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자료 이용시 유의사항

- 통계표에 수록된 2025년 자료는 잠정치이며, 제시된 자료는 반올림된 값이므로 전체 수치와 표 내의 합계가 일치하지 않을 수 있습니다.
 - 연도별 추이 자료는 각 연도의 연령구성비가 상이하기 때문에 연도 간 비교를 위해, 각 연도 전체 결과는 2005년 추계인구의 연령대별 구성비로 보정한 연령표준화 자료로 제시하였고, 연령별 결과 및 신규지표의 당해 연도 결과는 조율로 제시하였습니다.
 - 추정값의 정확성을 평가하기 위해 상대표준오차(변동계수)를 제시하였으며, 25~50%, 50% 이상 범위(별표식 *, **)에 해당하는 경우 이용 시 유의하시기 바랍니다.
 - 당해 연도 자료만으로 적정 표본수 확보가 어려운 만성질환 관리지표는 3년 통합 시기에 공표하며, 임상검사분석기관 및 검진조사장비 변경으로 연도비교 시 주의가 필요한 경우는 지표정의에 기술하였습니다.
- * 정책적 활용도가 높은 주요 지표를 우선 공개(9월 말), 세부결과는 통계보고서와 함께 원시자료로 공개 예정(12월 말)

단위: %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25- '24	'25- '16
현재 흡연율 (19세 이상)	전체	23.9 (0.9)	22.3 (0.9)	22.4 (0.8)	21.5 (0.8)	20.6 (0.8)	19.3 (0.8)	17.7 (0.9)	19.6 (0.8)	16.7 (0.8)	17.0 (0.9)	0.3 ↑	6.9 ↓
	연령별												
	19-29	25.4 (2.2)	24.4 (2.0)	23.8 (1.9)	24.8 (2.0)	21.9 (1.6)	22.3 (2.2)	18.7 (1.9)	20.8 (1.8)	14.0 (1.5)	16.5 (1.8)	2.5 ↑	8.9 ↓
	30-39	30.4 (1.8)	25.5 (1.9)	24.7 (1.7)	24.0 (1.7)	23.0 (1.8)	18.9 (1.9)	17.2 (1.9)	18.3 (1.7)	17.0 (1.7)	18.5 (1.7)	1.5 ↑	11.9 ↓
	40-49	25.0 (1.6)	26.3 (1.5)	26.7 (1.5)	22.4 (1.5)	24.0 (1.7)	22.4 (1.6)	20.4 (1.8)	23.6 (1.7)	21.6 (1.7)	18.5 (1.9)	3.1 ↓	6.5 ↓
	50-59	22.7 (1.5)	20.2 (1.5)	22.8 (1.5)	20.3 (1.4)	19.2 (1.4)	19.7 (1.5)	19.4 (1.7)	22.7 (1.5)	19.7 (1.3)	19.4 (1.7)	0.3 ↓	3.3 ↓
	60-69	14.6 (1.3)	14.4 (1.2)	14.9 (1.4)	16.8 (1.5)	15.5 (1.4)	15.1 (1.4)	15.7 (1.4)	15.7 (1.1)	14.1 (1.0)	14.0 (1.2)	0.1 ↓	0.6 ↓
	70+	9.1 (1.2)	8.5 (0.9)	6.6 (0.9)	8.4 (0.9)	7.2 (1.0)	7.2 (0.8)	7.1 (0.9)	6.7 (0.8)	6.3 (0.7)	8.0 (1.0)	1.7 ↑	1.1 ↓
	남자	40.7 (1.3)	38.1 (1.4)	36.7 (1.2)	35.7 (1.2)	34.0 (1.3)	31.3 (1.3)	30.0 (1.4)	32.4 (1.2)	28.5 (1.3)	28.0 (1.4)	0.5 ↓	12.7 ↓
	연령별												
	19-29	41.7 (3.3)	37.3 (3.1)	34.9 (3.1)	37.8 (3.0)	32.0 (2.4)	32.1 (3.6)	30.6 (3.0)	28.8 (2.6)	22.6 (2.5)	25.2 (3.0)	2.6 ↑	16.5 ↓
	30-39	51.5 (2.5)	42.7 (2.9)	39.9 (2.6)	39.2 (2.7)	35.8 (2.8)	28.7 (3.3)	26.5 (2.8)	29.3 (3.1)	28.5 (2.9)	28.2 (2.8)	0.3 ↓	23.3 ↓
	40-49	43.9 (2.7)	46.3 (2.3)	44.1 (2.5)	37.9 (2.5)	41.5 (2.7)	37.3 (2.3)	36.6 (3.1)	41.0 (2.7)	36.9 (2.7)	31.4 (2.8)	5.5 ↓	12.5 ↓
	50-59	38.2 (2.7)	37.0 (2.7)	40.6 (2.6)	36.7 (2.3)	36.5 (2.5)	35.5 (2.6)	32.5 (2.7)	42.1 (2.6)	34.1 (2.4)	34.4 (2.7)	0.3 ↑	3.8 ↓
	60-69	25.7 (2.3)	26.6 (2.3)	26.7 (2.3)	30.1 (2.5)	27.3 (2.5)	27.3 (2.4)	28.2 (2.5)	28.9 (1.9)	26.4 (1.8)	25.6 (2.2)	0.8 ↓	0.1 ↓
	70+	18.0 (2.0)	18.2 (2.2)	14.7 (2.2)	17.0 (2.0)	15.0 (2.3)	15.6 (1.7)	16.2 (2.2)	13.9 (1.8)	13.5 (1.6)	16.6 (1.8)	3.1 ↑	1.4 ↓
	여자	6.4 (0.6)	6.0 (0.6)	7.5 (0.7)	6.7 (0.7)	6.6 (0.6)	6.9 (0.8)	5.0 (0.6)	6.3 (0.7)	4.2 (0.5)	5.5 (0.7)	1.3 ↑	0.9 ↓
	연령별												
	19-29	7.2 (1.3)	9.7 (1.8)	10.9 (1.9)	10.2 (2.0)	10.9 (1.9)	11.4 (2.3)	5.8 (1.4)	12.1 (2.1)	4.0 (1.0)*	6.9 (1.5)	2.9 ↑	0.3 ↓
	30-39	7.6 (1.4)	6.8 (1.3)	8.3 (1.7)	7.2 (1.4)	8.8 (1.7)	7.9 (1.8)	6.8 (1.6)	5.8 (1.3)	4.1 (1.0)	7.7 (1.6)	3.6 ↑	0.1 ↑
	40-49	5.6 (1.0)	5.7 (1.2)	8.7 (1.3)	6.5 (1.2)	5.7 (1.2)	6.9 (1.5)	3.8 (0.9)	5.6 (1.3)	6.0 (1.1)	5.0 (1.2)	1.0 ↓	0.6 ↓
