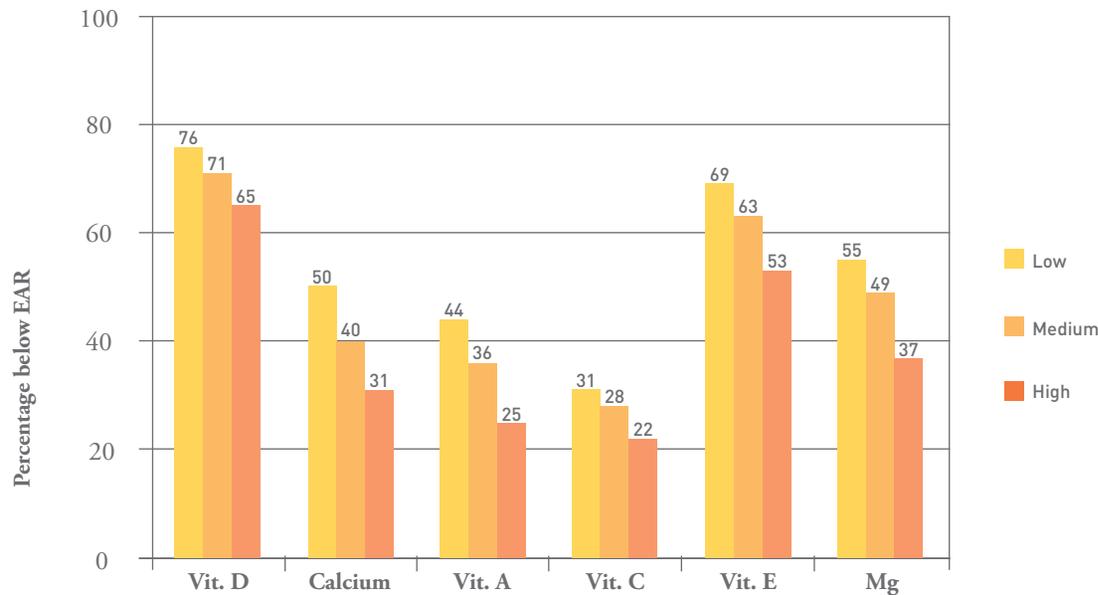


# Income & Nutrient Shortfalls



PERCENTAGE OF PEOPLE WITH NUTRIENT SHORTFALLS BY INCOME



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 Fulgoni V. NHANES 2001-2008 analysis. 2011 unpublished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.

- According to data from the government's National Health and Nutrition Examination Survey (NHANES), nutrient shortfalls persist for vitamins A, C, D and E, magnesium and calcium regardless of income level.<sup>1</sup>
- However, those in the low income category (<\$25K annually) have the greatest nutrient shortfalls compared to medium (\$25K to \$75K) and high income groups (>\$75K).<sup>1</sup>

## 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. Income level aside, 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.

- Nutrition programs for low income individuals will become increasingly important to help fill these nutrient shortfalls.