



STRIPED

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Strategic Training Initiative for the Prevention of Eating Disorders



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.

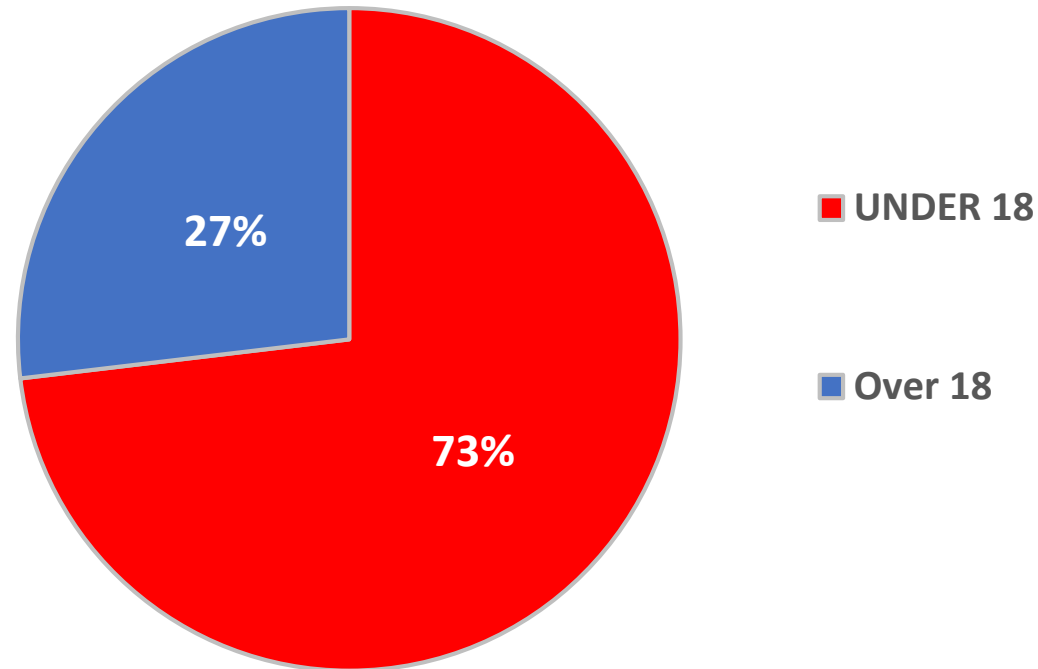
Reported Youth Use of Supplements

Reported Supplement Use	Percent of Total Surveyed
Has used EITHER weight loss or muscle building supplements	38%
Has used weight loss supplements	24%
Has used muscle building supplements	23%
Has used BOTH	8%

Age at First Use of Supplements

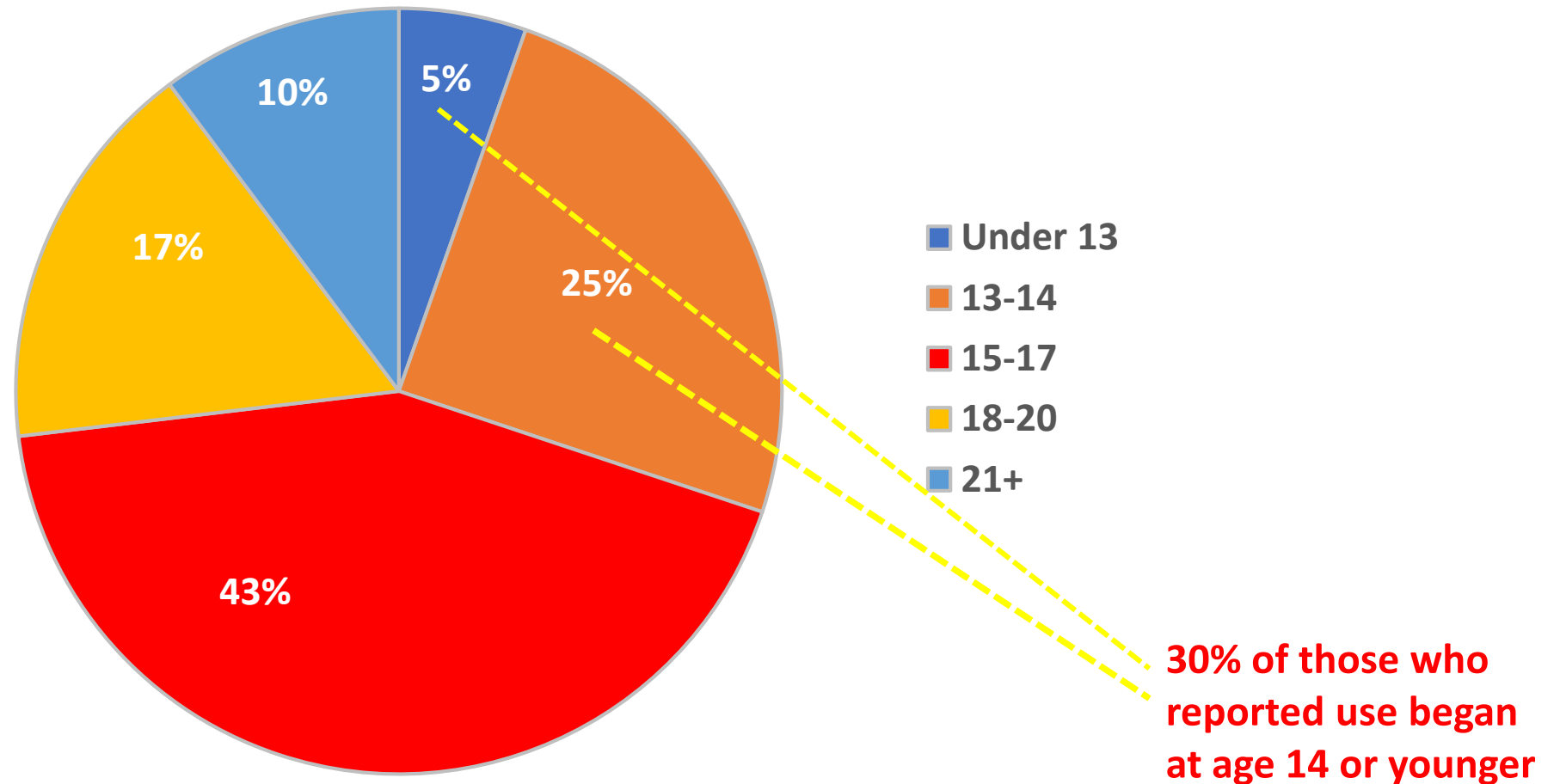
Survey data shows that nearly 3/4 of those who reported use started using supplements when they were minors.

