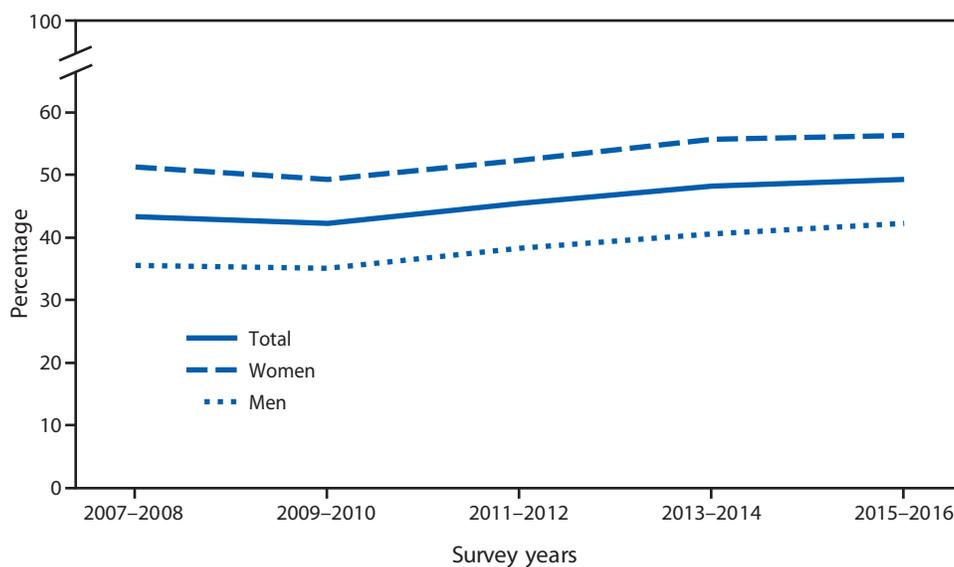


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Age-Adjusted Percentage of Adults Aged ≥ 20 Years Who Tried to Lose Weight During the Past 12 Months,* by Sex — National Health and Nutrition Examination Survey, 2007–2008 to 2015–2016



* Based on self-reported intentional ≥ 10 -pound weight loss compared with 1 year ago or self-report of trying to lose weight during the past 12 months. Pregnant women were excluded.

From 2007–2008 to 2015–2016, the age-adjusted percentage of adults who tried to lose weight during the past 12 months increased from 43.3% to 49.3%. This increase was seen among both men (35.5% to 42.2%) and women (51.2% to 56.3%). The percentage of women who tried to lose weight in the past year was higher than that for men for each survey year from 2007–2008 to 2015–2016.

Source: National Center for Health Statistics data brief no. 313. <https://www.cdc.gov/nchs/data/databriefs/db313.pdf>; National Center for Health Statistics, National Health and Nutrition Examination Survey Data, 2007–2008 to 2015–2016. <https://www.cdc.gov/nchs/nhanes.htm>.

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