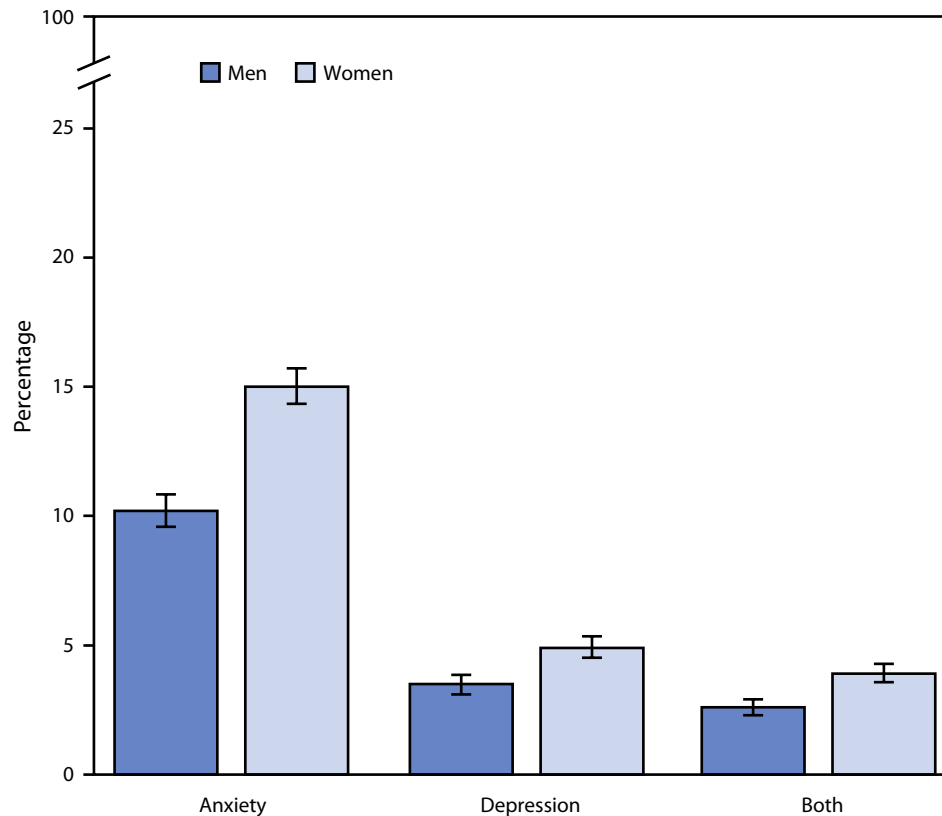


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage* of Adults Aged ≥ 18 Years Who Daily Experienced Feelings of Anxiety (Feeling Worried, Nervous, or Anxious)[†] or Depression,[§] or Both, by Sex — National Health Interview Survey,[¶] United States, 2019



* With 95% confidence intervals indicated by error bars.

[†] Based on a response to the question, "How often do you feel worried, nervous, or anxious? Would you say daily, weekly, monthly, a few times a year, or never?"

[§] Based on a response to the question, "How often do you feel depressed? Would you say daily, weekly, monthly, a few times a year, or never?"

[¶] Estimates are based on household interviews of a sample of the civilian, noninstitutionalized U.S. population.

In 2019, women were more likely than men to feel worried, nervous, or anxious on a daily basis (15.0% versus 10.2%). Women were also more likely to feel depressed daily (4.9%) compared with men (3.5%). A higher percentage of women than men reported experiencing daily feelings of both anxiety and depression (3.9% versus 2.6%).

Source: National Center for Health Statistics, National Health Interview Survey, 2019. <https://www.cdc.gov/nchs/nhis/index.htm>

Reported by: Amanda E. Ng, MPH, qkd2@cdc.gov, 301-458-4587; Lindsey I. Black, MPH.