

만성질환 통계

아침식사 결식률 추이, 2007~2018

◆ 만1세 이상의 아침식사 결식률은 2007년 22.6%에서 2018년 28.9%로 6.3%p로 증가하였음(그림 1). 2018년 기준 10명 중 약 3명은 아침식사를 하지 않은 것으로 나타났으며, 연령별로는 만19~29세가 50.1%로 가장 높았음(그림 2).

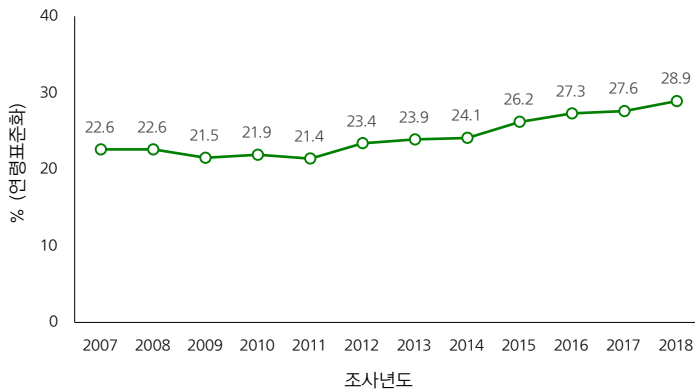


그림 1. 아침식사 결식률 추이, 2007~2018

* 아침식사 결식률: 조사 1일전 아침식사를 결식한 비율, 만1세 이상

† 그림1의 연도별 지표값은 2005년 추계인구로 연령표준화

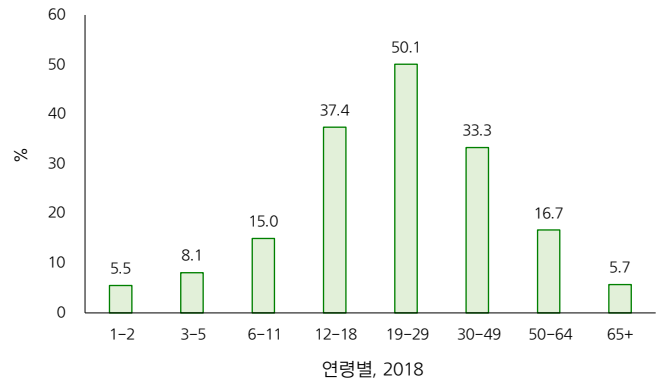


그림 2. 연령별 아침식사 결식률 현황, 2018년

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

작성부서 : 질병관리본부 질병예방센터 만성질환관리과

Noncommunicable Disease (NCD) Statistics

Trends in skipping breakfast among Korean people, 2007–2018

◆ The percentage of skipping breakfast among Korean people aged 1 year and over had been deteriorated by 6.3 percentage points (%p), from 22.6% in 2007 to 28.9% in 2018 (Figure 1). The data indicated that approximately 3 out of 10 people skipped breakfast in 2018, with the highest proportion of 50.1% among those aged 19–29 years (Figure 2).

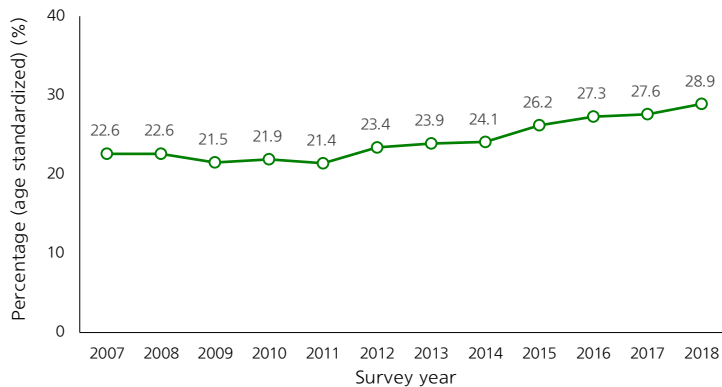


Figure 1. Trends in proportion of people skipping breakfast, 2007–2018

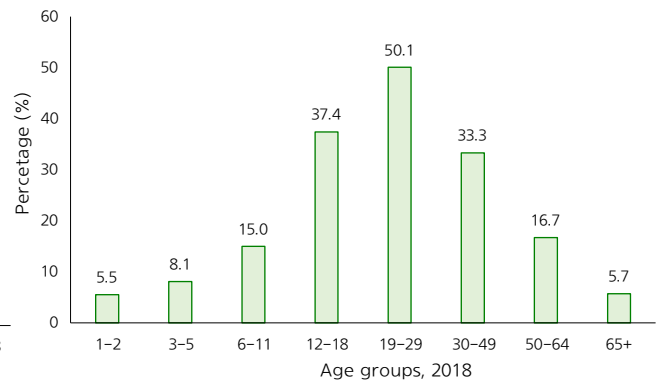


Figure 2. Proportion of people skipping breakfast by age group, 2018

* Proportion of people skipping breakfast: people who skipped breakfast 1 day before survey, among those aged 1 year and over.

† The mean in figure 1 was calculated using the direct standardization method based on a 2005 population projection.

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

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