	50-59	7.1 (1.3)	3.3 (0.8)	5.0 (1.0)	4.2 (0.9)	2.0 (0.6)*	3.6 (0.8)	6.1 (1.3)	3.4 (0.8)	5.2 (1.0)	4.3 (1.3)*	0.9 ↓	2.8 ↓
	60-69	4.0 (1.2)*	2.8 (0.7)	3.6 (1.0)*	4.4 (1.3)*	4.3 (1.1)*	3.5 (0.9)	3.5 (0.8)	3.1 (0.7)	2.3 (0.5)	2.9 (0.7)	0.6 ↑	1.1 ↓
	70+	3.4 (1.1)*	1.9 (0.6)*	1.1 (0.4)*	2.5 (0.6)	1.7 (0.5)*	1.2 (0.4)*	0.6 (0.3)**	1.5 (0.5)*	0.9 (0.4)*	1.4 (0.5)*	0.5 ↑	2.0 ↓
엑상형 전자담배 현재 사용률 (19세 이상)	전체	2.3 (0.3)	2.7 (0.3)	4.3 (0.4)	3.3 (0.3)	3.2 (0.3)	3.2 (0.4)	3.5 (0.4)	4.5 (0.4)	4.9 (0.5)	4.8 (0.5)	0.1 ↓	2.5 ↑
	연령별												
	19-29	4.0 (0.8)	4.3 (1.0)	5.2 (1.0)	6.3 (1.0)	6.1 (0.9)	6.3 (1.1)	6.6 (1.1)	6.7 (0.9)	7.1 (1.2)	7.7 (1.3)	0.6 ↑	3.7 ↑
	30-39	2.9 (0.5)	4.5 (0.8)	6.1 (0.9)	5.0 (0.9)	5.2 (1.0)	4.8 (1.1)	6.1 (1.2)	8.6 (1.2)	8.5 (1.2)	7.0 (1.1)	1.5 ↓	4.1 ↑
	40-49	2.0 (0.5)	2.1 (0.5)	5.9 (0.9)	2.6 (0.5)	1.9 (0.5)*	1.8 (0.4)	1.5 (0.5)*	3.5 (0.7)	3.8 (0.8)	4.0 (0.9)	0.2 ↑	2.0 ↑
	50-59	1.2 (0.4)*	1.1 (0.4)*	1.8 (0.5)*	0.4 (0.2)*	0.8 (0.4)*	1.1 (0.4)*	1.4 (0.5)*	0.8 (0.4)**	2.7 (0.6)	2.7 (0.6)	0.0-	1.5 ↑
	60-69	0.8 (0.3)*	0.3 (0.2)**	0.4 (0.2)**	0.7 (0.3)*	0.6 (0.2)*	0.9 (0.4)*	0.5 (0.2)*	0.4 (0.2)*	0.6 (0.3)*	0.8 (0.3)*	0.2 ↑	0.0-
	70+	0.2 (0.2)**	0.2 (0.1)**	0.2 (0.2)**	0.1 (0.1)**	0.0 (-)	0.2 (0.1)**	0.1 (0.1)**	0.0 (-)	0.0 (-)	0.0 (-)**	0.0-	0.2 ↓
	남자	4.2 (0.5)	4.4 (0.5)	7.1 (0.7)	5.1 (0.5)	5.2 (0.6)	5.0 (0.6)	5.6 (0.7)	6.8 (0.7)	7.9 (0.8)	7.3 (0.8)	0.6 ↓	3.1 ↑
	연령별												
	19-29	7.4 (1.6)	5.4 (1.5)*	8.6 (1.7)	8.6 (1.5)	8.5 (1.6)	8.0 (1.8)	8.9 (1.9)	8.1 (1.4)	9.5 (2.0)	11.5 (2.2)	2.0 ↑	4.1 ↑
	30-39	5.0 (1.0)	7.9 (1.4)	9.3 (1.6)	7.9 (1.6)	9.0 (1.8)	8.2 (1.8)	10.1 (2.0)	14.3 (2.1)	15.0 (2.2)	9.4 (1.7)	5.6 ↓	4.4 ↑
	40-49	3.7 (0.9)	3.9 (0.9)	10.6 (1.5)	4.5 (0.9)	3.5 (1.0)*	3.4 (0.8)	2.9 (0.9)*	5.8 (1.2)	6.3 (1.3)	7.2 (1.6)	0.9 ↑	3.5 ↑
	50-59	1.9 (0.6)*	2.0 (0.7)*	3.5 (0.9)*	0.8 (0.4)**	1.7 (0.7)*	2.1 (0.8)*	2.7 (0.9)*	1.6 (0.8)**	4.6 (1.1)	5.2 (1.2)	0.6 ↑	3.3 ↑
	60-69	1.7 (0.6)*	0.7 (0.4)**	0.7 (0.4)**	1.3 (0.6)*	1.0 (0.5)*	1.8 (0.7)*	1.0 (0.4)*	0.7 (0.3)**	1.1 (0.6)**	1.5 (0.6)*	0.4 ↑	0.2 ↓
	70+	0.6 (0.4)**	0.5 (0.3)**	0.4 (0.4)**	0.1 (0.1)**	0.0 (-)	0.4 (0.3)**	0.2 (0.2)**	0.0 (-)	0.0 (-)	0.0 (-)	0.0-	0.6 ↓
	여자	0.4 (0.1)*	0.9 (0.3)*	1.1 (0.2)	1.4 (0.4)*	1.1 (0.3)*	1.2 (0.3)	1.3 (0.3)	1.9 (0.4)	1.7 (0.3)	2.0 (0.4)	0.3 ↑	1.6 ↑
	연령별												
	19-29	0.2 (0.2)**	2.9 (1.1)*	1.2 (0.5)*	3.7 (1.3)*	3.5 (1.1)*	4.4 (1.2)*	4.2 (1.2)*	5.2 (1.3)*	4.4 (1.0)	3.6 (1.0)*	0.8 ↓	3.4 ↑
	30-39	0.7 (0.3)*	0.9 (0.4)*	2.6 (0.8)*	1.9 (0.7)*	1.1 (0.5)*	0.9 (0.5)**	1.6 (0.8)**	2.0 (0.8)*	1.2 (0.7)**	4.3 (1.2)*	3.1 ↑	3.6 ↑
	40-49	0.2 (0.2)**	0.2 (0.2)**	1.0 (0.5)*	0.6 (0.5)**	0.3 (0.3)**	0.2 (0.1)**	0.1 (0.1)**	1.1 (0.5)*	1.3 (0.6)*	0.7 (0.3)*	0.6 ↓	0.5 ↑
	50-59	0.6 (0.4)**	0.1 (0.1)**	0.0 (-)**	0.1 (0.1)**	0.0 (-)	0.0 (-)	0.0 (-)	0.1 (0.1)**	0.8 (0.4)**	0.2 (0.1)**	0.6 ↓	0.4 ↓
	60-69	0.0 (-)	0.0 (-)	0.1 (0.1)**	0.0 (-)	0.2 (0.1)**	0.0 (-)	0.1 (0.1)**	0.1 (0.1)**	0.1 (0.1)**	0.1 (0.1)**	0.0-	0.1 ↑
	70+	0.0 (-)	0.0 (-)	0.0 (-)	0.0 (-)	0.0 (-)	0.0 (-)	0.0 (-)	0.0 (-)	0.0 (-)	0.0 (-)**	0.0-	0.0-

