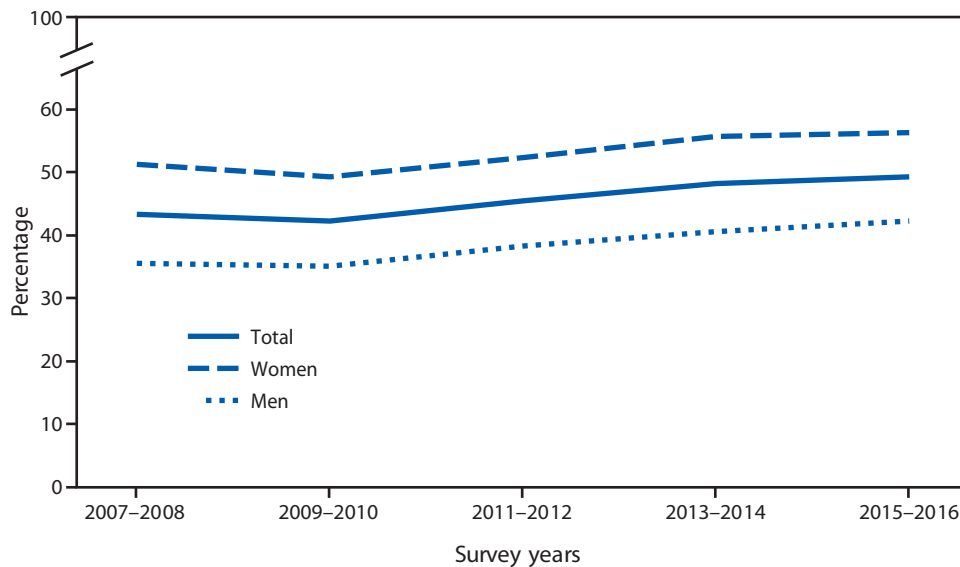


## QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

### Age-Adjusted Percentage of Adults Aged $\geq 20$ 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  $\geq 10$ -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>.

**Reported by:** Kirsten Herrick, PhD, [kherrick1@cdc.gov](mailto:kherrick1@cdc.gov), 301-458-4383; Craig Hales, MD.