Percentage of Respondents Who Began Using Supplements as Minors



Age Breakdown of First Use of Supplements

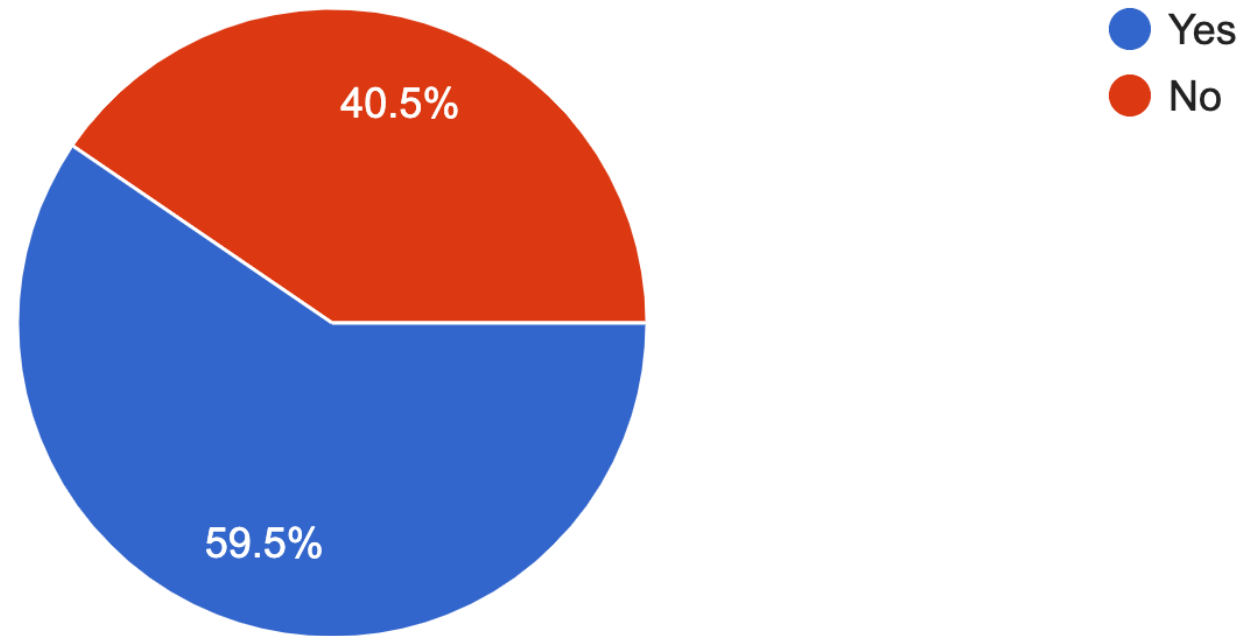
How Old Were You When You First Used These Products?