단위: %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25- '24	'25- '19
궐련형 전자담배 현재 사용률 (19세 이상)	전체	--	--	--	62 (0.5)	51 (0.5)	46 (0.4)	59 (0.5)	61 (0.5)	72 (0.5)	73 (0.6)	0.1 ↑	1.1 ↑
	연령별												
	19-29	--	--	--	7.1 (1.3)	6.8 (1.0)	5.4 (1.1)	8.4 (1.2)	8.4 (1.2)	9.1 (1.1)	9.1 (1.4)	0.0 -	2.0 ↑
	30-39	--	--	--	10.1 (1.2)	8.4 (1.3)	6.1 (1.0)	7.7 (1.3)	8.4 (1.3)	8.8 (1.4)	9.6 (1.4)	0.8 ↑	0.5 ↓
	40-49	--	--	--	8.3 (0.9)	5.5 (1.0)	6.4 (0.9)	7.2 (1.1)	7.2 (0.8)	10.8 (1.2)	9.3 (1.3)	1.5 ↓	1.0 ↑
	50-59	--	--	--	2.3 (0.6)*	1.9 (0.4)	3.2 (0.7)	3.4 (0.7)	3.3 (0.6)	3.9 (0.6)	5.1 (0.9)	1.2 ↑	2.8 ↑
	60-69	--	--	--	0.7 (0.3)*	0.3 (0.2)*	0.4 (0.2)*	0.9 (0.3)*	1.3 (0.4)*	1.3 (0.3)*	1.2 (0.4)*	0.1 ↓	0.5 ↑
	70+	--	--	--	0.2 (0.2)*	0.0 (-)	0.0 (-)*	0.0 (-)	0.0 (-)	0.2 (0.1)*	0.1 (0.1)*	0.1 ↓	0.1 ↓
	남자	--	--	--	10.3 (0.8)	8.4 (0.8)	7.3 (0.7)	9.2 (0.9)	9.1 (0.8)	11.2 (0.9)	11.1 (1.0)	0.1 ↓	0.8 ↑
	연령별												
	19-29	--	--	--	10.7 (1.8)	9.8 (1.6)	8.0 (1.7)	13.5 (2.1)	10.3 (1.8)	12.8 (1.9)	12.7 (2.1)	0.1 ↓	2.0 ↑
	30-39	--	--	--	16.2 (2.0)	14.2 (2.2)	9.0 (1.7)	11.1 (2.0)	13.5 (2.2)	12.5 (2.1)	13.2 (2.0)	0.7 ↑	3.0 ↓
	40-49	--	--	--	14.7 (1.7)	10.1 (1.9)	11.2 (1.6)	11.1 (1.8)	10.8 (1.5)	17.7 (2.2)	15.6 (2.3)	2.1 ↓	0.9 ↑
	50-59	--	--	--	3.7 (1.0)*	3.6 (0.8)	5.5 (1.2)	6.3 (1.3)	6.1 (1.1)	7.5 (1.2)	9.3 (1.7)	1.8 ↑	5.6 ↑
	60-69	--	--	--	1.4 (0.6)*	0.5 (0.3)*	0.8 (0.4)*	1.8 (0.7)*	2.7 (0.7)*	2.3 (0.6)*	2.4 (0.8)*	0.1 ↑	1.0 ↑
	70+	--	--	--	0.4 (0.4)*	0.0 (-)	0.0 (-)*	0.0 (-)	0.0 (-)	0.4 (0.3)*	0.1 (0.1)*	0.3 ↓	0.3 ↓
	여자	--	--	--	1.9 (0.3)	1.5 (0.3)	1.7 (0.4)	2.4 (0.5)	2.9 (0.5)	3.1 (0.5)	3.2 (0.6)	0.1 ↑	1.3 ↑
	연령별												
	19-29	--	--	--	2.9 (1.0)*	3.6 (1.1)*	2.5 (0.9)*	2.9 (1.0)*	6.3 (1.5)	4.7 (1.1)	5.1 (1.6)*	0.4 ↑	2.2 ↑
	30-39	--	--	--	3.3 (0.9)*	2.1 (0.7)*	2.9 (1.1)*	4.0 (1.2)*	2.6 (0.9)*	4.5 (1.2)*	5.6 (1.4)*	1.1 ↑	2.3 ↑
	40-49	--	--	--	1.7 (0.7)*	0.6 (0.3)*	1.5 (0.6)*	3.2 (0.9)*	3.5 (0.9)	3.8 (1.1)*	2.6 (0.7)*	1.2 ↓	0.9 ↑
	50-59	--	--	--	0.8 (0.4)*	0.2 (0.2)*	0.8 (0.5)*	0.5 (0.3)*	0.5 (0.4)*	0.2 (0.2)*	0.9 (0.5)*	0.7 ↑	0.1 ↑
	60-69	--	--	--	0.0 (-)	0.1 (0.1)*	0.0 (-)	0.0 (-)	0.0 (-)	0.3 (0.3)*	0.1 (0.1)*	0.2 ↓	0.1 ↑
	70+	--	--	--	0.0 (-)	0.0 (-)	0.0 (-)	0.0 (-)	0.0 (-)	0.0 (-)	0.0 (-)	0.0 -	0.0 -
담배제품 현재 사용률 (19세 이상)	전체	--	--	--	23.9 (0.8)	23.4 (0.8)	22.8 (0.9)	22.1 (1.0)	23.9 (0.8)	21.8 (0.9)	22.8 (1.1)	1.0 ↑	1.1 ↓
	연령별												
	19-29	--	--	--	26.2 (2.0)	25.2 (1.7)	26.7 (2.2)	24.1 (2.0)	25.4 (2.0)	20.0 (1.8)	23.0 (2.2)	3.0 ↑	3.2 ↓
	30-39	--	--	--	28.2 (1.8)	27.9 (1.9)	24.3 (1.9)	25.1 (2.1)	26.1 (1.9)	24.7 (1.9)	27.1 (2.0)	2.4 ↑	1.1 ↓
	40-49	--	--	--	26.4 (1.6)	27.3 (1.7)	26.3 (1.6)	24.9 (1.9)	28.7 (1.8)	28.3 (1.7)	25.7 (2.1)	2.6 ↓	0.7 ↓
	50-59	--	--	--	21.1 (1.4)	20.2 (1.4)	21.5 (1.5)	21.7 (1.8)	24.1 (1.5)	22.5 (1.4)	23.6 (1.7)	1.1 ↑	2.5 ↑
	60-69	--	--	--	17.4 (1.6)	16.0 (1.4)	15.8 (1.4)	15.9 (1.4)	16.5 (1.1)	14.9 (1.0)	14.8 (1.2)	0.1 ↓	2.6 ↓
	70+	--	--	--	8.5 (0.9)	7.2 (1.0)	7.5 (0.8)	7.2 (0.9)	6.8 (0.8)	6.4 (0.8)	8.1 (0.9)	1.7 ↑	0.4 ↓
	남자	--	--	--	39.7 (1.2)	38.7 (1.2)	36.7 (1.3)	36.6 (1.5)	38.9 (1.2)	36.0 (1.4)	36.3 (1.5)	0.3 ↑	3.4 ↓
	연령별												
	19-29	--	--	--	40.0 (2.9)	36.4 (2.5)	37.4 (3.3)	37.6 (3.2)	33.9 (3.0)	29.5 (2.9)	33.2 (3.3)	3.7 ↑	6.8 ↓
	30-39	--	--	--	45.0 (2.7)	44.4 (2.8)	37.2 (3.3)	38.9 (3.0)	42.2 (3.1)	40.1 (3.2)	38.8 (3.0)	1.3 ↓	6.2 ↓
	40-49	--	--	--	45.7 (2.6)	47.5 (2.8)	44.3 (2.3)	42.7 (3.2)	48.7 (2.6)	47.3 (2.8)	43.5 (3.0)	3.8 ↓	2.2 ↓
	50-59	--	--	--	38.0 (2.4)	38.3 (2.4)	38.5 (2.6)	36.9 (2.8)	44.4 (2.5)	39.1 (2.4)	41.8 (2.8)	2.7 ↑	3.8 ↑
	60-69	--	--	--	31.3 (2.5)	28.0 (2.5)	28.7 (2.4)	28.6 (2.5)	30.4 (1.9)	27.6 (1.8)	27.3 (2.2)	0.3 ↓	4.0 ↓
	70+	--	--	--	17.3 (2.0)	15.0 (2.3)	16.2 (1.7)	16.4 (2.2)	14.0 (1.8)	13.7 (1.7)	16.7 (1.8)	3.0 ↑	0.6 ↓
	여자	--	--	--	7.5 (0.7)	7.5 (0.7)	8.5 (0.9)	7.2 (0.7)	8.3 (0.8)	6.9 (0.7)	8.6 (0.9)	1.7 ↑	1.1 ↑
	연령별												
	19-29	--	--	--	10.9 (2.0)	13.1 (2.1)	14.9 (2.5)	9.4 (1.7)	16.2 (2.4)	9.0 (1.4)	11.6 (2.1)	2.6 ↑	0.7 ↑
	30-39	--	--	--	9.5 (1.6)	9.8 (1.8)	9.8 (2.0)	9.7 (2.0)	7.8 (1.5)	7.5 (1.5)	13.9 (2.0)	6.4 ↑	4.4 ↑
	40-49	--	--	--	6.8 (1.2)	6.1 (1.2)	7.6 (1.5)	6.7 (1.2)	8.0 (1.5)	8.8 (1.4)	6.9 (1.3)	1.9 ↓	0.1 ↑
	50-59	--	--	--	4.5 (0.9)	2.2 (0.7)*	4.4 (0.9)	6.3 (1.4)	4.0 (0.9)	5.6 (1.0)	5.1 (1.4)*	0.5 ↓	0.6 ↑
	60-69	--	--	--	4.4 (1.3)*	4.5 (1.1)*	3.5 (0.9)	3.6 (0.8)	3.1 (0.7)	2.7 (0.6)	3.0 (0.7)	0.3 ↑	1.4 ↓
	70+	--	--	--	2.5 (0.6)	1.7 (0.5)*	1.2 (0.4)*	0.6 (0.3)*	1.5 (0.5)*	0.9 (0.4)*	1.4 (0.5)*	0.5 ↑	1.1 ↓

