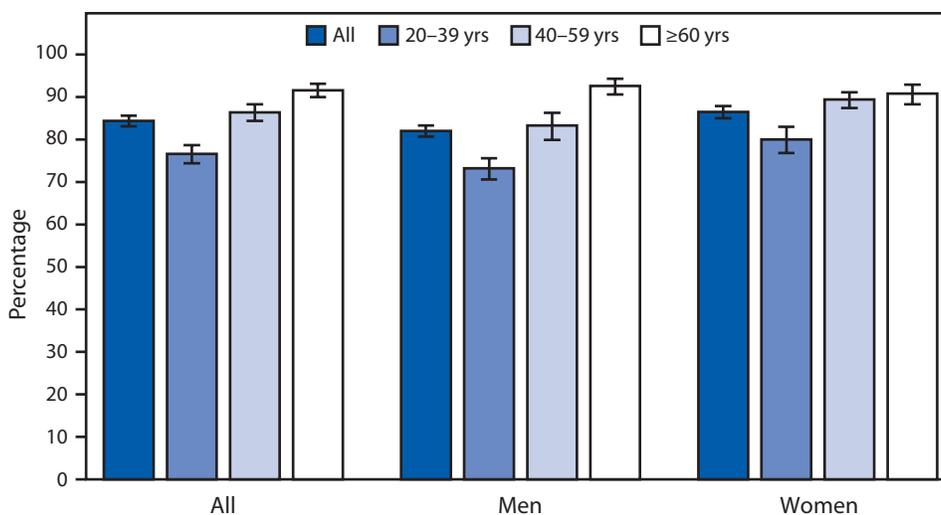


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage* of Adults Aged ≥ 20 Years Consuming Breakfast on a Given Day, by Sex and Age — United States, 2015–2018



* Percentages are based on reporting breakfast as the eating occasion for a food or beverage during the in-person 24-hour dietary recall; 95% confidence intervals are indicated with error bars.

During 2015–2018, 84.4% of adults aged ≥ 20 years consumed breakfast on a given day, with the percentage increasing with age, from 76.6% among adults aged 20–39 years, to 86.4% among adults aged 40–59 years, and 91.6% among those aged ≥ 60 years. A higher percentage of women consumed breakfast compared with men among all adults ≥ 20 years (86.5% versus 82.0%), those aged 20–39 years (80.0% versus 73.2%), and those aged 40–59 years (89.4% versus 83.3%). No significant differences were observed by sex for adults aged ≥ 60 years (90.8% women and 92.6% men).

Source: Terry, AL, Wambogo E. National Health and Nutrition Examination Survey, Dietary Data, 2015–2018; <https://www.cdc.gov/nchs/nhanes/index.htm>.

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