Friend Use of Supplements

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

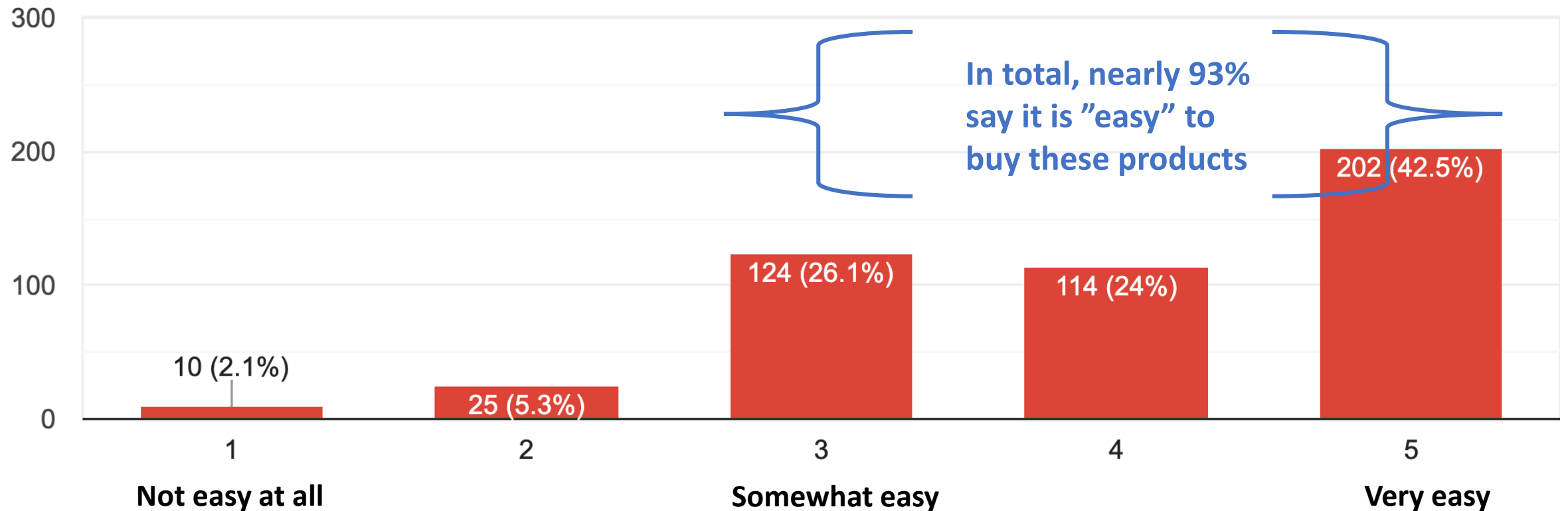
472 responses



Ease of Purchase

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

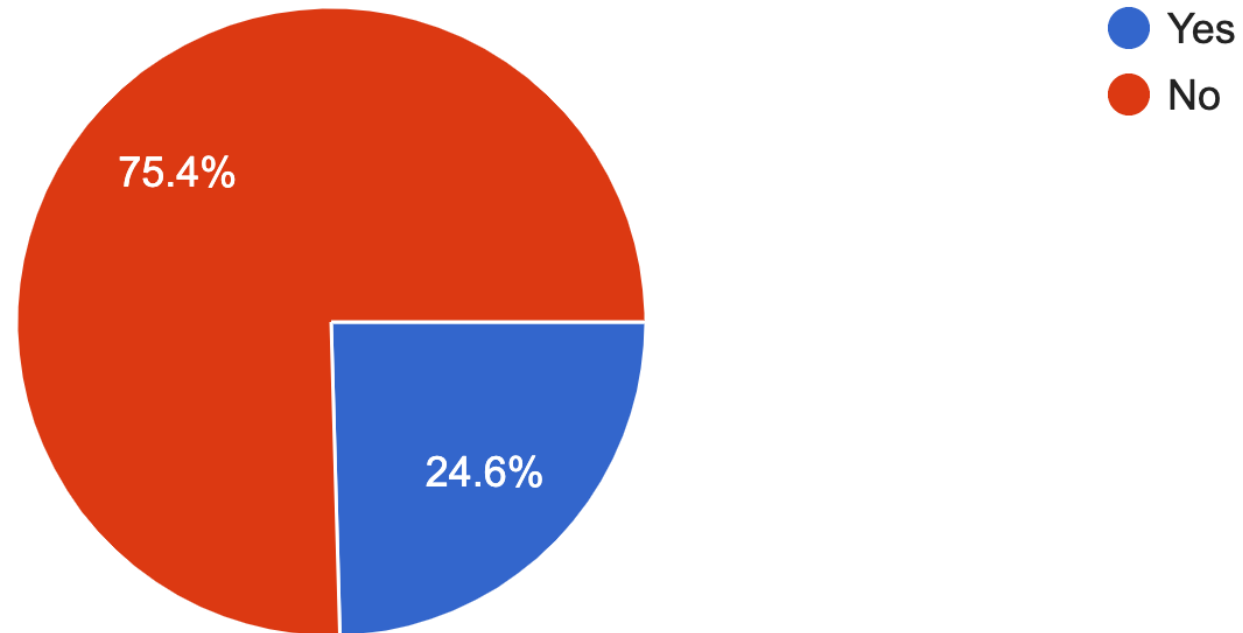
475 responses



