



# Massachusetts Youth Survey on Weight Loss and Muscle Building Supplement Use

Reported Use and Experiences

Conducted by MEDA Youth Leadership

March – May 2020

# Survey: Reality Check on Weight Loss and Muscle Building Supplements

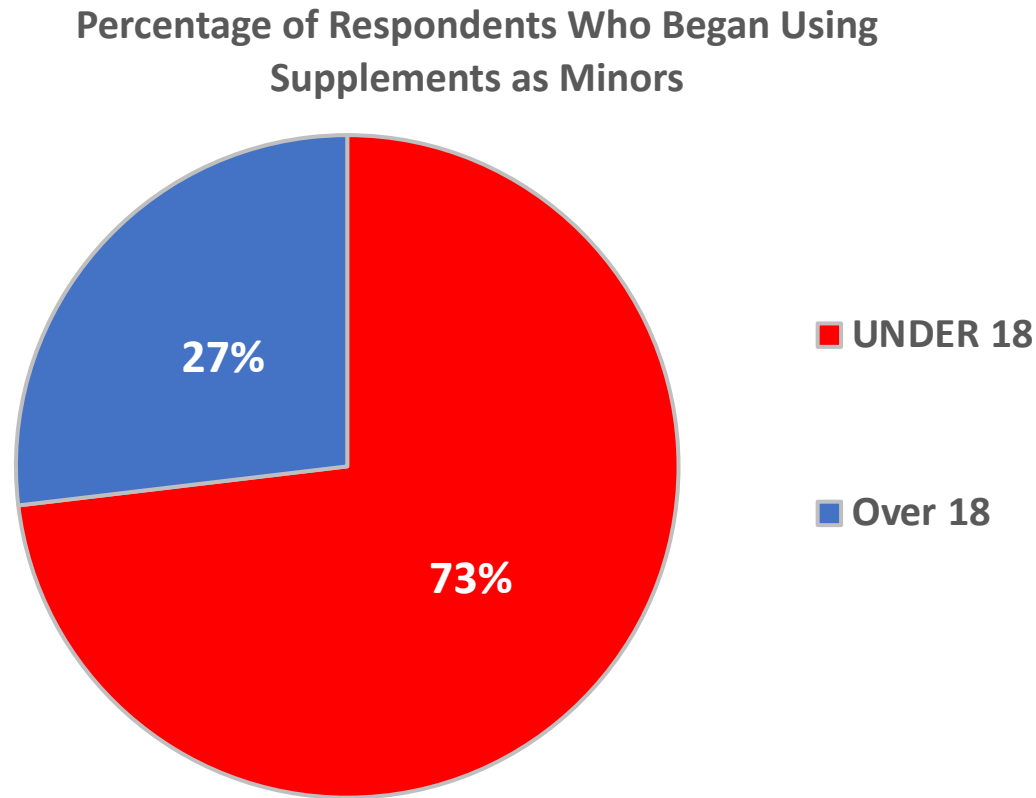
- Purpose: An online survey was created to get a sense of the experiences of Massachusetts students with diet pills and muscle building supplements as part of youth advocacy work.
- Students began sharing the survey with their friends and networks in early March 2020.
- Received 475 responses as of May 18, 2020.

# Reported Youth Use of Supplements

| Reported Supplement Use                                    | Percent of Total Surveyed |
|--|---------------------------|
| Has used EITHER weight loss or muscle building supplements | <b>38%</b>                |
| Has used weight loss supplements                           | <b>24%</b>                |
| Has used muscle building supplements                       | <b>23%</b>                |
| Has used BOTH  | <b>8%</b>                 |

