

## 만성질환 통계

## 1. 주관적 건강인지 국제 비교 – OECD 가입국가 중심

◆ 2018년 기준 OECD 주관적 건강상태 양호 비율을 비교한 결과, 우리나라는 32.0%(남자 34.5%, 여자 29.4%)로 OECD 평균 67.9%(남자 70.3%, 여자 65.8%)에 비해 낮은 수준임. 국가별로는 우리나라가 가장 낮고, 다음으로 일본(35.5%), 리투아니아(44.0%) 순임(그림 1).

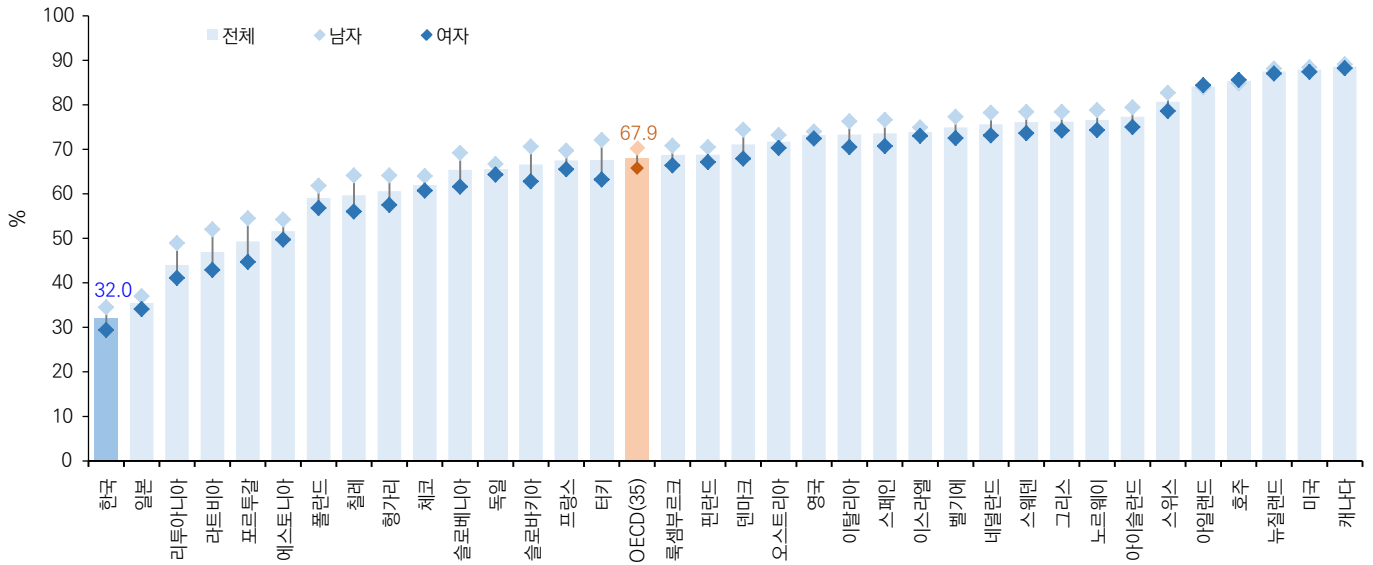


그림 1. OECD 회원국의 주관적 건강인지 비교, 2018년

\* 주관적 건강상태 양호 비율 : 15세 이상 인구 중 본인의 건강상태가 양호( 좋음, 매우 좋음)하다고 생각하는 비율

† OECD(35) : 2018년(혹은 인접년도) 통계가 있는 35개국의 평균 값

‡ 일본은 2016년, 호주, 칠레, 아이슬란드는 2017년 통계임

## 2. 주관적 건강인지율 추이, 2008~2018

◆ 만 19세 이상의 주관적 건강인지율(연령표준화)은 2009년 이후 감소하는 경향을 보였음(2008년 42.8%에서 2018년 31.9%로 10.9%p 감소). 2018년 기준 성인 10명 중 약 3.2명이 본인의 건강이 좋은 편('매우 좋음' 또는 ' 좋음')이라고 응답하였음(그림 2).

