



# National Health and Nutrition Examination Survey - NHNES

Survey carried out annually in the USA to assess the health and nutrition of adults and children - This was between 2005-2006

## Depressive symptoms variables

- Interest or pleasure in doing things
- Thought about hurting yourself
- Feeling down/depressed
- Low to move or speak/agitated
- Falling asleep
- Appetite
- Tired/no energy
- Concentrating
- Feeling bad/failure with somebody

## Healthy eating and physical activity habits variables

- Total Vegetables/Dark green vegetables and legumes
- Total fruits/Fresh Fruits
- Whole grains/Refined grains
- Dairy/Proteins
- Marine plants and vegetable proteins
- Fatty acid/Sodium
- Saturated fat/Added sugars
- Total weekly time of moderate-vigorous aerobic activity in minutes

## Individuals profile with moderate/severe depressive symptoms\*



**60.14%**  
Female



**40.75%**  
Mexican-american



**59.93%**  
Annual family income (US\$)  
between 0 and 24999



**93.49%**  
Until incomplete undergraduate

## Healthy eating and physical activity habits associated with lower rates of depression\*

- There is a negative association (weak) between total weekly time of moderate-vigorous aerobic activity and the questionnaire punctuation sum
- There a weak association between habits in eating proteins and added sugars and the questionnaire punctuation sum

\* Adult individuals (more than 18 years old)