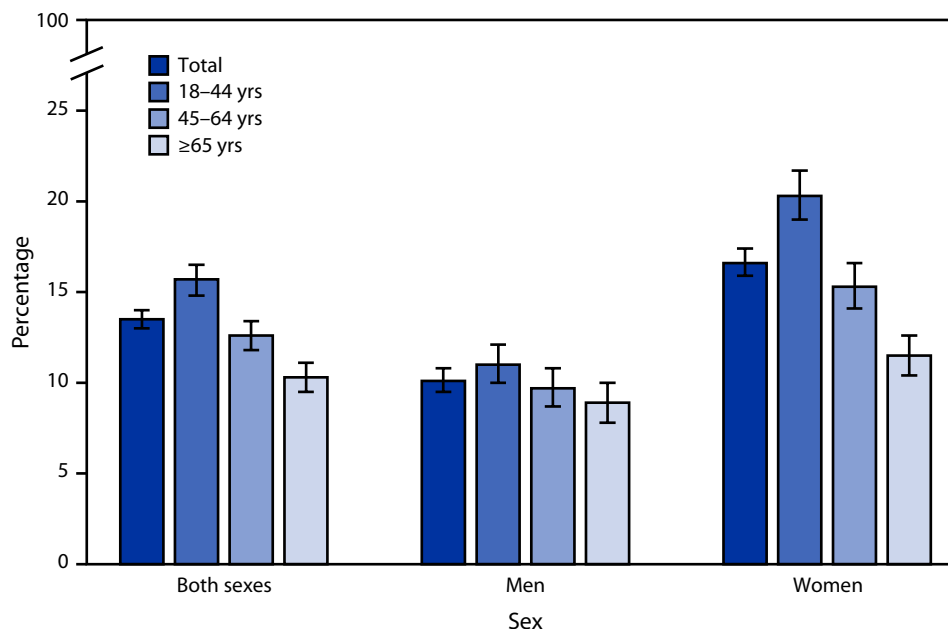


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage* of Adults Aged ≥ 18 Years Who Felt Very Tired or Exhausted Most Days or Every Day in the Past 3 Months,[†] by Sex and Age Group — National Health Interview Survey,[§] United States, 2022



* With 95% CIs indicated by error bars.

[†] Based on a response to the question, “In the past 3 months, how often did you feel very tired or exhausted? Would you say never, some days, most days, or every day?”

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

In 2022, 13.5% of adults aged ≥ 18 years felt very tired or exhausted most days or every day in the past 3 months, and this percentage declined with age. Among men, the percentage was highest among those aged 18–44 years (11.0%), followed by those aged 45–64 years (9.7%) and ≥ 65 years (8.9%). Among women, the decline in the percentage with age was steeper, decreasing from 20.3% (18–44 years), to 15.3% (45–64 years), to 11.5% (≥ 65 years). The percentage of adults who felt tired or exhausted most days or every day was higher for women compared with men in each age group.

Source: National Center for Health Statistics, National Health Interview Survey, 2022. <https://www.cdc.gov/nchs/nhis/index.htm>

Reported by: Lauren Bottoms-McClain, MPH, cau1@cdc.gov; Amanda E. Ng, MPH.