

## 만성질환 통계

## 1. 에너지 섭취량 추이, 1998~2018

◆ 에너지 섭취량은 2018년 남자 2,302kcal, 여자 1,661kcal로 남자는 1998년(2,153kcal)에 비해 증가하였으나 여자는 20년간 유사한 수준 유지, 남녀 모두 에너지 섭취량 중 탄수화물의 섭취 비율은 1998년에 비해 2018년에 감소한 반면 지방은 증가하는 경향임(그림 1).

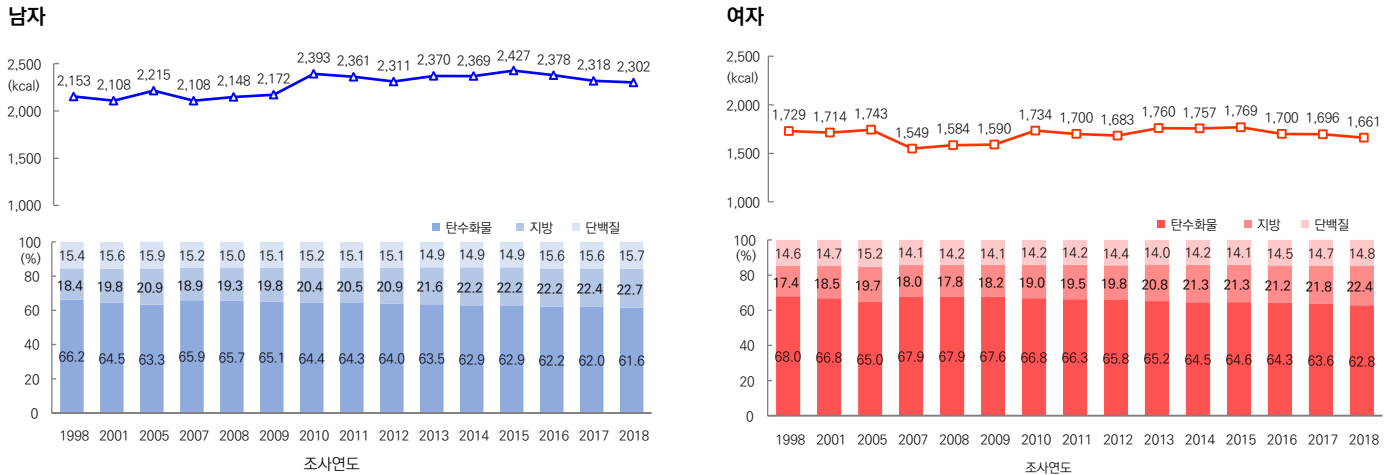


그림 1. 에너지 섭취량 및 급원별 섭취분율 추이

\* 2005년 추계인구로 연령표준화

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

작성부서 : 질병관리청 만성질환관리국 건강영양조사분석과

## 2. 음료류 섭취량 현황, 1998~2018

◆ 음료류 섭취량은 2018년 208g으로 1998년(45g)에 비해 20년간 4배 이상 증가(그림 2), 음료류 섭취량은 남자가 여자보다 높았으며 20, 30대에서 가장 높았음(그림 3).

