

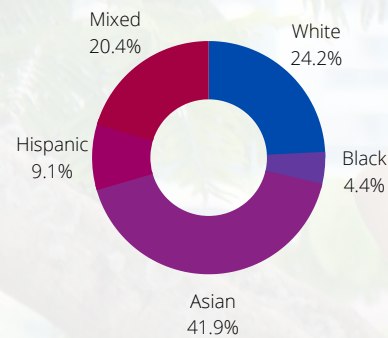
The Voices Of 510 New York Youth



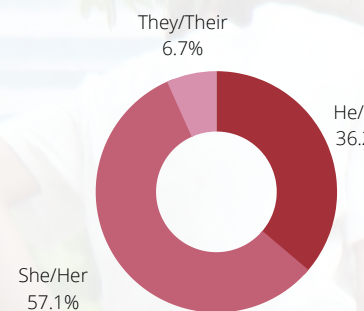
THE DANGERS OF OVER-THE-COUNTER DIET PILLS & MUSCLE-BUILDING SUPPLEMENTS FOR YOUTH

Survey Demographic

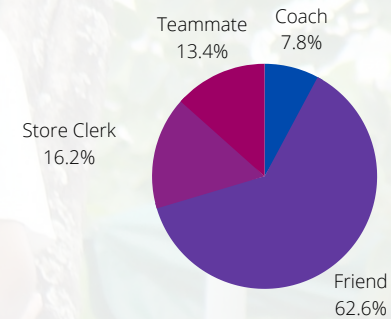
Racial Makeup of Surveyed Youth



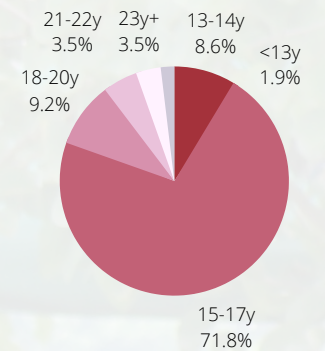
Pronouns of Surveyed Youth



There Are Many Sources of Influence for Using These Supplement Products



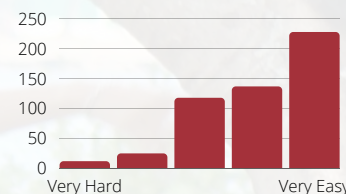
2 of 3 Youth Surveyed First Used These Supplements Before Age 17 Years



93% of Youth Say It Is Easy to Access Diet Pills and Muscle-Building Supplements



2 of 5 Youth Reported That Their Friends Have Used Diet Pills or Muscle-Building Supplements



Hundreds of Youth Believe It Is Easy to Purchase Harmful Diet Pills and Muscle-Building Supplements



77% Never Talked With an Adult About the Dangers of Diet Pills and Muscle-Building Supplements



62% Say that Lawmakers Should Restrict Kids from Buying Diet Pills and Muscle-Building Supplements

Youth-Led Survey Powered By:



Let's Keep Diet Pills & Muscle-Building Supplements Out of Kids' Hands

Youth who use over-the-counter (OTC) diet pills are 6x more likely to be diagnosed with an eating disorder within 3 years than non-users.

American Journal of Public Health (2020)

The American Academy of Pediatrics has strongly cautioned against teens using OTC diet pills or muscle-building supplements.

Pediatrics (2016)

With limited FDA oversight, some dietary supplements are laced with banned pharmaceuticals, steroids, and other toxic ingredients.

Journal of Medical Toxicology (2011)