

Table 66 (page 1 of 4). Cholesterol among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2009–2012

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2013.htm#066>.

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

<i>Sex, age, race and Hispanic origin¹, and percent of poverty level</i>	<i>1988–1994</i>	<i>1999–2002</i>	<i>2003–2006</i>	<i>2009–2012</i>
20 years and over, age-adjusted ²	Percent of population with high cholesterol (serum total cholesterol greater than or equal to 240 mg/dL or taking cholesterol-lowering medications) ³			
Both sexes ⁴	22.8	25.0	27.7	27.8
Male	21.1	25.3	27.7	27.9
Female	24.0	24.3	27.4	27.5
Not Hispanic or Latino:				
White only, male	21.1	26.0	28.7	28.1
White only, female	24.2	25.1	28.2	28.2
Black or African American only, male	18.6	20.1	22.8	25.6
Black or African American only, female	23.1	22.0	23.3	26.3
Mexican origin male	19.9	21.6	24.2	27.2
Mexican origin female	19.8	19.3	24.1	26.2
Percent of poverty level: ⁵				
Below 100%	23.0	25.0	27.9	---
100%–199%	22.1	25.9	27.6	---
200%–399%	23.1	26.5	27.5	---
400% or more	21.7	23.1	27.9	---
20 years and over, crude				
Both sexes ⁴	21.5	25.0	28.0	29.5
Male	19.6	25.1	27.5	28.8
Female	23.2	24.8	28.5	30.1
Not Hispanic or Latino:				
White only, male	20.0	26.8	29.7	30.9
White only, female	24.5	27.0	30.8	33.4
Black or African American only, male	16.0	18.5	21.3	24.4
Black or African American only, female	19.7	19.9	21.9	25.5
Mexican origin male	16.2	17.0	19.3	21.9
Mexican origin female	14.9	13.8	18.7	19.4
Percent of poverty level: ⁵				
Below 100%	19.4	21.6	24.1	---
100%–199%	21.3	25.4	28.3	---
200%–399%	21.3	26.2	28.1	---
400% or more	21.9	24.2	28.7	---
Male				
20–44 years	13.1	16.1	16.5	12.6
20–34 years	8.2	10.4	10.2	6.6
35–44 years	21.0	23.1	25.2	21.2
45–64 years	30.1	36.0	35.7	39.8
45–54 years	29.6	34.1	32.4	35.7
55–64 years	30.8	39.1	41.6	44.5
65–74 years	27.4	36.3	49.4	50.7
75 years and over	24.4	29.0	37.1	51.2
Female				
20–44 years	9.9	11.4	12.9	9.4
20–34 years	7.3	9.1	10.8	6.3
35–44 years	13.5	14.4	15.8	14.0
45–64 years	36.4	31.7	37.3	42.4
45–54 years	28.2	27.2	29.6	31.2
55–64 years	45.8	39.2	49.2	55.3
65–74 years	46.9	51.9	55.3	57.7
75 years and over	41.2	44.0	47.3	53.3

See footnotes at end of table.

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

<i>Sex, age, race and Hispanic origin¹, and percent of poverty level</i>	<i>1988–1994</i>	<i>1999–2002</i>	<i>2003–2006</i>	<i>2009–2012</i>
Percent of population with high serum total cholesterol (greater than or equal to 240 mg/dL) ⁶				
20 years and over, age-adjusted ²				
Both sexes ⁴	20.8	17.3	16.3	12.9
Male	19.0	16.4	15.1	11.7
Female	22.0	17.8	17.1	14.0
Not Hispanic or Latino:				
White only, male	18.8	16.5	15.5	11.6
White only, female	22.2	18.1	18.0	14.7
Black or African American only, male	16.9	12.4	10.9	9.0
Black or African American only, female	21.4	17.7	13.3	10.8
Mexican origin male	18.5	17.4	17.6	13.5
Mexican origin female	18.7	13.8	14.4	12.8
Percent of poverty level: ⁵				
Below 100%	20.6	18.3	18.1	---
100%–199%	20.6	19.1	16.7	---
200%–399%	20.8	18.9	15.8	---
400% or more	19.5	14.4	15.9	---
20 years and over, crude				
Both sexes ⁴	19.6	17.3	16.4	13.4
Male	17.7	16.5	15.2	11.8
Female	21.3	18.0	17.5	14.9
Not Hispanic or Latino:				
White only, male	18.0	16.9	15.7	11.8
White only, female	22.5	19.1	18.9	16.5
Black or African American only, male	14.7	12.2	10.8	8.8
Black or African American only, female	18.2	16.1	12.5	10.6
Mexican origin male	15.4	15.0	15.7	13.0
Mexican origin female	14.3	10.7	12.6	10.9
Percent of poverty level: ⁵				
Below 100%	17.6	16.4	16.8	---
100%–199%	19.8	18.2	16.0	---
200%–399%	19.3	18.7	15.8	---
400% or more	19.9	15.5	17.1	---
Male				
20–44 years	12.5	14.2	14.1	10.0
20–34 years	8.2	9.8	9.5	6.0
35–44 years	19.4	19.7	20.5	15.8
45–64 years	27.2	22.2	19.1	16.2
45–54 years	26.6	23.6	20.8	18.0
55–64 years	28.0	19.9	16.0	14.1
65–74 years	21.9	13.7	10.9	8.1
75 years and over	20.4	10.2	9.6	*5.5
Female				
20–44 years	9.4	10.4	11.3	7.6
20–34 years	7.3	8.9	10.3	5.7
35–44 years	12.3	12.4	12.7	10.4
45–64 years	33.4	23.0	23.9	22.4
45–54 years	26.7	21.4	19.7	18.7
55–64 years	40.9	25.6	30.5	26.6
65–74 years	41.3	32.3	24.2	19.6
75 years and over	38.2	26.5	18.6	16.2

