

만성질환 통계

하루 1회 이상 외식률 추이, 2008~2018

◆ 만 1세 이상의 하루 1회 이상 외식률(연령표준화)은 2008년 24.2%에서 2018년 35.3%로 11.1%p 증가하였음. 2018년 기준 남자의 하루 1회 이상 외식률은 43.5%로 여자(26.9%)에 비해 약 1.6배 높았음(그림 1).

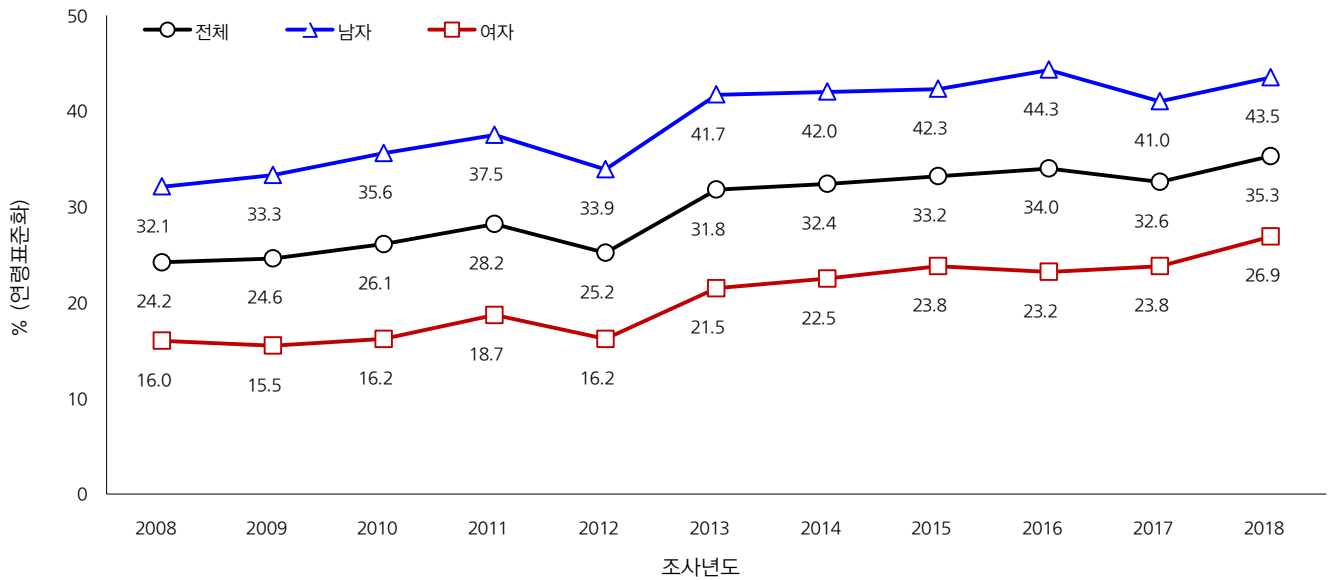


그림 1. 하루 1회 이상 외식률 추이, 2008~2018

* 하루 1회 이상 외식률 : 외식 빈도가 하루 1회 이상인 분율, 만 1세 이상

† 그림1의 연도별 지표값은 2005년 추계인구로 연령표준화

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

작성부서 : 질병관리본부 질병예방센터 만성질환관리과

Noncommunicable Disease (NCD) Statistics

Trends in the percentage of Korean people who eat out more than once a day, 2008–2018

◆ The age-standardized percentage of Korean people who eat out more than once a day, among those aged 1 year and over increased by 11.1 percentage points (%p) from 24.2% in 2008 to 35.3% in 2018. Based on 2018 data, the percentage of men (43.5%) was 1.6 fold higher than in women (26.9%) (Figure 1).

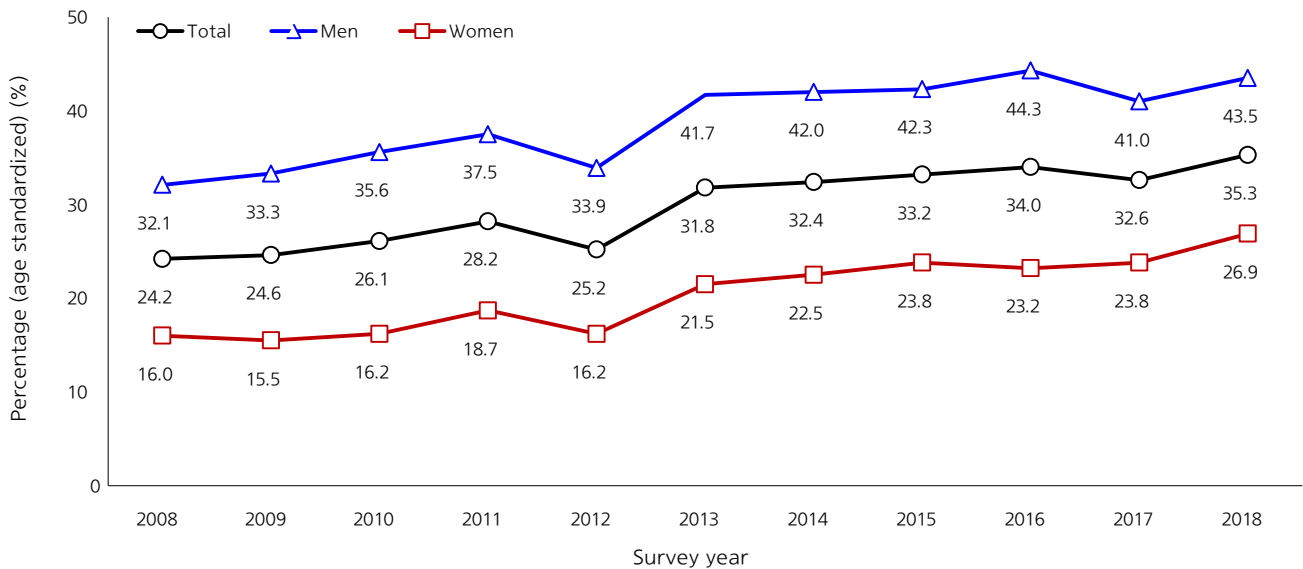


Figure 1. Percentage of Korean people who eat out more than once a day, 2008–2018

* Proportion of people who eat out more than once a day: proportion of people who eat out more than once a day, 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/>

Reported by: Division of Chronic Disease Control, Korea Centers for Disease Control and Prevention