Steps To Stay Fit; 13% Claim To Exercise Daily: GILANI POLL/GALLUP PAKISTAN

July 14, 2011



According to a Gilani Research Foundation survey carried out by Gallup Pakistan, 62% Pakistanis do not walk or exercise to remain fit. Only 13% exercise daily, among the ones who do attempt to stay fit.

[Click for details](#)

69% Pakistanis Claim To Read News Updates Shown on Tickers On Television Channels: GILANI POLL/GALLUP PAKISTAN

July 15, 2011



The results of a Gilani Research Foundation survey carried out by Gallup Pakistan indicated that 69% television viewers in Pakistan read news updates displayed on tickers across the bottom screen of news channels.

[Click for details](#)

Disclaimer: Gallup Pakistan is not related to Gallup Inc. headquartered in Washington D.C. USA. We require that our surveys be credited fully as Gallup Pakistan (not Gallup or Gallup Poll). We disclaim any responsibility for surveys pertaining to Pakistani public opinion except those carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International Association. For details on Gallup International Association see website: www.gallup-international.com

Gilani Research Foundation is a not for profit public service project to provide social science research to students academia, policy makers and concerned citizens in Pakistan and across the globe.

Gilani Research Foundation is headed by Dr. Ijaz Shafi Gilani who pioneered the field of opinion in Pakistan and established Gallup Pakistan in 1980. Current Dr. Gilani, who hold a PhD from the Massachusetts Institute of Technology (MIT) and has taught at leading universities in Pakistan and abroad, is Chairman of Gallup Pakistan (www.gallup.com.pk)

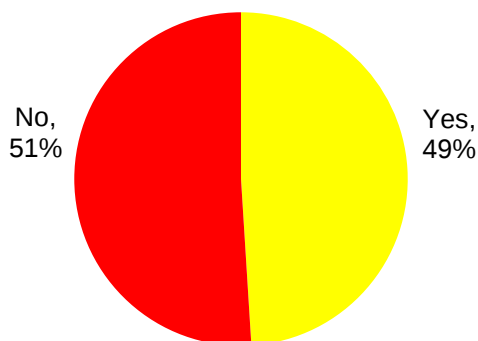
More Than Half (51%) Pakistanis Have Never Weighed Themselves; Concern Over Body Weight Higher Among Urban Residents: GILANI POLL/GALLUP PAKISTAN Islamabad July 11, 2011

According to a Gilani Research Foundation survey carried out by Gallup Pakistan, only half (49%) Pakistanis are aware of their body weight. Of these, concern for weight was greater among urban respondents (58%) than rural (42%).



In a survey, a nationally representative sample of men and women from across the four provinces were asked the following question: “Have you ever tried to find out your body weight?” The survey indicated that 49% knew their body weight whereas 51% were unaware.

“Have you ever tried to find out your body weight?”



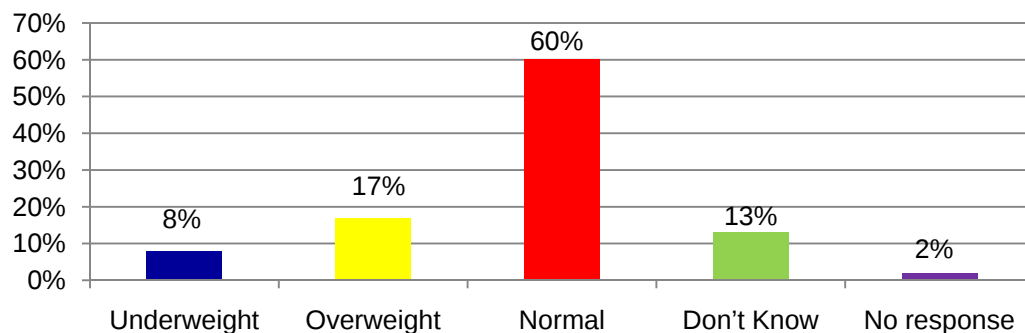
Source: Gallup and Gilani Surveys
The Pakistani affiliate of Gallup International Association (www.gallup-international.com; www.gallup.com.pk)

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Of the 49% who were aware of their body weight, the following question was posed: “Overall do you consider yourself overweight, underweight or normal weight?” A clear majority (60%) believe their body weight is normal. 17% are concerned with being overweight while only 8% consider themselves underweight. Concern over body weight was higher in urban Pakistanis (58%) than rural (42%).