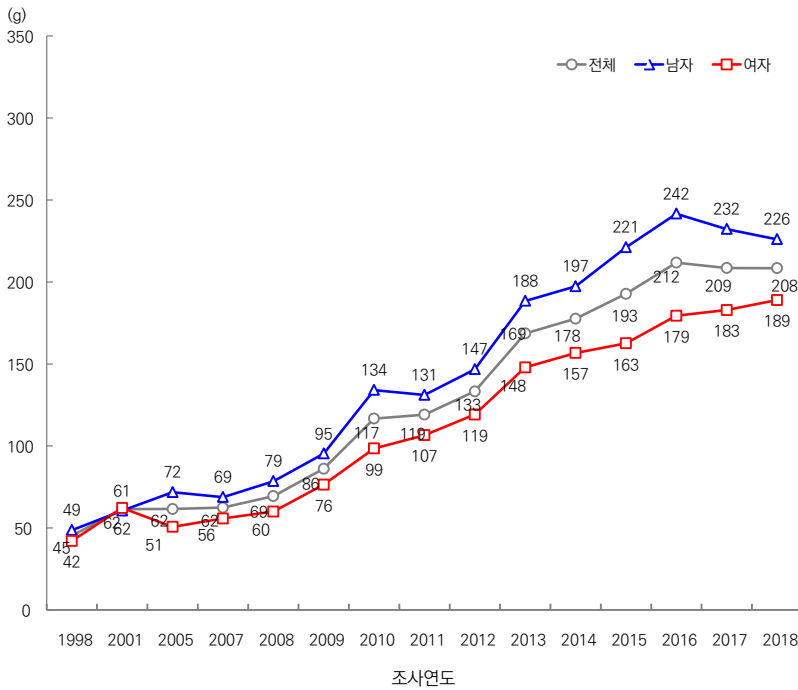


그림 2. 음료류 섭취량 추이, 1998~2018

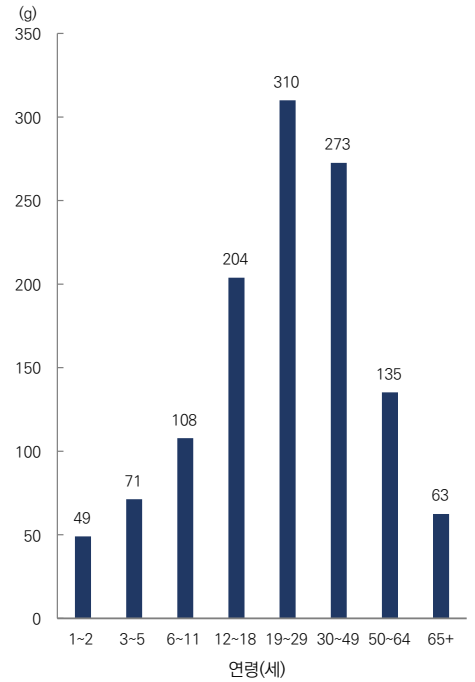


그림 3. 연령별 음료류 섭취량, 2018

\* 그림2의 연도별섭취량은 2005년 추계인구로 연령표준화

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

작성부서 : 질병관리청 만성질환관리국 건강영양조사분석과

## Noncommunicable Disease (NCD) Statistics

## 1. Trends in intake of energy, 1998–2018

◆ Energy intake in 2018 was 2,302 kcal for men and 1,661 kcal for women, which increased compared to 1998 for men, but at a similar intake for women. Over the past 20 years, the percentage of energy intake from carbohydrate has decreased, but the percentage of energy intake from fat has increased (Figure 1).

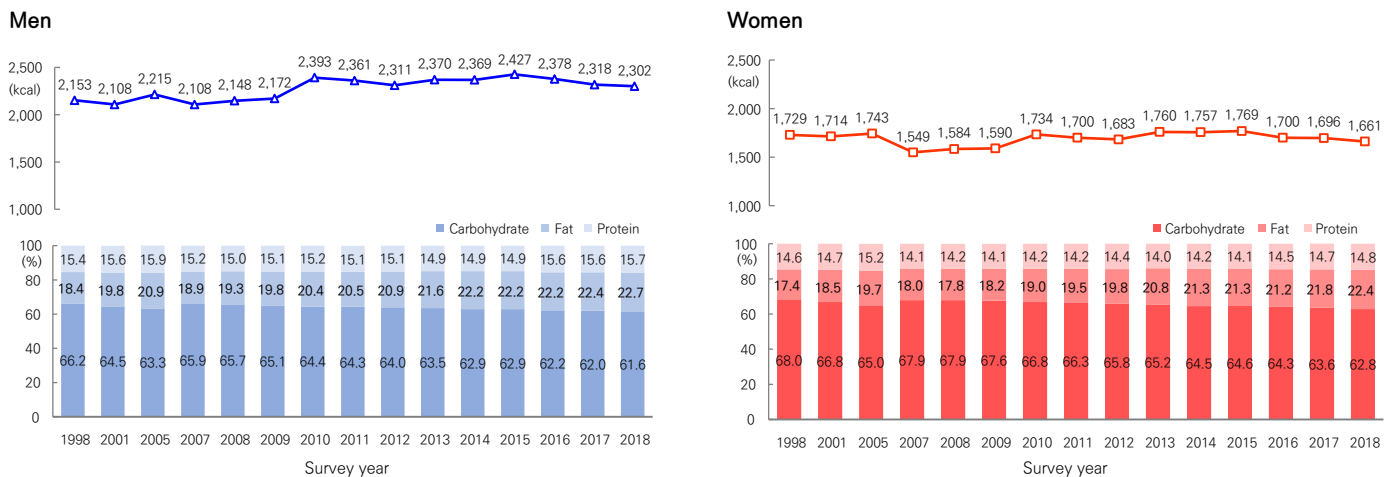


Figure 1. Trends in energy intake and percentage of energy intake from carbohydrate, fat, and protein

