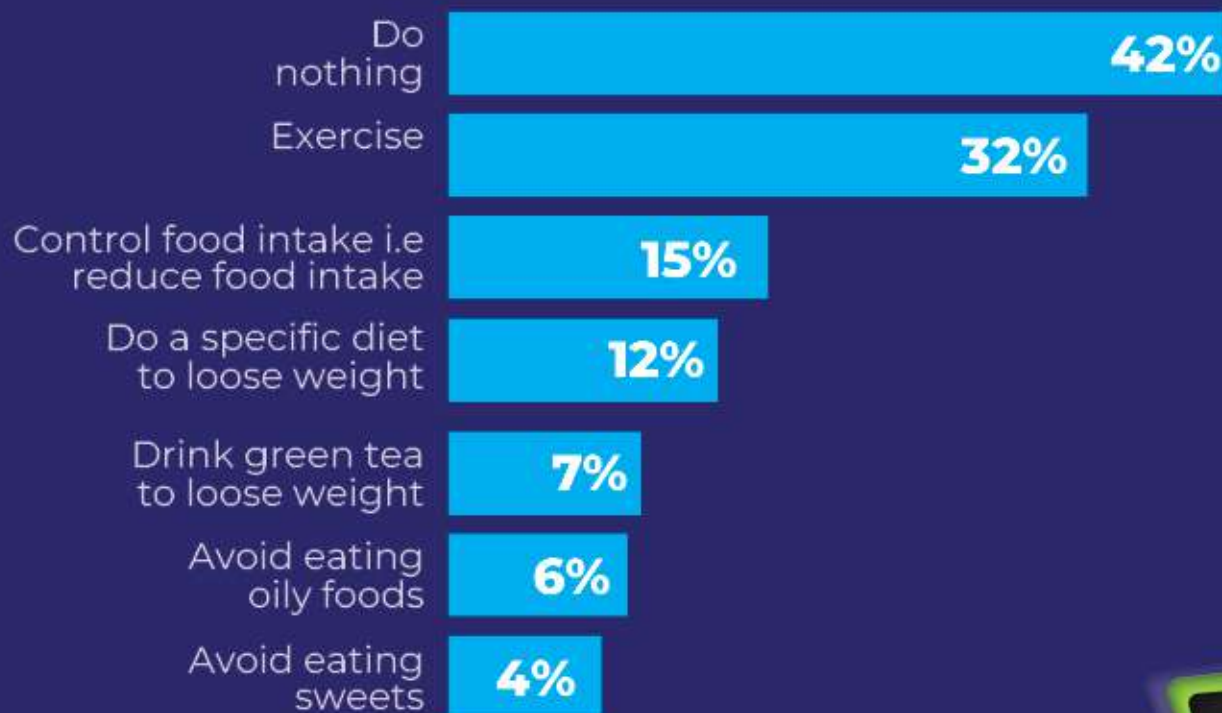


Weight loss inaction prevails in Pakistan: 42% Pakistanis do nothing, while a third exercise (32%) and few prioritize diet (12%)



Others: 2% | Dont Know/No response: 1%

Question: Please tell me what you usually do if you want to lose weight?