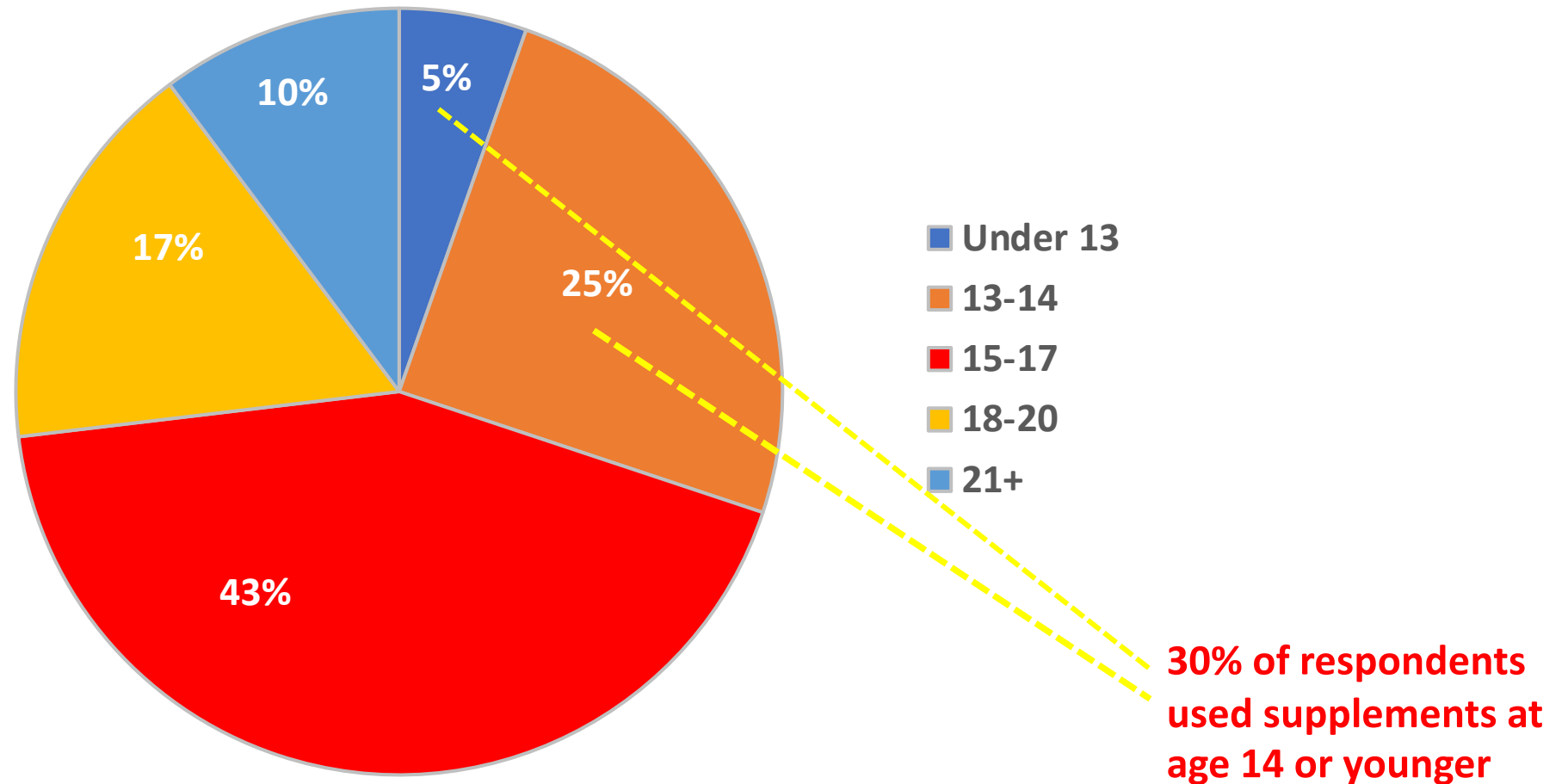
# Age at First Use of Supplements

Survey data shows that nearly 3/4 of respondents started using supplements when they were minors.



# Age Breakdown of First Use of Supplements

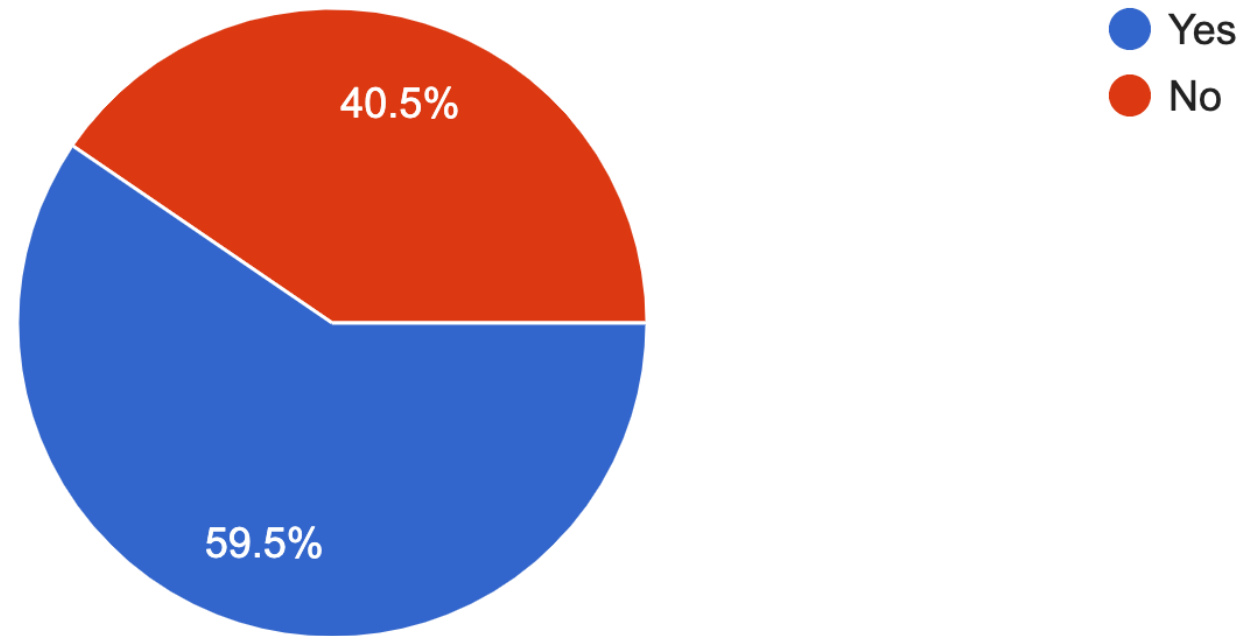
How Old Were You When You First Used These Products?



# Friend Use of Supplements

Have your friends used weight loss supplements or muscle building supplements?

