Abstract

Major Findings of the COVID-19 special report: 2020 Korea Community Health Survey

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The Korea Disease Control and Prevention Agency (KDCA) published 「the COVID-19 special report: the 2020 Korea Community Health Survey (CHS)」. The aim was to identify the health status and characteristics of the Korean community's lifestyle in the era of the coronavirus disease-19 (COVID-19) pandemic. This paper presented the major findings from the special report.

Key findings indicated that over 95% of the Korea CHS participants followed the COVID-19 prevention guidelines including coughing etiquette, room ventilation at least twice a day, wearing a mask indoors and outdoors, staying two meters away from others, and social distancing. Responses highlighted that the COVID-19 pandemic has impacted the respondents' lifestyles. The majority of the respondents experienced a decreased frequency of meeting friends or neighbors (63.6%), participation in physical activity (52.6%), and alcohol consumption (45.3%), while respondents reported an increased consumption of food delivery (43.6%) and instant food/sweetened beverages (23.8%). Most respondents reported that they worried about COVID-19 infection (68.6%) and about family members with poor health status (84.7%).

This paper concluded that the findings of the report will contribute to the establishment of community health policies to promote the health of community dwellers during an infectious disease pandemic.

Keywords: Korea community health survey, COVID-19, Health behavior

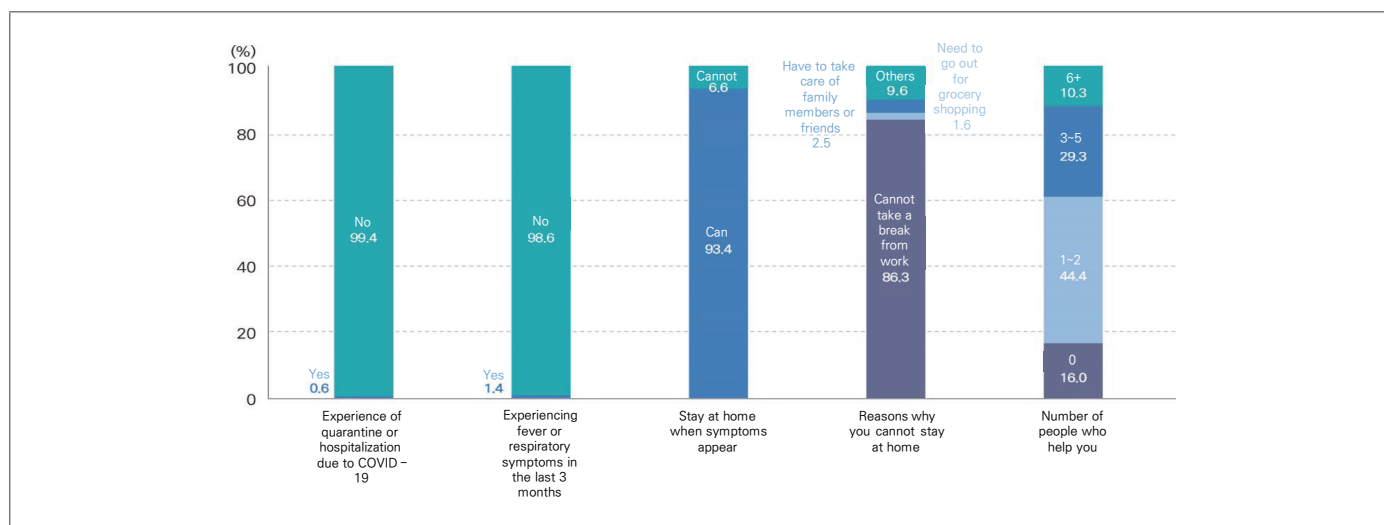* The estimated frequency is based on a crude rate and the national average.