A detailed analysis of the data shows that more women (18%) consider themselves to be overweight than men (16%).

“Overall, do you consider yourself overweight, underweight or normal weight?”



Source: Gallup and Gilani Surveys
 The Pakistani affiliate of Gallup International Association (www.gallup-international.com; www.gallup.com.pk)

The study was released by Gilani foundation and carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 2692 men and women in rural and urban areas of all four provinces of the country, during 26 June - 2 July 2011. Error margin is estimated to be approximately $\pm$ 2-3 per cent at 95% confidence level.

More Than Three-Fourths (80%) Pakistanis Do Not Pay Attention To Maintaining Normal Body Weight: GILANI POLL/GALLUP PAKISTAN

Islamabad July 12, 2011

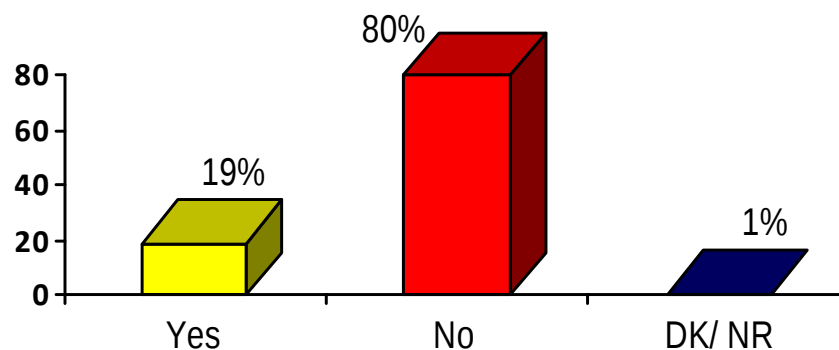
The results of a Gilani Research Foundation survey carried out by Gallup Pakistan indicated that merely 19% of Pakistanis attempt to control their body weight if they are overweight or underweight. A startling 80% admitted to paying little or no attention to irregular body weight.



In a survey, a nationally representative sample of men and women from across the four provinces were asked the following question: “If you are overweight or underweight, do you attempt to control it?” The findings of the survey revealed that only 19% Pakistanis take any measures to control their weight. More than three-fourths (80%) admitted to taking no steps to maintain a normal body weight. 1% gave no response.

A higher proportion of women (43%) than men (37%) said they do not control their weight.

“If you are overweight or underweight, do you attempt to control it?”



Source: Gallup and Gilani Surveys
 The Pakistani affiliate of Gallup International Association (www.gallup-international.com; www.gallup.com.pk)

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55% Avoid Fatty Foods While Only 17% Choose Physical Exercise To Control Obesity: GILANI POLL/GALLUP PAKISTAN

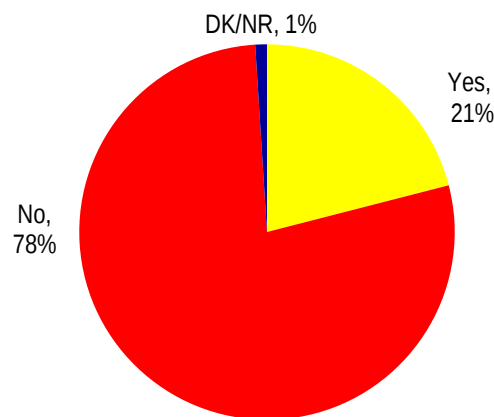
Islamabad July 13, 2011

According to a Gilani Research Foundation survey carried out by Gallup Pakistan, less than one-fourth Pakistanis (21%) have tried dieting to reduce weight. A majority of these (55%) prefer to avoid fatty foods in order to reduce weight, while only 17% choose physical exercise.



In a survey, a nationally representative sample of men and women from across the four provinces were asked the following question: “Have you ever tried dieting to reduce your weight?” The results of the survey showed that only 21% attempt to diet to reduce weight while a majority (78%) have never done so.

“Have you ever tried dieting to reduce your weight?”