Encouragement to Use Weight Loss Supplements

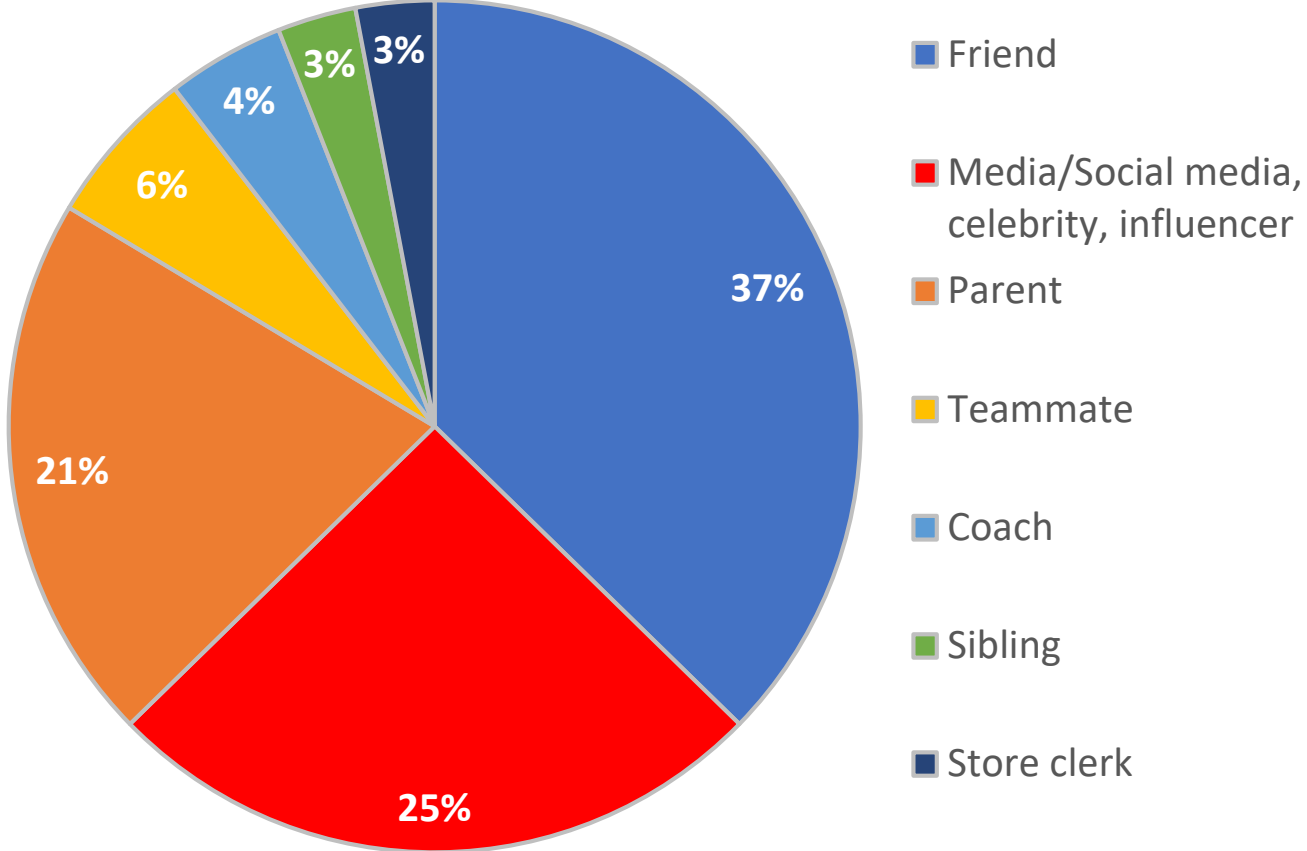
Have you ever been encouraged to use weight loss supplements?

285 responses



Who Encouraged Supplement Use?*

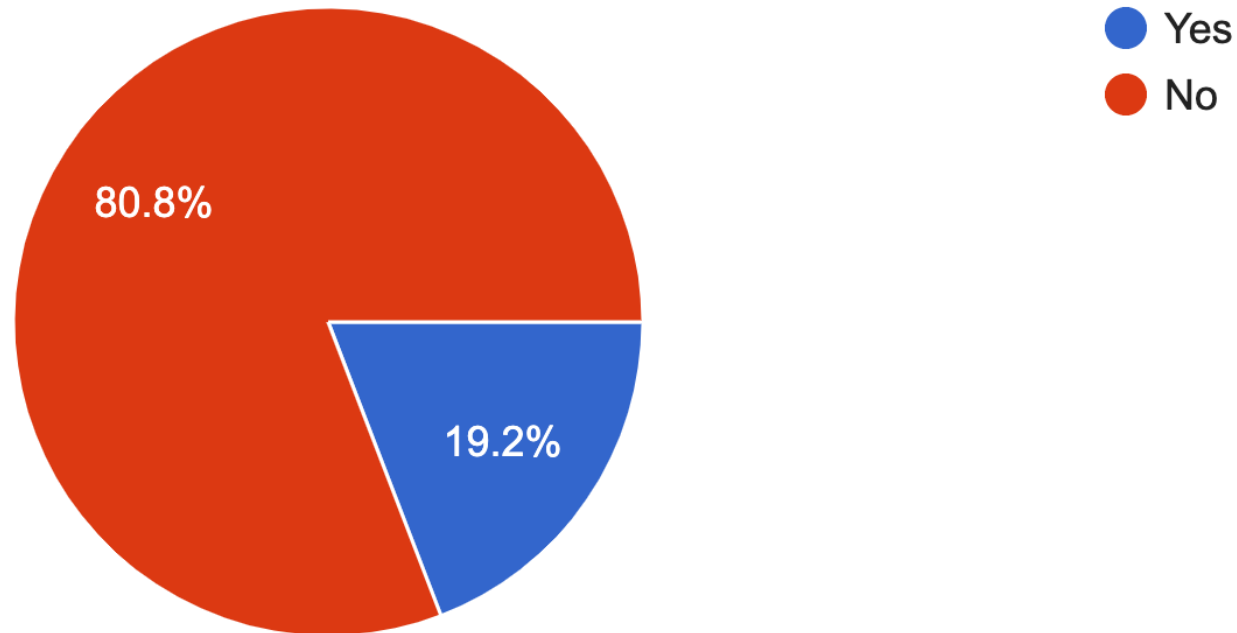
Who Encouraged Weight Loss Supplement Use?



