

SUPPLEMENTAL TABLE. Prevalence of U.S. population aged 2–18 years with usual sodium intake in excess of age-specific upper limits, by sex, age group,* and race/ethnicity — National Health and Nutrition Examination Survey, 2009–2012

Subpopulation (upper limit for sodium intake [†])	No. in sample (unweighted)	% exceeding upper limit (95% CI)
Age 2–3 yrs (1,500 mg)	793	93.5 (87.4–99.6)
Male	403	95.4 (90.0–100)
Female	390	91.4 (84.1–98.8)
White, non-Hispanic	219	93.9 (87.6–100)
Black, non-Hispanic	190	96.1 (91.0–100)
Hispanic	273	92.0 (83.2–100)
Age 4–8 yrs (1,900 mg)	1,639	92.2 (88.6–95.7)
Male	861	95.1 (92.4–97.8)
Female	778	89.0 (83.4–94.5)
White, non-Hispanic	470	91.8 (86.9–96.6)
Black, non-Hispanic	367	94.3 (90.3–98.4)
Hispanic	595	91.6 (87.2–95.9)
Age 9–13 yrs (2,200 mg)	1526	93.7 (89.9–97.6)
Male	742	97.0 (93.6–100)
Female	784	90.7 (85.8–95.7)
White, non-Hispanic	443	93.4 (89.1–97.7)
Black, non-Hispanic	364	92.0 (85.5–98.4)
Hispanic	536	94.5 (89.5–99.6)
Age 14–18 yrs (2,300 mg)	1330	92.8 (86.8–98.8)
Male	682	99.0 (97.1–100)
Female	648	87.1 (76.8–97.4)
White, non-Hispanic	378	94.6 (89.0–100)
Black, non-Hispanic	345	86.6 (76.2–97.0)
Hispanic	438	91.9 (83.2–100)

Abbreviation: CI = confidence interval

* Age categories were defined according to the *Dietary Reference Intake (DRI)* age categories.

[†]Age-appropriate *DRI* amounts in relation to calories were specified as the age-specific tolerable upper intake levels for sodium, defined as the highest average daily nutrient intake level that is likely to pose no risk of adverse health effects. Age-appropriate *DRI* amounts of sodium in relation to calories were <1500 mg/day for children aged 2–3 years, <1900 mg/day for children aged 4–8 years, <2200 mg/day for children and adolescents aged 9–13 years, and <2300 mg/day for persons aged ≥14 years.

Source document: Jackson SL, King SMC, Zhao L, Cogswell ME. Prevalence of excess sodium intake in the United States—NHANES, 2009–2012. *MMWR Morb Mortal Wkly Rep* 2015;64:xxx-xxx.