

CDC's Second Nutrition Report

A comprehensive biochemical assessment of the nutrition status of the U.S. population

Report measures 58 indicators of diet and nutrition (www.cdc.gov/nutritionreport)

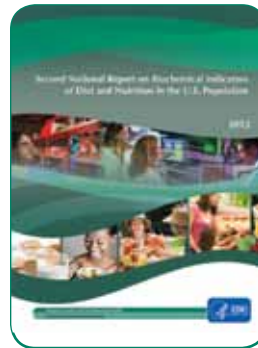
CDC's *Second National Report on Biochemical Indicators of Diet and Nutrition in the U.S. Population* provides reference data on biochemical indicators, including fat- and water-soluble vitamins, iron-status indicators, iodine, and other dietary biomarkers that are important to human health.

What the Report tells us

The *Second Nutrition Report* informs about the levels of biochemical indicators of diet and nutrition in the general population and in selected groups such as children, women of childbearing age, and minorities.

The *Report* provides:

- Rates of nutrient deficiencies
- Reference information for physicians and scientists to detect high or low nutrient levels in people
- A look at nutrient levels over time to detect trends of health significance
- An evaluation of the effectiveness of interventions to improve the nutrition status of the U.S. population
- The nutrition status of specific populations for nutrient deficiencies



New report uses NHANES results

The National Health and Nutrition Examination Survey (NHANES) is CDC's ongoing national survey to assess the health and nutrition status of the U.S. population. The *Second Nutrition Report* includes results from blood and urine samples collected from people participating

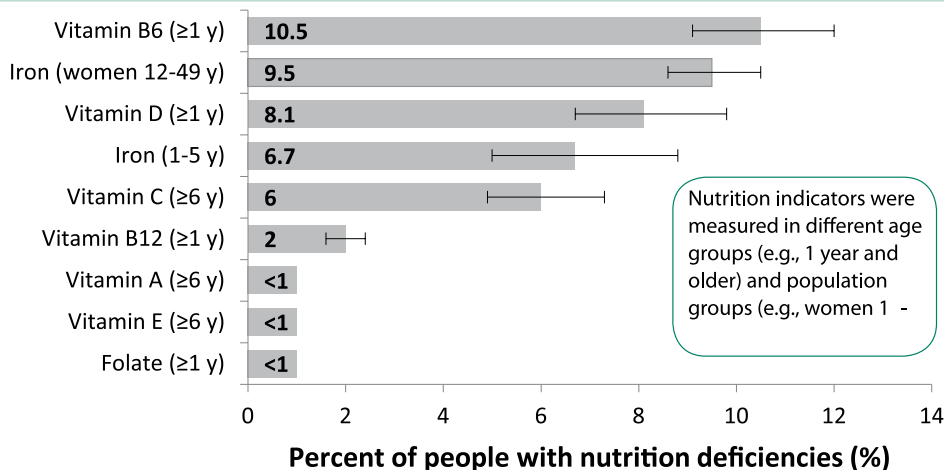
in NHANES from 2003-2006. In addition, results from NHANES 1999-2002 are included for biochemical indicators measured during that time period.

New information on nutrition deficiencies

The *Second Nutrition Report* found less than 10% of the U.S. population had nutrition deficiencies for selected indicators. However, for most nutrition indicators, deficiencies varied by age, gender, or race/ethnicity and could be as high as nearly one third of certain population groups. For example, non-Hispanic black (31%) and Mexican-American (12%) people were more likely to be vitamin D deficient compared to non-Hispanic white people (3%).

The graph shows prevalence estimates of nutrition deficiencies among people who live in the U.S. (NHANES 2003-2006). Of all the nutrients listed, the most people had vitamin B6, iron, and vitamin D deficiencies, and the fewest people had vitamin A, vitamin E, and folate deficiencies.

Nutrition deficiencies in the U.S. population



SOURCE: National Health and Nutrition Examination Survey (NHANES) 2003-2006

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