

Data Brief 303. Prevalence of Depression Among Adults Aged 20 and Over: United States, 2013–2016

Data table for Figure 1. Percentage of persons aged 20 and over with depression, by age and sex: United States, 2013–2016

Age and sex	Percent (standard error)
Both sexes	8.1 (0.4)
20–39	7.7 (0.5)
40–59	8.4 (0.6)
60 and over	8.0 (0.8)
Men	5.5 (0.4)
20–39	5.5 (0.6)
40–59	5.2 (0.8)
60 and over	6.1 (0.8)
Women	10.4 (0.6)
20–39	10.1 (0.8)
40–59	11.5 (1.2)
60 and over	9.6 (1.1)

NOTES: Depression was defined as a score greater than or equal to 10 on the Patient Health Questionnaire.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.

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Data table for Figure 2. Percentage of persons aged 20 and over with depression, by race and Hispanic origin and sex: United States, 2013–2016

Race and Hispanic origin and sex	Percent (standard error)
Both sexes	
Hispanic	8.2 (0.7)
Non-Hispanic white	7.9 (0.5)
Non-Hispanic black	9.2 (0.6)
Non-Hispanic Asian	3.1 (0.5)
Men	
Hispanic	6.0 (0.7)
Non-Hispanic white	5.2 (0.6)
Non-Hispanic black	7.1 (0.7)
Non-Hispanic Asian	2.2 (0.6)
Women	
Hispanic	10.5 (0.9)
Non-Hispanic white	10.5 (0.9)
Non-Hispanic black	11.0 (0.8)
Non-Hispanic Asian	3.9 (0.9)

NOTES: Depression was defined as a score greater than or equal to 10 on the Patient Health Questionnaire.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.

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Data table for Figure 3. Percentage of persons aged 20 and over with depression, by family income level: United States, 2013–2016

Sex and FPL	Percent (standard error)
Both sexes	
Less than 100%	15.8 (1.0)
100%–less than 200%	10.9 (1.0)
200%–less than 400%	7.8 (0.7)
400% or above	3.5 (0.5)
Men	
Less than 100%	10.8 (1.5)
100%–less than 200%	7.3 (0.9)
200%–less than 400%	6.1 (1.0)
400% or above	2.3 (0.6)
Women	
Less than 100%	19.8 (1.5)
100%–less than 200%	13.9 (1.4)
200%–less than 400%	9.4 (1.1)
400% or above	4.8 (0.8)

NOTES: Depression was defined as a score greater than or equal to 10 on the Patient Health Questionnaire. FPL is federal poverty level.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.

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Data table for Figure 4. Percentage of persons aged 20 and over with depression who reported difficulty with work, home, or social activities due to depression symptoms: United States, 2013–2016

Sex and level of difficulty	Percent (standard error)
Both sexes	
No difficulty	19.8 (1.8)
Some difficulty	50.2 (2.5)
Moderate or extreme difficulty	30.0 (2.1)
Men	
No difficulty	20.1 (2.5)
Some difficulty	48.4 (4.1)
Moderate or extreme difficulty	31.5 (3.6)
Women	
No difficulty	19.6 (2.1)
Some difficulty	51.2 (2.8)
Moderate or extreme difficulty	29.2 (2.5)

NOTES: Depression was defined as a score greater than or equal to 10 on the Patient Health Questionnaire.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.

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Data table for Figure 5. Prevalence of depression among persons aged 20 and over: United States, 2007–2008 to 2015–2016

Sex and NHANES survey cycle	Percent (standard error)
Both sexes	
2007–2008	8.1 (0.8)
2009–2010	7.7 (0.4)
2011–2012	7.9 (0.8)
2013–2014	8.7 (0.6)
2015–2016	7.4 (0.4)
Men	
2007–2008	5.7 (0.9)
2009–2010	5.7 (0.6)
2011–2012	5.9 (0.7)
2013–2014	5.7 (0.7)
2015–2016	5.4 (0.5)
Women	
2007–2008	10.4 (0.8)
2009–2010	9.8 (0.6)
2011–2012	9.9 (1.1)
2013–2014	11.5 (0.9)
2015–2016	9.3 (0.7)

NOTES: Depression was defined as a score greater than or equal to 10 on the Patient Health Questionnaire.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2007–2016.