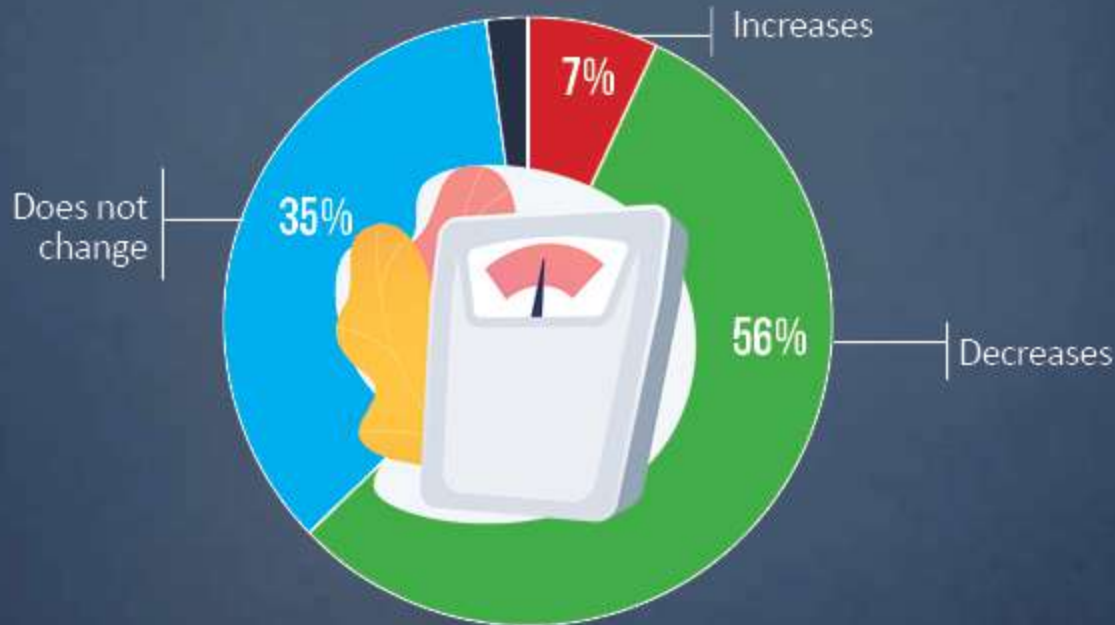


22nd April, 2024

OVER HALF OF PAKISTANIS (56%) REPORT A DECREASE IN THEIR WEIGHT DURING RAMADAN, WHILE 35% REPORT NO CHANGE, AND SURPRISINGLY ONLY 7% REPORT GAINING WEIGHT: GALLUP & GILANI PAKISTAN

نصف سے زائد (56%) پاکستانیوں نے رمضان میں اپنا وزن کم ہوجانے کی اطلاع دی ، جبکہ 35% پاکستانیوں نے وزن میں کوئی تبدیلی نہ آنے کے حوالے سے بتایا۔ حیرت انگیز طور پر صرف 7% پاکستانیوں نے رمضان کے مہینے میں وزن بڑھ جانے کے حوالے سے بتایا ۔

Question: Generally, some people lose weight in the month of Ramadan, while some people gain weight. Please tell me whether your weight decreases, increases or does not change during the month of Ramadan??



Don't know/ No response: 2%



PRESS RELEASE

Opinion Poll

Social behaviour

Healthcare

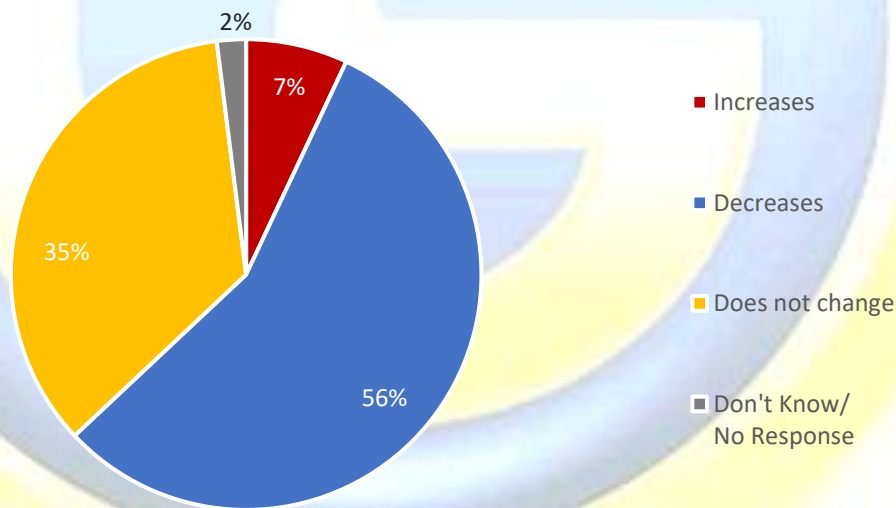
Over half of Pakistanis (56%) report a decrease in their weight during Ramadan, while 35% report no change, and surprisingly only 7% report gaining weight: Gallup & Gilani Pakistan

(Islamabad) 22nd April, 2024

According to a survey conducted by Gallup & Gilani Pakistan, over half of Pakistanis (56%) report a decrease in their weight during Ramadan, while 35% report no change.