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

Encouragement to Use Muscle Building Supplements

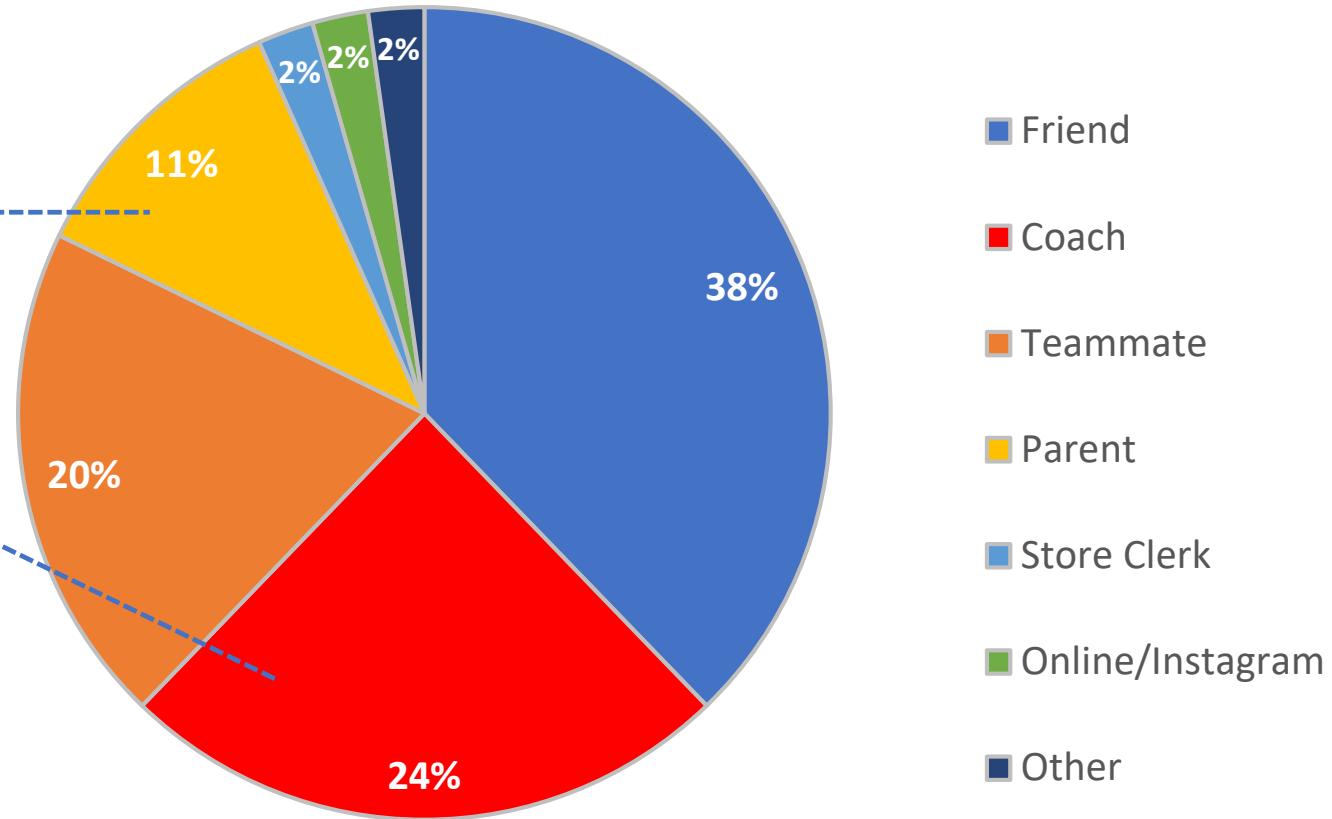
Have you ever been encouraged to use muscle building supplements for athletic performance?
475 responses



Who Encouraged Supplement Use?*

Who Encouraged Muscle Building Supplements?

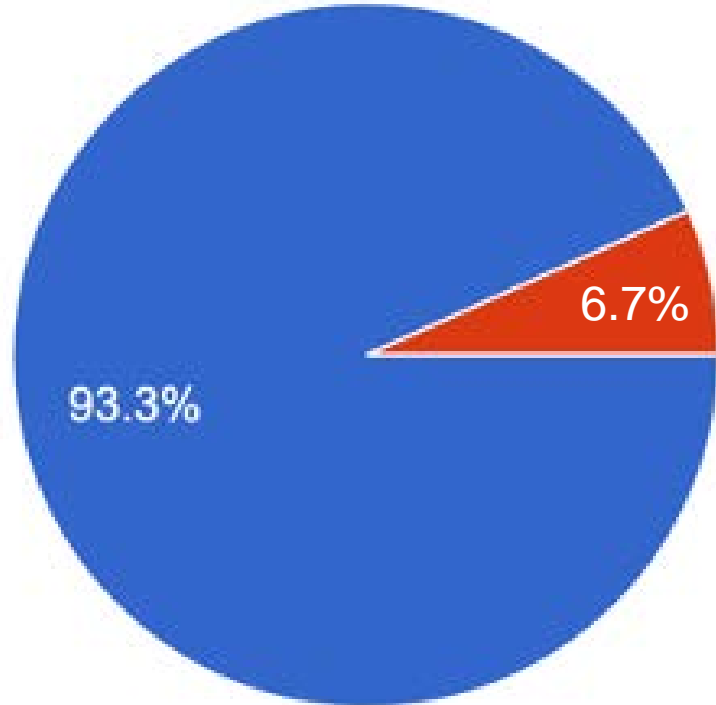
While friends are a significant source of encouragement, youth respondents note that **adults in their lives – coaches and parents – encourage use.**



