Omega-3 Index, Supplement Use, and Fatty Fish Intake Among GrassrootsHealth Participants by Age (N=2,482) 100% 80% Omega-3 Index Percent of Participants **8.0%**+ 60% 7.0%-7.9% **6.0%-6.9%** 40% 5.0%-5.9% 4.0%-4.9% **<4.0**% 20% 0% <30 30-39 40-49 50-59 60-69 70+

