

TOP 10 BAD HABITS

Americans Want to Kick

1. Smoking



- > 15.1% of American adults smoke.
- > Nearly 70% of smokers want to quit.
- > More than 40% of smokers have tried to quit within the last year.

3. Sedentary Behavior



- > 80% of adults don't get the exercise recommended by the U.S. government (equal to 30 mins of walking 5 d/wk).
- > 75% of Americans want to get in better shape.

5. Overspending



- > 52% of Americans spend more than they earn each month.
- > 62% of Americans say they want to save money.

7. Watching Too Much TV



- > Americans watch 5 hours of TV a day on average.
- > 48% of Americans say they don't have enough time to do what they want to do.

9. Nail Biting



- > 45% of teenagers chew their nails regularly.
- > 20% to 30% of the general population chronically chews their nails.
- > Nail biters may spend \$4,000 more in dental work during their lives.

2. Junk Food



- > 57% of Americans, aged 18 to 29 years old, eat fast food at least weekly.
- > 70% of adults who eat fast food weekly believe it's not good for them.

4. Drinking Too Much



- > 17% of Americans binge drink more than 4 times a month.
- > 79,000 deaths each year are attributed to alcohol in the U.S.
- > 1.3 million Americans enter alcohol treatment each year.

6. Staying Up Late



- > 33% of Americans don't get enough sleep.
- > 74% of sleep-deprived people over 30 say sleepiness impacts their work.
- > 50% of young people drive while drowsy at least once a month.

8. Overusing a Smartphone



- > 36% of Americans are constantly using or checking a smartphone.
- > Participants in a study unconsciously checked their smartphones 34 times a day.

10. Worrying



- > 40% of Americans worry every day.
- > People who worry a lot are less likely to find a solution to a problem, according to research.

Why You Have Bad Habits 10 Bad Habits Why Series Of S

SJ Ball



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