See footnotes at end of table.

Table 66 (page 3 of 4). Cholesterol among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2009–2012

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

<i>Sex, age, race and Hispanic origin¹, and percent of poverty level</i>	<i>1988–1994</i>	<i>1999–2002</i>	<i>2003–2006</i>	<i>2009–2012</i>
20 years and over, age-adjusted ²		Mean serum total cholesterol level, mg/dL		
Both sexes ⁴	206	203	200	195
Male	204	202	198	192
Female	207	204	202	198
Not Hispanic or Latino:				
White only, male	205	202	198	192
White only, female	208	205	203	199
Black or African American only, male	202	195	193	188
Black or African American only, female	207	202	195	192
Mexican origin male	206	204	203	197
Mexican origin female	206	199	200	194
Percent of poverty level: ⁵				
Below 100%	205	201	203	---
100%–199%	205	204	201	---
200%–399%	207	205	199	---
400% or more	205	202	201	---
20 years and over, crude				
Both sexes ⁴	204	203	200	196
Male	202	202	198	193
Female	206	204	202	199
Not Hispanic or Latino:				
White only, male	203	203	198	193
White only, female	208	206	205	202
Black or African American only, male	198	194	192	187
Black or African American only, female	201	199	194	191
Mexican origin male	199	200	200	198
Mexican origin female	198	194	196	193
Percent of poverty level: ⁵				
Below 100%	200	198	200	---
100%–199%	202	202	199	---
200%–399%	205	204	199	---
400% or more	206	204	203	---
Male				
20–44 years	194	196	196	191
20–34 years	186	188	186	182
35–44 years	206	207	209	204
45–64 years	216	213	206	200
45–54 years	216	215	208	203
55–64 years	216	212	202	198
65–74 years	212	202	191	184
75 years and over	205	195	187	173
Female				
20–44 years	189	191	192	187
20–34 years	184	185	188	180
35–44 years	195	198	197	196
45–64 years	225	215	213	212
45–54 years	217	211	208	209
55–64 years	235	221	219	216
65–74 years	233	224	214	206
75 years and over	229	217	206	201

See footnotes at end of table.

Table 66 (page 4 of 4). Cholesterol among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2009–2012

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

- - - Data not available.

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](#).

²Estimates are age-adjusted to the year 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](#).

³High cholesterol is defined as measured serum total cholesterol as greater than or equal to 240 mg/dL or reporting taking cholesterol-lowering medications. Respondents were asked, “Are you now following this advice [from a doctor or health professional] to take prescribed medicine [to lower your cholesterol]?”

⁴Includes persons of all races and Hispanic origins, not just those shown separately.

⁵Percent of poverty level was calculated by dividing family income by the U.S. Department of Health and Human Services’ poverty guideline specific to family size, as well as the appropriate year, and state. Persons with unknown percent of poverty level are excluded (8% in 2007–2010). See [Appendix II, Family income; Poverty](#).

⁶High serum total cholesterol is defined as greater than or equal to 240 mg/dL (6.20 mmol/L), regardless of whether the respondent reported taking cholesterol-lowering medications.

NOTES: Risk levels for cholesterol have been defined by the Third Report of the National Cholesterol Education Program Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults. National Heart, Lung, and Blood Institute, National Institutes of Health. September 2002. (Available from: <http://www.nhlbi.nih.gov/guidelines/cholesterol/index.htm> and summarized in JAMA 2001;285(19):2486–97). Serum total cholesterol greater than or equal to 240 mg/dL (6.20 mmol/L) is considered high. See [Appendix II, Cholesterol](#). Standard errors for selected years 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 the Excel spreadsheet on the *Health, United States* website at: <http://www.cdc.gov/nchs/hus.htm>.

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