

만성질환 통계

나트륨 섭취 현황, 1998~2018

◆ 나트륨 섭취량은 2018년 3,255 mg으로 1998년(4,586 mg)에 비해 20년 간 2/3 수준으로 감소하였으나 여전히 목표섭취량(2,000 mg)의 2배임(그림 1), 나트륨 섭취량은 남자가 여자보다 높았으며 30, 40대에서 가장 높았음(그림 2).

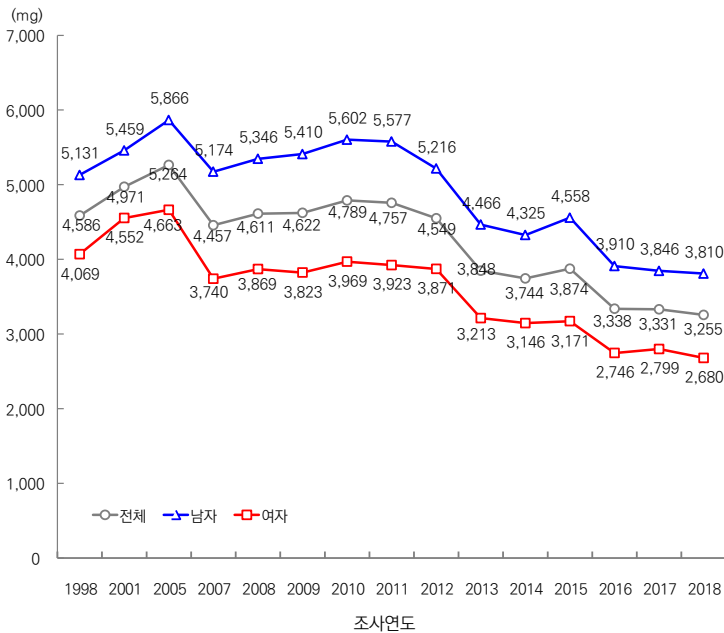


그림 1. 나트륨 섭취량 추이, 1998~2018

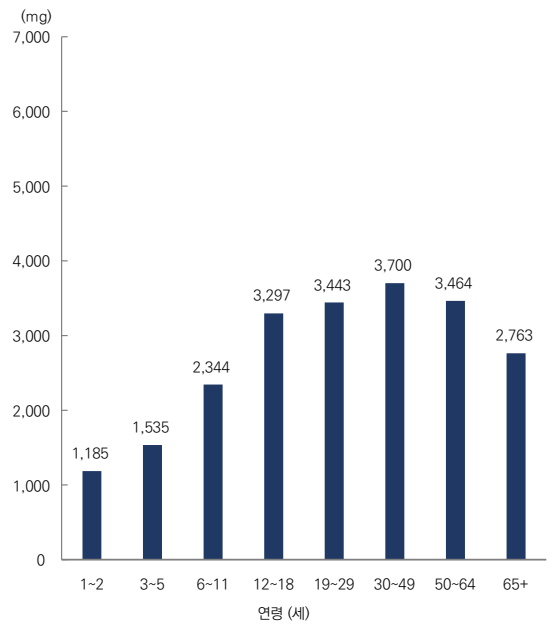


그림 2. 연령별 나트륨 섭취량, 2018

* 그림1의 연도별섭취량은 2005년 추계인구로 연령표준화

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

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Trends in intake of sodium, 1998–2018

◆ Sodium intake among Korean population aged 1 year and over was 3,255 mg, decrease to 2/3 of that in 1998 (4,586 mg), but it is still twice the goal of sodium (2,000 mg) (Figure 1). Sodium intake was higher in men than in women, and the highest in their 30s and 40s (Figure 2).

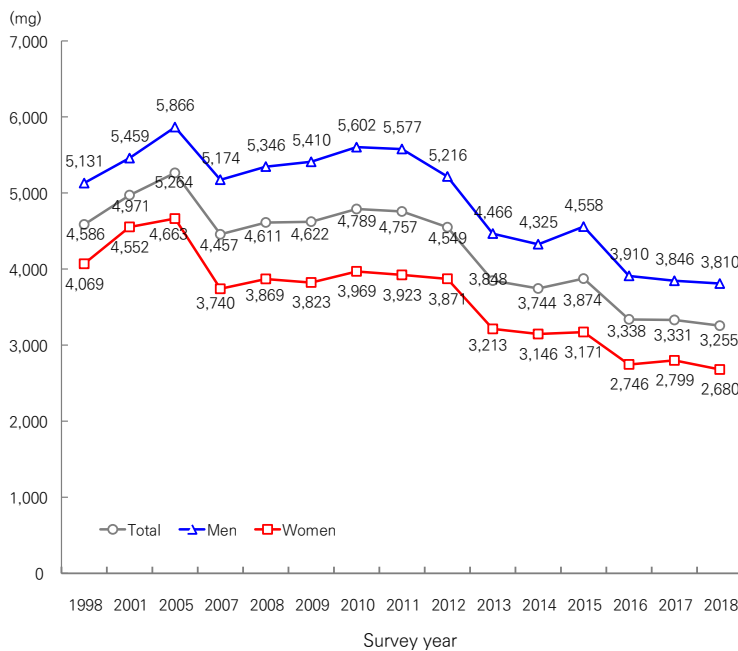


Figure 1. Trends in intake of sodium, 1998–2018

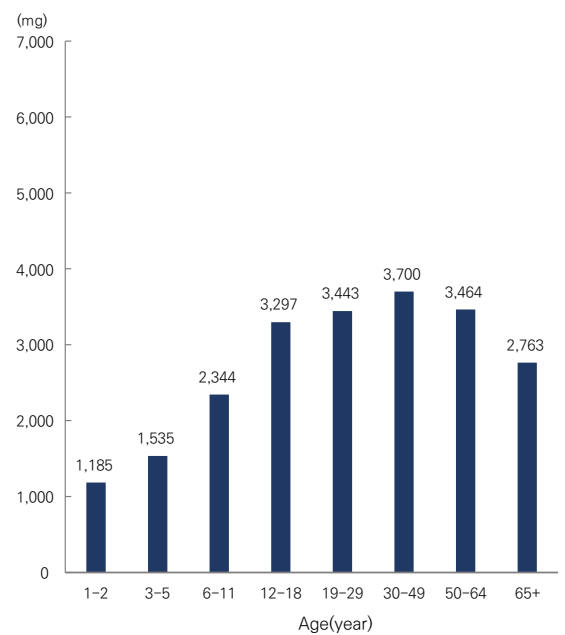


Figure 2. Sodium intake by age groups, 2018

* Sodium intake 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 VII-3, <http://knhanes.cdc.go.kr/>

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