Figure 1. Experience of COVID-19 symptoms

Table 1. Characteristics of respondents who can stay at home when symptoms appear

(Unit: %)

	Gender	Age	Occupation	Household income (monthly)	Education level	Public assistance recipient household	Region
Maximum value ▲	Women 94.3	70 years old and over 98.7	Other 98.5	Less than ₩ 1,000,000 97.7	No formal education 98.7	Present 96.7	Gyeongsangbuk-doarea 94.7
▼ Minimum value	Men 92.5	30~39 years old 90.4	Technical, simple, labor job 89.5	₩ 3,000,000 – ₩ 4,000,000 92.4	College graduation and higher 92.1	Past 91.2	Gyeongsangnam-do area 91.1

· 93.4% of the respondents reported that they can stay at home when having a fever and/or respiratory symptoms.

Table 2. Characteristics of respondents having three or more people who can help them if they are quarantined and/or hospitalized

(Unit: %)

	Gender	Age	Occupation	Household income (monthly)	Education level	Public assistance recipient household	Region
Maximum value ▲	Men 43.4	19–29 years old 48.9	Professional, administrative, managerial job 46.0	₩ 4,000,000 and higher 43.9	College graduation and higher 42.9	Not applicable 40.1	Gangwon-do area 43.6
▼ Minimum value	Women 35.7	70 years old and over 27.1	Other 33.6	Less than ₩ 1,000,000 29.6	No formal education 23.3	Present 23.6	Gyeongsangbuk-do area 38.3

· 39.6% of the respondents reported that they have three or more people who can help them if they are quarantined and/or hospitalized.
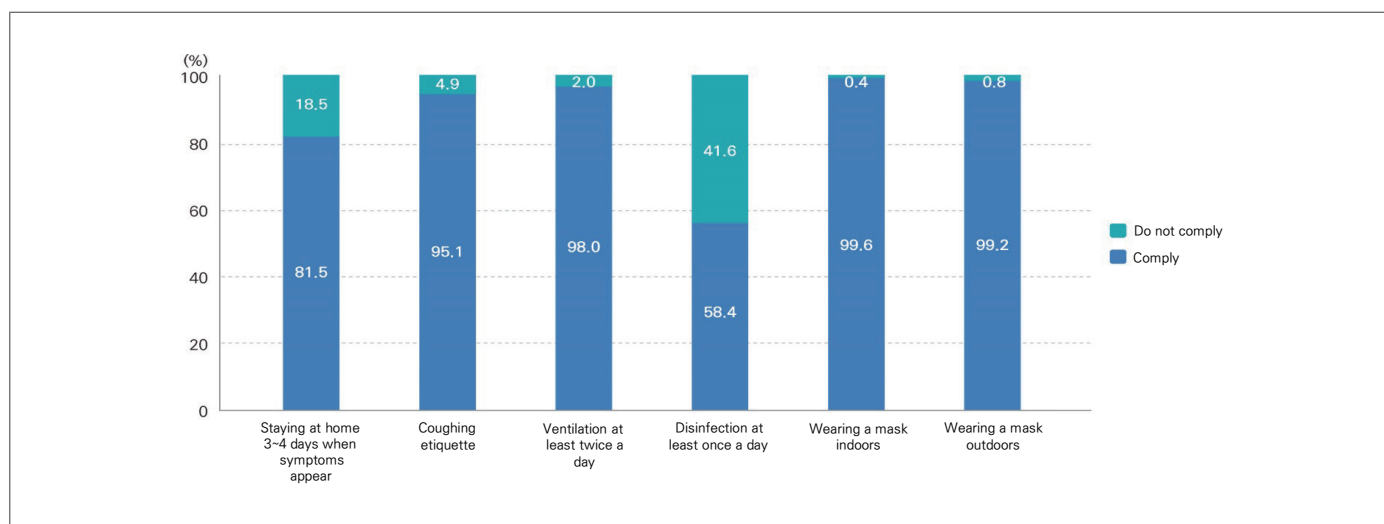

Figure 2. Compliance of the COVID-19 prevention guidelines

Table 3. Characteristics of respondents who stayed at home when having fever or respiratory symptoms during the past week

(Unit: %)

	Gender	Age	Occupation	Household income (monthly)	Education level	Public assistance recipient household	Region
Maximum value ▲	Women 86.0	70 years old and over 93.6	Other 94.3	Less than ₩ 1,000,000 93.2	No formal education 93.5	Present 93.9	Gangwon-do area 88.8
▼ Minimum value	Men 76.3	40–49 years old 72.4	Technical, simple, labor job 66.4	₩ 2,000,000 – ₩ 3,000,000 73.0	College graduation and higher 76.5	Past 37.6	Jeju-do area 57.6

• 81.5% of the respondents reported that they stayed at home when having fever or respiratory symptoms during the past week.

