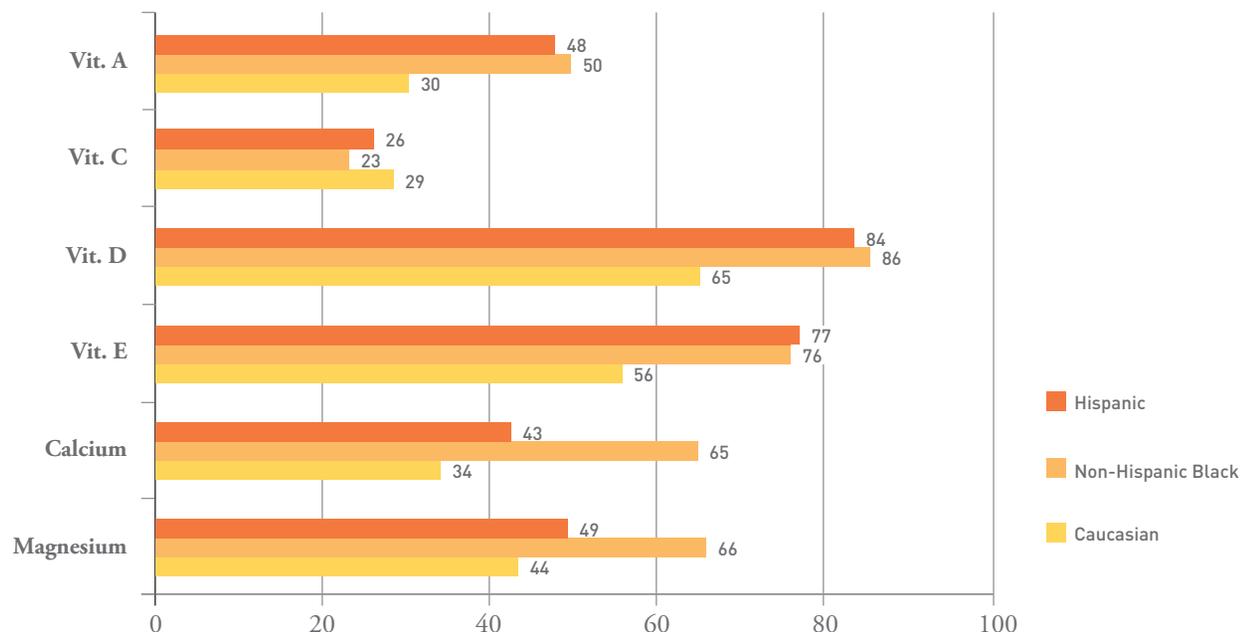


# Ethnicity & Nutrient Shortfalls



PERCENTAGE OF PEOPLE WITH NUTRIENT SHORTFALLS BY RACE / ETHNICITY



Source: NHANES 2001–2008<sup>1</sup>

The National Health and Nutrition Examination Survey (NHANES) is a survey conducted by the Centers for Disease Control and Prevention (CDC). NHANES is designed to assess the health and nutritional status of adults and children in the United States. The survey is unique in that it combines interviews and physical examinations. The statistics reported in this fact sheet are based on the EAR, which is helpful for assessing population needs.

**For more information visit:**

- Dietary Guidelines for Americans | [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)
- Nutrition.gov | [www.nutrition.gov](http://www.nutrition.gov)
- National Institutes of Health MedlinePlus | [www.nlm.nih.gov/medlineplus/nutrition.html](http://www.nlm.nih.gov/medlineplus/nutrition.html)
- National Osteoporosis Foundation | [www.nof.org](http://www.nof.org)
- Centers for Disease Control and Prevention | [www.cdc.gov](http://www.cdc.gov)

<sup>1</sup> Fulgoni V. NHANES 2001–2008 analysis. 2011 unpublished.

<sup>2</sup> Waresjo E, Byberg L, Melhus H, et al. Dietary calcium intake and risk of fracture and osteoporosis: prospective longitudinal cohort study. *BMJ* 2011;342:d1473.

**America is in the midst of a nutrition crisis that has yet to be fully addressed.**

- Data from the government’s National Health and Nutrition Survey (NHANES) shows that most people have problems meeting recommended nutrient intake for the following nutrients: vitamins A, C, D, and E, calcium and magnesium.<sup>1</sup>
- As the graphic to the left demonstrates, the latest information from NHANES reveals that shortfalls in key nutrients differ by race/ethnicity.
- For vitamins A, D and E, Hispanic and Non-Hispanic Black populations have greater nutrient shortfalls than Caucasian.
- For calcium and magnesium<sup>1</sup>, the Non-Hispanic Black population (65 percent and 66 percent, respectively) has greater shortfalls than Hispanic or Caucasian.
- For vitamin C, all three race/ethnicities have similar shortfalls.

**Current dietary and lifestyle choices have led to a growing gap between the amount of nutrients people should consume and the actual nutrients they are consuming.**

- The Healthy Eating Index (HEI) is a measure of diet quality based on how many servings of food from various food groups are eaten. American adults score about 50 out of a possible 100 points.<sup>1</sup>
- The HEI score shows that most people need to make significant changes in how they eat to meet nutrient goals.

**Nutrient shortfalls left unaddressed have the potential to lead to chronic diseases such as osteoporosis<sup>2</sup>, which will increase healthcare costs.**