

Table 101 (page 1 of 2). Dietary supplement use among persons 20 years of age and over, by selected characteristics: United States, selected years 1988–1994 through 2005–2008

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2011.htm#101>.

[Data are based on interviews of a sample of the civilian noninstitutionalized population]

Sex, age, race and Hispanic origin ¹ , and percent of poverty level	Any supplement use in past 30 days ²			Any vitamin D supplement use in past 30 days ³			Any folic acid supplement use in past 30 days ⁴		
	1988– 1994	1999– 2002	2005– 2008	1988– 1994	1999– 2002	2005– 2008	1988– 1994	1999– 2002	2005– 2008
20 years and over, age-adjusted ⁵			Percent of population						
Both sexes ⁶	42.1	52.3	50.9	28.4	37.7	38.0	30.3	38.1	37.5
Male	35.7	46.8	44.4	24.3	32.1	32.2	26.2	33.7	32.9
Female	47.8	57.4	56.9	32.2	42.7	43.4	34.2	42.2	42.0
Not Hispanic or Latino:									
White only, male	37.5	52.1	48.7	26.1	36.1	35.8	28.2	37.8	36.6
White only, female	50.9	63.4	61.3	35.4	48.7	47.7	37.7	48.3	46.1
Black or African American only, male	29.5	30.4	31.0	18.5	19.8	22.6	18.2	20.7	23.0
Black or African American only, female	38.2	39.7	43.0	22.7	26.9	30.5	23.7	27.5	30.3
Mexican male	28.9	31.2	30.0	17.1	19.3	19.6	18.6	21.1	19.2
Mexican female	36.8	44.0	41.5	21.9	29.3	28.1	23.3	27.9	26.5
Percent of poverty level: ⁷									
Below 100%	30.0	37.8	33.5	16.8	24.5	23.2	18.3	24.1	21.7
100%–199%	36.0	42.7	43.9	23.3	27.8	30.3	24.1	27.9	30.4
200%–399%	44.0	53.6	52.5	30.2	39.0	39.4	32.5	39.8	38.8
400% or more	51.0	63.9	60.8	35.8	48.6	47.7	38.5	49.2	47.3
20 years and over, crude									
Both sexes ⁶	41.8	52.1	51.3	28.4	37.6	38.3	30.3	38.1	37.8
Male	35.3	46.2	44.2	24.2	31.9	32.1	26.0	33.5	32.8
Female	47.7	57.6	57.8	32.2	42.8	44.1	34.3	42.3	42.5
Not Hispanic or Latino:									
White only, male	37.4	52.4	49.7	26.0	36.4	36.4	28.1	38.1	37.3
White only, female	51.1	64.1	63.3	35.4	49.2	49.1	37.7	48.5	47.2
Black or African American only, male	28.9	29.7	30.3	18.8	19.6	22.6	18.5	20.5	22.7
Black or African American only, female	37.0	39.5	42.4	22.9	26.8	30.4	23.9	27.6	30.1
Mexican male	25.6	27.0	24.1	15.5	17.0	16.0	17.1	18.3	15.7
Mexican female	34.9	40.1	37.6	21.9	26.6	26.5	23.1	26.1	25.8
Percent of poverty level: ⁷									
Below 100%	29.4	36.3	31.9	17.1	23.8	22.4	18.4	23.6	21.2
100%–199%	36.8	43.5	45.2	24.0	28.2	31.3	24.9	28.1	31.1
200%–399%	43.6	53.2	53.1	30.4	38.6	39.9	32.7	39.5	39.1
400% or more	50.8	63.7	61.0	36.0	48.5	47.6	38.7	49.4	47.3
Male									
20–34 years	31.0	34.4	31.2	21.9	24.4	22.9	23.5	24.8	23.0
35–44 years	36.8	45.0	38.4	26.3	31.6	29.2	28.5	34.0	29.6
45–54 years	32.8	48.8	47.0	23.6	35.5	32.4	25.3	37.1	33.9
55–64 years	42.9	57.0	56.6	28.1	39.4	42.1	30.2	41.2	43.0
65–74 years	39.4	59.9	60.0	24.4	36.8	43.7	26.3	39.4	44.3
75 years and over	40.9	59.2	64.0	23.0	36.2	44.7	24.1	37.7	45.1
Female									
20–34 years	43.6	47.7	44.4	33.1	35.4	35.6	35.5	37.1	35.6
35–44 years	46.5	54.3	49.7	32.2	39.4	37.9	34.8	40.7	38.2
45–54 years	47.8	60.4	60.3	32.3	46.1	44.9	33.7	46.1	43.2
55–64 years	52.3	66.7	70.2	33.4	50.9	53.8	35.8	48.2	52.0
65–74 years	52.9	66.4	75.5	30.0	49.1	57.7	31.2	43.6	52.1
75 years and over	54.0	68.2	71.1	29.8	49.1	50.6	30.7	44.8	44.8

See footnotes at end of table.

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[Data are based on interviews of a sample of the civilian noninstitutionalized population]

¹Persons of Mexican origin may be of any race. Starting with 1999 data, race-specific estimates are tabulated according to the 1997 *Revisions to the Standards for the Classification of Federal Data on Race and Ethnicity* and are not strictly comparable with estimates for earlier years. The two non-Hispanic race categories shown in the table conform to the 1997 Standards. Starting with 1999 data, race-specific estimates are for persons who reported only one racial group. Prior to data year 1999, estimates were tabulated according to the 1977 Standards. Estimates for single-race categories prior to 1999 included persons who reported one race or, if they reported more than one race, identified one race as best representing their race. See [Appendix II, Hispanic origin; Race](#).

²Respondents were asked "Have you used or taken any vitamins, minerals, herbals, or other dietary supplements in the past 30 days? Include prescription and non-prescription supplements." To facilitate their response, respondents were shown a card with some examples of different types of dietary supplements. The question wording differs slightly on the earlier, 1988–1994, survey. See [Appendix II, Dietary supplement](#).

³Includes supplements with vitamin D, cholecalciferol, calciferol, ergocalciferol, or calcitriol as an ingredient.

⁴Includes supplements with folic acid as an ingredient.

⁵Age-adjusted to the 2000 standard population using five age groups: 20–34 years, 35–44 years, 45–54 years, 55–64 years, and 65 years and over. Age-adjusted estimates may differ from other age-adjusted estimates based on the same data and presented elsewhere if different age groups are used in the adjustment procedure. See [Appendix II, Age adjustment](#).

⁶Includes persons of all races and Hispanic origins, not just those shown separately.

⁷Percent of poverty level is based on family income and family size. Persons with unknown percent of poverty level are excluded (5% in 2005–2008). See [Appendix II, Family income; Poverty](#).

NOTES: For more information see [Appendix II, Dietary supplement](#). Standard errors are available in the spreadsheet version of this table. Available from: <http://www.cdc.gov/nchs/hus.htm>. Data for additional years are available. See [Appendix III](#). Data have been revised and differ from previous editions of *Health, United States*.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey. See [Appendix I, National Health and Nutrition Examination Survey \(NHANES\)](#).