※ 변동계수(coefficient of variation) * 25-50%, ** 50% 이상

- 현재흡연율: 평생 일반담배(궐련) 5갑(100개비) 이상 피웠고 현재 일반담배(궐련)를 피우는 분율('19년부터 '담배'→'일반담배(궐련)'로 명칭 수정)
- 액상형 전자담배 현재사용률: 현재 니코틴이 포함된 액상형 전자담배를 사용하는 분율('25년 문항 변경으로 추이 비교 시 유의 필요)
- 궐련형 전자담배 현재사용률: 현재 궐련형 전자담배를 사용하는 분율
- 담배제품 현재사용률: 현재 일반담배(궐련) 또는 궐련형 전자담배 또는 니코틴이 포함된 액상형 전자담배 또는 기타담배를 사용하는 분율

단위: %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25-'24	'25-'16
고위험 음주율 (19세 이상)	전체	13.8 (0.6)	14.2 (0.6)	14.7 (0.6)	12.6 (0.6)	14.1 (0.6)	13.4 (0.6)	14.2 (0.8)	13.8 (0.8)	13.6 (0.7)	12.6 (0.7)	1.0 ↓	1.2 ↓
	연령별												
	19-29	13.8 (1.7)	14.2 (1.8)	15.9 (1.6)	11.2 (1.5)	11.4 (1.4)	12.9 (1.6)	12.5 (1.6)	12.9 (1.4)	9.9 (1.3)	9.3 (1.3)	0.6 ↓	4.5 ↓
	30-39	16.4 (1.5)	16.9 (1.3)	15.2 (1.3)	13.8 (1.5)	16.6 (1.5)	15.6 (1.5)	14.9 (1.6)	12.6 (1.7)	14.5 (1.5)	14.2 (1.7)	0.3 ↓	2.2 ↓
	40-49	15.8 (1.3)	16.9 (1.3)	18.1 (1.3)	15.3 (1.2)	19.0 (1.7)	16.3 (1.6)	18.1 (1.6)	19.6 (1.7)	20.4 (1.5)	16.3 (1.5)	4.1 ↓	0.5 ↑
	50-59	15.4 (1.2)	14.5 (1.1)	14.6 (1.2)	13.9 (1.1)	13.9 (1.2)	13.8 (1.3)	17.2 (1.6)	15.9 (1.4)	14.0 (1.1)	15.4 (1.4)	1.4 ↑	0.0-
	60-69	9.0 (1.1)	9.1 (1.0)	11.2 (1.2)	10.4 (1.0)	10.9 (1.0)	9.1 (1.0)	10.6 (1.1)	10.5 (1.0)	10.9 (1.0)	10.1 (1.0)	0.8 ↓	1.1 ↑
	70+	2.7 (0.6)	3.2 (0.5)	3.0 (0.6)	4.7 (0.7)	3.5 (0.6)	3.7 (0.7)	4.4 (0.8)	3.4 (0.6)	3.9 (0.6)	4.1 (0.6)	0.2 ↑	1.4 ↑
	남자	21.2 (1.1)	21.0 (1.0)	20.8 (0.9)	18.6 (1.0)	21.6 (1.0)	19.7 (0.9)	21.3 (1.1)	19.9 (1.1)	18.6 (1.0)	17.6 (1.1)	1.0 ↓	3.6 ↓
	연령별												
	19-29	17.7 (2.6)	17.0 (2.4)	16.7 (2.3)	13.1 (2.2)	14.3 (2.1)	16.0 (2.2)	15.9 (2.6)	15.4 (2.3)	9.7 (1.9)	9.7 (2.0)	0.0-	8.0 ↓
	30-39	23.5 (2.5)	24.1 (2.3)	20.6 (1.9)	19.0 (2.2)	23.3 (2.4)	20.3 (2.4)	20.0 (2.5)	15.3 (2.5)	16.3 (2.4)	16.9 (2.2)	0.6 ↑	6.6 ↓
	40-49	25.7 (2.1)	27.2 (2.2)	27.7 (2.3)	23.2 (1.9)	30.1 (2.7)	24.3 (2.2)	28.9 (2.8)	29.7 (2.5)	30.3 (2.4)	23.3 (2.3)	7.0 ↓	2.4 ↓
	50-59	26.0 (2.3)	23.5 (1.9)	24.1 (2.1)	24.0 (2.2)	24.3 (2.1)	24.2 (2.3)	27.2 (2.8)	26.0 (2.3)	23.0 (2.0)	25.6 (2.5)	2.6 ↑	0.4 ↓
	60-69	17.5 (2.2)	15.2 (1.9)	20.6 (2.3)	17.7 (1.7)	21.2 (2.0)	18.2 (1.9)	19.6 (2.1)	18.5 (1.9)	19.4 (1.8)	19.1 (2.0)	0.3 ↓	1.6 ↑
	70+	6.3 (1.4)	7.2 (1.3)	7.2 (1.4)	10.5 (1.7)	7.9 (1.4)	8.3 (1.7)	9.5 (1.9)	7.7 (1.3)	7.9 (1.2)	8.8 (1.3)	0.9 ↑	2.5 ↑
	여자	6.3 (0.5)	7.2 (0.7)	8.4 (0.7)	6.5 (0.6)	6.3 (0.6)	6.9 (0.7)	7.0 (0.7)	7.7 (0.7)	8.6 (0.8)	7.6 (0.8)	1.0 ↓	1.3 ↑
	연령별												
	19-29	9.6 (1.6)	11.1 (2.2)	14.9 (2.1)	9.0 (1.6)	8.3 (1.7)	9.5 (2.1)	8.8 (1.7)	10.3 (1.9)	10.2 (1.8)	8.9 (1.8)	1.3 ↓	0.7 ↓
	30-39	8.6 (1.2)	9.0 (1.3)	9.5 (1.5)	8.1 (1.3)	9.1 (1.5)	10.3 (1.7)	9.3 (1.6)	9.5 (1.7)	12.6 (1.8)	11.3 (1.9)	1.3 ↓	2.7 ↑
	40-49	5.7 (1.1)	6.4 (1.1)	8.0 (1.2)	7.2 (1.3)	7.3 (1.2)	8.0 (1.5)	7.1 (1.2)	9.0 (1.7)	10.3 (1.8)	8.9 (1.4)	1.4 ↓	3.2 ↑
	50-59	4.9 (1.0)	5.5 (1.0)	5.1 (1.0)	4.0 (0.8)	3.5 (0.7)	3.3 (0.7)	7.0 (1.3)	5.9 (1.0)	5.0 (1.0)	5.1 (1.0)	0.1 ↑	0.2 ↑
	60-69	0.9 (0.4)*	3.4 (1.1)*	2.3 (0.6)*	3.5 (0.9)*	1.0 (0.4)*	0.5 (0.3)**	1.9 (0.6)*	2.9 (0.8)*	2.7 (0.6)	1.7 (0.5)*	1.0 ↓	0.8 ↑
	70+	0.3 (0.2)**	0.5 (0.2)*	0.2 (0.2)**	0.8 (0.4)*	0.3 (0.2)**	0.4 (0.2)**	0.8 (0.4)*	0.2 (0.1)**	0.9 (0.4)*	0.4 (0.2)**	0.5 ↓	0.1 ↑
월간 폭음율 (19세 이상)	전체	39.3 (0.8)	39.0 (0.8)	38.9 (0.8)	38.7 (0.9)	38.4 (0.9)	35.6 (0.8)	37.4 (1.1)	37.2 (1.1)	37.8 (0.8)	35.1 (1.0)	2.7 ↓	4.2 ↓
	연령별												
	19-29	49.8 (2.3)	50.6 (2.3)	48.2 (2.2)	48.0 (2.1)	44.8 (1.9)	43.7 (2.1)	45.2 (2.4)	44.2 (2.5)	42.7 (2.0)	35.4 (2.4)	7.3 ↓	14.4 ↓
	30-39	45.6 (1.8)	42.6 (1.8)	42.1 (1.9)	45.0 (1.9)	46.3 (2.3)	41.1 (2.2)	40.9 (2.7)	41.6 (2.4)	43.2 (2.1)	39.6 (2.2)	3.6 ↓	6.0 ↓
	40-49	41.0 (1.7)	41.2 (1.6)	43.0 (1.6)	38.6 (1.5)	40.5 (1.8)	38.0 (1.7)	40.3 (2.0)	41.3 (1.9)	42.6 (1.7)	41.9 (2.0)	0.7 ↓	0.9 ↑
	50-59	34.7 (1.7)	34.3 (1.4)	34.7 (1.8)	34.3 (1.7)	34.4 (1.6)	31.9 (1.8)	37.7 (2.1)	33.4 (1.7)	34.5 (1.5)	36.2 (1.8)	1.7 ↑	1.5 ↑
	60-69	24.4 (1.7)	26.0 (1.5)	27.3 (1.5)	28.3 (1.7)	25.6 (1.4)	23.4 (1.5)	24.5 (1.5)	26.2 (1.4)	27.9 (1.4)	24.4 (1.4)	3.5 ↓	0.0-
	70+	9.9 (1.1)	10.5 (0.9)	10.3 (1.0)	12.3 (1.1)	11.3 (1.0)	9.5 (0.9)	9.9 (1.0)	10.4 (1.0)	10.1 (1.0)	10.7 (1.0)	0.6 ↑	0.8 ↑
	남자	53.5 (1.2)	52.7 (1.3)	50.8 (1.1)	52.6 (1.3)	51.9 (1.2)	47.0 (1.1)	48.8 (1.5)	47.9 (1.5)	48.3 (1.4)	46.7 (1.4)	1.6 ↓	6.8 ↓
	연령별												
	19-29	53.5 (3.5)	54.8 (3.2)	46.8 (2.8)	51.6 (3.1)	48.7 (2.6)	46.7 (2.9)	45.9 (3.4)	45.4 (3.3)	45.8 (2.9)	37.8 (3.5)	8.0 ↓	15.7 ↓
	30-39	62.8 (2.6)	57.9 (2.9)	55.9 (2.4)	62.0 (2.7)	59.7 (3.0)	52.4 (3.0)	50.5 (3.9)	49.8 (3.5)	49.6 (3.4)	49.4 (3.0)	0.2 ↓	13.4 ↓
	40-49	58.5 (2.4)	59.1 (2.3)	59.3 (2.3)	54.1 (2.5)	58.0 (2.7)	51.1 (2.5)	57.0 (2.9)	57.0 (2.5)	57.9 (2.5)	56.7 (2.9)	1.2 ↓	1.8 ↓
	50-59	53.0 (2.6)	52.5 (2.1)	51.5 (2.9)	50.9 (2.7)	53.9 (2.5)	48.8 (3.0)	57.2 (3.1)	49.5 (2.8)	51.6 (2.3)	55.3 (2.5)	3.7 ↑	2.3 ↑
	60-69	42.3 (3.0)	43.3 (2.7)	47.0 (2.4)	49.8 (2.8)	43.6 (2.6)	42.0 (2.6)	41.1 (2.4)	44.9 (2.5)	45.3 (2.4)	43.1 (2.3)	2.2 ↓	0.8 ↑
	70+	23.9 (2.6)	23.0 (1.9)	23.9 (2.3)	27.1 (2.4)	24.4 (2.3)	20.6 (2.0)	20.9 (2.2)	22.6 (2.1)	20.0 (1.9)	22.7 (2.0)	2.7 ↑	1.2 ↓
	여자	25.0 (0.9)	25.0 (1.0)	26.9 (1.1)	24.7 (1.1)	24.7 (1.1)	24.1 (1.2)	25.9 (1.0)	26.3 (1.2)	27.1 (1.0)	23.2 (1.3)	3.9 ↓	1.8 ↓
	연령별												
	19-29	45.7 (2.6)	45.9 (3.2)	49.8 (2.9)	44.1 (3.1)	40.4 (2.8)	40.4 (2.9)	44.5 (3.2)	43.0 (3.3)	39.0 (2.9)	32.8 (3.1)	6.2 ↓	12.9 ↓
	30-39	27.1 (1.9)	26.0 (2.3)	27.1 (2.4)	26.2 (2.4)	31.6 (2.7)	28.4 (3.0)	30.2 (2.6)	32.1 (2.7)	35.9 (2.5)	28.6 (2.9)	7.3 ↓	1.5 ↑
	40-49	23.0 (2.1)	22.8 (1.9)	26.0 (2.1)	22.8 (2.0)	22.1 (1.7)	24.4 (2.2)	23.2 (2.2)	25.1 (2.2)	26.8 (2.5)	26.3 (2.2)	0.5 ↓	3.3 ↑
	50-59	16.5 (1.7)	16.2 (1.6)	17.9 (2.0)	17.9 (1.7)	15.0 (1.8)	14.7 (1.8)	17.9 (2.0)	17.4 (1.6)	17.2 (1.5)	16.8 (1.9)	0.4 ↓	0.3 ↑
	60-69	7.4 (1.3)	9.6 (1.3)	8.5 (1.4)	8.0 (1.7)	8.4 (1.3)	5.6 (1.0)	8.4 (1.3)	8.1 (1.1)	11.3 (1.2)	6.7 (1.0)	4.6 ↓	0.7 ↓
	70+	1.0 (0.4)*	2.0 (0.6)*	1.0 (0.5)*	2.1 (0.6)*	2.0 (0.6)*	1.5 (0.4)*	2.1 (0.6)*	1.5 (0.5)*	2.8 (0.6)	1.3 (0.4)*	1.5 ↓	0.3 ↑

※ 변동계수(coefficient of variation) * 25-50%, ** 50% 이상

○ 고위험음주율: 최근 1년 동안 1회 평균 음주량이 남자의 경우 7잔 이상, 여자의 경우 5잔 이상이며 주 2회 이상 음주하는 분을

○ 월간폭음율: 최근 1년 동안 월 1회 이상 한 번의 술자리에서 남자의 경우 7잔(또는 맥주 5캔) 이상, 여자의 경우 5잔(또는 맥주 3캔) 이상 음주한 분을

