

**Data Brief 313. Attempts to Lose Weight Among Adults in the United States, 2013–2016**

**Data table for Figure 1. Percentage of adults aged 20 and over who tried to lose weight, by sex and age: United States, 2013–2016**

Sex	20 and over	20–39	40–59	60 and over
	Percent (standard error)			
Total	49.1 (0.7)	49.7 (1.1)	52.4 (1.2)	42.7 (1.4)
Men	41.7 (1.1)	40.5 (1.4)	44.1 (1.7)	39.9 (2.0)
Women	56.4 (0.8)	59.3 (1.5)	60.2 (1.3)	45.1 (1.6)

NOTES: Estimates for adults aged 20 and over were age adjusted by the direct method to the 2000 U.S. census population using the age groups 20–39, 40–59, and 60 and over. Crude estimates are 48.7% for total, 41.6% for men, and 55.4% for women.

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

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**Data table for Figure 2. Age-adjusted percentage of adults aged 20 and over who tried to lose weight, by sex and race and Hispanic origin: United States, 2013–2016**

Sex	Non-Hispanic white	Non-Hispanic black	Non-Hispanic Asian	Hispanic
	Percent (standard error)			
Total	49.4 (1.1)	48.0 (0.9)	41.4 (1.5)	49.1 (0.8)
Men	42.1 (1.5)	37.9 (1.1)	37.5 (2.0)	41.1 (1.4)
Women	56.9 (1.3)	56.4 (0.9)	44.8 (1.9)	57.2 (1.0)

NOTE: All estimates are age adjusted by the direct method to the 2000 U.S. census population using the age groups 20–39, 40–59, and 60 and over.

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

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**Data table for Figure 3. Age-adjusted percentage of adults aged 20 and over who tried to lose weight, by sex and family income: United States, 2013–2016**

Sex	Less than or equal to 130% of FPL	Greater than 130%	Greater than 350% of FPL
		to less than or equal to 350% of FPL	
Percent (standard error)			
Total	42.9 (1.0)	48.7 (1.2)	53.7 (1.2)
Men	34.3 (1.4)	39.8 (1.2)	47.5 (1.7)
Women	49.9 (1.4)	57.5 (1.8)	60.4 (1.5)

NOTES: FPL is federal poverty level. All estimates are age adjusted by the direct method to the 2000 U.S. census population using the age groups 20–39, 40–59, and 60 and over.

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

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**Data table for Figure 4. Age-adjusted percentage of adults aged 20 and over who tried to lose weight, by sex and weight status: United States, 2013–2016**

Sex	Underweight or normal weight	Overweight	Obese
	Percent (standard error)		
Total	26.5 (1.2)	49.0 (1.1)	66.7 (1.1)
Men	14.4 (1.5)	41.2 (1.5)	61.5 (1.5)
Women	35.6 (1.5)	59.9 (1.4)	71.2 (1.3)

NOTE: All estimates are age adjusted by the direct method to the 2000 U.S. census population using the age groups 20–39, 40–59, and 60 and over.

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

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**Data table for Figure 5. Ways of trying to lose weight used by adults aged 20 and over who tried to lose weight: United States, 2013–2016**

Weight loss methods	Percent (standard error)
Exercised	62.9 (1.1)
Ate less	62.9 (1.1)
Ate more fruits, vegetables, or salads	50.4 (1.3)
Drank a lot of water	44.7 (1.2)
Ate less junk food or fast food	42.4 (0.8)
Changed eating habits	38.7 (1.2)
Ate less sugar, candy, or sweets	38.6 (1.0)
Switched to foods with lower calories	35.3 (0.7)
Ate fewer carbohydrates	30.4 (1.2)
Ate less fat	29.2 (1.0)
Skipped meals	16.4 (0.7)

NOTES: Respondents could report multiple ways to lose weight; 88.3% of adults who tried to lose weight reported using two or more ways. Ways reported by less than 10% of adults who tried to lose weight are not shown separately.

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