

## Noncommunicable Disease (NCD) Statistics

## 1. Trends in intake of energy, 2010–2019

Energy intake among Korea population aged 1 years and over was 2,245 kcal for men and 1,629 kcal for women in 2019, has decreased slightly over the past 10 years for both men and women. Over the past 10 years, the percentage of energy intake from carbohydrate has decreased with 60.1% for men and 61.6% for women in 2019. On other hand, the percentage of energy intake from fat has increased with 23.9% for men and 23.3% for women in 2019 (Figure 1).

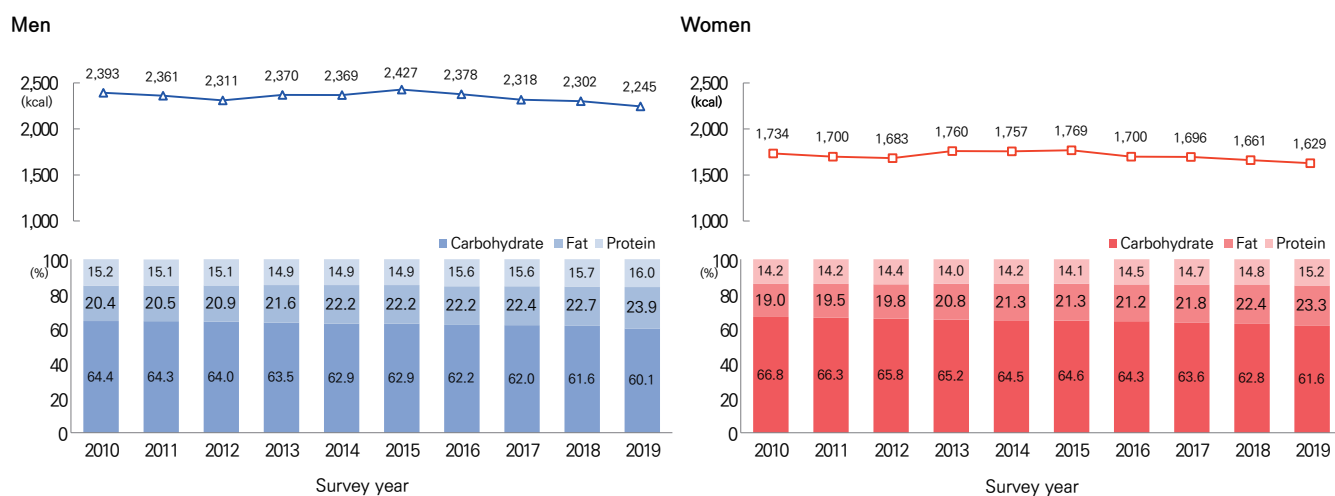


Figure 1. Trends in energy intake and percentage of energy intake from carbohydrate, fat, and protein

\* Energy intake and percentage of energy intake from carbohydrate, fat, and protein in figure 1 was calculated using age- and gender-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/>

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

## 2. Trends in intake of beverages, 2010–2019

Beverage intake among Korea population aged 1 years and over was 224 g in 2019, an increase of more than 100 g in the past 10 years (Figure 2). Beverages intake among adults aged 19–29 years was the highest at 339.8 g, and those aged 12–18 and 30–49 years also consumed 200 g or more (Figure 3).

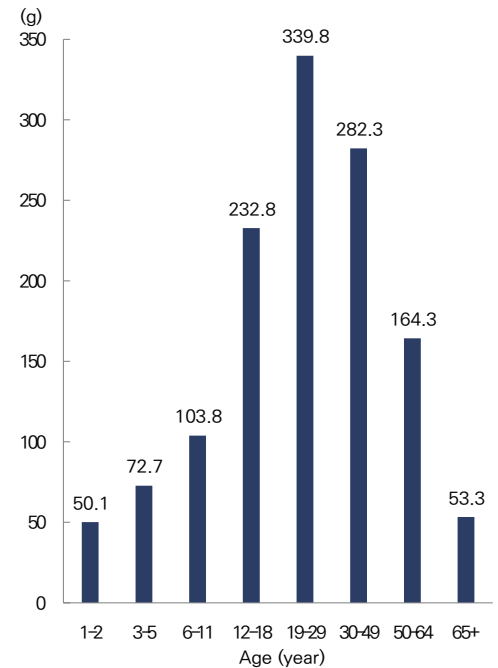
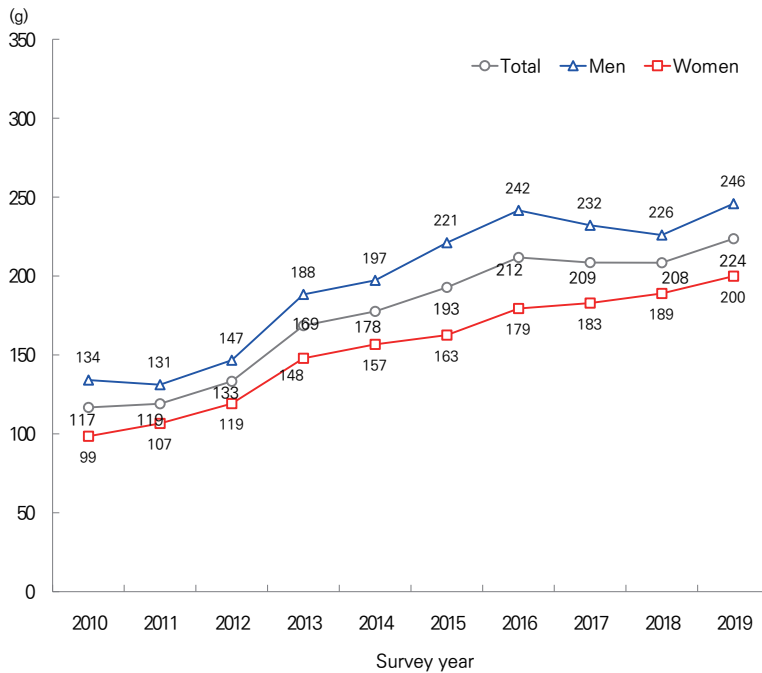


Figure 2. Trends in intake of beverages, 2010–2019

Figure 3. Beverages intake by age groups, 2019

\* Beverages intake in figure 2 was calculated using age- and gender-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.kdca.go.kr/>

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