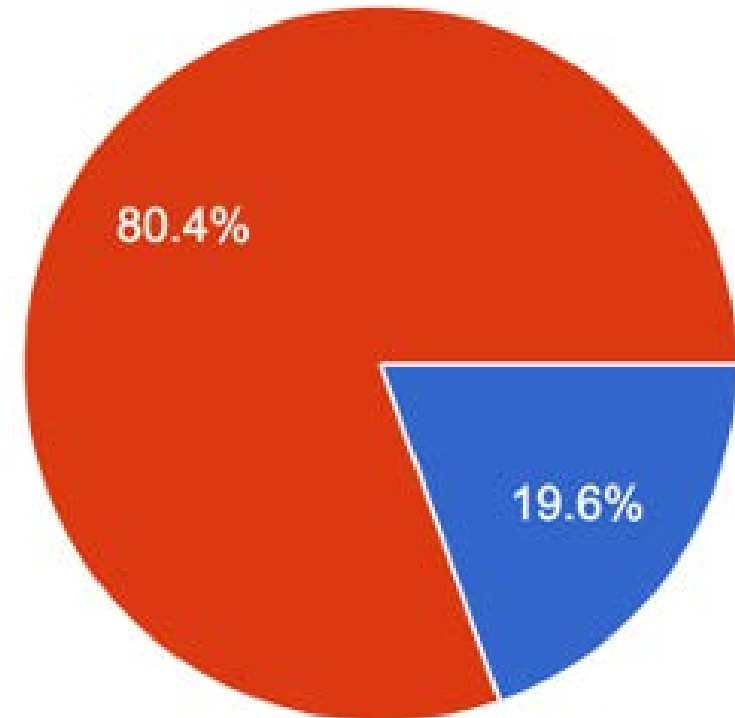
* Of 91 respondents said that anyone encouraged them to use muscle building supplements.

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?

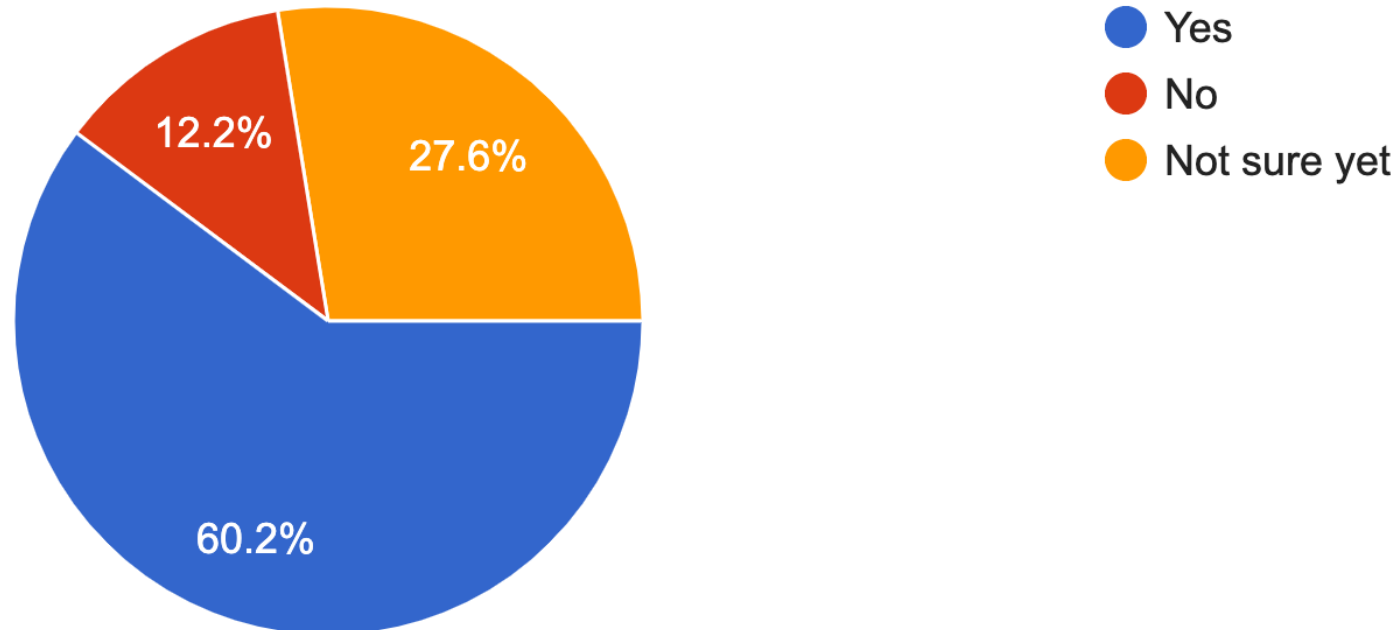


● Yes
● No

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?