Table 4. Characteristics of respondents who observed coughing etiquette during the past week

(Unit: %)

	Gender	Age	Occupation	Household income (monthly)	Education level	Public assistance recipient household	Region
Maximum value ▲	Women 95.8	19~29 years old 96.8	Professional, administrative, managerial job 97.4	₩ 4,000,000 and higher 96.4	College graduation and higher 96.9	Not applicable 95.2	Capital area 96.8
▼ Minimum value	Men 94.4	70 years old and over 89.7	Farming or Fisheries 87.8	Less than ₩ 1,000,000 90.2	No formal education 85.4	Present 91.4	Jeju-do area 89.8

• 95.1% of the respondents reported that they observed coughing etiquette during the past week.
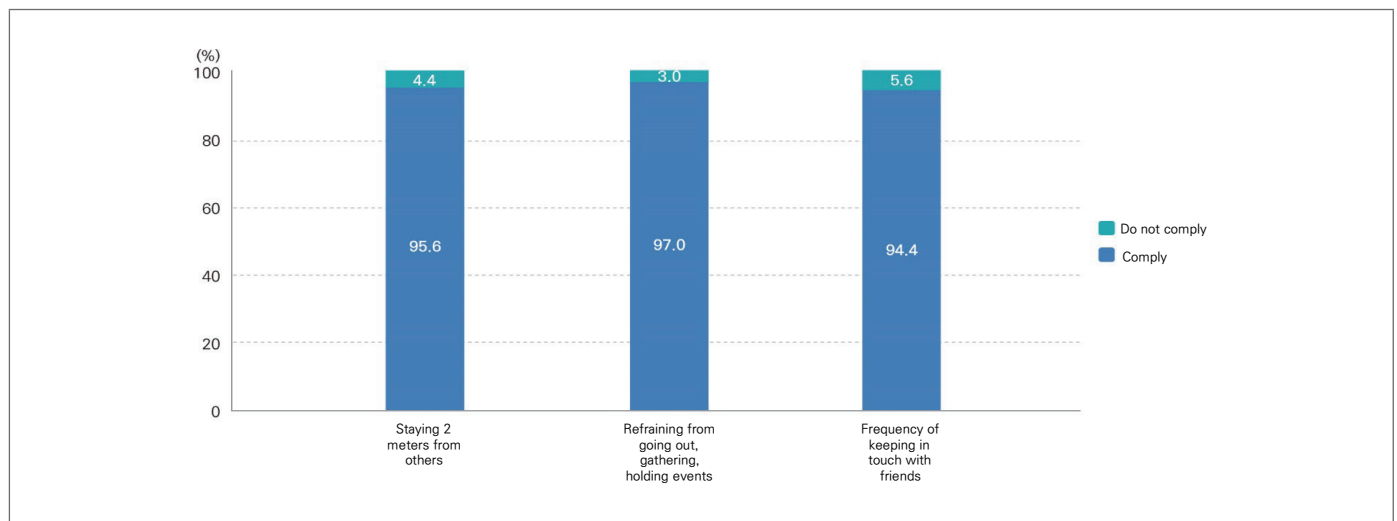