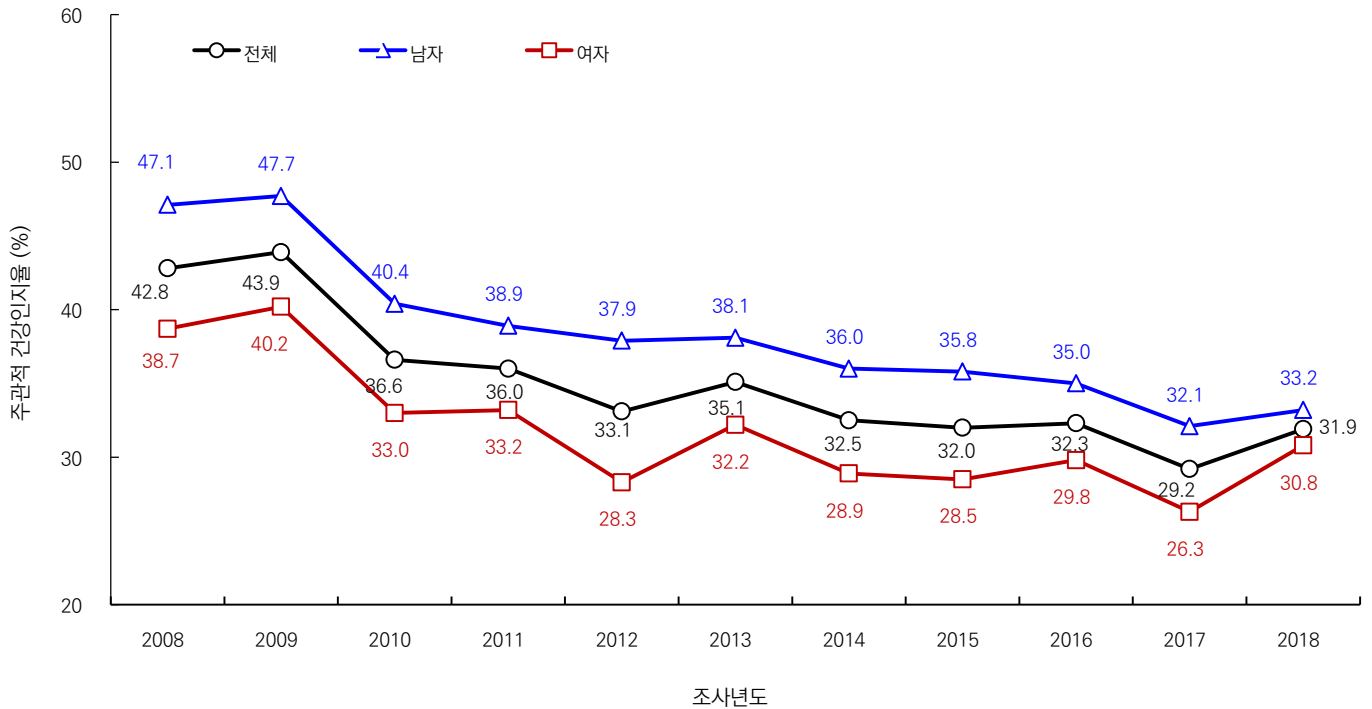


그림 2. 주관적 건강인지율 추이, 2008~2018

\* 주관적 건강인지율 : 평소에 본인의 건강이 '매우 좋음' 또는 ' 좋음'이라고 생각하는 분을, 만 19세 이상

※ 그림 2에 제시된 통계치는 2005년 추계인구로 연령표준화

출처: 2018년 국민건강통계, <http://knhanes.cdc.go.kr/>

작성부서: 질병관리본부 질병예방센터 만성질환관리과

## Noncommunicable Disease (NCD) Statistics

## 1. International comparison of perceived health status among OECD countries in 2018 (or nearest available year)

◆ Perceived health status of the year 2018 were compared among OECD countries. Proportion of people who perceived themselves to be in good or very good health, among those aged 15 years and over, were 32.0% in Korea (34.5% in men, 29.4% in women), which was much lower than the OECD average of 67.9% (70.3% in men, 65.8% in women). Korea ranked the lowest, followed by Japan (35.5%), and Lithuania (44.0%) (Figure 1).

