

# The Global Omega-3 Crisis: What a Study of 590,000 Blood Tests Reveals About Our Health

By Robert Ferguson

After reading and reviewing the peer-reviewed study, Global variations in omega-3 fatty acid status and omega-6 to omega-3 ratios: insights from > 500,000 whole-blood dried blood spot samples, published in *Lipids in Health and Disease*, the following is a clear and easy-to-understand summary. It shows why it's so important for everyone to get tested—so they can know their omega-6 to omega-3 ratio and their omega-3 index percentage. If you'd like to read the full published study, you can click the link below. Otherwise, the summary is right here: <https://lipidworld.biomedcentral.com/articles/10.1186/s12944-025-02676-6#Tab1>

## Summary of the Study

This study looked at over 590,000 blood samples from people all over the world to see how much omega-3 and omega-6 fats they had in their bodies. These fats are very important for health, and the balance between them can make a big difference in whether someone is more likely to have diseases like heart problems, diabetes, or cancer.

## What are omega-3 and omega-6?

- **Omega-3 fats** are healthy fats found in fish, nuts, and seeds. They help lower inflammation, protect the heart, and support the brain.
- **Omega-6 fats** are also needed but are found in large amounts in vegetable oils and processed foods. Too much omega-6 compared to omega-3 causes inflammation, which can harm health.

A healthy ratio is considered to be between **1:1 and 5:1** (omega-6 to omega-3). Most people today are well above that, sometimes **reaching 10:1 or even higher**.

## What did the study find?

- **Most people don't get enough omega-3s.** Levels were too low almost everywhere in the world.
- **The balance between omega-6 and omega-3 is off.** On average, people had a ratio of about **6:1 to 9:1**, which is higher than the healthy range.
- **Where you live matters.**
  - Higher omega-3 levels were found in places like **Ghana, Japan, Norway, and the Faroe Islands**, where people eat more fish.
  - Lower levels were found in **North America and Africa**, where diets include more processed foods and fewer omega-3s.

- **Supplements help.** People who took omega-3 supplements had better omega-3 levels than those who didn't. But even with supplements, many people still didn't reach the best levels.
- **Age, weight, and gender matter.** Older people and women had slightly higher omega-3 levels, while people who were overweight or obese had lower levels.

## Why does this matter?

When omega-3 levels are low and omega-6 levels are high, the body remains in a state of chronic inflammation. This can lead to problems like heart disease, diabetes, cancer, autoimmune disorders, and other long-term illnesses.

## How was this measured?

The study used **dried blood spot (DBS) tests**, which are simple finger-prick blood tests. This method makes it easy to test large numbers of people and see their fatty acid balance.

## Final message

The study shows that the world has a serious omega-3 problem. Most people don't get enough, and their omega-6 to omega-3 ratios are too high. This puts many at risk for chronic diseases. Eating more omega-3-rich foods (like fish) and/or taking supplements can help, but global diets need big changes to fix the imbalance.

## Reference

- Torrissen, M., Gisslevik, E., Gundersen, T. E., Bolstad, T., Eide, O., Rizzo, A. M., Clayton, P., & Robertson, C. (2025). Global variations in omega-3 fatty acid status and omega-6:omega-3 ratios: Insights from > 500,000 whole-blood dried blood spot samples. *Lipids in Health and Disease*, 24, 260.  
<https://lipidworld.biomedcentral.com/articles/10.1186/s12944-025-02676-6>

## Call to Action

If you want to **get tested** to know your omega-6 to omega-3 ratio and your omega-3 index percentage, **contact the person who shared this article, email me at [robert@dietfreelife.com](mailto:robert@dietfreelife.com)**, or click here to [schedule a free consultation](#) to learn more.

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