

## Noncommunicable Disease (NCD) Statistics

## 1. The Ratio of Nutrient Intake to Dietary Reference Intakes (DRI) by Nutrient, 2019

◆ As of 2019, according to the ratio of nutrient intake to Dietary Reference Intakes (DRI) by nutrients (age 1 and over), men consumed 99% of the estimated energy requirement and women consumed 88%. The ratios of protein were found to be 156% more consumed by men and 134% by women than the recommended nutrient intake. Men consumed 203% of the sodium intake goal, which was more than twice the intake goal. While, the ratio of intake the Dietary Reference Intakes (DRI) of Vitamin A, calcium, and Vitamin C were lower than that of other nutrients and they were consuming insufficiently (Figure 1).

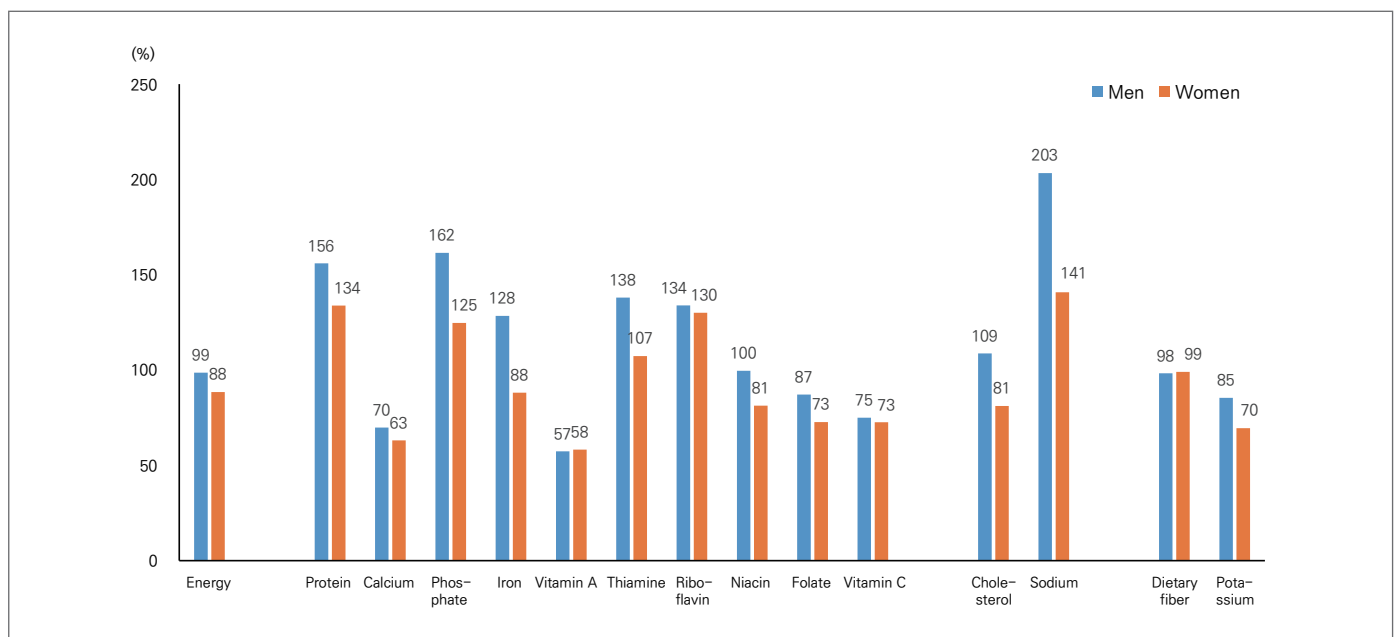


Figure 1. The ratio of intake to Dietary Reference Intakes by nutrient, 2019

\* The ratio of nutrient intake to Dietary Reference Intakes (DRI) by nutrient: Average value of the percentage of nutrient intake per person for the standard of nutrient intake (aged 1 and over), sodium (aged 9 and over), cholesterol (aged 19 year and over)

† Dietary Reference Intakes: Dietary Reference Intakes for Koreans 2015 (Ministry of Health and Welfare, 2015); energy, estimated energy requirement; protein et al, recommended nutrient intake; sodium, cholesterol, intake goal; dietary fiber, potassium, adequate intake

## 2. Trends in intake of beverages, 1998–2019

◆ The proportion of consuming more than 500g of vegetables and fruits per day (age standardization) among those aged 6 and over decreased by 11.8%p from 39.9% in 1998 to 28.1% in 2019 (Figure 2). As of 2019, in terms of the proportion of consuming more than 500g of vegetables and fruits per day, men (31.1%) was higher than women (25.1%) and the highest proportions were found among those aged 50–64 (45.2%). While, The proportion of consuming more than 500g of vegetables and fruits per day (age standardization) among those aged 6–29 years was less than 20% (Figure 3).

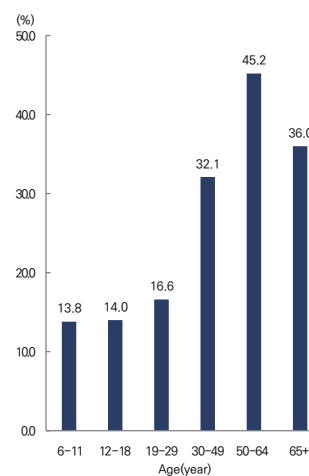
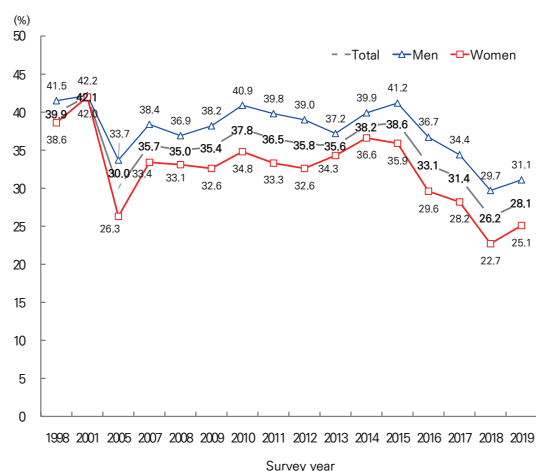


Figure 2. Trends in the proportion of consuming more than 500g of vegetables and fruits per day, 1998–2019

Figure 3. Proportion of consuming more than 500g of vegetables and fruits per day, 2019

\* Daily intake of more than 500g of vegetables and fruits: daily intake of fruits and vegetables was 500g or more among those aged 6 and over

† The mean in Figure 2 was calculated using the direct standardization method based on a 2005 population projection.

Source: Korea Health Statistics 2019, Korea National Health and Nutrition Examination Survey, <http://knhanes.cdc.go.kr/>

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