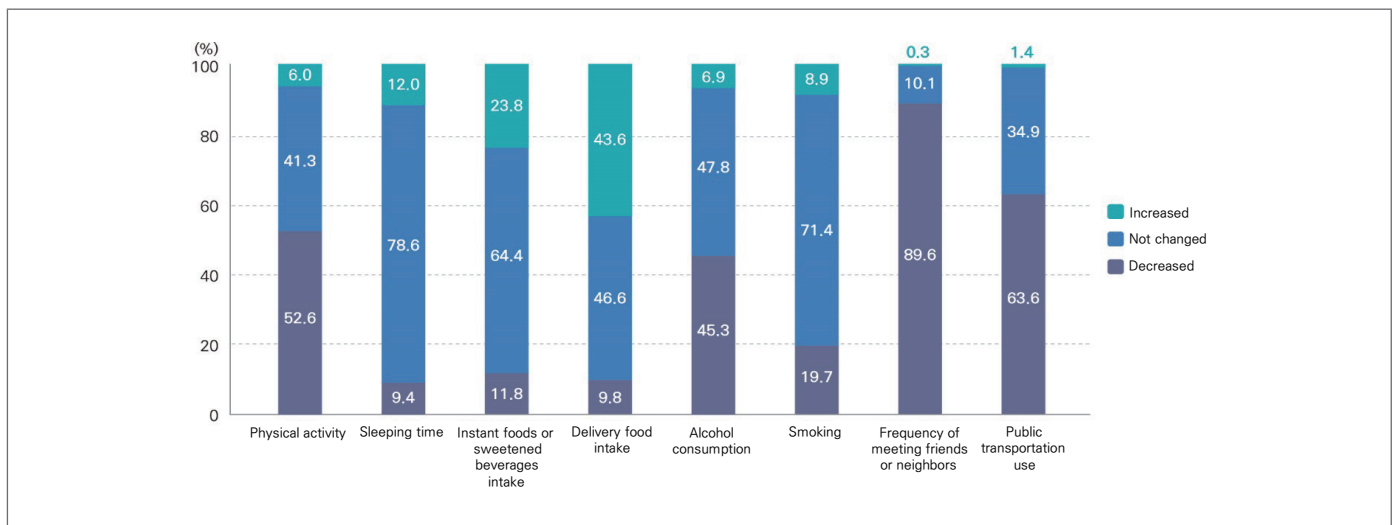**Figure 3.** Compliance with social distancing

Figure 4. Lifestyle changes during the COVID-19 pandemic

Table 5. Characteristics of respondents who reporting decreased physical activity during the COVID-19 pandemic

(Unit: %)

	Gender	Age	Occupation	Household income (monthly)	Education level	Prevalence of psychological distress	Region
Maximum value ▲	Women 56.4	30~39 years old 63.8	Office job 58.0	₩ 4,000,000 and higher 55.4	College graduation and higher 58.1	Having 64.6	Capital area 55.7
▼ Minimum value	Men 48.8	70 years old and over 41.3	Farming or Fisheries 27.3	Less than ₩ 1,000,000 46.0	No formal education 39.6	Not having 52.3	Jeju-do area 40.6

• 52.6% of the respondents reported that their physical activity decreased during the COVID-19 pandemic.

Table 6. Characteristics of respondents who reporting increased sleeping time during the COVID-19 pandemic

(Unit: %)

	Gender	Age	Occupation	Household income (monthly)	Education level	Prevalence of psychological distress	Region
Maximum value ▲	Women 12.2	19~29 years old 20.4	Other 13.7	₩ 3,000,000 – ₩ 4,000,000 12.6	High school graduation 14.3	Having 15.6	Capital area 13.0
▼ Minimum value	Men 11.7	70 years old and over 7.6	Farming or Fisheries 7.1	Less than ₩ 1,000,000 10.9	No formal education 6.5	Not having 11.9	Jeju-do area 9.4

• 12.0% of the respondents reported that their sleeping time increased during the COVID-19 pandemic.

Table 7. Characteristics of respondents who reporting increased intake of instant food and sweetened beverages during the COVID−19 pandemic

(Unit: %)

	Gender	Age	Occupation	Household income (monthly)	Education level	Prevalence of psychological distress	Region
Maximum value ▲	Women 26.4	30~39 years old 33.1	Office job 27.8	₩ 4,000,000 and higher 25.9	College graduation and higher 28.4	Having 37.0	Capital area 26.1
▼ Minimum value	Men 21.5	70 years old and over 4.1	Farming or Fisheries 7.6	Less than ₩ 1,000,000 14.7	No formal education 3.0	Not having 23.5	Jeju−do area 17.8

• 23.8% of the respondents reported that their intake of instant food and sweetened beverages was increased during the COVID−19 pandemic.