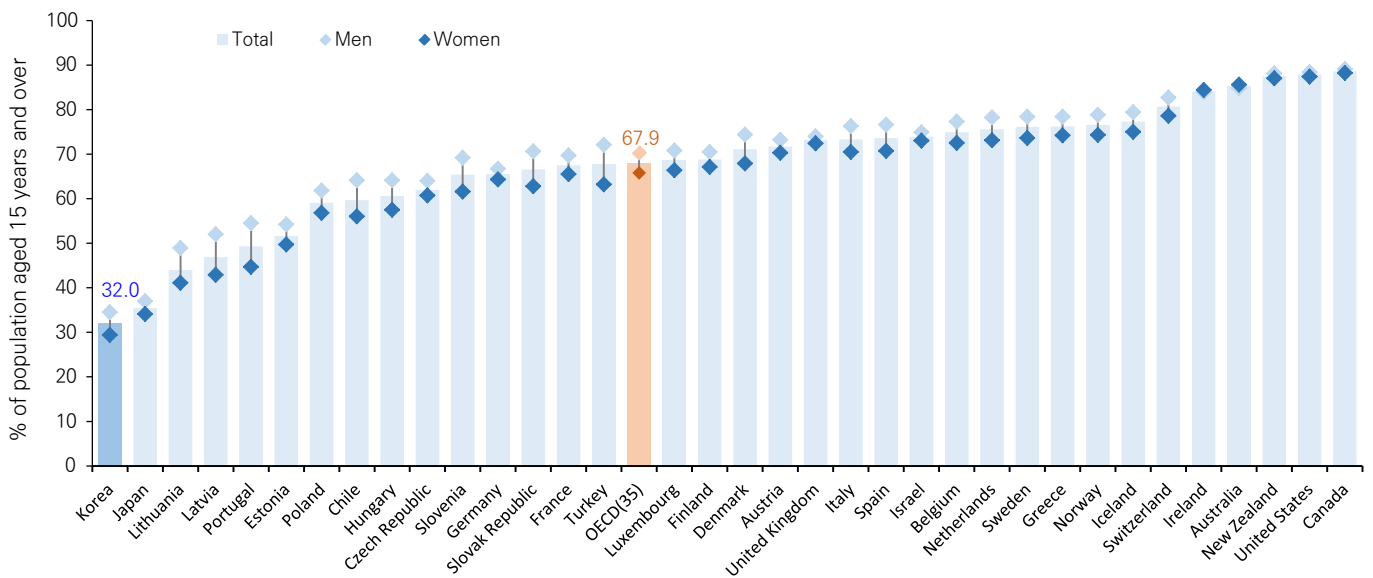


Figure 1. International comparison of perceived health status among OECD countries in 2018 (or nearest available year)