단위: %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25- '24	'25- '16
유산소 신체활동 실천율 (19세 이상)	전체	49.4 (1.0)	48.5 (0.9)	47.6 (1.0)	47.8 (1.0)	45.6 (0.9)	47.9 (0.9)	53.1 (1.0)	52.5 (0.9)	52.1 (1.0)	49.5 (1.2)	2.6 ↓	0.1 ↑
	연령별												
	19-29	61.9 (2.3)	65.6 (2.0)	63.8 (2.4)	62.1 (2.1)	57.8 (1.9)	61.2 (2.1)	69.2 (2.1)	66.2 (2.1)	70.3 (1.9)	60.6 (2.4)	9.7 ↓	1.3 ↓
	30-39	49.1 (1.8)	47.5 (2.1)	50.7 (2.2)	49.2 (2.1)	47.1 (2.2)	51.0 (2.1)	55.3 (2.4)	58.0 (2.2)	58.8 (2.4)	54.2 (2.3)	4.6 ↓	5.1 ↑
	40-49	47.9 (1.9)	47.5 (1.9)	45.8 (1.8)	45.3 (1.6)	42.8 (1.5)	47.6 (1.8)	49.8 (1.9)	48.5 (1.9)	46.4 (2.1)	47.9 (2.2)	1.5 ↑	0.0-
	50-59	45.4 (1.9)	44.4 (1.7)	37.9 (1.7)	41.4 (1.8)	39.9 (2.1)	40.7 (1.9)	49.7 (2.1)	45.2 (1.7)	42.2 (1.6)	43.8 (2.3)	1.6 ↑	1.6 ↓
	60-69	45.8 (1.8)	35.8 (1.9)	38.7 (2.0)	39.3 (1.8)	40.5 (1.7)	38.7 (2.0)	40.5 (2.1)	44.3 (1.8)	40.0 (1.6)	40.0 (1.9)	0.0-	5.8 ↓
	70+	28.5 (1.7)	27.2 (1.8)	23.4 (1.6)	30.4 (1.8)	29.4 (1.8)	23.2 (1.5)	29.0 (1.8)	28.9 (1.5)	27.5 (1.7)	29.0 (1.7)	1.5 ↑	0.5 ↑
	남자	52.5 (1.4)	50.6 (1.4)	51.0 (1.3)	52.6 (1.3)	48.3 (1.3)	50.2 (1.3)	55.4 (1.4)	54.4 (1.2)	54.7 (1.5)	52.7 (1.7)	2.0 ↓	0.2 ↑
	연령별												
	19-29	66.9 (3.5)	67.0 (2.8)	69.7 (3.3)	68.4 (2.8)	61.8 (3.0)	67.5 (2.6)	70.5 (2.9)	69.6 (2.8)	75.8 (2.7)	64.6 (3.2)	11.2 ↓	2.3 ↓
	30-39	50.7 (2.5)	51.3 (3.2)	55.3 (3.2)	58.5 (2.9)	49.0 (3.0)	52.9 (3.1)	59.6 (3.2)	62.1 (3.0)	62.9 (3.3)	61.7 (3.1)	1.2 ↓	11.0 ↑
	40-49	50.7 (2.7)	48.4 (2.7)	48.8 (2.4)	47.8 (2.4)	44.0 (2.3)	49.3 (2.6)	48.9 (2.7)	48.6 (2.6)	46.2 (3.1)	50.0 (3.6)	3.8 ↑	0.7 ↓
	50-59	44.7 (2.7)	45.9 (2.5)	36.5 (2.7)	40.9 (2.5)	40.3 (3.0)	40.6 (2.8)	53.5 (2.9)	42.8 (2.5)	41.8 (2.5)	43.4 (3.0)	1.6 ↑	1.3 ↓
	60-69	50.9 (2.5)	34.4 (2.7)	40.8 (2.7)	44.4 (2.5)	44.4 (2.5)	36.1 (2.7)	42.9 (2.9)	46.9 (2.5)	40.8 (2.2)	39.0 (2.7)	1.8 ↓	11.9 ↓
	70+	35.6 (2.6)	34.8 (2.7)	27.7 (2.8)	32.9 (2.5)	38.8 (2.9)	28.3 (2.3)	35.2 (2.5)	32.8 (2.2)	31.8 (2.7)	30.6 (2.2)	1.2 ↓	5.0 ↓
	여자	46.4 (1.2)	46.6 (1.2)	44.0 (1.2)	42.7 (1.3)	43.0 (1.2)	45.4 (1.3)	50.7 (1.4)	50.4 (1.2)	49.3 (1.3)	46.1 (1.4)	3.2 ↓	0.3 ↓
	연령별												
	19-29	56.4 (3.0)	63.9 (3.0)	57.1 (3.0)	55.1 (3.2)	53.5 (2.9)	54.2 (3.2)	67.6 (2.7)	62.5 (3.1)	63.8 (2.2)	56.2 (3.4)	7.6 ↓	0.2 ↓
	30-39	47.4 (2.2)	43.6 (2.4)	45.8 (2.8)	39.0 (2.6)	45.1 (2.9)	48.9 (3.0)	50.5 (3.0)	53.6 (3.0)	53.9 (3.3)	45.6 (3.1)	8.3 ↓	1.8 ↓
	40-49	45.0 (2.3)	46.6 (2.3)	42.8 (2.3)	42.9 (2.2)	41.7 (2.3)	45.9 (2.7)	50.7 (2.8)	48.4 (2.5)	46.6 (2.4)	45.8 (2.2)	0.8 ↓	0.8 ↑
	50-59	46.0 (2.2)	43.0 (2.1)	39.2 (2.2)	41.9 (2.3)	39.5 (2.4)	40.8 (2.7)	45.9 (2.9)	47.5 (2.4)	42.6 (2.2)	44.2 (2.7)	1.6 ↑	1.8 ↓
	60-69	41.0 (2.6)	37.1 (2.5)	36.6 (2.5)	34.5 (2.4)	36.8 (2.4)	41.1 (2.4)	38.3 (2.6)	41.7 (2.1)	39.1 (1.8)	40.9 (2.2)	1.8 ↑	0.1 ↓
	70+	23.9 (2.1)	22.0 (2.1)	20.5 (2.0)	28.6 (2.3)	22.3 (2.1)	19.4 (2.0)	24.4 (2.3)	26.0 (2.0)	24.2 (1.8)	27.8 (2.3)	3.6 ↑	3.9 ↑
근력운동 실천율 (19세 이상)	전체	20.9 (0.7)	21.6 (0.7)	23.1 (0.7)	23.9 (0.8)	24.7 (0.8)	25.4 (0.9)	26.1 (0.9)	27.3 (0.9)	28.4 (1.0)	26.4 (0.8)	2.0 ↓	5.5 ↑
	연령별												
	19-29	30.2 (2.1)	27.2 (1.8)	31.5 (1.9)	33.2 (2.1)	34.5 (2.1)	35.1 (2.0)	35.7 (2.3)	32.3 (2.3)	33.7 (2.3)	31.3 (2.1)	2.4 ↓	1.1 ↑
	30-39	14.6 (1.4)	19.4 (1.5)	21.4 (1.6)	22.0 (1.8)	23.5 (1.5)	23.9 (2.1)	26.5 (2.0)	29.4 (1.8)	32.2 (2.0)	27.0 (1.8)	5.2 ↓	12.4 ↑
	40-49	19.6 (1.3)	19.5 (1.3)	21.4 (1.5)	20.2 (1.4)	19.9 (1.5)	20.6 (1.5)	20.3 (1.7)	22.9 (1.5)	24.1 (1.8)	20.5 (1.6)	3.6 ↓	0.9 ↑
	50-59	22.4 (1.4)	23.0 (1.5)	20.0 (1.5)	23.3 (1.5)	21.6 (1.4)	21.5 (1.6)	24.0 (1.9)	24.7 (1.6)	24.9 (1.5)	24.8 (1.5)	0.1 ↓	2.4 ↑
	60-69	22.1 (1.8)	22.4 (1.5)	22.0 (1.6)	22.5 (1.5)	23.9 (1.7)	27.0 (1.6)	22.5 (1.4)	27.6 (1.4)	25.5 (1.5)	30.1 (1.6)	4.6 ↑	8.0 ↑
	70+	12.4 (1.2)	14.5 (1.5)	14.6 (1.3)	15.7 (1.3)	19.5 (1.5)	20.3 (1.4)	21.4 (1.6)	23.0 (1.5)	24.2 (1.6)	26.0 (1.6)	1.8 ↑	13.6 ↑
	남자	26.8 (1.0)	27.5 (1.1)	31.0 (1.1)	33.0 (1.3)	32.2 (1.2)	32.9 (1.2)	34.7 (1.4)	35.6 (1.4)	36.1 (1.3)	33.6 (1.2)	2.5 ↓	6.8 ↑
	연령별												
	19-29	37.5 (3.0)	33.7 (2.6)	43.8 (2.9)	47.1 (2.7)	44.2 (3.1)	46.2 (2.7)	47.4 (3.6)	43.0 (3.3)	45.1 (3.2)	41.4 (3.1)	3.7 ↓	3.9 ↑
	30-39	17.6 (2.3)	24.4 (2.5)	28.7 (2.4)	30.2 (2.7)	28.6 (2.3)	31.4 (3.3)	33.4 (3.1)	37.0 (3.0)	40.3 (2.8)	35.4 (3.0)	4.9 ↓	17.8 ↑
	40-49	24.6 (1.9)	22.6 (1.9)	25.4 (2.2)	25.3 (2.3)	26.2 (2.5)	26.1 (2.2)	24.9 (2.5)	29.4 (2.4)	27.5 (2.5)	25.9 (2.6)	1.6 ↓	1.3 ↑
	50-59	28.5 (2.2)	30.0 (2.5)	26.3 (2.3)	29.5 (2.4)	27.8 (2.2)	24.6 (2.5)	35.5 (3.2)	31.0 (2.4)	29.4 (2.3)	27.1 (2.4)	2.3 ↓	1.4 ↓
	60-69	29.6 (2.7)	29.3 (2.7)	30.3 (2.4)	34.3 (2.6)	35.1 (2.7)	35.5 (2.2)	30.8 (2.3)	36.1 (2.1)	33.6 (2.3)	36.9 (2.6)	3.3 ↑	7.3 ↑
	70+	23.2 (2.2)	26.2 (2.3)	25.8 (2.4)	27.7 (2.5)	29.3 (2.6)	29.4 (2.2)	33.7 (2.7)	35.6 (2.4)	37.3 (2.7)	35.8 (2.4)	1.5 ↓	12.6 ↑
	여자	15.2 (0.9)	15.8 (0.8)	14.9 (0.9)	14.6 (0.8)	17.0 (0.8)	17.6 (1.0)	17.3 (1.0)	18.9 (1.0)	20.3 (1.0)	19.0 (0.9)	1.3 ↓	3.8 ↑
	연령별												
	19-29	22.2 (2.4)	19.6 (2.4)	17.3 (2.1)	17.9 (2.4)	23.9 (2.2)	22.9 (2.6)	22.5 (2.3)	20.4 (2.7)	20.2 (2.3)	20.3 (2.6)	0.1 ↑	1.9 ↓
	30-39	11.4 (1.4)	14.1 (1.7)	13.6 (1.8)	13.0 (1.9)	17.7 (2.0)	15.4 (2.2)	18.9 (2.2)	21.1 (2.3)	22.8 (2.2)	17.5 (2.2)	5.3 ↓	6.1 ↑
	40-49	14.4 (1.7)	16.3 (1.9)	17.3 (1.5)	15.2 (1.4)	13.5 (1.6)	14.8 (1.9)	15.6 (1.8)	16.4 (1.8)	20.5 (2.1)	15.1 (1.6)	5.4 ↓	0.7 ↑
	50-59	16.6 (1.6)	16.1 (1.5)	13.9 (1.6)	17.3 (1.8)	15.4 (1.8)	18.5 (1.7)	12.9 (1.5)	18.6 (1.7)	20.5 (1.8)	22.6 (1.9)	2.1 ↑	6.0 ↑
	60-69	15.0 (1.7)	16.0 (1.6)	14.3 (1.8)	11.4 (1.6)	13.3 (1.6)	19.0 (2.0)	14.7 (1.7)	19.5 (1.7)	18.0 (1.6)	23.7 (1.7)	5.7 ↑	8.7 ↑
	70+	5.5 (1.1)	6.6 (1.4)	7.3 (1.2)	7.3 (1.1)	12.3 (1.6)	13.7 (1.7)	12.4 (1.5)	13.8 (1.7)	14.5 (1.5)	18.5 (1.8)	4.0 ↑	13.0 ↑