Table 8. Characteristics of respondents who reported an increased intake of delivery food during the COVID−19 pandemic

(Unit: %)

	Gender	Age	Occupation	Household income (monthly)	Education level	Prevalence of psychological distress	Region
Maximum value ▲	Women 45.5	30~39 years old 56.8	Office job 52.7	₩ 4,000,000 and higher 48.0	College graduation and higher 51.4	Having 52.6	Capital area 47.2
▼ Minimum value	Men 41.7	70 years old and over 9.9	Farming or Fisheries 15.5	Less than ₩ 1,000,000 26.7	No formal education 7.4	Not having 43.3	Jeju−do area 29.5

• 43.6% of the respondents reported that their intake of delivery food increased during the COVID−19 pandemic.

Table 9. Characteristics of respondents who reporting a decreased consumption of alcohol during the COVID−19 pandemic

(Unit: %)

	Gender	Age	Occupation	Household income (monthly)	Education level	Prevalence of psychological distress	Region
Maximum value ▲	Men 46.7	19~29 years old 55.1	Office job 51.5	₩ 4,000,000 and higher 46.7	College graduation and higher 46.7	Having 45.4	Honam area 47.9
▼ Minimum value	Women 43.2	40−49 years old 41.9	Farming or Fisheries 35.9	₩ 2,000,000 − ₩ 3,000,000 43.5	No formal education 39.7	Not having 41.8	Gyeongsangbuk−do area 40.0

• 45.3% of the respondents reported that their alcohol consumption decreased during the COVID−19 pandemic.

Table 10. Characteristics of respondents who reporting a decreased tobacco use during the COVID-19 pandemic

(Unit: %)

	Gender	Age	Occupation	Household income (monthly)	Education level	Prevalence of psychological distress	Region
Maximum value ▲	Women 22.8	70 years old and over 34.6	Other 26.4	₩ 2,000,000 – ₩ 3,000,000 25.3	Primary school graduation 26.2	Not having 19.8	Honam area 25.2
▼ Minimum value	Men 19.3	19–29 years old 14.4	Technical, simple, labor job 16.4	Less than ₩ 1,000,000 17.6	High school graduation 18.0	Having 17.4	Gyeongsangbuk-do area 12.5

· 19.7% of the respondents reported that their tobacco use decreased during the COVID-19 pandemic.
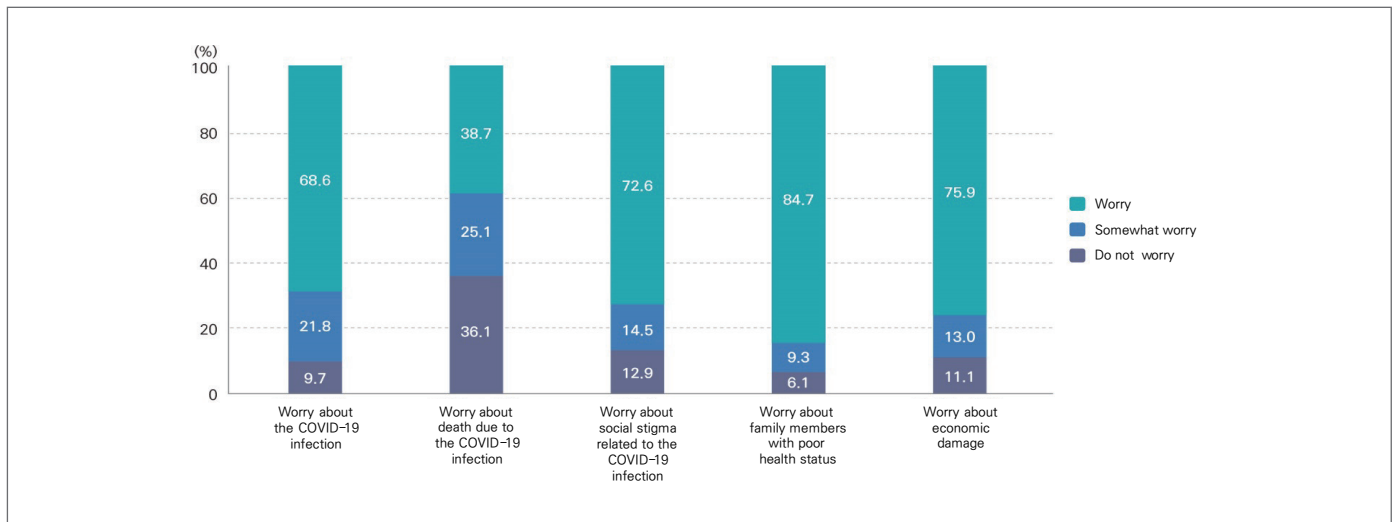

