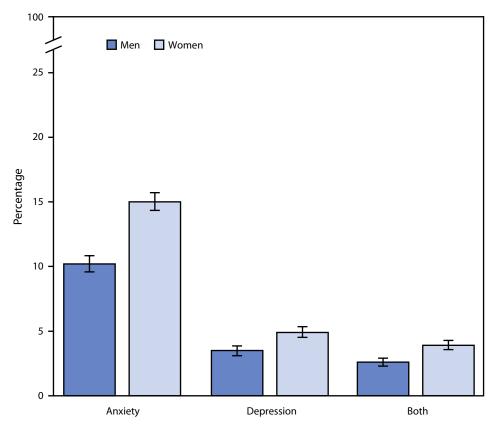
## FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

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



<sup>\*</sup> With 95% confidence intervals indicated by error bars.

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.

<sup>&</sup>lt;sup>†</sup> 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?"

<sup>§</sup> 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?"

<sup>¶</sup> Estimates are based on household interviews of a sample of the civilian, noninstitutionalized U.S. population.