PRESS RELEASE

Opinion Poll

Social

Social behavior

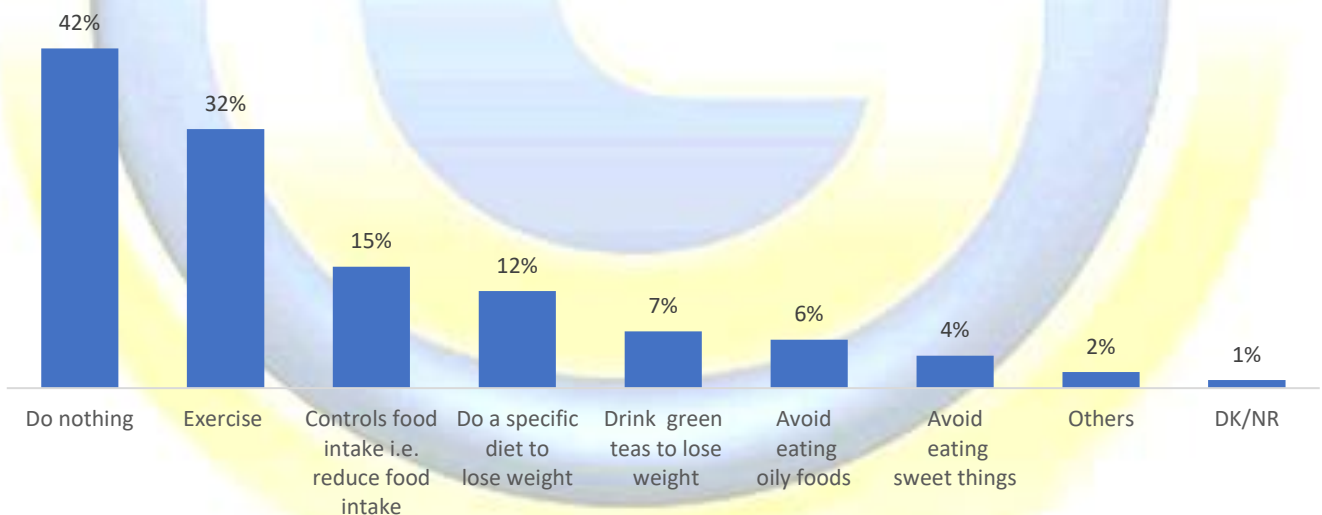
Weight loss inaction prevails in Pakistan: 42% Pakistanis do nothing, while a third exercise (32%) and few prioritize diet (12%): Gallup & Gilani Pakistan

(Islamabad) 14th November, 2024

According to a survey conducted by Gallup & Gilani Pakistan, 42% Pakistanis do nothing to lose weight. Survey findings reveal that a third (32%) of Pakistanis use exercise as a weight-loss method, only 15% control their food intake, and 12% follow a specific diet.

A nationally representative sample of adult men and women from across the country was asked the question, “Please tell me what you usually do if you want to lose weight?” In response, 42% said ‘Do nothing’, 32% said ‘Exercise’, 15% responded ‘Controls food intake i.e. reduce food intake’, 12% answered ‘Do a specific diet to lose weight’, 7% said ‘Drink green teas to lose weight’, and 6% said ‘Avoid eating oily foods’, 4% answered ‘Avoid eating sweet things’, 2% said “Others”, and 1% said they don’t know or gave no response.

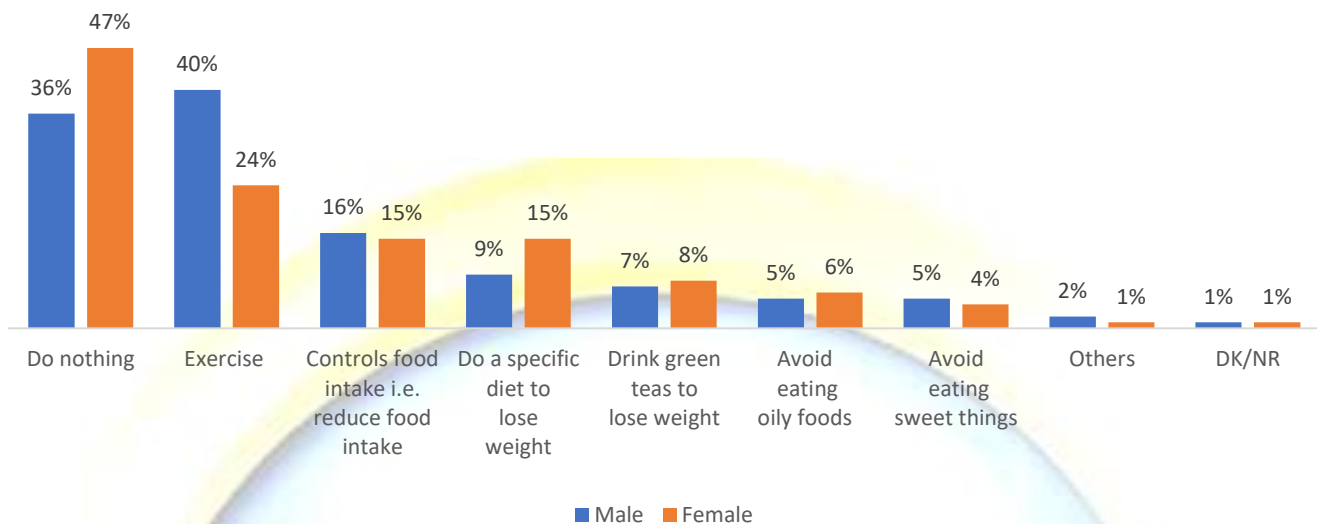
Question: Please tell me what you usually do if you want to lose weight?



