

## Risk Reduction with Vitamin D and Omega-3: VITAL Trial Results (2018)

% Risk Reduction	10	20	30	40	50	60	70	80	90	100
<b>Vitamin D</b>										
Cancer Mortality <sup>1</sup>				25%						
Invasive Cancer: BMI <25				24%						
Invasive Cancer: African Americans <sup>2</sup>				23%						
<b>Omega-3</b>										
Major CVD event <sup>3</sup> : Fish consumption <1.5 servings/wk			19%							
Major CVD event <sup>3</sup> : African Americans with <1.5 fish servings/wk				39%						
Heart Attack: All			28%							
Heart Attack: African Americans								77%		
Heart Attack: African Americans with diabetes									94%	
Heart Attack: African Americans with 1 CVD risk factor								72%		
Heart Attack: African Americans with 2+ CVD risk factors									84%	
Heart Attack: Fish consumption <1.5 servings/wk				40%						
Heart Attack: Non-Hispanic Caucasians with <1.5 fish servings/wk				29%						
Heart Attack: African Americans with <1.5 fish servings/wk								77%		
Heart Attack: African Americans with ≥1.5 fish servings/wk								79%		
Heart Attack: Age <66.7 years (median age)				40%						
Heart Attack: Males				28%						
Heart Attack: Non-current smokers				21%						
Heart Attack: Current smokers								62%		
Heart Attack: Medication-treated diabetes								60%		
Heart Attack: Medication-treated hypertension				42%						
Heart Attack: Taking cholesterol medication				35%						
Heart Attack: Without parental history of heart attack				29%						
Heart Attack: Not assigned to vitamin D				29%						
Heart Attack: With 2+ CVD risk factors								43%		
Heart Attack: With baseline aspirin use				36%						
Heart Attack: With baseline statin use				32%						
Death from Heart Attack: All								50%		
Percutaneous coronary intervention (stent): All				22%						
Coronary heart disease <sup>4</sup> : All				17%						
All-Cause Mortality: African Americans with <1.5 fish servings/wk				36%						

All percent reductions have a p-value <0.05 except one noted below

<sup>1</sup> excluding first two years of follow-up

<sup>2</sup> p-value=0.056

<sup>3</sup> heart attack, stroke, or death from cardiovascular causes

<sup>4</sup> heart attack, percutaneous coronary intervention, coronary-artery bypass grafting, or death from coronary heart disease

Chart Date 11/29/2018

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Manson et al., NEJM, 2018.



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