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Review of the Literature on the Profiles of Older Dietary Supplement Users

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Commentary

Dietary supplement use is reported to be 1660 percent among people aged 60 and up in published publications. The prevalence figures differ depending on the demographic investigated and the data collection method used. Older supplement users are more likely to be female, Caucasian, and well educated, with healthier lifestyle habits than non-supplement users, and they are less likely to be overweight or smoke. In this population, neither wealth nor self-reported health state are reliable predictors of supplement use. Older supplement users frequently report higher dietary intakes of several micronutrients than older non-supplement users. The current supplement usage patterns of the elderly demonstrate that, while they consume a variety of goods, they do not supplement with nutrients that are particularly beneficial to them. Multivitamins and minerals, vitamin C, and vitamin E preparations are the most popular supplements among people aged 60 and up. There isn't enough information to quantify the dosage, frequency, and duration of supplement use in the elderly. Obtaining this data and information about herbal medicine use is a critical step in reducing the danger of drug–nutrient–herbal interactions. Future utilisation studies should focus on identifying the health experts who monitor the appropriateness and safety of supplement use in older people, especially considering the high use of medication in this population. The goal of this systematic review of the literature published between 1982 and 2003 is to determine the patterns of dietary supplement usage among community-dwelling people aged 60 and higher, as well as to profile the features of older supplement users.

Earlier research on the determinants of dietary supplement usage has found that supplement users are generally more health-conscious than non-users, both in terms of dietary choices and overall lifestyle. Dietary supplement use has historically been linked to female sex, advanced age, and greater education. Dietary supplement use varies greatly amongst groups, and prior research has shown that it is very high in the Danish population when compared to other European countries. The fact that supplement consumption differs by country suggests that cultural and environmental factors may impact supplement use [1].

Only a few researches in the Danish population have looked into the use of dietary supplements. Tetens discovered that women use dietary supplements more than males and that their use rises with age and the desire to eat healthily. According to Knudsen et al., the usage of dietary supplements is linked to age and previous smoking, as well as a poor self-perceived health state. These studies only looked at a few parameters; many more, such as dietary consumption, physical activity, and metabolic risk factors, need to be looked into. Furthermore, the factors that influence the effectiveness of various supplements have not been studied. Previous research has found that supplement users are more health-conscious than non-users, even in the largely supplement-using Danish population. However, a deeper understanding of the factors of supplement usage in the Danish population is required, particularly in relation to health behaviours and health status [2].

The Diet, Cancer, and Health cohort includes 57 053 Danes, aged 50–64 years at baseline, who provided thorough information on both dietary supplement usage and lifestyle, giving it the statistical capacity to investigate numerous variables for dietary supplement use across a wide spectrum of supplements. The goal of this study was to see how subject characteristics, a health index, and a metabolic risk index influenced the usage of dietary supplements in middle-aged men and women who were part of the Diet, Cancer, and Health cohort. This was done in order to learn more about supplement use in the Danish population and how it relates to health and illness risk [3].

Finally, the findings of this study revealed that 71 percent of the cohort participants used dietary supplements. Dietary supplement consumption was influenced by female gender, age, and educational level. Furthermore, individuals who had the healthiest lives were more likely to take dietary supplements. These findings back up earlier research indicating supplement users are generally more health-conscious, even in this group where supplement usage is common. As a result, in investigations on supplement usage and health outcomes, lifestyle and dietary composition should be taken into account as confounders [4].

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Conflict of Interest

None

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