

[\[A summarized unofficial version of the press release\]](#)

2023 Korea National Health and Nutrition Examination Survey Results Released

- *The prevalence of cigarettes smoking decreased significantly over the past decade; however, dietary habits worsened, and the prevalence of obesity and hypercholesterolemia increased.*
- *The 2023 findings show a decline in hypertension prevalence, stagnation in drinking, physical activity, and obesity rates, and a rise in cigarettes smoking rate compared to 2022. Continued efforts are necessary to improve health behaviors.*
- *KNHANES follow-up, set to be introduced in 2025, will be essential for identifying the causes of chronic diseases and guiding health policy.*

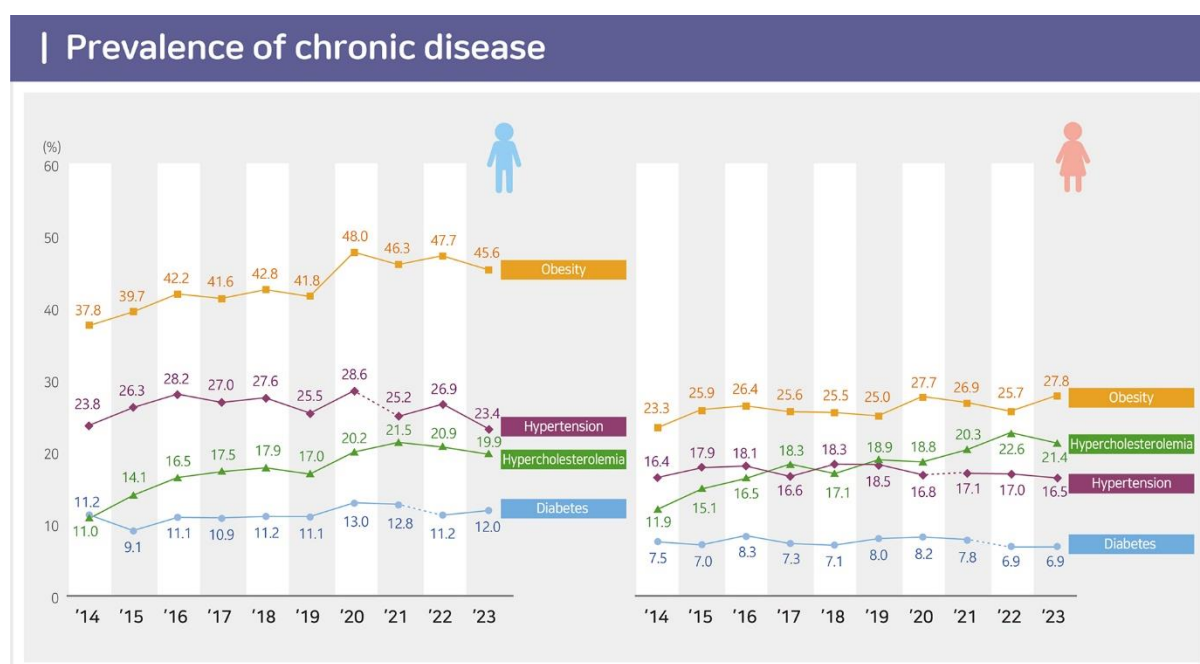
Osong, 23rd December 2024 – The Korea Disease Control and Prevention Agency (KDCA) released the 2023 statistics on the prevalence of major chronic diseases and health behaviors in Korea, derived from the Korea National Health and Nutrition Examination Survey (KNHANES), on Tuesday, December 3, 2023.

The KDCA conducts the KNHANES annually under Article 16 of the National Health Promotion Act. This survey assesses the health and nutritional status of Koreans, providing crucial evidence for the development and evaluation of national health policies.

* KNHANES is a national survey that generates more than 250 health indicators, including data on tobacco use, drinking, physical activity, nutrition, and chronic

diseases. Introduced in 1998, it annually surveys approximately 10,000 individuals aged 1 and older.

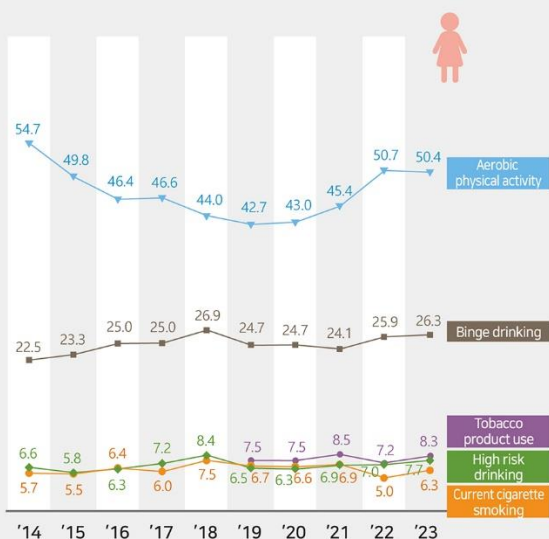
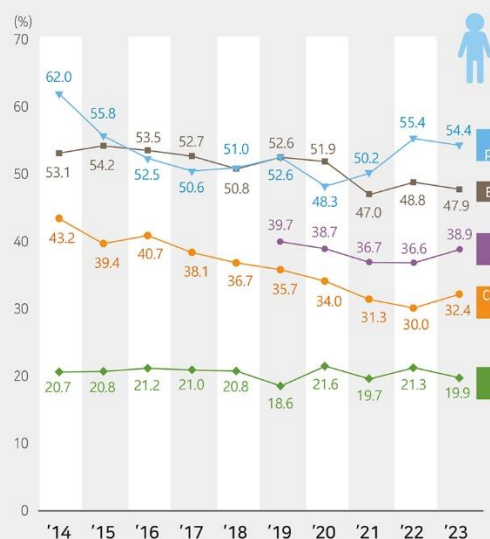
Over the decade from 2014 to 2023, the prevalence of hypertension and diabetes among adults aged 19 and older remained relatively stable, while prevalence of obesity and hypercholesterolemia showed a rising trend. In 2023, the prevalence of hypertension and hypercholesterolemia decreased slightly compared to the previous year, although no significant changes were observed in the prevalence of obesity and diabetes.



