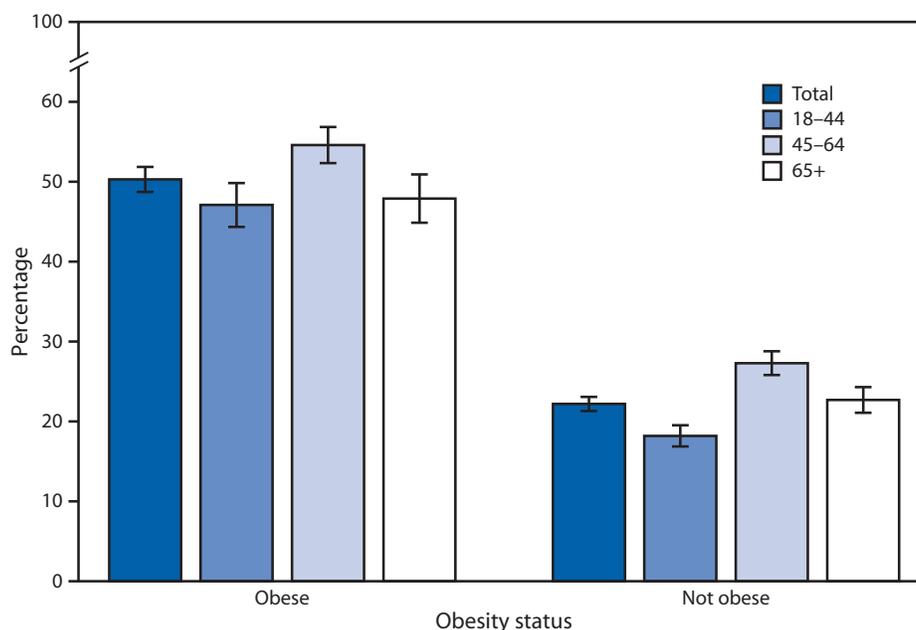


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage* of Adults with a Visit to a Health Professional in the Past 12 Months Who Received Dietary Advice,[†] by Obesity Status[§] and Age Group — National Health Interview Survey,[¶] United States, 2014



* With 95% confidence intervals indicated with error bars.

[†] Based on the question, "During the last 12 months, has a doctor or other health professional talked to you about your diet?"

[§] Obesity status was based on respondent-reported height and weight and calculated as body mass index (BMI) using the following formula: $BMI = \text{weight}/\text{height}^2$ (kg/m^2). An adult who was obese had a $BMI \geq 30$; an adult who was not obese had a $BMI < 30$.

[¶] Estimates are based on household interviews of a sample of the noninstitutionalized U.S. civilian population and were derived from the National Health Interview Survey Sample Adult component.

In 2014, among adults with a doctor visit in the past 12 months, approximately half (49.7%) of adults with obesity had a doctor or other health professional talk to them about their diet. Middle-aged (i.e., aged 45–64 years) adults with obesity (54.6%) were more likely than younger (47.1%) or older (47.9%) adults with obesity to have received dietary advice from a health professional. This pattern by age was also found for adults who were not obese; however, adults who were not obese were approximately half as likely as adults with obesity in the same age groups to have received dietary advice from a health professional.

Source: National Health Interview Survey, 2014 data. <http://www.cdc.gov/nchs/nhis.htm>.

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