

17 Staggering Statistics About Our Shopping Habits

Written by Joshua Becker *Own less. Live more. Finding minimalism in a world of consumerism*



[...] Our fascination with shopping and consumption has produced many harmful effects on our lives (debt, stress, and business). And yet, it continues. Unfortunately, to a degree that few of us even realize.

Based on a variety of studies and research methods, here are 17 staggering statistics that articulate our current passion and obsession for shopping:

1. The average woman makes 301 trips to the store annually, spending close to 400 hours a year shopping. This amounts to 8.5 years spent shopping during a typical lifespan. ([NY Daily News](#))
2. Americans spend more on shoes, jewelry, and watches (\$100 billion) than on higher education. ([Psychology Today](#))
3. Shopping malls outnumber high schools in America. ([Affluenza](#))
4. 33% of Americans shop online at least once per week. 69% shop online at least monthly. ([Mintel](#))
- [...] 9. When asked about hobbies, girls (age 13-18) identified shopping as their favorite pastime. ([Adweek](#))
- [...] 11. More than a third of adults and teens said shopping made them feel better than working out. ([Yahoo](#))
12. The average American throws away 65 pounds of clothing per year. ([Huffington Post](#)) [...]
14. Americans now spend more money on dining out than groceries. ([Fox News](#))
15. The average American women spends 190 hours each year shopping for clothes, shoes, or window shopping. That same survey found that these same women spend 95 hours shopping for food—this task occupies only half the time of shoe, clothes and window shopping. ([Forbes](#))
16. 50% of Americans will go shopping on Black Friday. ([Syracuse](#))

The numbers paint a [negative] picture of excessive shopping and unnecessary consumption. This fascination with shopping might be okay if it was improving the happiness of our lives. But as most of us know, the happiness derived from accumulating material possessions doesn't last.

From: <https://www.mtholyoke.edu/~kelle20m/classweb/wp/index.html>

- a. The average American uses 300 shopping bags worth of raw materials every week, an amount of food that weighs as much as a large car.
- b. We would need the resources of 3 planets for everyone on Earth to live an "American" lifestyle.
- c. People in the U.S. spend 3-4 times the amount of time shopping than people in Europe.
- d. Americans use 1/3 of the world's paper, 1/4 of the oil, 23% of the coal, 27% of the aluminium, and 19% of the copper.
- e. [...] The average American buys 53 times as many products as someone in China.
- f. Americans drive about as many miles as the rest of the world combined.