

Data Brief 321. Seafood Consumption in the United States, 2013–2016

Data table for Figure 1. Percentage of adults aged 20 and over consuming seafood at least two times per week, by age and sex: United States, 2013–2016

| Sex | 20 and over | 20–39 | 40–59 | 60 and over |
|-------|--------------------------|------------|------------|-------------|
| | Percent (standard error) | | | |
| Total | 20.1 (0.9) | 17.4 (1.1) | 20.4 (1.2) | 23.3 (1.4) |
| Men | 20.0 (1.1) | 16.5 (1.4) | 20.6 (1.5) | 24.3 (1.9) |
| Women | 20.2 (0.9) | 18.3 (1.2) | 20.2 (1.3) | 22.5 (1.5) |

NOTES: Seafood includes fish and shellfish. Age-adjusted estimates for adults aged 20 and over, using the direct method and the 2000 projected U.S. population for age groups 20–39, 40–59, and 60 and over, are 19.9% for total, 19.8% for men, and 20.0% for women.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.

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Data table for Figure 2. Age-adjusted percentage of adults aged 20 and over consuming seafood at least two times per week, by race and Hispanic origin and sex: United States, 2013–2016

| Sex | Non-Hispanic white | Non-Hispanic black | Non-Hispanic Asian | Hispanic |
|-------|--------------------------|--------------------|--------------------|------------|
| | Percent (standard error) | | | |
| Total | 18.7 (1.1) | 22.6 (1.5) | 41.2 (1.7) | 14.5 (0.9) |
| Men | 18.9 (1.4) | 20.8 (1.5) | 41.2 (2.1) | 14.7 (1.2) |
| Women | 18.6 (1.1) | 24.0 (1.8) | 41.5 (1.9) | 14.3 (0.9) |

NOTES: Seafood includes fish and shellfish. All estimates are age adjusted by the direct method to the 2000 projected U.S. population using the age groups 20–39, 40–59, and 60 and over.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.

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Data table for Figure 3. Percentage of youth aged 2–19 years consuming seafood at least two times per week, by age and sex: United States, 2013–2016

| Sex | 2–19 years | 2–5 years | 6–11 years | 12–19 years |
|-------|--------------------------|-----------|------------|-------------|
| | Percent (standard error) | | | |
| Total | 5.6 (0.5) | 5.2 (0.9) | 5.8 (0.7) | 5.6 (0.5) |
| Boys | 5.7 (0.6) | 5.1 (1.2) | 5.4 (1.0) | 6.1 (0.7) |
| Girls | 5.4 (0.7) | 5.4 (0.9) | 6.2 (1.3) | 5.0 (0.7) |

NOTE: Seafood includes fish and shellfish.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.

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Data table for Figure 4. Percentage of youth aged 2–19 years consuming seafood at least two times per week, by race and Hispanic origin and sex: United States, 2013–2016

| Sex | Non-Hispanic white | Non-Hispanic black | Non-Hispanic Asian | Hispanic |
|-------|--------------------------|--------------------|--------------------|-----------|
| | Percent (standard error) | | | |
| Total | 4.1 (0.6) | 7.5 (0.9) | 19.6 (2.5) | 4.8 (0.7) |
| Boys | 4.6 (1.0) | 5.6 (0.9) | 20.7 (2.9) | 5.5 (1.0) |
| Girls | 3.5 (0.9) | 9.5 (1.2) | 18.5 (3.5) | 4.2 (0.9) |

NOTE: Seafood includes fish and shellfish.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.

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Data table for Figure 5. Trends in the percentage of adults aged 20 and over (age adjusted) and youth aged 2–19 years consuming seafood at least two times per week: United States, 2005–2006 through 2015–2016

| Characteristic | 2005–2006 | 2007–2008 | 2009–2010 | 2011–2012 | 2013–2014 | 2015–2016 |
|----------------|--------------------------|------------|------------|------------|------------|------------|
| | Percent (standard error) | | | | | |
| Adults | 26.0 (1.6) | 20.4 (1.1) | 25.6 (1.1) | 22.5 (1.8) | 20.5 (1.4) | 19.2 (1.2) |
| Youth | 8.3 (1.5) | 6.2 (0.7) | 8.7 (1.1) | 7.1 (0.9) | 5.8 (0.6) | 5.4 (0.7) |

NOTES: Seafood includes fish and shellfish. All estimates for adults are age adjusted by the direct method to the 2000 projected U.S. population using the age groups 20–39, 40–59, and 60 and over.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2005–2016.