

**Table 61 (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/contents2014.htm#061>.

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

<i>Sex, age, race and Hispanic origin<sup>1</sup>, and percent of poverty level</i>	1988–1994	1999–2002	2003–2006	2009–2012
Percent of population with hypercholesterolemia (serum total cholesterol greater than or equal to 240 mg/dL or taking cholesterol-lowering medications) <sup>3</sup>				
20 years and over, age-adjusted <sup>2</sup>				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	23.0	25.0	27.9	28.7
100%–199% . . . . .	22.1	25.9	27.6	27.1
200%–399% . . . . .	23.1	26.5	27.5	28.1
400% or more . . . . .	21.7	23.1	27.9	27.4
20 years and over, crude				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	19.4	21.6	24.1	24.1
100%–199% . . . . .	21.3	25.4	28.3	28.2
200%–399% . . . . .	21.3	26.2	28.1	30.5
400% or more . . . . .	21.9	24.2	28.7	31.6
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.

**Table 61 (page 2 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 origin<sup>1</sup>, and percent of poverty level</i>	1988–1994	1999–2002	2003–2006	2009–2012
Percent of population with high cholesterol (serum total cholesterol greater than or equal to 240 mg/dL) <sup>6</sup>				
20 years and over, age-adjusted <sup>2</sup>				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	20.6	18.3	18.1	13.4
100%–199% . . . . .	20.6	19.1	16.7	13.2
200%–399% . . . . .	20.8	18.9	15.8	13.2
400% or more . . . . .	19.5	14.4	15.9	12.3
20 years and over, crude				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	17.6	16.4	16.8	12.0
100%–199% . . . . .	19.8	18.2	16.0	12.9
200%–399% . . . . .	19.3	18.7	15.8	13.9
400% or more . . . . .	19.9	15.5	17.1	13.6
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 61 (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 origin<sup>1</sup>, 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 <sup>2</sup>				
Mean serum total cholesterol level, mg/dL				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	205	201	203	196
100%–199% . . . . .	205	204	201	194
200%–399% . . . . .	207	205	199	195
400% or more . . . . .	205	202	201	196
20 years and over, crude				
Both sexes <sup>4</sup> . . . . .	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: <sup>5</sup>				
Below 100% . . . . .	200	198	200	192
100%–199% . . . . .	202	202	199	193
200%–399% . . . . .	205	204	199	196
400% or more . . . . .	206	204	203	199
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 61 (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.

<sup>1</sup>Persons 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.

<sup>2</sup>Estimates 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.

<sup>3</sup>Hypercholesterolemia is defined as measured serum total cholesterol 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]?”

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

<sup>5</sup>Percent 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 (7% in 2009–2012). See Appendix II, Family income; Poverty.

<sup>6</sup>High cholesterol is defined as serum total cholesterol 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).