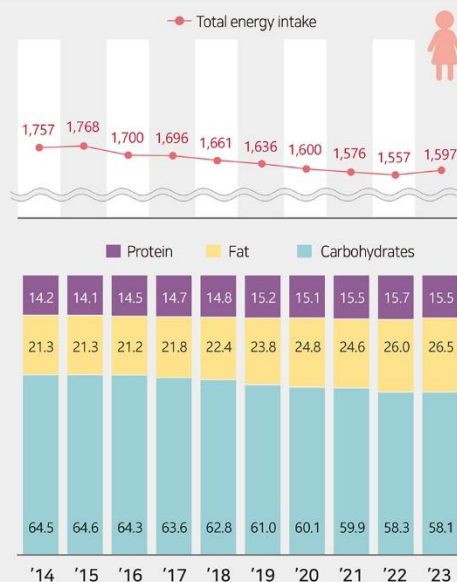
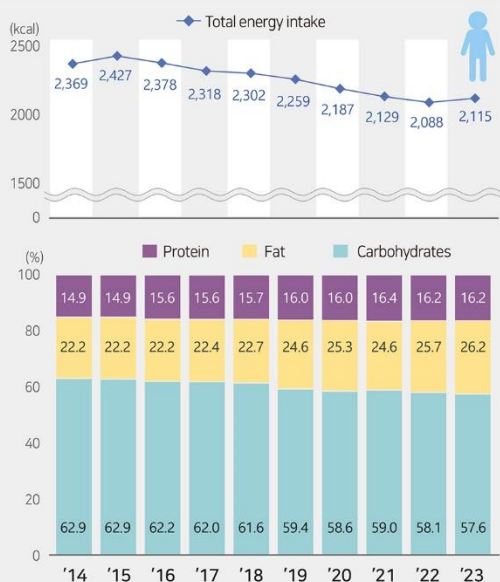
The prevalence of cigarettes smoking among adult men declined significantly over the decade. However, a slight increase was observed for both men and women in 2023. The prevalence of physical activity generally declined throughout the decade, though a gradual upward trend had been evident since 2020. During this period, dietary patterns shifted, with reduced consumption of cereals and fruits and an increased intake of meat and beverages across all age groups. This change contributed to a rise in dietary fat intake. Compared to 2022,

food and nutrient intake patterns remained unchanged in 2023.

Health behaviors



Energy intake



Age-specific trends over the decade revealed notable changes. The prevalence of cigarettes smoking decreased among both men and women across all age groups. However, fat intake, along with the prevalence of obesity and hypercholesterolemia, increased. In particular, individuals in their 20s experienced rises in drinking, physical inactivity, fat intake, and obesity prevalence across both genders. Among individuals in their 30s, men showed reductions in cigarettes smoking, drinking, and physical inactivity rates, though these figures remained relatively high. Meanwhile, obesity prevalence continued to rise for both men and women in this age group. For those in their 50s, health behaviors deteriorated, and indicators of chronic diseases worsened for both genders.

Health disparities across household income levels were also apparent. Over the decade, cigarettes smoking, physical inactivity, obesity, hypertension, and diabetes were more prevalent among lower- household income groups compared to higher- household income groups.

Dr. Youngmee Jee, Commissioner of the KDCA, stated, "In 2023, we observed a decline in the prevalence of hypertension and hypercholesterolemia in Korea. However, rate of cigarettes smoking increased, and rates of drinking, physical activity, and obesity remained stagnant."

"Particularly concerning is the deterioration in health indicators such as physical activity, diet, drinking, and obesity among individuals in their 20s over the decade. This trend has contributed to a rise in chronic diseases in their 40s and 50s. It is crucial to intensify efforts to address these health risk factors and prevent chronic diseases. Additionally, obesity and health behaviors have worsened in their 50s,

accompanied by a higher prevalence of chronic diseases. Urgent measures are needed to prevent severe chronic diseases,” she added.

** For detailed information, please refer to the press release written in the Korean language in the file attached below.*