Figure 5. Worries due to the COVID-19

Table 11. Characteristics of respondents who worried about social stigma related to the COVID-19 infection

(Unit: %)

	Gender	Age	Occupation	Household income (monthly)	Education level	Wearing a mask outdoors	Region
Maximum value ▲	Women 76.7	70 years old and over 78.7	Farming or Fisheries 79.1	₩ 1,000,000 – ₩ 2,000,000 74.2	Primary school graduation 80.5	Comply 72.8	Honam area 78.0
▼ Minimum value	Men 68.4	19–29 years old 64.7	Technical, simple, labor job 71.4	₩ 3,000,000 – ₩ 4,000,000 72.1	High school graduation 70.2	Not comply 64.4	Jeju-do area 67.3

· 72.6% of the respondents reported that they worried about social stigma related to the COVID-19 infection.

Table 12. Characteristics of respondents who worried about the COVID-19 infection of family members with poor health status

(Unit: %)

	Gender	Age	Occupation	Household income (monthly)	Education level	Wearing a mask outdoors	Region
Maximum value ▲	Women 86.9	70 years old and over 88.2	Farming or Fisheries 88.0	₩ 1,000,000 – ₩ 2,000,000 86.2	Primary school graduation 89.1	Comply 84.8	Chungcheong-do area 86.7
▼ Minimum value	Men 82.4	19–29 years old 77.9	Professional, administrative, managerial job 83.6	₩ 4,000,000 and higher 83.9	High school graduation 83.3	Do not comply 77.1	Jeju-do area 77.8

• 84.7% of the respondents reported that they worried about the COVID-19 infection of family members with poor health status.

Table 13. Characteristics of respondents who worried about financial damage due to the COVID-19 pandemic

(Unit: %)

	Gender	Age	Occupation	Household income (monthly)	Education level	Wearing a mask outdoors	Region
Maximum value ▲	Women 77.8	60–69 years old 81.1	Farming or Fisheries 82.9	₩ 1,000,000 – ₩ 2,000,000 81.8	Primary school graduation 84.5	Comply 76.1	Chungcheong-do area. Honam area 77.7
▼ Minimum value	Men 74.1	19–29 years old 69.4	Office job 67.1	₩ 4,000,000 and higher 71.8	College graduation and higher 70.1	Do not comply 67.6	Jeju-do area 69.0