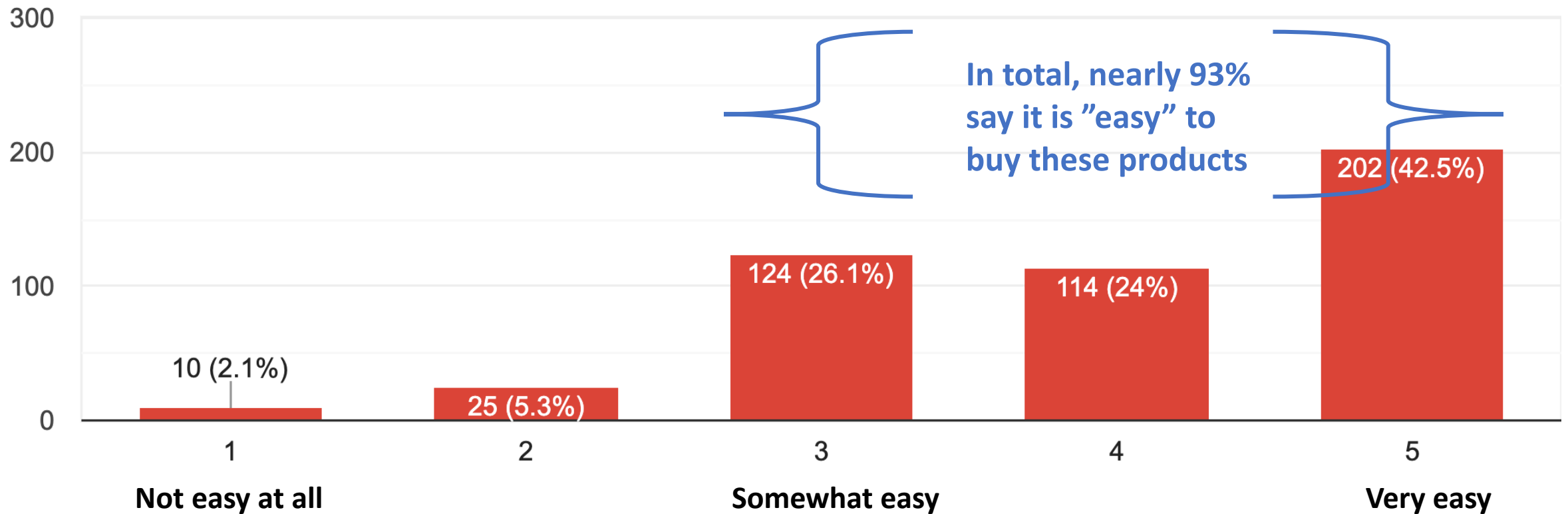
472 responses



# Ease of Purchase

How easy is it for people under the age of 18 to purchase these products?

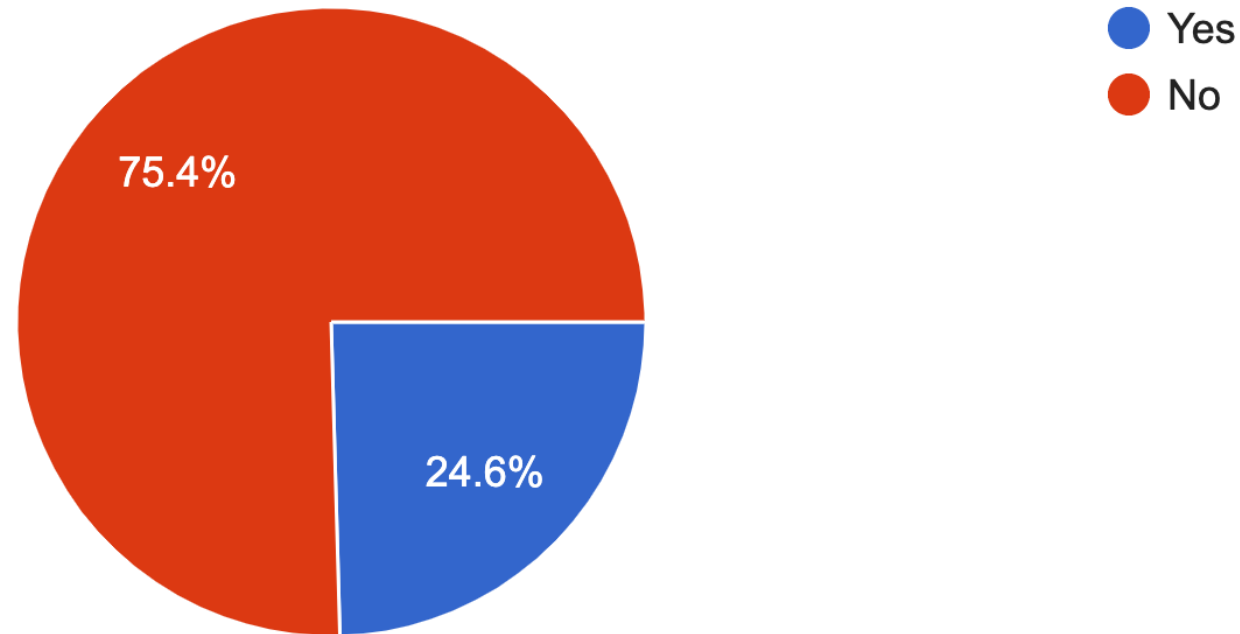
475 responses



# Encouragement to Use Weight Loss Supplements

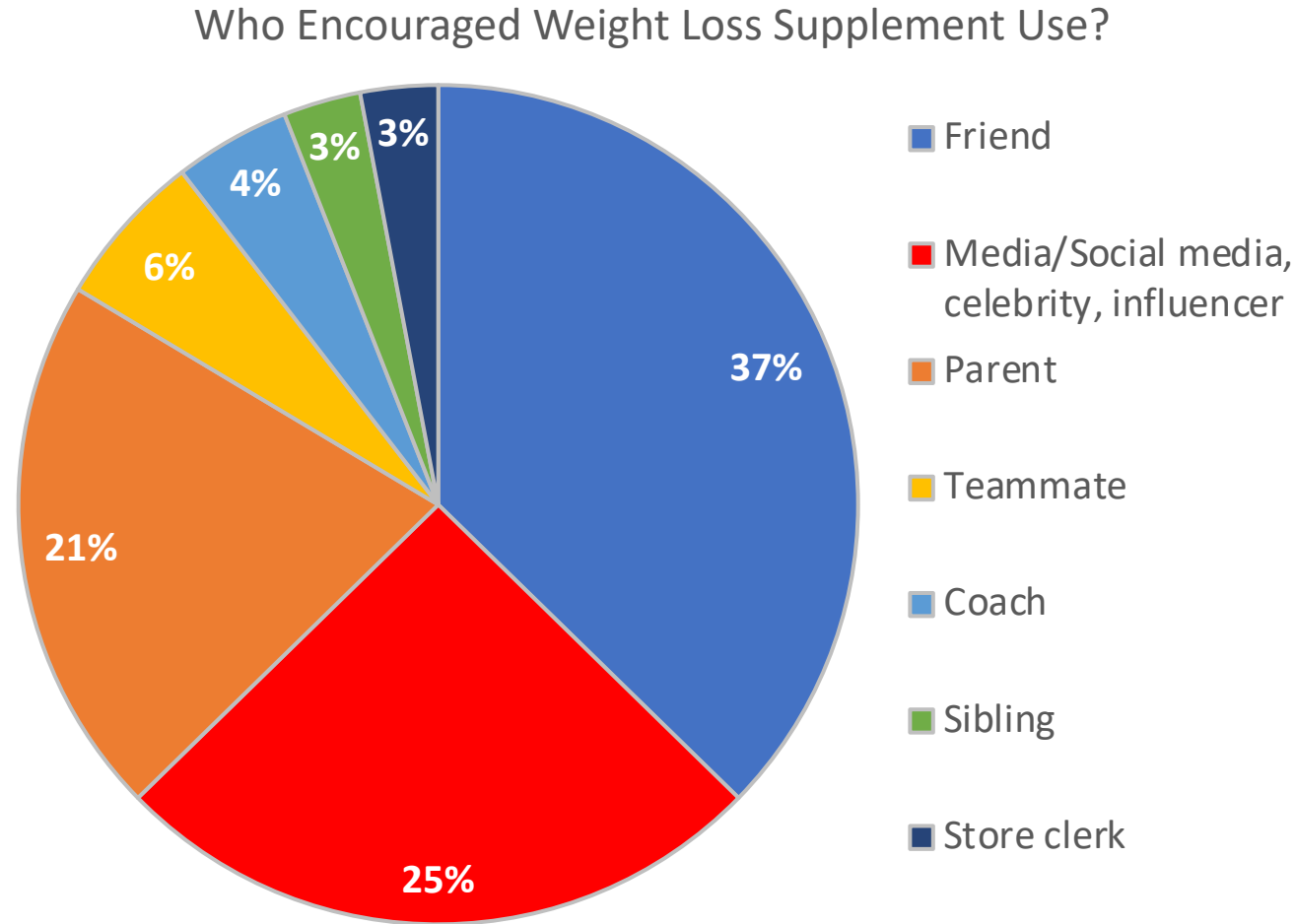
Have you ever been encouraged to use weight loss supplements?