단위: %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25- '24	'25- '16
건강 실천율 (19세 이상)	전체	39.6 (1.0)	39.0 (0.9)	40.2 (1.0)	43.5 (1.0)	39.2 (1.0)	39.6 (1.2)	41.7 (1.2)	44.5 (1.0)	44.2 (1.1)	41.7 (1.0)	2.5 ↓	2.1 ↑
	연령별												
	19-29	48.1 (2.1)	47.9 (2.3)	49.9 (2.2)	57.0 (2.1)	45.1 (2.2)	43.1 (2.9)	48.5 (2.5)	52.6 (2.3)	49.7 (2.1)	44.0 (2.5)	5.7 ↓	4.1 ↓
	30-39	37.4 (1.9)	34.7 (2.0)	38.3 (2.0)	40.6 (1.9)	37.6 (1.8)	35.3 (2.1)	39.6 (2.3)	41.3 (2.2)	42.7 (2.5)	40.7 (2.2)	2.0 ↓	3.3 ↑
	40-49	36.3 (1.6)	37.2 (1.7)	38.2 (1.8)	37.3 (1.8)	35.1 (1.7)	39.0 (1.9)	36.3 (1.9)	39.6 (1.7)	38.6 (1.9)	37.7 (1.9)	0.9 ↓	1.4 ↑
	50-59	36.6 (1.9)	39.4 (1.8)	34.1 (1.6)	40.7 (1.8)	36.3 (1.9)	36.8 (2.0)	41.1 (2.2)	41.5 (1.7)	42.6 (1.9)	39.6 (1.9)	3.0 ↓	3.0 ↑
	60-69	41.8 (1.8)	38.4 (1.8)	41.6 (1.9)	41.5 (1.9)	42.4 (2.0)	45.2 (1.8)	43.0 (1.8)	49.6 (1.8)	48.2 (1.8)	48.0 (1.8)	0.2 ↓	6.2 ↑
	70+	33.6 (2.0)	31.4 (1.8)	32.1 (2.3)	38.9 (1.9)	39.9 (2.3)	42.3 (1.8)	43.5 (2.1)	43.6 (1.8)	47.3 (1.8)	45.7 (1.9)	1.6 ↓	12.1 ↑
	남자	40.6 (1.4)	40.2 (1.4)	40.5 (1.3)	44.9 (1.3)	39.8 (1.3)	37.9 (1.5)	40.7 (1.4)	42.8 (1.3)	43.1 (1.4)	40.5 (1.3)	2.6 ↓	0.1 ↓
	연령별												
	19-29	52.2 (3.0)	49.7 (3.2)	53.2 (3.2)	58.4 (2.7)	47.6 (3.0)	42.9 (3.7)	45.4 (3.6)	51.1 (3.0)	48.5 (3.1)	43.8 (3.3)	4.7 ↓	8.4 ↓
	30-39	39.3 (2.7)	37.4 (3.0)	38.7 (3.0)	45.2 (2.9)	40.6 (2.5)	34.7 (3.0)	40.4 (3.2)	40.7 (2.9)	42.5 (3.5)	40.1 (2.9)	2.4 ↓	0.8 ↑
	40-49	34.4 (2.4)	36.6 (2.8)	36.3 (2.8)	36.9 (2.5)	34.3 (2.6)	36.4 (2.5)	33.8 (2.9)	37.0 (2.4)	36.1 (2.7)	35.7 (3.0)	0.4 ↓	1.3 ↑
	50-59	35.2 (3.0)	36.8 (2.5)	28.3 (2.3)	37.0 (2.5)	31.6 (2.5)	31.4 (2.7)	40.5 (3.0)	36.0 (2.7)	39.5 (2.7)	34.2 (2.6)	5.3 ↓	1.0 ↓
	60-69	41.0 (2.8)	36.5 (2.8)	42.3 (2.7)	42.4 (2.5)	39.3 (2.7)	39.1 (2.5)	40.1 (2.5)	44.6 (2.6)	46.4 (2.4)	47.1 (2.8)	0.7 ↑	6.1 ↑
	70+	38.1 (2.8)	41.9 (2.9)	41.3 (3.4)	44.9 (2.4)	47.1 (2.7)	48.6 (2.5)	49.4 (2.7)	52.1 (2.3)	52.4 (2.9)	49.7 (2.5)	2.7 ↓	11.6 ↑
	여자	38.6 (1.2)	38.0 (1.2)	40.0 (1.1)	42.2 (1.2)	38.5 (1.5)	41.4 (1.2)	42.9 (1.5)	46.4 (1.2)	45.5 (1.2)	43.0 (1.3)	2.5 ↓	4.4 ↑
	연령별												
	19-29	43.6 (3.2)	46.0 (3.0)	46.2 (2.7)	55.4 (2.8)	42.4 (2.9)	43.4 (3.2)	51.9 (3.2)	54.4 (3.4)	51.1 (2.4)	44.2 (3.5)	6.9 ↓	0.6 ↑
	30-39	35.4 (2.3)	31.7 (2.4)	38.0 (2.2)	35.6 (2.2)	34.3 (2.7)	36.0 (3.0)	38.8 (3.1)	42.0 (2.8)	43.1 (3.1)	41.5 (2.9)	1.6 ↓	6.1 ↑
	40-49	38.2 (2.3)	37.8 (2.3)	40.2 (2.0)	37.7 (2.2)	35.8 (2.5)	41.7 (2.7)	38.8 (2.6)	42.1 (2.2)	41.1 (2.6)	39.8 (2.2)	1.3 ↓	1.6 ↑
	50-59	38.0 (2.3)	41.8 (2.3)	39.6 (2.0)	44.2 (2.2)	41.0 (2.6)	41.9 (2.4)	41.7 (2.9)	46.8 (2.1)	45.5 (2.3)	44.9 (2.8)	0.6 ↓	6.9 ↑
	60-69	42.5 (2.7)	40.2 (2.1)	40.9 (2.7)	40.7 (2.6)	45.3 (2.8)	51.0 (2.4)	45.7 (2.4)	54.2 (2.1)	49.9 (2.2)	48.7 (2.2)	1.2 ↓	6.2 ↑
	70+	30.6 (2.4)	24.4 (2.1)	25.9 (2.5)	34.7 (2.6)	34.5 (2.7)	37.6 (2.3)	39.3 (2.4)	37.4 (2.4)	43.5 (2.1)	42.7 (2.4)	0.8 ↓	12.1 ↑

- 유산소신체활동실천율: 일주일에 중강도 신체활동을 2시간 30분 이상 또는 고강도 신체활동을 1시간 15분 이상 또는 중강도와 고강도 신체활동을 섞어서(고강도 1분은 중강도 2분) 각 활동에 상당하는 시간을 실천한 비율
- 근력운동실천율: 최근 1주일 동안 팔굽혀펴기, 윗몸 일으키기, 아령, 역기, 철봉 등의 근력운동을 2일 이상 실천한 비율
- 걷기실천율: 최근 1주일 동안 한 번에 적어도 10분 이상 걷기를 1일 총 30분 이상 주 5일 이상 실천한 비율