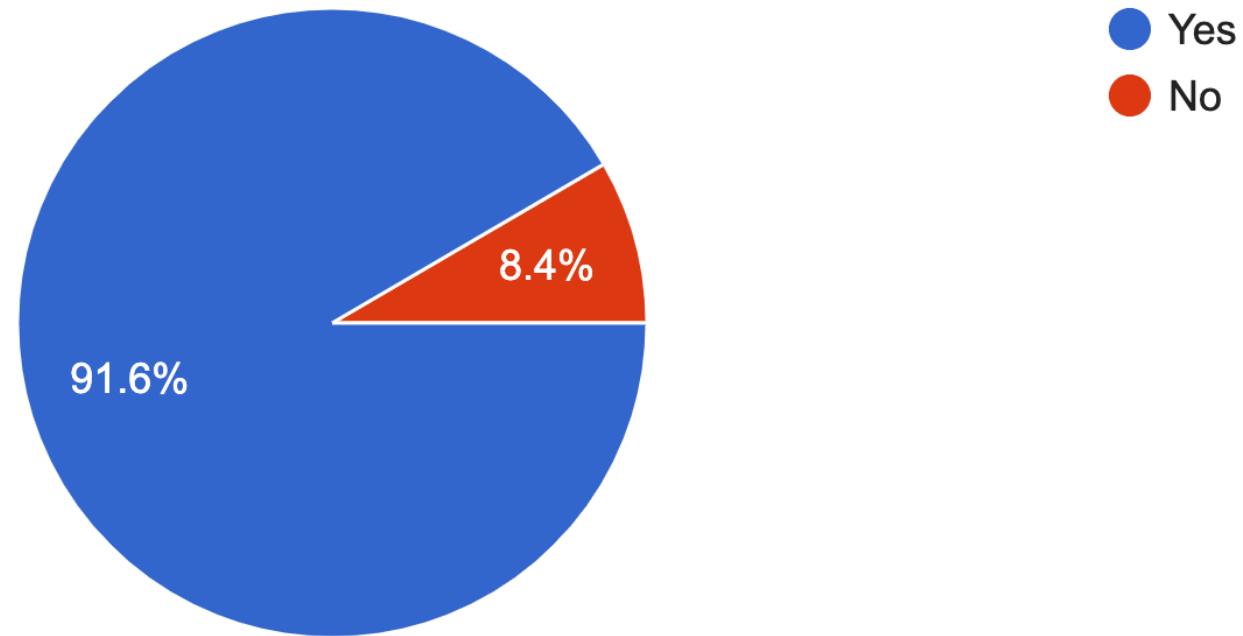
475 responses



Experience with Discrimination

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

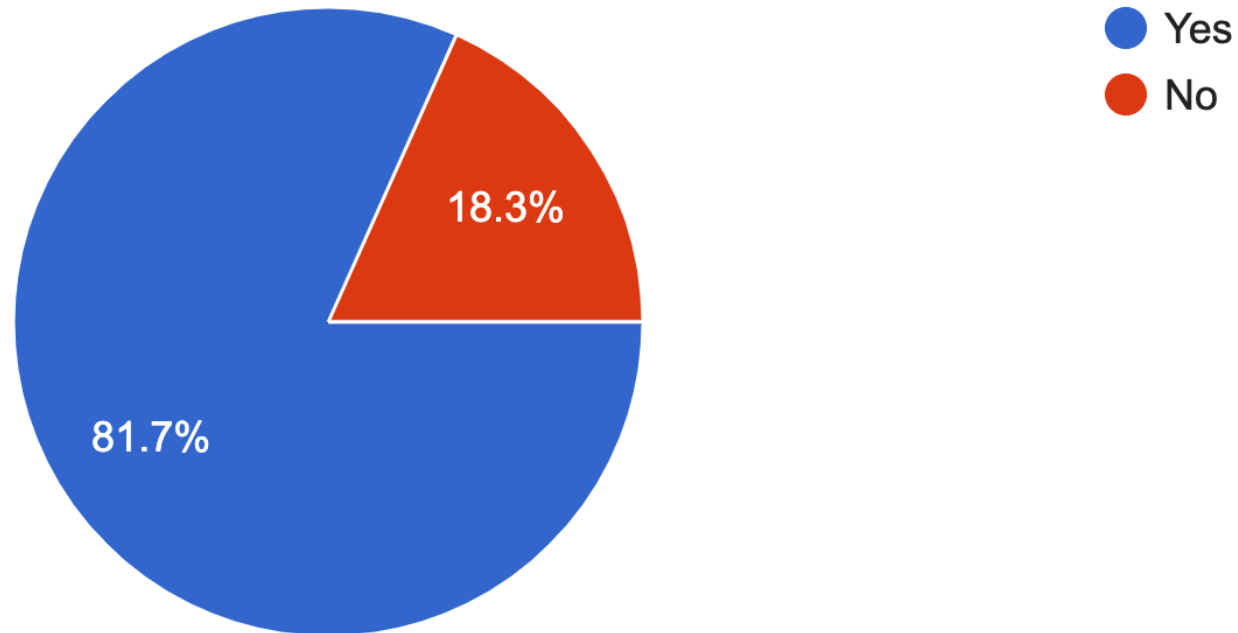
475 responses



Attitudes Toward Protections - Discrimination

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