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

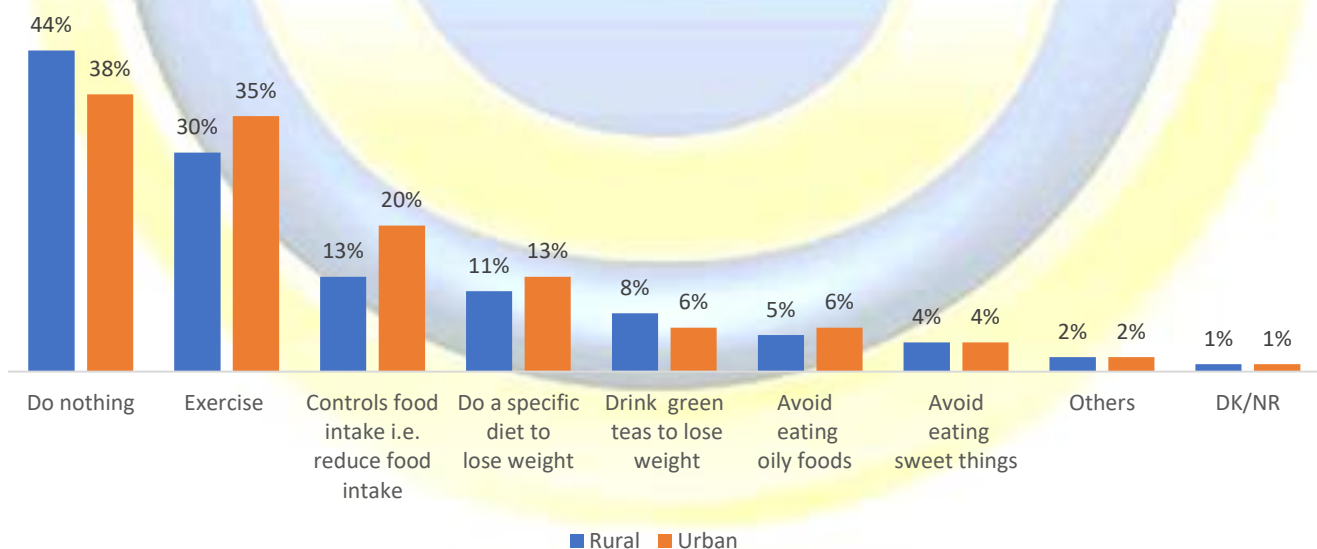
The study in Pakistan was conducted and released by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 1089 men and women in urban and rural areas of all four provinces of the country, conducted from 6th August - 9th September 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: 47% of males and 36% of females choose inactivity for weight loss, while more males (40%) than females (24%) prefer exercise, with no notable gender differences in dietary approaches.



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

Across rurality: In rural areas, 44% choose to do nothing for weight loss, compared to 38% in urban areas. Urban residents are 5% more likely to exercise and 7% more likely to reduce food intake than rural residents, while both groups are less inclined toward dietary changes.



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



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup
International



GILANI RESEARCH
FOUNDATION

Thursday, 14th November, 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*

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Daily Gilani Poll
2024



of Gallup Pakistan
(1980-2024)