• 75.9% of the respondents reported that they worried about financial damage due to the COVID-19 pandemic.
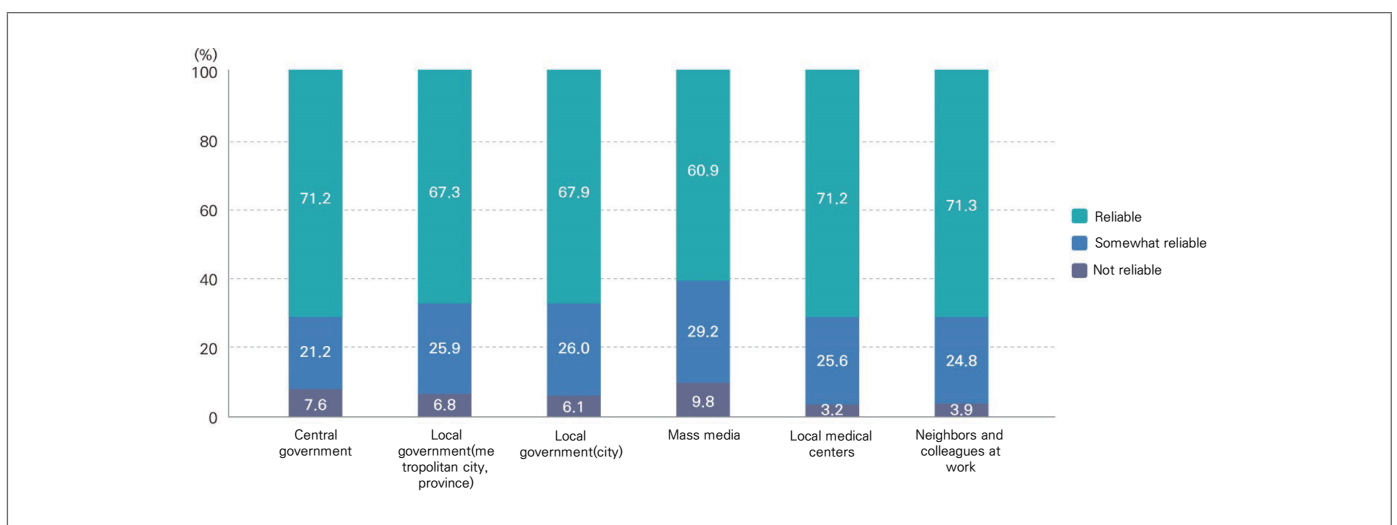

Figure 6. Reliability of the government's actions against the COVID-19

Table 14. Characteristics of respondents who reported that the government's (including the Korean Ministry of Health and Welfare and the Korea Disease Control and Prevention Agency) actions against the COVID-19 are reliable

(Unit: %)

	Gender	Age	Occupation	Household income (monthly)	Education level	Prevalence of psychological distress	Region
Maximum value ▲	Women 71.9	70 years old and over 75.6	Farming or Fisheries 75.1	Less than ₩ 1,000,000 73.0	No formal education 76.8	Absence 71.4	Honam area 83.1
▼ Minimum value	Men 70.4	19–29 years old 64.8	Sales, service job 68.9	₩ 2,000,000 – ₩ 3,000,000 68.8	High school graduation 68.5	Presence 64.5	Gyungsangbuk–do area 61.2

- 71.2% of the respondents reported that the government's (including the Korean Ministry of Health and Welfare and the Korea Disease Control and Prevention Agency) actions against the COVID-19 are reliable.

Table 15. Characteristics of respondents who reported that the local government's (metropolitan city or province level) actions against the COVID-19 are reliable

(Unit: %)

	Gender	Age	Occupation	Household income (monthly)	Education level	Prevalence of psychological distress	Region
Maximum value ▲	Men 67.4	70 years old and over 75.4	Farming or Fisheries 77.2	Less than ₩ 1,000,000 72.0	No formal education 77.0	Absence 67.6	Honam area 79.7
▼ Minimum value	Women 67.3	19–29 years old 61.0	Sales, service job 64.8	₩ 3,000,000 – ₩ 4,000,000 65.4	High school graduation 65.3	Presence 59.8	Gyungsangbuk–do area 61.2

- 67.3% of the respondents reported that the local government's (metropolitan city or province level) actions against the COVID-19 are reliable.

Table 16. Characteristics of respondents who reported that the local government's (city) actions against the COVID-19 are reliable

(Unit: %)

	Gender	Age	Occupation	Household income (monthly)	Education level	Prevalence of psychological distress	Region
Maximum value ▲	Men 68.0	70 years old and over 77.0	Farming or Fisheries 79.7	Less than ₩ 1,000,000 74.0	No formal education 78.7	Absence 68.2	Honam area 79.6
▼ Minimum value	Women 67.8	30–39 years old 62.3	Sales, service job 65.3	₩ 3,000,000 – ₩ 4,000,000 65.8	High school graduation 66.0	Presence 59.2	Gyungsangbuk–do area 63.3

- 67.9% of the respondents reported that the local government's (city level) actions against the COVID-19 are reliable.