285 responses





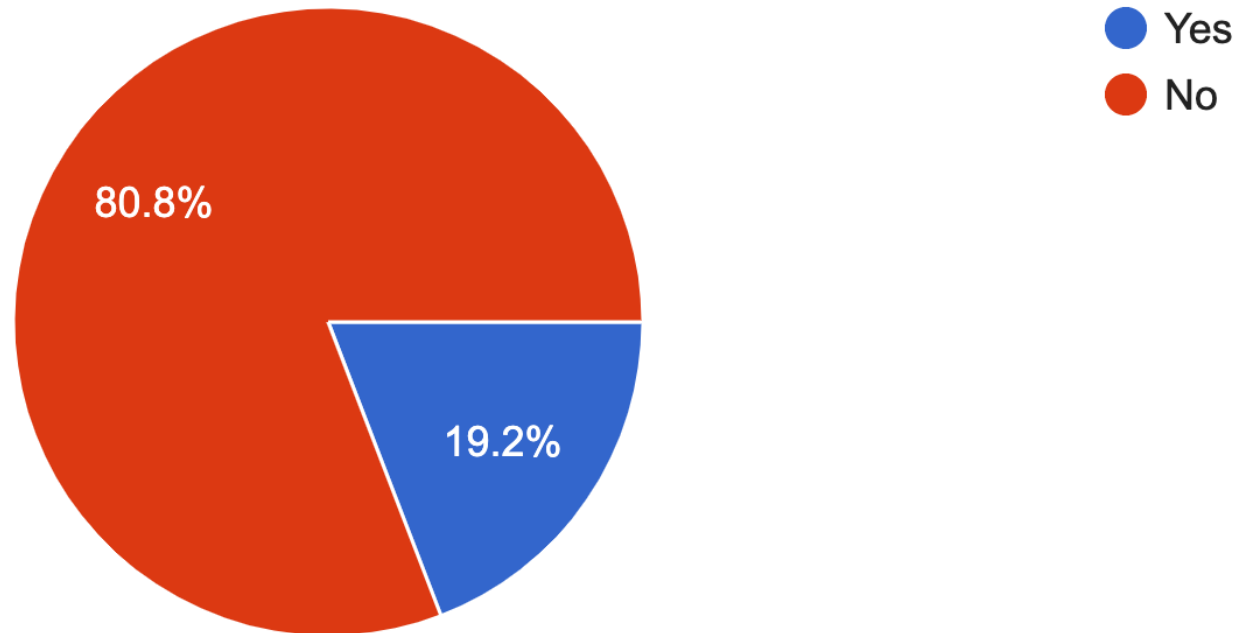
# Who Encouraged Supplement Use?\*



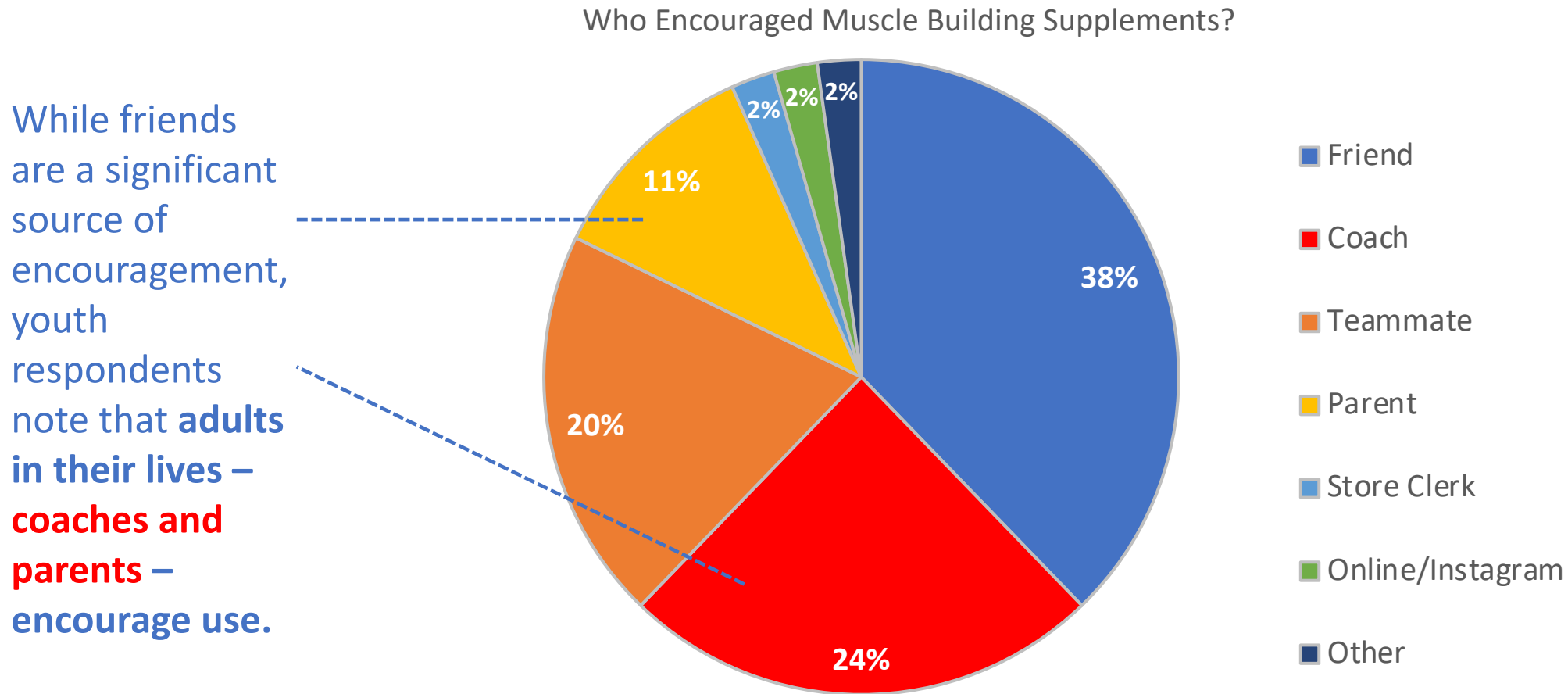
\* Of 70 respondents that reported being encouraged to use weight loss supplements.

# Encouragement to Use Muscle Building Supplements

Have you ever been encouraged to use muscle building supplements for athletic performance?  
475 responses



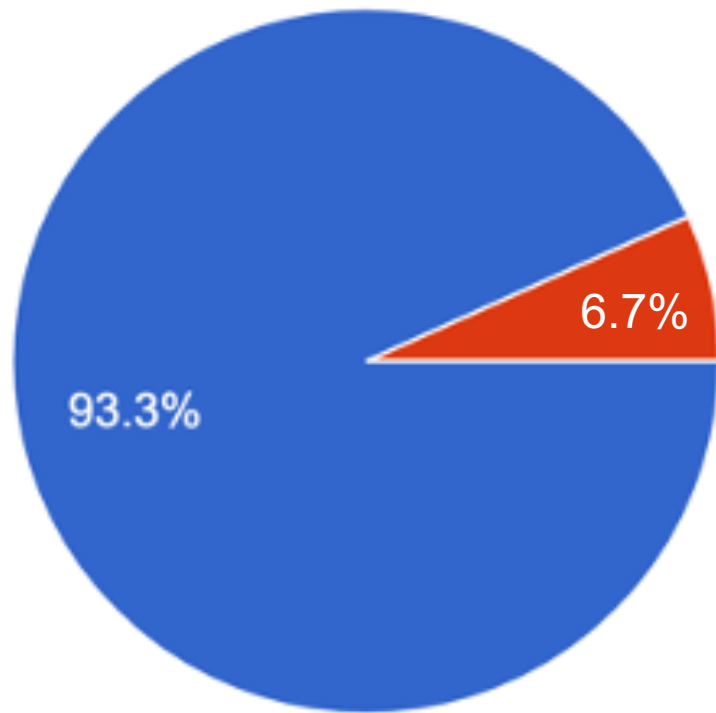
