

Use of Dietary Supplements for Weight Loss in the United States: Results of a National Survey

Introduction

Overall the paper aims to examine the dietary supplement which mainly involves weight loss priority. The research substantially concerns safety, efficiency ,and product regulation. Moreover, the survey includes a large sample size which is around 3,500 US adults ,and the prevalence of dietary supplement usage for weight loss, the demographic profile of users, and knowledge of dietary supplement safety regulation were all included as outcome measures. Initially, according to clinical procedures, sustained weight reduction and maintenance include lifestyle and behavioral adjustment or control such as reduced calorie intake and routine exercise. However, due to these difficult adjustments and time-consuming, many people look for alternatives. Dietary supplements are becoming more popular among Americans as a way to lose weight which leads to a significant increase in sales of dietary supplements ,but in terms of scientific certification there has been little scientific research on the safety and effectiveness of the different dietary supplements for weight loss. Hence, these products must be approved by the Food and Drug administration or FDA before being taken by people which it is inferring for the safeness and efficiency to people who intake it. However, even concentrating on the process one question arises: is the FDA taking action to remove the product from the market if a serious injury or disease has occurred?. Several dietary supplements have recently been shown to have pharmacological interactions and have been connected to major health hazards. To give an example, in 2004 there was a diagnosis dilemma between whether the effects of ephedra in supplements have linkage to serious health issues or not. Therefore it must be seriously monitored before certifying some dietary supplements.

Methods and Procedures

Firstly, the University of Connecticut's Center for Survey Research and Analysis recruited 3,500 participants aged 18 and up to engage in a computer-assisted telephone interview. To create a nationally representative sample, individuals were selected by a random telephone survey performed in the 48 states ,and to guarantee that areas were represented in roughly proportion to their share of the overall population, stratified sampling was done using geographic regions as defined by the US Bureau. Moreover, to increase the probability of interviews being completed using the numbers initially picked, a maximum of ten attempts per telephone number

were adopted. Messages were left if an answering machine was reached after five tries to contact the residence which included information on the interviewer and the cause for the call.

Furthermore, a text telephone system was employed to conduct the interview if a hearing-impaired responder was found. Interviews lasted an average of 24 minutes. Next, the study also aims to use another survey method as well. The researcher designed the poll, which incorporated items from previously verified surveys. The poll was pre-tested with 232 respondents to assess its clarity and substance, as well as its completeness and accuracy. The final survey asked about weight-related beliefs, attitudes, and practices, as well as demographics, weight history, and medical problems. BMI was calculated using self-reported height and weight which it can use to define their current weight on a 5-point scale ranging from substantially underweight to overweight. However, only those who reported being overweight or obese in the past were asked whether they had ever used herbal medications, or weight-loss supplement to reduce weight or not. Then this article also focuses on the reasons behind the intake of these dietary supplements so they asked them what they intended to gain by reducing weight in their most recent try. Then the most response reasons given were related to health and appearance concerns.

Result

The result related to demographic and respondents characteristics show that 62.7 percent of the 3,500 respondents in the complete sample said they were presently overweight (1,679 respondents) or had been overweight in the past (516 respondents), and 65.8% (1,444 respondents) said they had ever attempted a major weight-loss process. Moreover, at the study period, 37.9% were overweight and 37.5 percent were obese, according to BMI derived from self-reported height and weight. Then moving to the characteristics of dietary supplements users it reported that one-third of those who had undertaken a serious weight-reduction effort (33.9 percent) said they had not intake dietary supplements for weight loss. On the other hand, dietary supplements were used by women at a higher rate than those of males and the majority group which most often used belongs to young individuals aged 25–34 ,but the lowest users group is aged 60 or higher. Lastly, dietary supplements were more commonly used by those who evaluated their health as bad according to their weight intended to lose 25 pounds. Finally, these people groups used more weight-loss items.

References

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