

22 February, 2022

A QUARTER (24%) PAKISTANIS SELF-RATE THEMSELVES AS UNDERWEIGHT OR OVERWEIGHT; FEMALES ARE TWICE MORE LIKELY TO SELF-RATE THEMSELVES POORLY AS COMPARED TO MEN: GALLUP & GILANI PAKISTAN

ایک چوتھائی (24%) پاکستانیوں نے خود کی درجہ بندی کم وزن یا زیادہ وزن کے طور پر کی; مرد حضرات کی نسبت خواتین میں خود کی درجہ بندی کم وزن کے طور پر کرنے کی شرح دو گناہ زیادہ پائی گئی

Question: "Overall, do you think your weight is all right, overweight, or underweight?"



10%

Underweight

14%

Overweight

73%

All Right

Don't know/ No response : 3%



Opinion Poll Health

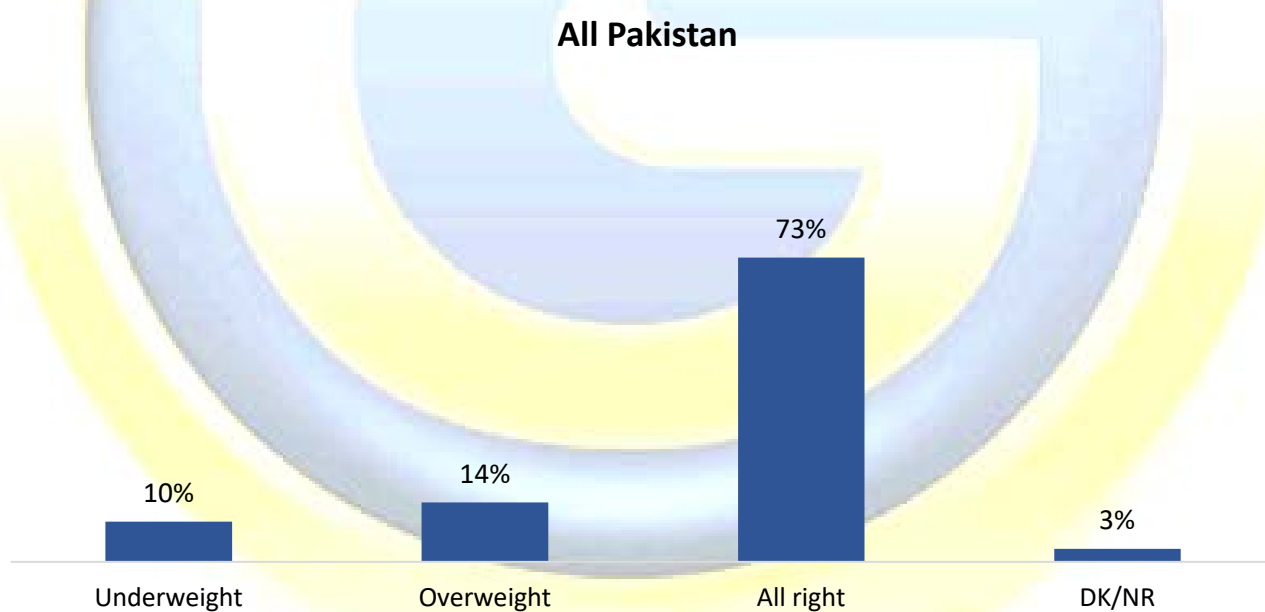
A quarter (24 %) Pakistanis self-rate themselves as underweight or overweight; females are twice more likely to self-rate themselves poorly as compared to men: Gallup & Gilani Pakistan

(Islamabad), February 22, 2022

According to a survey conducted by Gallup & Gilani Pakistan, a quarter (24%) Pakistanis self-rate themselves as underweight or overweight; females are twice more likely to self-rate themselves poorly as compared to men.

A nationally representative sample of adult men and women from across the four provinces was asked the following question, “Overall, do you think your weight is all right, overweight, or underweight?” In response to this question, 10% said underweight, 14% said overweight, 73% said all right and 3% didn’t know or gave no response.

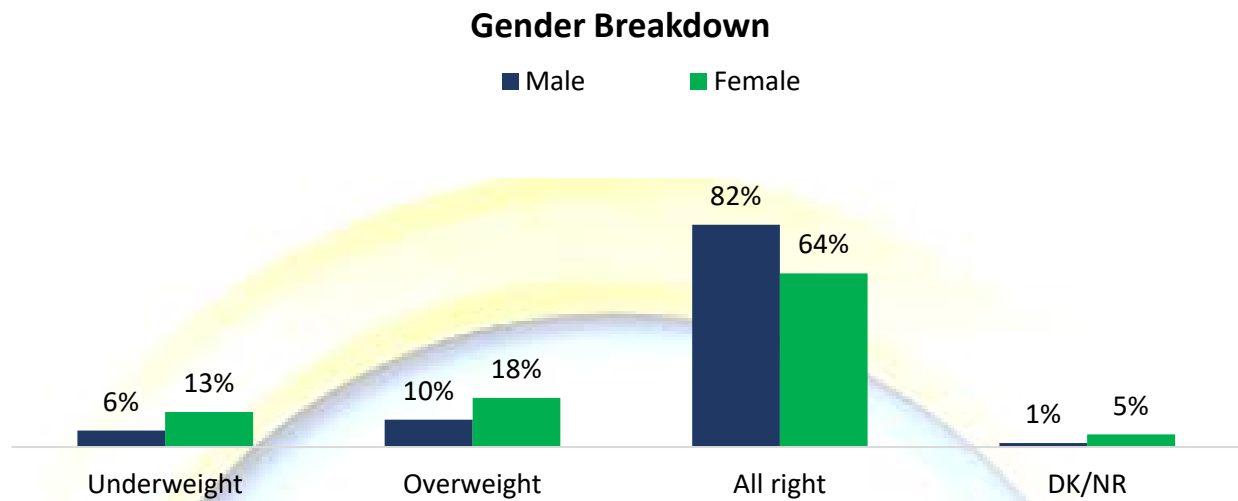
Question: “Overall, do you think your weight is all right, overweight, or underweight?”



Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

Gender Breakdown

13% of females as compared to 6% of males are find themselves to be underweight.



Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

The study was released by Gilani Research Foundation and carried out by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 1865 men and women in urban and rural areas of all four provinces of the country, from December 22, 2021 - January 15, 2022. The error margin is estimated to be approximately $\pm 2-3$ percent at the 95% confidence level. The methodology used for data collection was CATI.



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup
International

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Gilani Research Foundation is a not-for-profit public service project to provide social science research to students, academia, policymakers, 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 polling in Pakistan and established Gallup Pakistan in 1980. Currently, Dr. Gilani, who holds a Ph.D. from the Massachusetts Institute of Technology (MIT) and has taught at leading universities in Pakistan and abroad, is Chairman of Gallup Pakistan.

If you have any further questions regarding this poll, please feel free to contact us.

*Best Regards,
Gallup Pakistan*

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Daily Gilani Poll
2022



of Gallup Pakistan
(1980-2022)