# Who Encouraged Supplement Use?\*



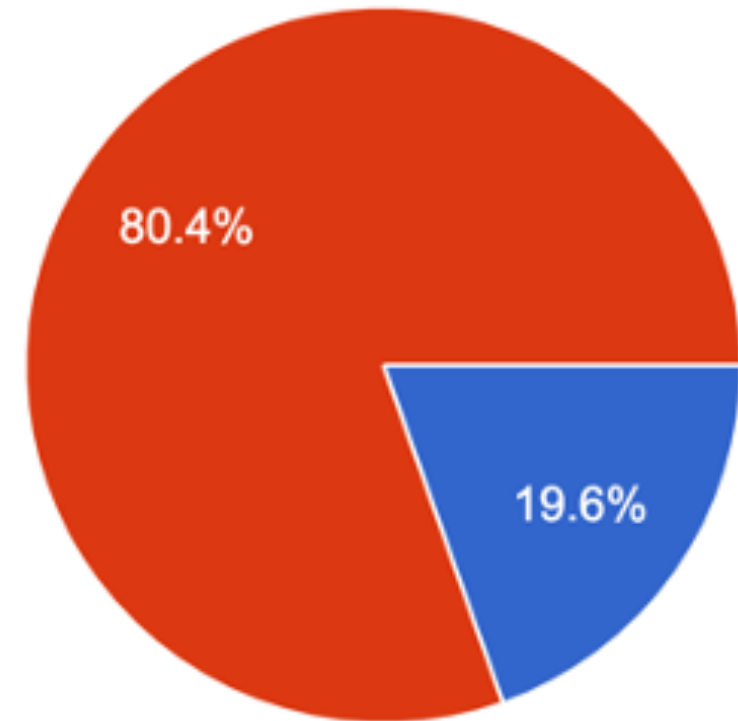
\* Of 91 respondents said that anyone encouraged them to use muscle building supplements.

# Has an Adult Discussed Dangers?

In the past two years, has an adult talked to you about the dangers of tobacco, vaping, alcohol or drug use?



In the past two years, has an adult talked to you about the dangers of diet pills or muscle building supplements?