475 responses

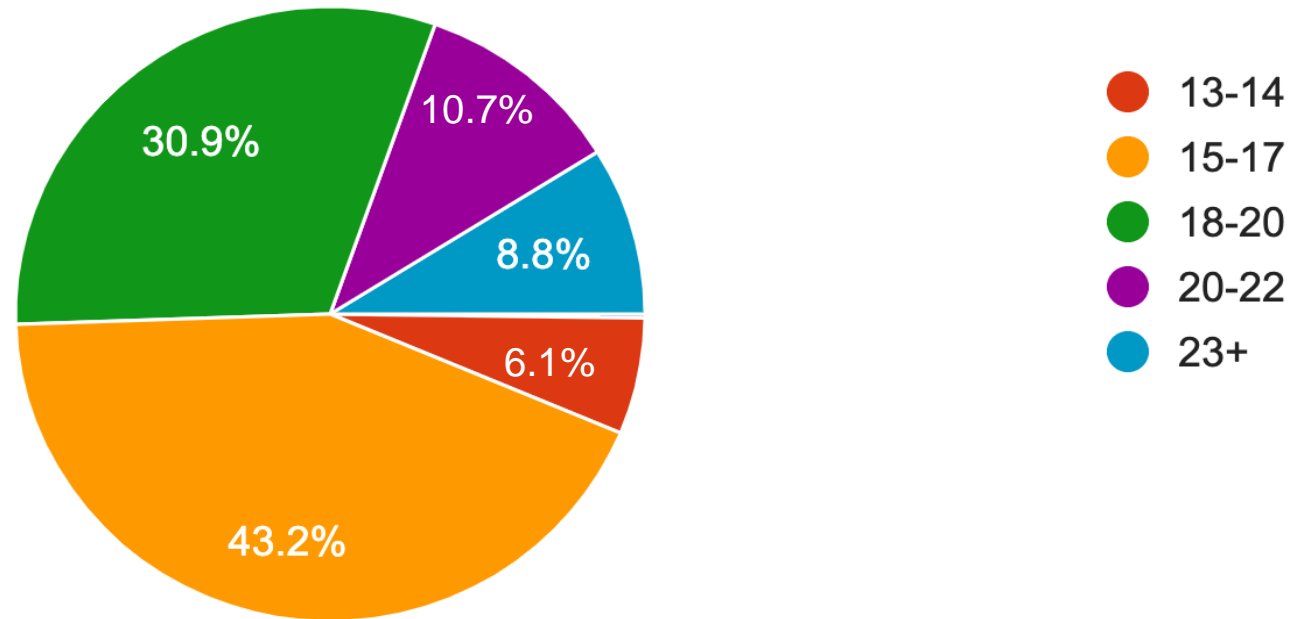


Survey Demographics: Student Age

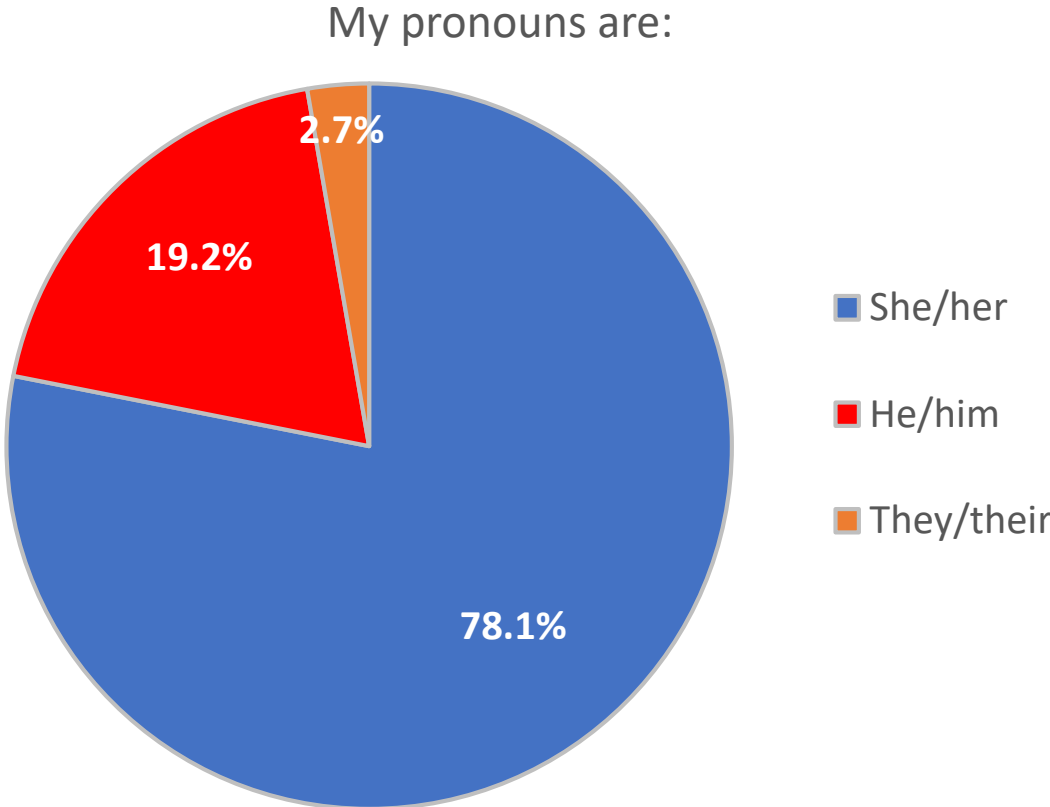
Half of respondents were under the age of 18 (49.3%)

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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