

Table 96. Dietary supplement use among persons 20 years of age and over, by selected characteristics: United States, 1988-1994, 1999-2002, and 2005-2008

(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 month ²			Any vitamin D supplement use in past month ³			Any folate (folic acid) supplement use in past month 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	37.3	38.0	30.3	38.1	37.5
Male.....	35.7	46.8	44.4	24.3	31.8	32.2	26.2	33.6	32.9
Female.....	47.8	57.4	56.9	32.2	42.3	43.4	34.2	42.2	42.0
Not Hispanic or Latino:									
White only, male.....	37.5	52.1	48.7	26.1	35.7	35.8	28.2	37.7	36.6
White only, female.....	50.9	63.4	61.3	35.4	48.3	47.7	37.7	48.2	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	26.6	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	29.2	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	27.7	30.3	24.1	27.7	30.4
200%-399%.....	44.0	53.6	52.5	30.2	38.7	39.4	32.5	39.6	38.8
400% or more.....	51.0	63.9	60.8	35.8	48.0	47.7	38.5	49.2	47.3
20 years and over, crude									
Both sexes ⁶	41.8	52.1	51.3	28.4	37.3	38.3	30.3	38.0	37.8
Male.....	35.3	46.2	44.2	24.2	31.6	32.1	26.0	33.4	32.8
Female.....	47.7	57.6	57.8	32.2	42.5	44.1	34.3	42.3	42.5
Not Hispanic or Latino:									
White only, male.....	37.4	52.4	49.7	26.0	36.0	36.4	28.1	38.0	37.3
White only, female.....	51.1	64.1	63.3	35.4	48.9	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	26.5	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	26.5	26.5	23.1	26.1	25.8
Percent of poverty level: ⁷									
Below 100%.....	29.4	36.3	31.9	17.1	23.7	22.4	18.4	23.6	21.2
100%-199%.....	36.8	43.5	45.2	24.0	28.1	31.3	24.9	28.0	31.1
200%-399%.....	43.6	53.2	53.1	30.4	38.3	39.9	32.7	39.3	39.1
400% or more.....	50.8	63.7	61.0	36.0	47.9	47.6	38.7	49.4	47.3

Male

20-34 years.....	31.0	34.4	31.2	21.9	24.3	22.9	23.5	24.7	23.0
35-44 years.....	36.8	45.0	38.4	26.3	30.8	29.2	28.5	34.0	29.6
45-54 years.....	32.8	48.8	47.0	23.6	35.1	32.4	25.3	37.1	33.9
55-64 years.....	42.9	57.0	56.6	28.1	39.1	42.1	30.2	40.9	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	36.0	44.7	24.1	37.7	45.1

Female

20-34 years.....	43.6	47.7	44.4	33.1	35.3	35.6	35.5	37.0	35.6
35-44 years.....	46.5	54.3	49.7	32.2	39.0	37.9	34.8	40.7	38.2
45-54 years.....	47.8	60.4	60.3	32.3	45.6	44.9	33.7	46.1	43.2
55-64 years.....	52.3	66.7	70.2	33.4	50.6	53.8	35.8	48.2	52.0
65-74 years.....	52.9	66.4	75.5	30.0	48.7	57.7	31.2	43.6	52.1
75 years and over.....	54.0	68.2	71.1	29.8	48.9	50.6	30.7	44.8	44.8

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 or other dietary supplements in the past month?" 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 folate or 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.

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