단위: %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25- '24	'25- '16
스트레스 인지율 (19세 이상)	전체	29.4 (0.7)	30.6 (0.7)	29.1 (0.9)	30.8 (0.8)	31.5 (1.0)	28.7 (0.9)	28.2 (0.9)	28.2 (0.7)	29.0 (0.8)	19.1 (0.7)	9.9 ↓	10.3 ↓
	연령별												
	19-29	32.8 (2.0)	37.9 (2.1)	35.7 (2.0)	35.1 (1.8)	34.9 (2.1)	30.0 (2.0)	29.9 (2.3)	31.9 (2.1)	30.3 (1.8)	20.0 (1.8)	10.3 ↓	12.8 ↓
	30-39	37.7 (1.6)	36.0 (1.8)	34.3 (2.2)	38.8 (2.2)	40.2 (2.0)	36.6 (2.3)	33.5 (1.9)	35.2 (1.8)	34.7 (2.1)	24.8 (1.7)	9.9 ↓	12.9 ↓
	40-49	28.4 (1.4)	27.5 (1.3)	28.1 (1.5)	31.1 (1.6)	32.3 (1.6)	31.3 (1.7)	33.8 (1.9)	27.2 (1.5)	35.1 (1.7)	21.3 (1.4)	13.8 ↓	7.1 ↓
	50-59	24.5 (1.7)	26.5 (1.5)	22.8 (1.4)	25.0 (1.6)	26.9 (1.6)	21.6 (1.5)	22.7 (2.1)	26.4 (1.4)	25.2 (1.5)	16.4 (1.3)	8.8 ↓	8.1 ↓
	60-69	20.7 (1.3)	20.9 (1.5)	21.3 (1.4)	19.2 (1.3)	19.0 (1.4)	18.7 (1.2)	16.9 (1.4)	17.4 (1.2)	15.8 (1.1)	10.0 (1.0)	5.8 ↓	10.7 ↓
	70+	16.6 (1.3)	21.4 (1.6)	16.8 (1.4)	17.5 (1.4)	16.1 (1.3)	18.2 (1.3)	14.4 (1.3)	14.9 (1.1)	13.4 (1.1)	8.7 (0.9)	4.7 ↓	7.9 ↓
	남자	28.2 (1.0)	28.8 (0.9)	26.2 (1.2)	29.3 (1.2)	29.7 (1.3)	26.2 (1.2)	26.1 (1.3)	25.7 (1.2)	25.5 (1.2)	16.2 (0.9)	9.3 ↓	12.0 ↓
	연령별												
	19-29	28.3 (2.7)	31.2 (2.7)	28.2 (2.5)	28.7 (2.6)	27.8 (2.7)	24.1 (2.4)	26.1 (3.2)	24.5 (2.9)	22.9 (2.4)	14.3 (2.2)	8.6 ↓	14.0 ↓
	30-39	38.6 (2.3)	39.5 (2.7)	33.6 (3.0)	38.8 (2.9)	40.7 (3.1)	31.5 (2.9)	32.1 (2.8)	31.5 (2.6)	28.6 (2.6)	20.8 (2.3)	7.8 ↓	17.8 ↓
	40-49	30.7 (2.3)	26.7 (2.0)	27.2 (2.1)	34.3 (2.6)	34.7 (2.4)	32.1 (2.6)	33.0 (3.3)	27.8 (2.4)	36.3 (2.7)	19.9 (2.2)	16.4 ↓	10.8 ↓
	50-59	25.3 (2.2)	26.0 (1.9)	22.4 (2.1)	25.1 (2.3)	26.3 (2.3)	24.8 (2.4)	22.3 (2.4)	27.8 (2.3)	24.0 (2.0)	16.8 (2.1)	7.2 ↓	8.5 ↓
	60-69	15.5 (1.8)	16.2 (2.0)	19.4 (2.0)	16.9 (1.8)	15.0 (2.1)	18.8 (1.9)	13.4 (2.0)	16.3 (1.7)	13.5 (1.7)	8.1 (1.3)	5.4 ↓	7.4 ↓
	70+	8.6 (1.4)	15.6 (1.8)	9.6 (1.5)	9.3 (1.5)	10.3 (1.4)	9.3 (1.5)	9.4 (1.6)	13.0 (1.7)	9.6 (1.3)	5.7 (1.1)	3.9 ↓	2.9 ↓
	여자	30.6 (1.0)	32.4 (1.0)	32.0 (1.2)	32.3 (0.9)	33.3 (1.1)	31.3 (1.2)	30.3 (1.2)	30.8 (0.9)	32.9 (1.1)	22.2 (1.1)	10.7 ↓	8.4 ↓
	연령별												
	19-29	37.9 (2.9)	45.6 (2.7)	44.5 (2.9)	42.3 (2.5)	42.6 (3.0)	36.5 (2.9)	34.0 (3.2)	40.0 (2.8)	38.8 (2.7)	26.3 (3.0)	12.5 ↓	11.6 ↓
	30-39	36.7 (2.3)	32.2 (2.1)	35.1 (2.9)	38.8 (2.6)	39.6 (2.3)	42.4 (2.9)	35.1 (2.7)	39.3 (2.2)	41.5 (2.9)	29.2 (2.7)	12.3 ↓	7.5 ↓
	40-49	26.0 (1.9)	28.3 (1.8)	29.1 (1.9)	27.8 (2.0)	29.9 (2.0)	30.4 (2.3)	34.6 (2.0)	26.5 (1.8)	33.8 (2.1)	22.7 (2.1)	11.1 ↓	3.3 ↓
	50-59	23.6 (2.2)	26.9 (2.0)	23.3 (1.9)	24.8 (1.8)	27.5 (2.1)	18.3 (1.5)	23.1 (2.7)	24.9 (1.7)	26.4 (1.9)	16.1 (1.8)	10.3 ↓	7.5 ↓
	60-69	25.6 (2.0)	25.3 (2.2)	23.1 (2.1)	21.4 (1.9)	22.7 (1.9)	18.6 (1.6)	20.3 (1.9)	18.4 (1.7)	17.9 (1.6)	11.7 (1.3)	6.2 ↓	13.9 ↓
	70+	21.7 (1.7)	25.4 (2.2)	21.7 (2.1)	23.1 (1.8)	20.2 (1.9)	24.6 (1.8)	18.1 (1.9)	16.3 (1.6)	16.3 (1.5)	11.1 (1.4)	5.2 ↓	10.6 ↓
우울감 경험률 (19세 이상)	전체	--	11.2 (0.6)	--	10.2 (0.6)	--	11.3 (0.6)	--	11.6 (0.6)	--	7.4 (0.5)	4.2 ↓	3.8 ↓
	연령별												
	19-29	--	13.5 (1.2)	--	13.0 (1.5)	--	11.7 (1.3)	--	16.3 (1.6)	--	7.7 (1.2)	8.6 ↓	5.8 ↓
	30-39	--	9.1 (1.2)	--	7.4 (1.0)	--	12.8 (1.6)	--	11.6 (1.4)	--	9.4 (1.2)	2.2 ↓	0.3 ↑
	40-49	--	7.8 (0.9)	--	8.9 (1.0)	--	10.2 (1.2)	--	8.9 (1.0)	--	6.8 (0.9)	2.1 ↓	1.0 ↓
	50-59	--	11.0 (1.1)	--	10.6 (1.2)	--	8.3 (1.0)	--	10.2 (1.1)	--	6.4 (1.1)	3.8 ↓	4.6 ↓
	60-69	--	14.7 (1.4)	--	11.0 (1.0)	--	11.9 (1.1)	--	9.5 (0.9)	--	5.5 (0.7)	4.0 ↓	9.2 ↓
	70+	--	17.3 (1.4)	--	13.1 (1.1)	--	13.6 (1.1)	--	10.7 (1.2)	--	6.5 (1.0)	4.2 ↓	10.8 ↓
	남자	--	9.1 (0.7)	--	8.1 (0.6)	--	8.5 (0.7)	--	8.7 (0.8)	--	4.7 (0.6)	4.0 ↓	4.4 ↓
	연령별												
	19-29	--	10.8 (1.6)	--	8.9 (1.6)	--	6.9 (1.5)	--	10.3 (2.1)	--	4.5 (1.3)*	5.8 ↓	6.3 ↓
	30-39	--	7.6 (1.6)	--	5.8 (1.4)	--	11.0 (2.0)	--	8.6 (1.7)	--	6.2 (1.3)	2.4 ↓	1.4 ↓
	40-49	--	6.2 (1.1)	--	9.2 (1.5)	--	8.0 (1.5)	--	7.8 (1.3)	--	4.1 (1.1)*	3.7 ↓	2.1 ↓
	50-59	--	10.9 (1.6)	--	6.8 (1.4)	--	7.8 (1.4)	--	8.8 (1.5)	--	5.1 (1.4)*	3.7 ↓	5.8 ↓
	60-69	--	9.8 (1.5)	--	9.5 (1.4)	--	9.8 (1.6)	--	7.4 (1.2)	--	3.5 (0.9)	3.9 ↓	6.3 ↓
	70+	--	13.2 (1.6)	--	9.9 (1.7)	--	7.2 (1.6)	--	7.7 (1.2)	--	3.4 (0.8)	4.3 ↓	9.8 ↓
	여자	--	13.4 (0.8)	--	12.5 (0.9)	--	14.1 (0.9)	--	14.7 (0.9)	--	10.3 (0.8)	4.4 ↓	3.1 ↓
	연령별												
	19-29	--	16.6 (2.0)	--	17.7 (2.6)	--	17.1 (2.3)	--	22.8 (2.6)	--	11.3 (1.9)	11.5 ↓	5.3 ↓
	30-39	--	10.7 (1.6)	--	9.1 (1.4)	--	14.9 (2.1)	--	15.0 (2.1)	--	12.9 (2.1)	2.1 ↓	2.2 ↑
	40-49	--	9.5 (1.3)	--	8.7 (1.3)	--	12.5 (1.7)	--	9.9 (1.3)	--	9.6 (1.5)	0.3 ↓	0.1 ↑
	50-59	--	11.1 (1.5)	--	14.4 (1.7)	--	8.8 (1.3)	--	11.6 (1.3)	--	7.8 (1.4)	3.8 ↓	3.3 ↓
	60-69	--	19.3 (2.2)	--	12.4 (1.4)	--	13.9 (1.6)	--	11.5 (1.3)	--	7.4 (1.1)	4.1 ↓	11.9 ↓
	70+	--	20.1 (1.9)	--	15.2 (1.5)	--	18.3 (1.7)	--	12.8 (1.8)	--	8.9 (1.4)	3.9 ↓	11.2 ↓

