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New year, new you

Making New Year's resolutions is a popular Jan. 1 tradition, often spurred on by the extended holiday season that has many Americans eating, drinking and spending more than they usually do.

Here are some fast facts about New Year's resolutions:

- Almost half of all Americans made a New Year's resolution in 2018, according to the National Network of Libraries of Medicine. However, only about a fifth of those reported feeling they achieved that resolution.
- Most popular were "be a better person" and "lose weight." Tied for second were exercising more, eating healthier and getting a better job, according to Live Science.
- A 2009 article in Psychology Today said 22 percent of respondents in a survey fail in sticking to their resolutions in the first week. By one month, 40 percent have given up, and by the time April rolls around, half of people who made resolutions have stopped.
- According to K International: The Language Blog, the practice of making New Year's resolutions is more common in countries with a strong Protestant influence. A 1951 study found resolutions were a tradition in Scotland, Australia, England, Wales,

Northern Ireland and South Africa, but not Latin America, Scandinavia, Asia or Eastern European countries.

- A 2013 Google Maps project called Zeitgeist mapped New Year's resolutions submitted from people throughout the world. Health-related resolutions were most common in the United States and Egypt, love-related resolutions were most likely in Australia and Japan, Russians were more likely to focus on education, and people in India set career-related resolutions.

- In 2017, Twitter looked at New Year's resolution-related tweets to determine the most popular resolutions. They were: diet, exercise or weight loss; read more; learn something new; save money; be nicer; get a new job; give more to charity; drink less alcohol; get more sleep; and make new friends.

- In the New Year's battle of the sexes, women win. According to a study from the nonprofit Stroke Association, 20 percent of women achieved their resolutions in 2017, compared to 16 percent of men, although men were more likely to achieve fitness-related goals like running or eating healthier.



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