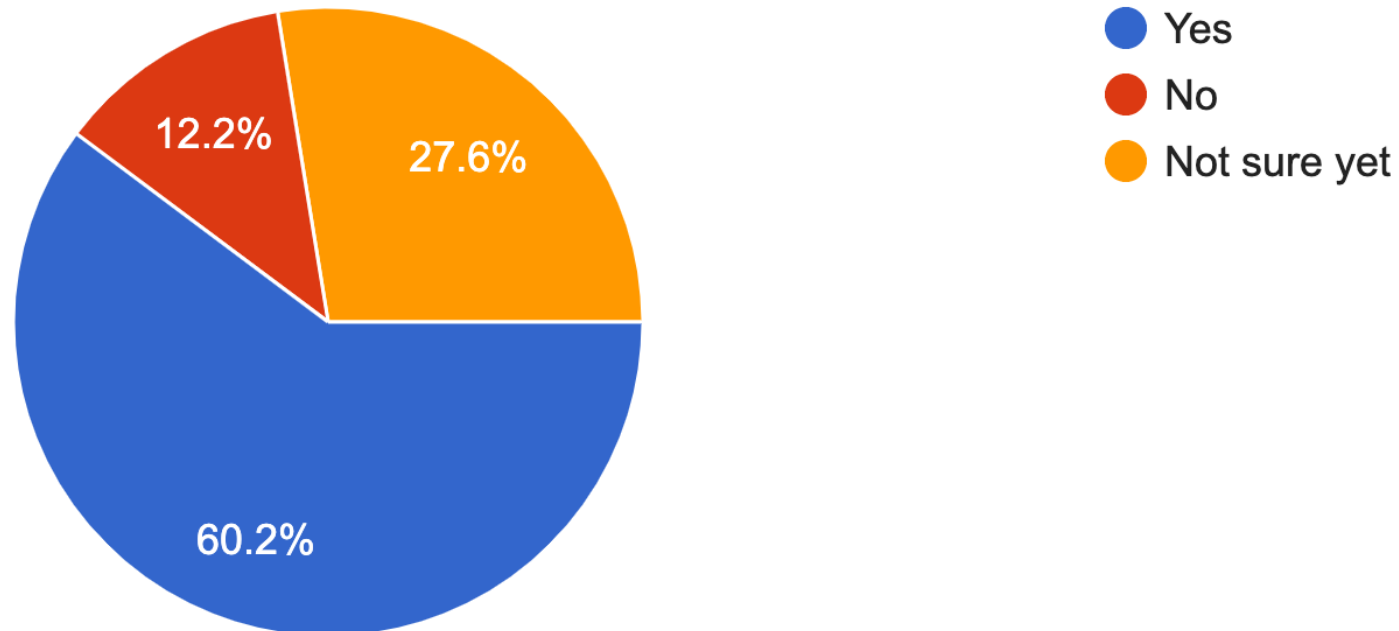


● Yes  
● No

# Attitudes Toward Protections - Supplements

Do you believe companies should be prevented from selling over-the-counter weight loss supplements and muscle building supplements to anyone under the age of 18?

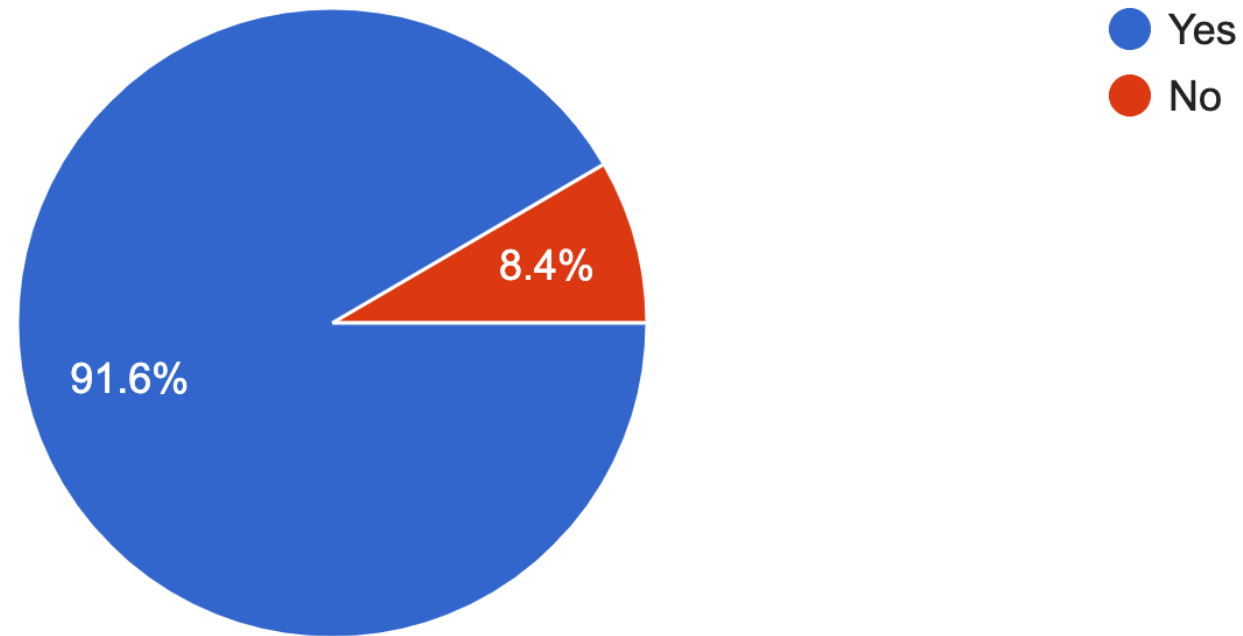
475 responses



# Experience with Discrimination

Have you ever observed people being discriminated against because of their body size?