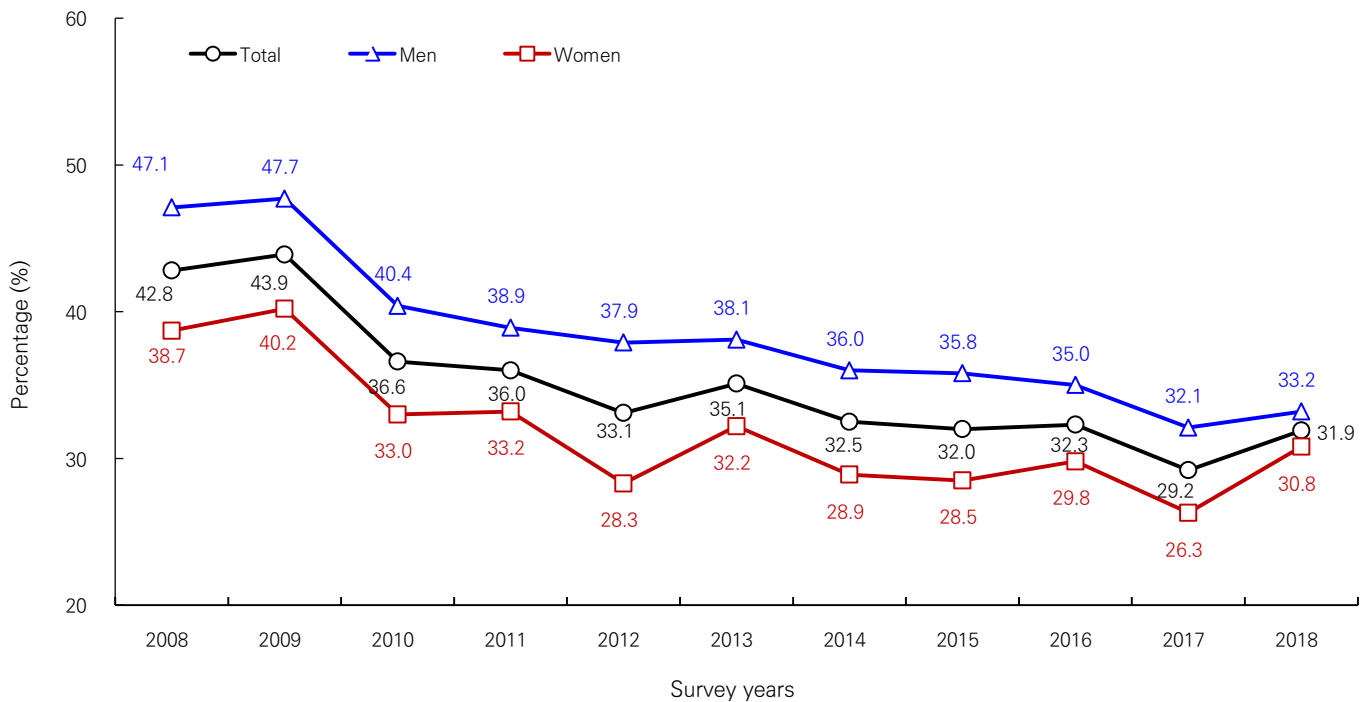
\* Well perceived health status: perception of oneself to be in good or very good health, among people aged 15 years and over

† OECD(35): average of 35 member countries that have statistics of the year 2018 (or nearest available year)

‡ Statistics of the year 2016 have been used for Japan, while that of the year 2017 have been used for Chile, Australia, Iceland.

## 2. Trends in self-perceived health status among Korean adults aged 19 years and over, 2008–2018

◆ Age-standardized rate of Korean adults aged 19 years and over who perceives themselves to be healthy, steadily decreased since 2009 (from 42.8% in 2008 to 31.9% in 2018). In 2018, 3.2 out of 10 adults reported their health as good (marked as Very Good or Good) (Figure 2).



**Figure 2.** Trends in self-perceived health status among Korean adults aged 19 years and over, 2008–2018

\* Self-perceived health status: percentage of adults who report their health in everyday living as “Good” or “Very Good”, among those aged 19 years and over.

※ The mean in figure 2 was calculated using the direct standardization method based on a 2005 population projection.

Source: Korea Health Statistics 2018, Korea National Health and Nutrition Examination Survey, <http://knhanes.cdc.go.kr/>

Reported by: Division of Chronic Disease Control, Korea Centers for Disease Control and Prevention