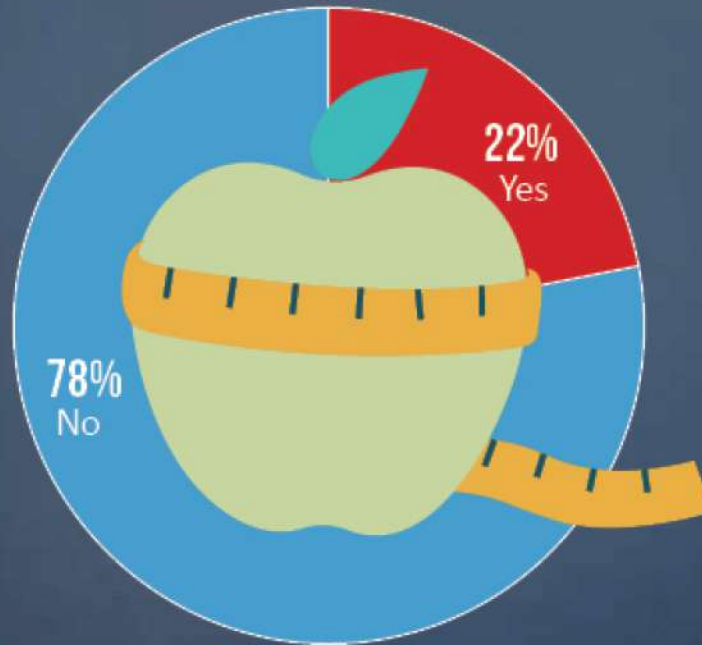


3rd March, 2023

**ALMOST 4 IN 5 (78%) PAKISTANIS HAVE NEVER HAD TO GO ON A DIET TO LOSE WEIGHT:
GALLUP & GILANI PAKISTAN**

تقریباً ہر 5 میں سے 4 (78%) پاکستانیوں کے مطابق انہیں اپنا وزن کم کرنے کے لیے کبھی ڈائیٹنگ
نہیں کرنی پڑی ہے

Question: "Have you ever had occasion to go on a diet to lose weight?"



PRESS RELEASE

(Also emailed*/faxed separately)



Opinion Poll Healthcare

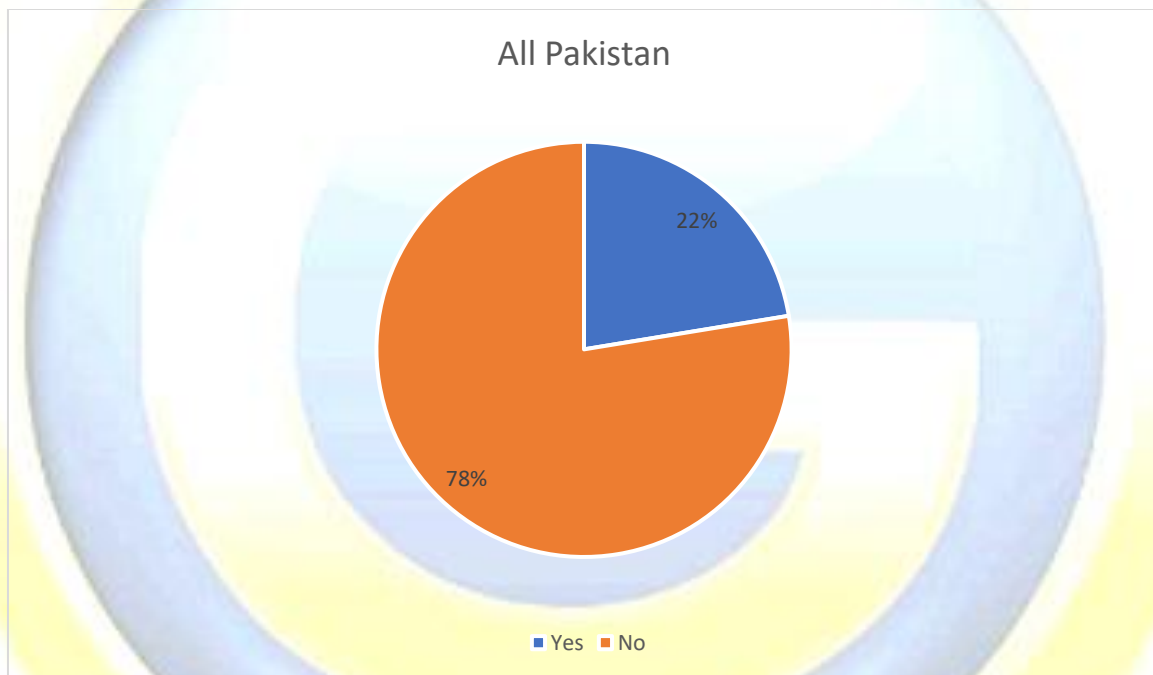
Almost 4 in 5 (78%) Pakistanis have never had to go on a diet to lose weight: Gallup & Gilani Pakistan

(Islamabad), March 03rd, 2023

According to a survey conducted by Gallup & Gilani Pakistan, almost 4 in 5 (78%) Pakistanis have never had to go on a diet to lose weight.

A nationally representative sample of adult men and women from across the country was asked the following question regarding, “Have you ever had occasion to go on a diet to lose weight?” 22% responded yes while 78% said no.

Question: “Have you ever had occasion to go on a diet to lose weight?”



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

The study in Pakistan was conducted and 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 747 men and women in urban and rural areas of all four provinces of the country. The error margin is estimated to be approximately $\pm 2-3$ percent at the 95% confidence level. The methodology used for data collection was telephonic surveys (CATI)



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup
International

Friday, 03rd, March 2023

(2 Pages, English version Only)



GILANI RESEARCH
FOUNDATION

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*

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



Daily Gilani Poll
2023



of Gallup Pakistan
(1980-2023)