

MEDIA CENTER

HEALTH

RESEARCH

ABOUT PCRM

Physicians Committee for Responsible Medicine

PCRM

SHOP

GIVE

News Release Archive

[2006](#) | [2005](#) | [2004](#) | [2003](#) | [2002](#) | [2001](#) | [2000](#)

Survey Finds Americans Prefer to Treat Diabetes with Diet, Not Medicine

NEWS RELEASE

Feb. 1, 2007

PCRM Physicians Committee for Responsible Medicine

Pills or Papayas? Survey Finds Americans Want Healthier Foods, Not More Medicines

Sixty-Nine Percent of Respondents Would Prefer to Treat Diabetes with Dietary Changes, Such as a Vegetarian Diet, Rather than Medication; Findings Reinforce Clinical Research Outlined in New Book

WASHINGTON—If you thought Americans would rather pop a pill to treat illness than make major diet changes, think again. A new survey shows the vast majority would rather change their diets—including trying a vegetarian diet—than use medicines. According to a nationally representative survey of 1,022 adults conducted in mid-January by Opinion Research Corporation, 69 percent of Americans would prefer to try a dietary approach. Just 21 percent preferred treating diabetes with medicines.

The survey, commissioned by the Physicians Committee for Responsible Medicine (PCRM), reinforces results from PCRM's clinical research on diabetes, which has consistently found that people with diabetes adapt well to low-fat vegetarian diets and gain important health benefits.

In *Dr. Neal Barnard's Program for Reversing Diabetes*, a new book published in January, PCRM president Neal Barnard, M.D., outlines a dietary approach to diabetes based on scientific research showing that a low-fat vegan diet can lower high blood sugar levels three times more effectively than oral medications. In the past, many clinicians have felt that patients lack the willpower to make diet changes and would rather "pop a pill." The new results show just the opposite.

"A low-fat vegetarian diet offers a powerful way to control and even reverse diabetes," said Dr. Barnard. "The idea that Americans would rather take pills than make diet changes is a myth. Americans clearly favor tackling serious diabetes with diet changes, including vegetarian diets." The survey was conducted January 12 through 15, and included 515 women

CONTACT:

Jeanne Stuart McVey
202-686-2210, ext. 316
jeannem@pcrm.org

Simon Chaitowitz
202-686-2210, ext. 309
simonc@pcrm.org



MORE INFORMATION:

[PCRM diabetes resources, including recipes and new cyber-support program](#)

[Dr. Neal Barnard's nationwide lecture tour](#)

[News release on Dr. Neal Barnard's Program for Reversing Diabetes](#)

[Vegan How-To Guide](#)

[Dr. Barnard's most recent clinical research on diabetes](#)

[PCRM NEWS RELEASE ARCHIVE](#)

[News Release Archive](#)
[Medical News Archive](#)
[PCRM Online Archive](#)
[Background Material](#)
[Experts](#)
[PSAs](#)
[Artwork](#)
[Media Coverage](#)
[Commentary](#)
[Subscribe](#)
[Contacts](#)
[Home](#)

[Other PCRM Sites](#)

and 507 men, 18 years and older, living in the continental United States.

Other key survey findings:

* Women are even more likely than men to prefer food changes over pills. Women preferred diet by 73 percent versus 17 percent for medicines. For men, the split was 65 percent versus 26 percent.

* People with more education and higher incomes were especially likely to favor a diet approach.

* Americans aged 45 to 64 were more enthusiastic about diet changes, compared with older Americans; 76 percent of the middle-aged respondents preferred diet changes. Among those aged 65 and above, the figure dropped slightly, to 59 percent. The most pill-happy generation was the 18- to 24-year-olds. But even in this group, only 30 percent favored using medicines, while 63 percent favored diet changes.

* People living in Western states were especially likely to prefer diet changes: 73 percent versus only 17 percent for drugs.

For detailed survey results or more information about Dr. Barnard's book, contact Jeanne Stuart McVey at 202-686-2210, ext. 316, or jeannem@pcrm.org, or Simon Chaitowitz at 202-686-2210, ext. 309, or simonc@pcrm.org. More details about Dr. Barnard's diabetes program are available at <http://www.pcrm.org/diabetes>.

###

Founded in 1985, the [Physicians Committee for Responsible Medicine](#) is a nonprofit health organization that promotes preventive medicine, especially good nutrition. PCRM also conducts clinical research studies, opposes unethical human experimentation, and promotes alternatives to animal research.

Physicians Committee for Responsible Medicine
5100 Wisconsin Ave., N.W., Ste. 400, Washington, DC 20016
Phone: 202-686-2210 | Email: pcrm@pcrm.org

<< [Ban Cheese Ads Aimed at Kids, Urges Physicians Group](#)

| [Archive Index](#) |

[Cruelty-Free Insulin Test Explained in New Journal Article](#) >>

Search This list's archives

Powered by [Dada Mail 2.8.13](#)

Copyright © 1999-2004, [Simoni Creative](#).

MAIL OPTIONS:

[Subscribe](#) to PCRM's News Release List.

[Unsubscribe](#) from PCRM's news release distribution list.

[Media Center](#) | [Health](#) | [Research](#) | [About PCRM](#) | [Catalog](#) | [Join Us](#) | [Search](#) | [Home](#)

The site does not provide medical or legal advice.
This Web site is for information purposes only. [Full Disclaimer](#)

Physicians Committee for Responsible Medicine
5100 Wisconsin Ave., N.W., Ste. 400, Washington, DC 20016

Phone: 202-686-2210
Email: pcrm@pcrm.org