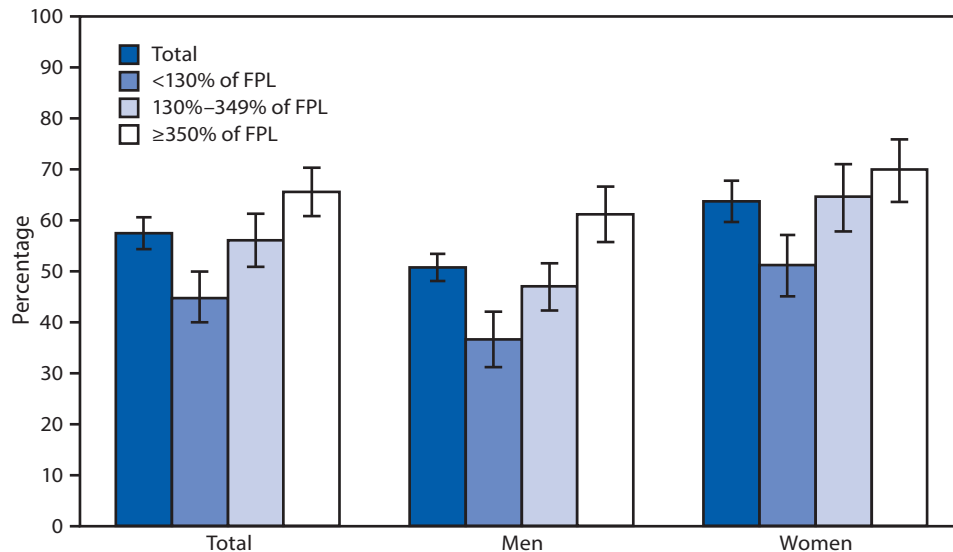


## QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

## Percentage\* of Adults Aged $\geq 20$ Years Who Had Taken Any Dietary Supplement† in the Past 30 Days, by Sex and Family Income§ — National Health and Nutrition Examination Survey, United States, 2017–2018



**Abbreviation:** FPL = federal poverty level.

\* Error bars indicate 95% confidence intervals.

† Dietary supplements are products taken by mouth that contain one or more dietary ingredients (vitamins, minerals, herbs or other botanicals, amino acids, and other substances) or their constituents and are labeled as such on the front panel.

§ Family income is defined as a percentage of the FPL. Participants missing information regarding family income were included in the total estimates but excluded in the estimates by family income.

During 2017–2018, 57.6% of adults aged  $\geq 20$  years had taken a dietary supplement within the past 30 days. The percentage increased with family income: 44.9% among those with family incomes <130% of the FPL, 56.2% among those with family incomes 130%–349% of the FPL, and 65.7% among those with family incomes  $\geq 350\%$  of the FPL. The increase with family income was seen for both men and women. Women were more likely than were men to use a dietary supplement overall (63.8% versus 50.8%) and at each income level.

**Source:** National Center for Health Statistics, National Health and Nutrition Examination Survey, 2017–2018. <https://wwwn.cdc.gov/nchs/nhanes/search/datapage.aspx?Component=Dietary&CycleBeginYear=2017>.

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