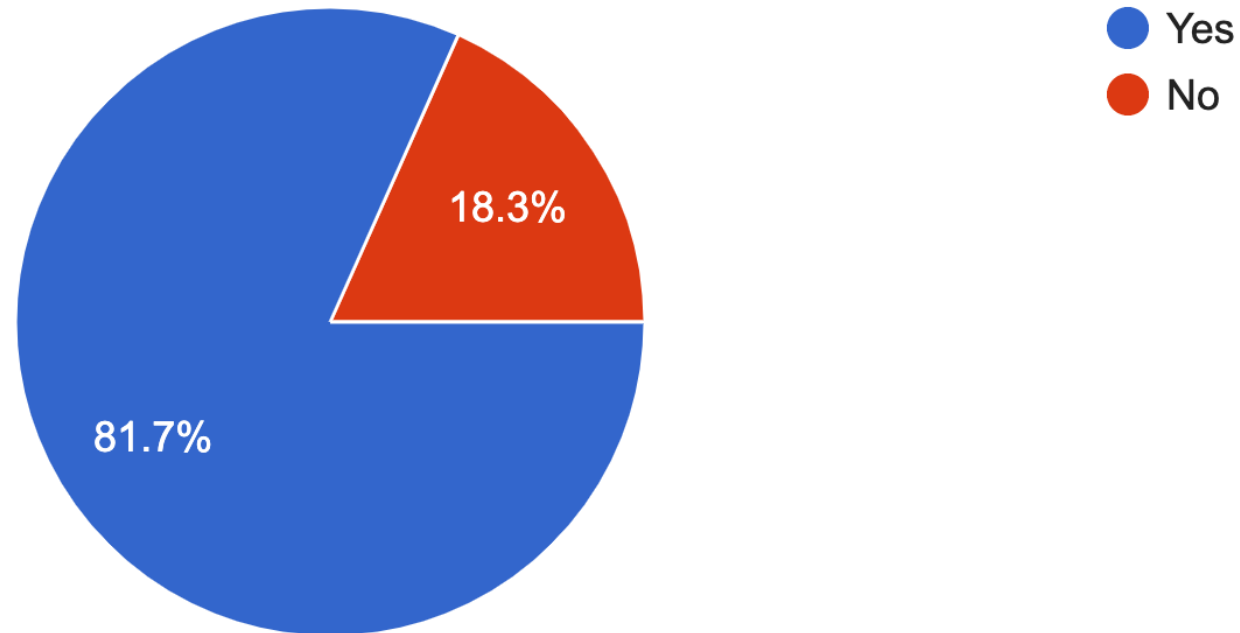
475 responses



# Attitudes Toward Protections - Discrimination

Do you believe laws should protect people from being discriminated against because of their body size?

475 responses

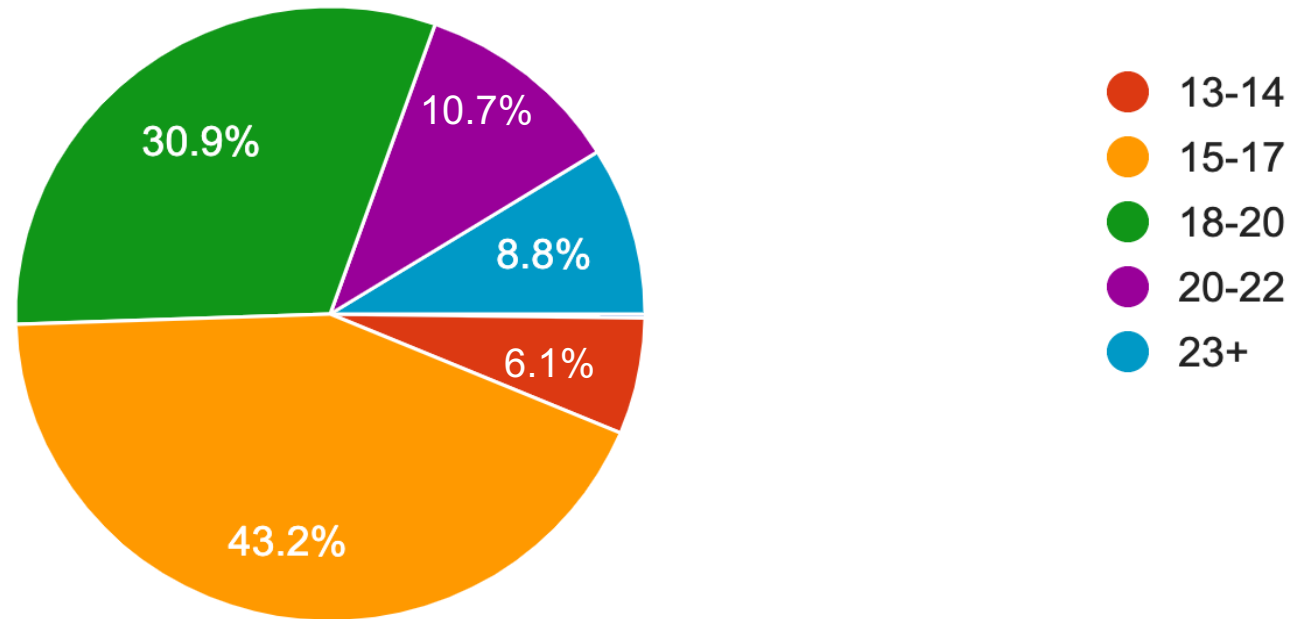


# Survey Demographics: Student Age

Half of respondents were under the age of 18 (49.3%)