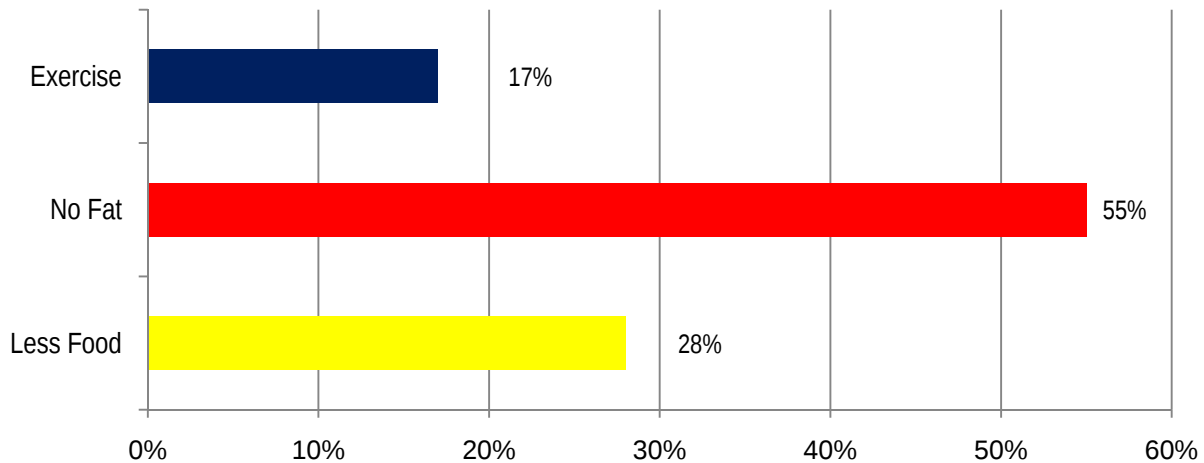
Source: Gallup and Gilani Surveys
The Pakistani affiliate of Gallup International Association (www.gallup-international.com; www.gallup.com.pk)

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Of the 21% who replied in the affirmative, the following question was asked: “What method have you used for dieting?” More than half (55%) avoid foods containing fat, while 28% decrease the overall quantity of their food. A minority (17%) try physical exercise to control obesity.

“What method have you used for dieting?”



Source: Gallup and Gilani Surveys

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Struggle To Prevent Obesity: 62% Take No Steps To Stay Fit; 13% Claim To Exercise Daily: GILANI POLL/GALLUP PAKISTAN

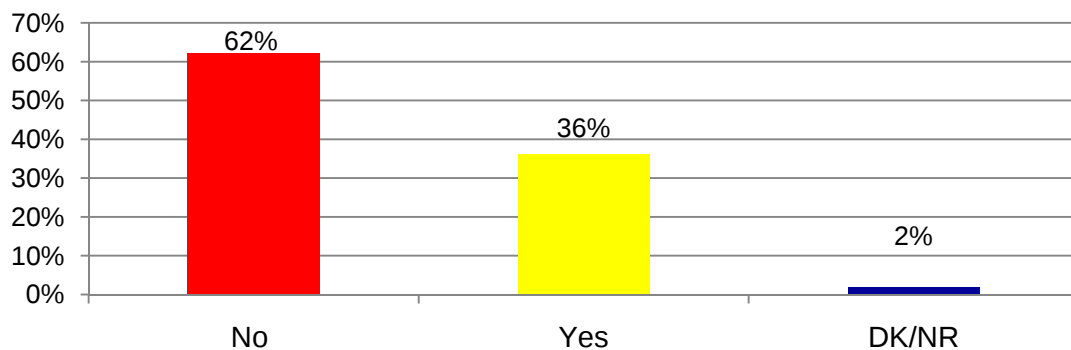
Islamabad July 14, 2011

According to a Gilani Research Foundation survey carried out by Gallup Pakistan, 62% Pakistanis do not walk or exercise to remain fit. Only 13% exercise daily, among the ones who do attempt to stay fit.



In a survey, a nationally representative sample of men and women from across the four provinces were asked the following question: “Some people exercise or walk to remain fit. Do you do any such thing?” In response, only 36% Pakistanis said yes while a significant majority (62%) said they do not take any steps to stay fit.

