

## 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 at 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).

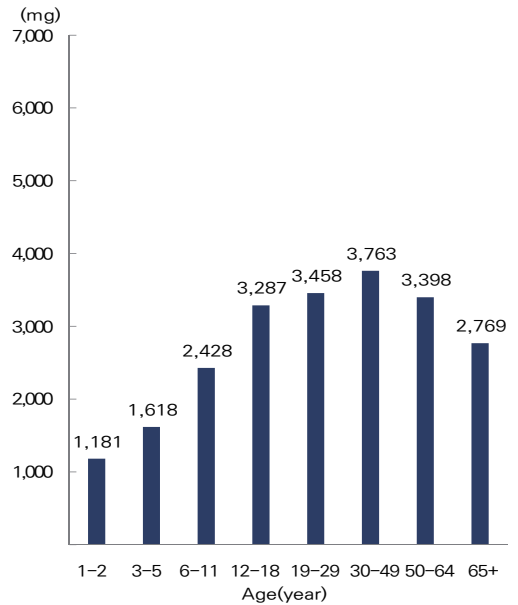
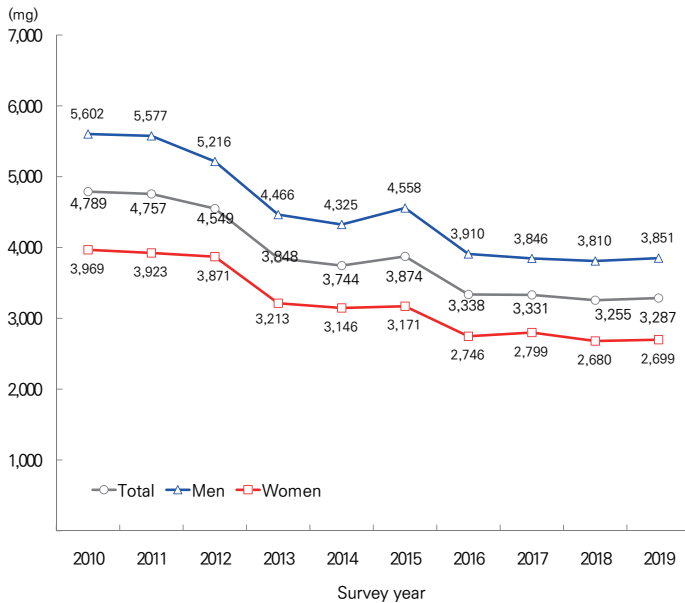


Figure 1. Trends in intake of sodium, 2010~2019

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.kdca.go.kr/>

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