A nationally representative sample of adult men and women from across the country was asked the question, “Generally, some people lose weight in the month of Ramadan, while some people gain weight. Please tell me whether your weight decreases, increases or does not change during the month of Ramadan?” In response, 7% said ‘Increase’, 56% said ‘Decrease’, 35% said ‘Does not change’, and 2% said that they did not know or gave no response.

Question: Generally, some people lose weight in the month of Ramadan, while some people gain weight. Please tell me whether your weight decreases, increases or does not change during the month of Ramadan??

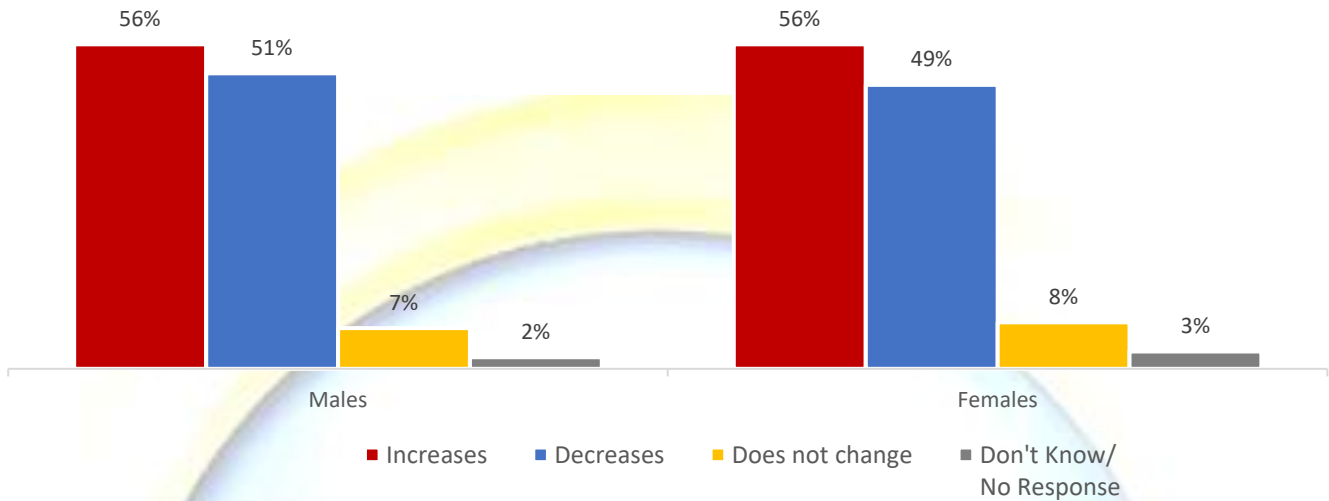


Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

The study in Pakistan was conducted and released by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 2,161 men and women in urban and rural areas of all four provinces of the country, conducted from 18th- 25th March 2024. 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).

Across gender: Both males and females reportedly have similar experiences with weight gain, or loss during the month of Ramadan.

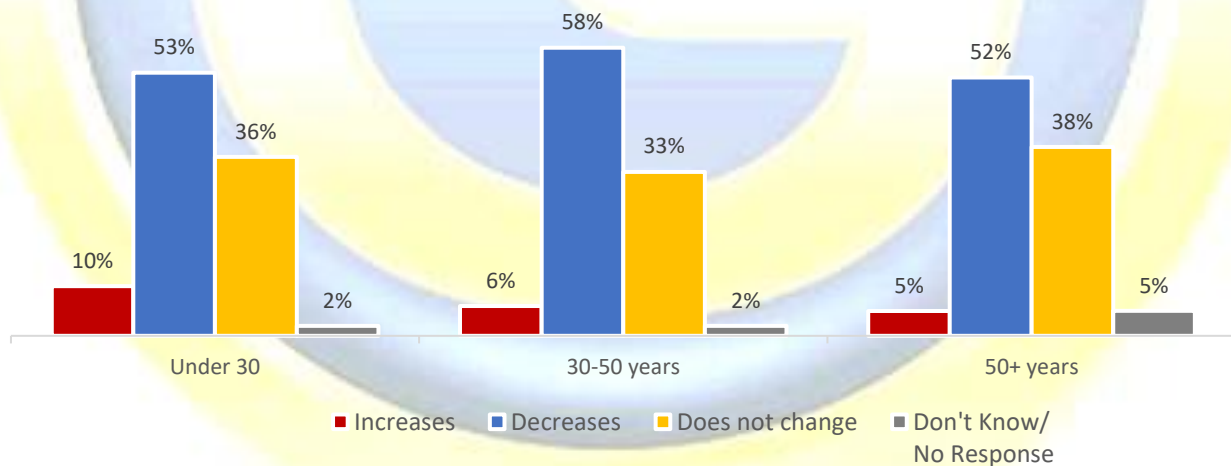
Breakdown across gender



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

Across Age: Individuals aged between 30- 50 years were most likely to report a decrease in weight (58%) during Ramadan, while those aged under 30 were most likely to gain weight (10%) in the holy month.

Breakdown across age



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

The study in Pakistan was conducted and released by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 2,161 men and women in urban and rural areas of all four provinces of the country, conducted from 18th- 25th March 2024. 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



GILANI RESEARCH
FOUNDATION

Monday, 22nd April, 2024

(3 Pages, English version Only)

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
2024



of Gallup Pakistan
(1980-2024)