“Some people walk or exercise to remain fit. Do you do any such thing?”



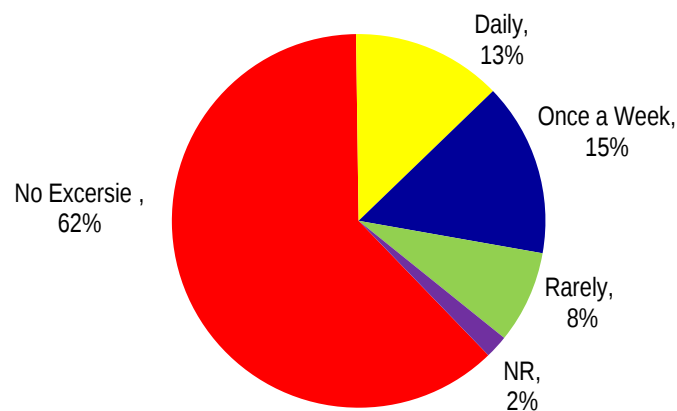
Source: Gallup and Gilani Surveys
 The Pakistani affiliate of Gallup International Association (www.gallup-international.com; www.gallup.com.pk)

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Of the 36% who said yes, a follow up question was asked: “How often do you walk or exercise to stay fit?” The results of this survey present a worrisome lack of public interest in fighting off obesity and maintaining good health. Nearly half (15%) respondents only exercise once a week, while 13% said they exercise or walk daily. 8% rarely exercise at all. 8% rarely exercise at all.

“How often do you walk or exercise to stay fit?”



Source: Gallup and Gilani Surveys

The Pakistani affiliate of Gallup International Association (www.gallup-international.com; www.gallup.com.pk)

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69% Pakistanis Claim To Read News Updates Shown on Tickers On Television Channels: GILANI POLL/GALLUP PAKISTAN

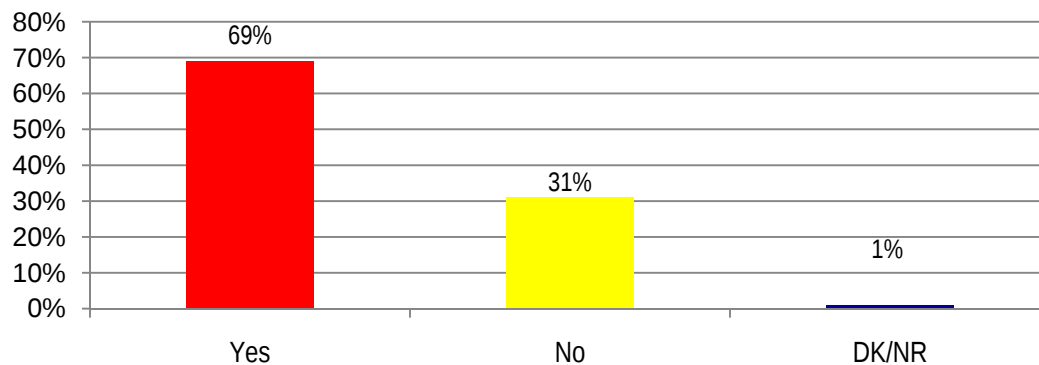
Islamabad July 15, 2011

The results of a Gilani Research Foundation survey carried out by Gallup Pakistan indicated that 69% television viewers in Pakistan read news updates displayed on tickers across the bottom screen of news channels.



In a survey, a nationally representative sample of men and women from across the four provinces were asked the following question: “Do you usually read or watch with interest news updates displayed on tickers across the bottom of news channels?” A majority (69%) replied in the affirmative, while 31% said they do not read news updates shown on tickers. Only 1% chose not to respond.

“Do you usually read or watch with interest news media updates displayed on tickers across the bottom of news channels?”



Source: Gallup and Gilani Surveys

The Pakistani affiliate of Gallup International Association (www.gallup-international.com; www.gallup.com.pk)

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Gilani Weekly Poll

A year to thank,
Share and reinvent
1980-2010



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July 2011

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A year to thank,
share and reinvent
Gallup & Gilani: 1980-2010



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