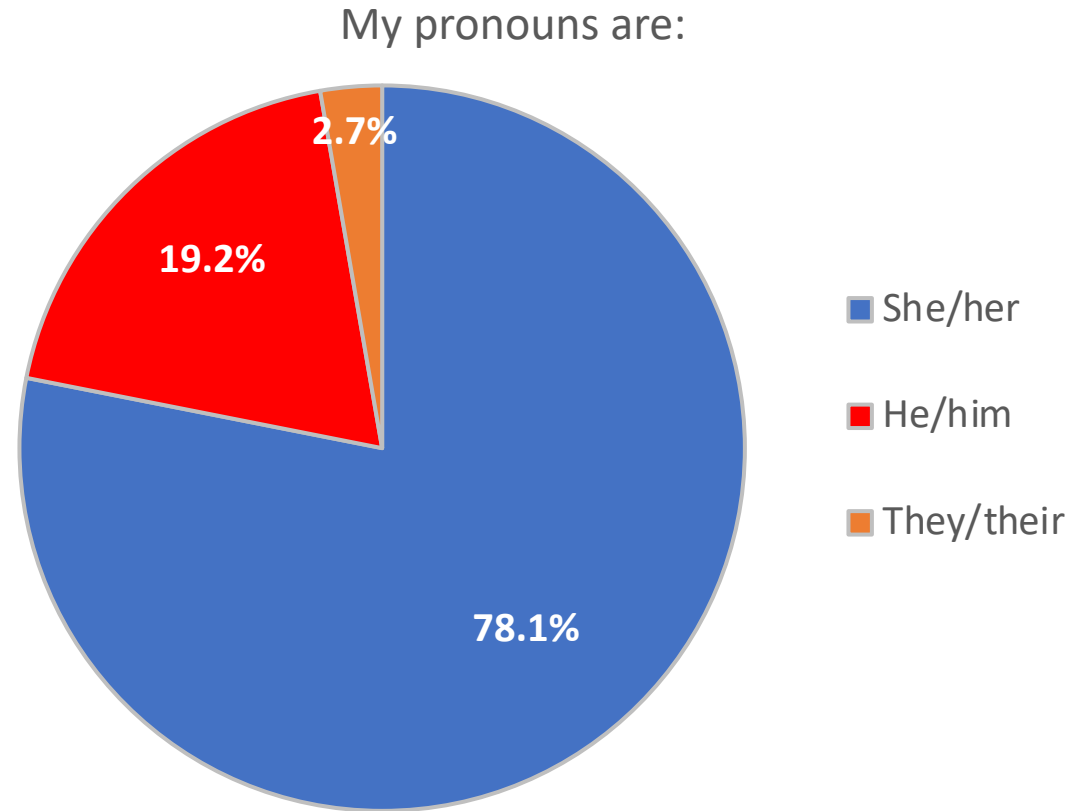
What is your current age?

475 responses





# Survey Demographics: Pronouns/Gender



# Survey Demographics: Identified heritage

- Respondents were diverse; 75.6% identified as white only, compared to 80.8% in Massachusetts (from U.S. Census data)

| Identified Heritage               | Percent of Respondents |
|-----------------------------------|------------------------|
| White                             | 75.6%                  |
| Multi-racial                      | 7.8%                   |
| Hispanic or Latino                | 5.1%                   |
| Black or African American         | 4.0%                   |
| East Asian                        | 3.2%                   |
| South Asian                       | 1.9%                   |
| Pacific Islander                  | 1.3%                   |
| American Indian or Alaskan Native | 0.2%                   |
| Middle Eastern or North African   | 0.2%                   |

| Multiracial respondents identified as:                              |   |
|---|---|
| Hispanic or Latino and White  | 8 |
| Black or African American and White                                 | 3 |
| East Asian and White  | 7 |
| South Asian and White   | 3 |
| Pacific Islander and White  | 1 |
| Middle Eastern or North African and White                           | 3 |
| American Indian or Alaskan Native, Hispanic or Latino, White        | 2 |
| American Indian or Alaskan Native, Hispanic or Latino               | 1 |
| American Indian or Alaska Native, Middle Eastern or North African   | 1 |
| American Indian or Alaskan Native, White                            | 1 |
| American Indian or Alaskan Native, Black or African American, White | 1 |
| Self-identified Multi-racial  | 6 |

# Survey Demographics: Cities/Towns

- Student respondents live in approximately 120 cities and towns across the Commonwealth

|             |            |            |                 |                |                  |
|-------------|------------|------------|-----------------|----------------|------------------|
| Abington    | Brimfield  | Fall River | Marblehead      | Randolph       | Walpole          |
| Agawam      | Brockton   | Fitchburg  | Marlborough     | Reading        | Waltham          |
| Allston     | Brookline  | Framingham | Mattapan        | Revere         | Ware             |
| Amherst     | Burlington | Greenfield | Medfield        | Rutland        | Wareham          |
| Andover     | Cambridge  | Hanson     | Methuen         | Salem          | Watertown        |
| Arlington   | Canton     | Harvard    | Millis          | Sharon         | Wayland          |
| Arlington   | Cape Cod   | Hingham    | Milton          | Sherborn       | Wellesley        |
| Arlington   | Charleston | Holden     | Mission Hill    | Shrewsbury     | West Springfield |
| Ashburnham  | Chelmsford | Holliston  | Natick          | Somerville     | Westfield        |
| Athol       | Chelsea    | Hopkinton  | Needham         | South Boston   | Westford         |
| Attleboro   | Concord    | Hull       | Newton          | South Weymouth | Weston           |
| Bedford     | Danvers    | Huntington | Newtonville     | Southborough   | Westwood         |
| Belchertown | Dartmouth  | Lakeville  | Norfolk         | Spencer        | Weymouth         |
| Bellingham  | Dedham     | Lancaster  | North Andover   | Springfield    | Whitinsville     |
| Belmont     | Deerfield  | Lawrence   | North Attleboro | Stoneham       | Wilmington       |
| Beverly     | Dorchester | Leicester  | Northborough    | Stoughton      | Winchester       |
| Billerica   | Dover      | Lexington  | Northfield      | Stow           | Woburn           |
| Boston      | Dracut     | Lowell     | Norwood         | Sudbury        | Worcester        |
| Bourne      | Duxbury    | Lynn       | Oxford          | Swampscott     | Wrentham         |
| Braintree   | Everett    | Lynnfield  | Pittsfield      | Taunton        |                  |
| Brighton    | Fairhaven  | Mansfield  | Quincy          | Tyngsboro      |                  |

# Survey Demographics: Largest Cities

- Student representation of the 10 largest cities in MA

| Biggest Cities in MA | Total respondents |
|----------------------|-------------------|
| Boston               | 49                |
| Worcester            | 15                |
| Springfield          | 3                 |
| Cambridge            | 4                 |
| Lowell               | 1                 |
| Brockton             | 1                 |
| New Bedford          | 0                 |
| Quincy               | 2                 |
| Lynn                 | 1                 |
| Fall River           | 1                 |



# Questions?

For additional questions, please contact  
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