\* Energy intake and percentage of energy intake from carbohydrate, fat, and protein in figure 1 was calculated using age- and sex-specific structures of the estimated population in the 2005 Korea Census.

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

Reported by: Division of Health and Nutrition Survey and Analysis, Korea Disease Control and Prevention Agency

## 2. Trends in intake of beverages, 1998–2018

◆ Beverage intake among Korea population aged 1 years and over was 208g in 2018, increase to more than four times of that in 1998 (45g). Beverages intake was higher in men than in women, and the highest in their 20s and 30s (Figure 2, 3).

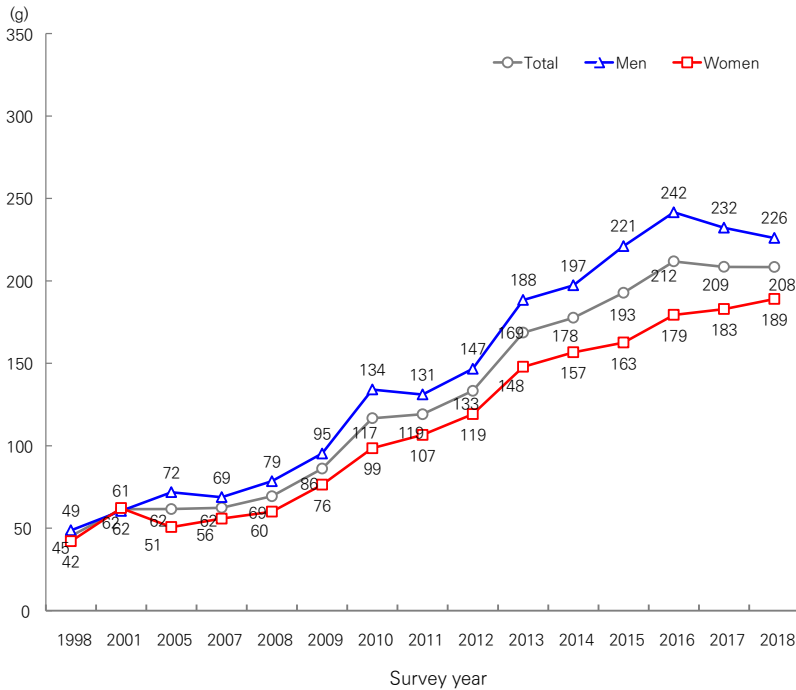


Figure 2. Trends in intake of beverages, 1998–2018

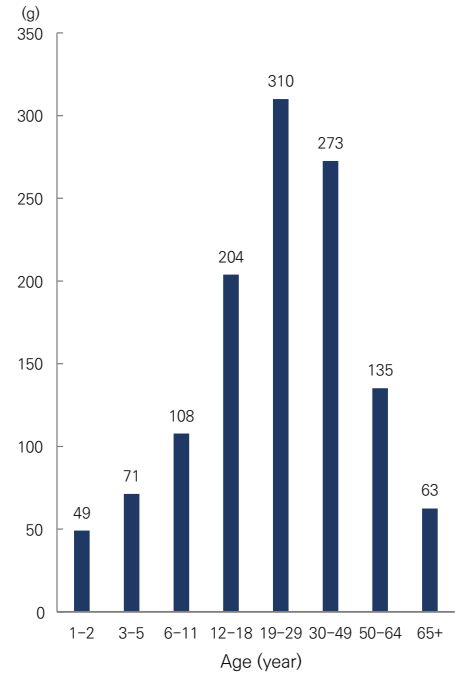


Figure 3. Beverages intake by age groups, 2018

\* Beverages intake in figure 2 was calculated using age- and sex-specific structures of the estimated population in the 2005 Korea Census.

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

Reported by: Division of Health and Nutrition Survey and Analysis, Korea Disease Control and Prevention Agency