

만성질환 통계

나트륨 섭취 현황, 2010~2019

나트륨 섭취량은 2019년 3,287mg으로 2010년(4,789mg)에 비해 감소하였으나 2016년 이후 비슷한 수준 유지하고 있음(그림 1). 나트륨 섭취량은 남자가 여자보다 높았으며 30, 40대에서 가장 높았음(그림 2). 1~5세를 제외하고 모든 연령에서 나트륨 목표섭취량(2,000mg)을 초과하여 섭취하고 있었음.

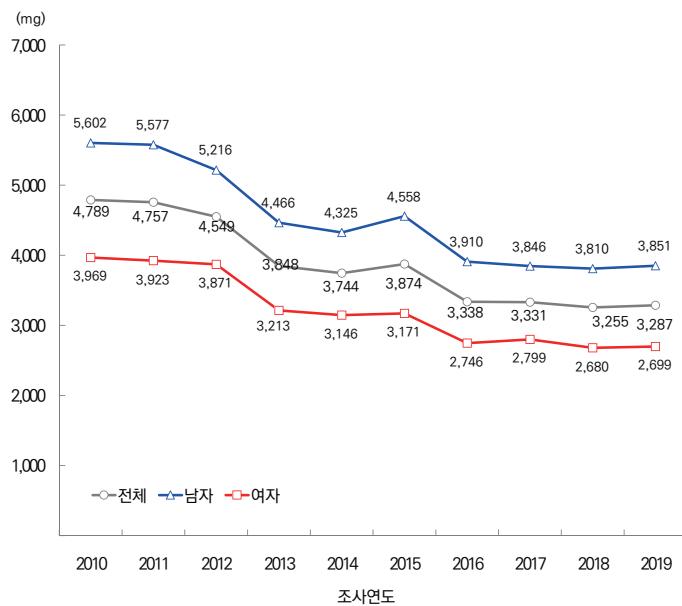


그림 1. 나트륨 섭취량 추이, 2010~2019

* 그림1의 연도별섭취량은 2005년 추계인구로 연령표준화

출처 : 2019년 국민건강통계, <http://knhanes.kdca.go.kr/>

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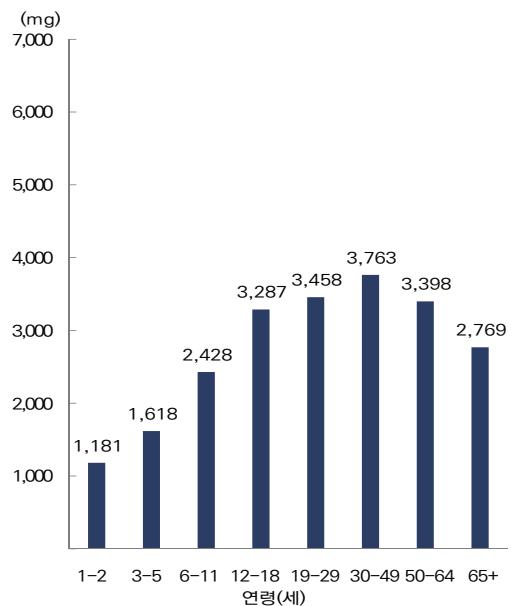


그림 2. 연령별 나트륨 섭취량, 2019

Noncommunicable Disease (NCD) Statistics

Trends in intake of sodium, 2010–2019

Sodium intake among Korea population aged 1 years and over decreased to 3,287 mg in 2019 compared to 2010 (4,789 mg), but has remained as a similar level since 2016 (Figure 1). Sodium intake was higher in men than in women, and the highest in their 30s and 40s (Figure 2). All age groups except 1–5 years old were consuming sodium in excess of the goal of sodium (2,000mg).

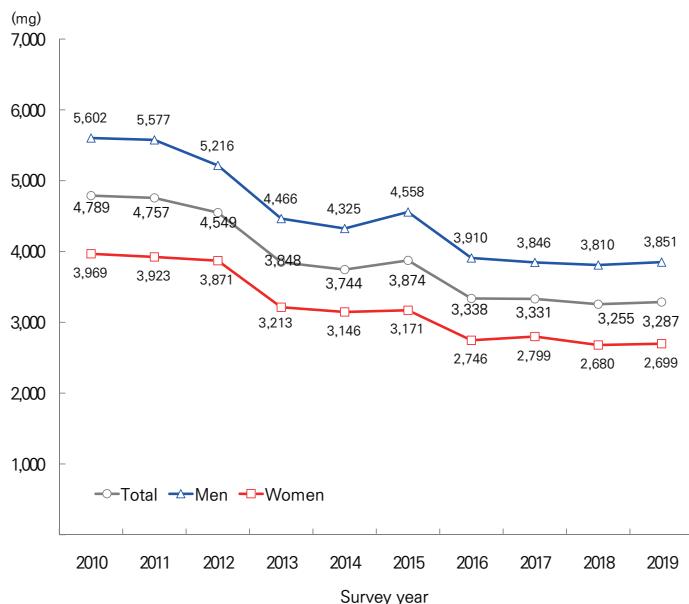


Figure 1. Trends in intake of sodium, 2010~2019

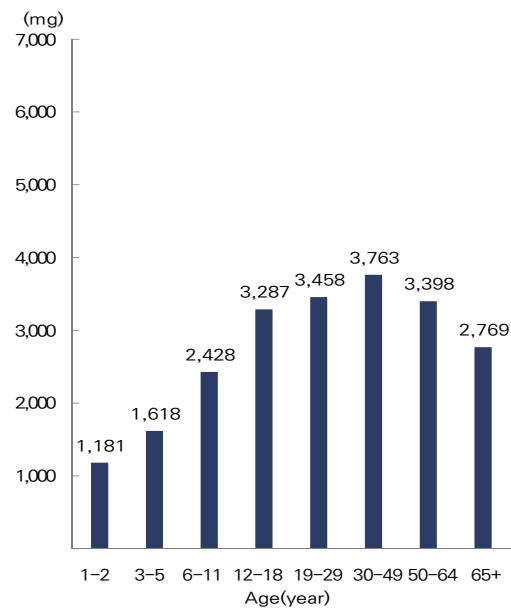


Figure 2. Sodium intake by age groups, 2019

* 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 2019, Korea National Health and Nutrition Examination Survey, <http://knhanes.kcdc.go.kr/>

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