※ 변동계수(coefficient of variation) * 25-50%, ** 50% 이상

○ 스트레스인지율: 평소 일상생활 중에 스트레스를 '대단히 많이' 또는 '많이' 느끼는 비율

○ 우울감 경험률: 최근 1년 동안 연속적으로 2주 이상 일상생활에 지장이 있을 정도로 슬프거나 절망감 등을 느낀 비율

* 우울감 경험률은 '25-'23년, '25-'17년 결과값 제시

5 건강정보이해능력

단위: %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25-'24
적절한 건강정보 이해능력 수준 (19세 이상)	전체	--	--	--	--	--	--	--	64.0 (0.9)	67.0 (0.9)	68.6 (0.9)	1.6 ↑
	연령별	19-29	--	--	--	--	--	--	70.5 (2.2)	71.0 (2.1)	73.3 (1.8)	2.3 ↑
		30-39	--	--	--	--	--	--	66.5 (1.7)	70.0 (2.0)	71.7 (2.1)	1.7 ↑
		40-49	--	--	--	--	--	--	69.7 (1.6)	72.1 (1.8)	72.5 (1.6)	0.4 ↑
		50-59	--	--	--	--	--	--	61.1 (1.6)	69.0 (1.4)	69.3 (1.8)	0.3 ↑
		60-69	--	--	--	--	--	--	55.0 (1.8)	55.9 (1.7)	60.5 (2.0)	4.6 ↑
		70+	--	--	--	--	--	--	36.0 (1.9)	39.8 (1.7)	41.7 (1.9)	1.9 ↑
	남자	19-29	--	--	--	--	--	--	60.6 (1.2)	64.4 (1.2)	65.5 (1.2)	1.1 ↑
		30-39	--	--	--	--	--	--	66.7 (3.3)	68.3 (2.9)	70.9 (2.7)	2.6 ↑
		40-49	--	--	--	--	--	--	61.5 (2.6)	65.5 (2.8)	67.0 (3.0)	1.5 ↑
		50-59	--	--	--	--	--	--	64.3 (2.3)	65.5 (2.7)	67.4 (2.6)	1.9 ↑
		60-69	--	--	--	--	--	--	56.2 (2.3)	68.1 (2.1)	66.1 (2.7)	2.0 ↓
		70+	--	--	--	--	--	--	55.8 (2.4)	57.6 (2.2)	59.7 (2.7)	2.1 ↑
	여자	19-29	--	--	--	--	--	--	42.1 (2.4)	46.8 (2.2)	45.1 (2.3)	1.7 ↓
		30-39	--	--	--	--	--	--	67.9 (1.0)	70.0 (1.0)	72.1 (1.1)	2.1 ↑
		40-49	--	--	--	--	--	--	74.7 (2.5)	74.0 (2.6)	76.0 (2.6)	2.0 ↑
		50-59	--	--	--	--	--	--	72.1 (2.3)	75.1 (2.5)	77.2 (2.5)	2.1 ↑
		60-69	--	--	--	--	--	--	75.3 (2.1)	78.9 (1.8)	77.9 (2.0)	1.0 ↓
		70+	--	--	--	--	--	--	66.0 (1.9)	69.8 (2.0)	72.6 (2.1)	2.8 ↑
		70+	--	--	--	--	--	--	54.3 (2.2)	54.3 (2.1)	61.3 (2.4)	7.0 ↑
		70+	--	--	--	--	--	--	31.7 (2.2)	34.8 (2.1)	39.2 (2.1)	4.4 ↑

○ 적절한 건강정보이해능력 수준: 건강정보이해능력 측정도구(자가보고형 10문항) 총 40점 중 30점 이상인 분율

* 항목 무응답, 모름 응답의 경우 '전혀 그렇지 않다(1점)'로 계산

6 노인생활기능척도 점수(65세 이상)

단위: %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25-'24
노인생활 기능척도 점수 (65세 이상)	전체	--	--	--	--	--	--	--	--	85.9 (0.6)	86.3 (0.6)	0.4 ↑
	연령별	65-69	--	--	--	--	--	--	--	92.6 (0.5)	92.8 (0.5)	0.2 ↑
		70-74	--	--	--	--	--	--	--	89.7 (0.7)	89.8 (0.7)	0.1 ↑
		75-79	--	--	--	--	--	--	--	83.8 (1.1)	82.9 (1.4)	0.9 ↓
		80+	--	--	--	--	--	--	--	70.6 (1.5)	71.0 (1.8)	0.4 ↑
	남자	65-69	--	--	--	--	--	--	--	92.1 (0.5)	92.2 (0.6)	0.1 ↑
		70-74	--	--	--	--	--	--	--	95.8 (0.6)	95.0 (0.7)	0.8 ↓
		75-79	--	--	--	--	--	--	--	94.4 (0.8)	94.5 (0.7)	0.1 ↑
		80+	--	--	--	--	--	--	--	89.2 (1.1)	89.5 (1.6)	0.3 ↑
		80+	--	--	--	--	--	--	--	82.9 (2.1)	84.7 (1.6)	1.8 ↑
	여자	65-69	--	--	--	--	--	--	--	80.9 (0.8)	81.5 (0.8)	0.6 ↑
		70-74	--	--	--	--	--	--	--	89.7 (0.8)	90.8 (0.8)	1.1 ↑
		75-79	--	--	--	--	--	--	--	85.6 (1.0)	85.7 (1.1)	0.1 ↑
		80+	--	--	--	--	--	--	--	78.8 (1.7)	78.4 (1.9)	0.4 ↓
		80+	--	--	--	--	--	--	--	64.3 (1.8)	61.4 (2.6)	2.9 ↓

○ 노인생활기능척도(LF-10) 점수: 노인생활기능척도(Life Functioning scale-10, 100점 환산) 점수의 평균

단위: %(SE)

구분	사회적 지지율			외로움 경험률		
	전체	남자	여자	전체	남자	여자
19세 이상	94.5 (0.4)	94.6 (0.5)	94.4 (0.5)	6.4 (0.4)	5.3 (0.5)	7.5 (0.6)
연령(세)						
19-29	98.6 (0.5)	98.8 (0.7)	98.5 (0.7)	6.4 (1.0)	4.4 (1.3)*	8.6 (1.6)
30-39	97.3 (0.6)	97.8 (0.8)	96.8 (1.0)	7.1 (1.1)	4.8 (1.2)	9.7 (1.7)
40-49	96.1 (0.7)	96.1 (1.0)	96.1 (0.9)	6.3 (0.8)	5.1 (1.2)	7.5 (1.2)
50-59	95.9 (0.7)	95.9 (1.0)	95.9 (0.9)	6.7 (0.9)	6.6 (1.4)	6.8 (1.3)
60-69	91.1 (0.9)	91.2 (1.3)	91.0 (1.2)	4.8 (0.7)	4.9 (1.2)	4.6 (0.9)
70+	87.8 (1.1)	86.2 (1.6)	89.0 (1.3)	7.6 (0.9)	6.0 (1.1)	8.9 (1.1)
19-64	96.4 (0.3)	96.6 (0.5)	96.2 (0.5)	6.4 (0.4)	5.3 (0.6)	7.5 (0.7)
65+	88.3 (0.9)	87.4 (1.3)	89.1 (1.0)	6.7 (0.7)	5.3 (0.9)	7.8 (0.9)
거주지역						
동	94.6 (0.4)	94.6 (0.5)	94.6 (0.5)	6.5 (0.4)	5.6 (0.6)	7.4 (0.6)
읍면	93.7 (0.9)	94.6 (1.1)	92.8 (1.5)	5.9 (1.1)	3.6 (1.2)*	8.3 (1.5)
소득수준						
하	89.9 (1.1)	89.8 (1.2)	90.0 (1.5)	10.3 (1.0)	8.9 (1.4)	11.7 (1.4)
중하	94.4 (0.7)	95.4 (0.8)	93.3 (1.0)	7.0 (0.8)	4.8 (1.1)	9.2 (1.2)
중	94.9 (0.6)	94.7 (1.0)	95.0 (0.8)	5.9 (0.9)	4.4 (1.1)	7.5 (1.2)
중상	96.4 (0.6)	96.3 (0.9)	96.4 (0.7)	4.9 (0.8)	4.6 (1.2)*	5.2 (1.0)
상	96.8 (0.5)	96.7 (0.9)	96.9 (0.7)	4.2 (0.6)	4.1 (1.0)	4.4 (0.7)
거주지역(표준화) ¹⁾						
동	95.8 (0.3)	95.8 (0.4)	95.7 (0.5)	6.6 (0.5)	5.4 (0.6)	7.9 (0.7)
읍면	96.6 (0.5)	96.9 (0.8)	96.3 (0.9)	5.1 (1.2)	2.9 (1.1)*	7.8 (1.9)
소득수준(표준화)						
하	92.4 (0.8)	92.5 (0.9)	92.0 (1.4)	9.7 (1.0)	8.5 (1.5)	11.1 (1.5)
중하	95.9 (0.6)	96.3 (0.8)	95.7 (0.7)	7.1 (1.0)	4.3 (1.2)*	10.3 (1.5)
중	96.2 (0.6)	96.2 (0.8)	95.9 (0.9)	5.9 (1.0)	3.9 (1.1)*	8.3 (1.5)
중상	97.1 (0.6)	96.9 (0.9)	97.3 (0.8)	4.9 (0.9)	4.6 (1.4)*	5.2 (1.3)*
상	97.1 (0.5)	97.1 (0.8)	97.2 (0.8)	5.0 (0.8)	4.7 (1.2)*	5.2 (0.9)

※ 변동계수(coefficient of variation) * 25-50%, ** 50% 이상

○ 사회적 지지율: 어려울 때 의지하거나 도움받을 수 있는 사람이 있는 분율, 19세 이상

○ 외로움 경험률: 평소 외로움을 '항상' 또는 '자주' 느끼는 분율, 19세 이상

○ 소득수준: 월가구균등화소득(월가구소득/√가구원수)을 성별·연령별(5세단위) 오분위로 분류

1) 표준화: 2005년 추계인구로 연령표준화

단위: 평균(SE)

구분	주관적 삶의 만족도(점)			삶의 만족도가 낮은 분율(%)		
	전체	남자	여자	전체	남자	여자
19세 이상	6.9(0.0)	7.0(0.0)	6.9(0.0)	10.0(0.5)	10.0(0.7)	9.9(0.7)
연령(세)						
19-29	7.0(0.1)	7.1(0.1)	6.9(0.1)	10.9(1.4)	10.9(1.9)	10.9(2.0)
30-39	7.0(0.1)	7.0(0.1)	7.0(0.1)	12.2(1.2)	12.7(1.8)	11.6(1.6)
40-49	7.0(0.1)	7.0(0.1)	7.1(0.1)	8.7(1.1)	9.2(1.7)	8.1(1.3)
50-59	7.0(0.1)	7.0(0.1)	7.1(0.1)	8.2(1.0)	9.3(1.6)	7.1(1.2)
60-69	6.9(0.1)	7.0(0.1)	6.8(0.1)	8.7(0.9)	7.8(1.2)	9.6(1.2)
70+	6.6(0.1)	6.6(0.1)	6.6(0.1)	11.9(1.1)	10.5(1.6)	12.9(1.4)
19-64	7.0(0.0)	7.0(0.1)	7.0(0.0)	9.6(0.5)	10.2(0.8)	9.1(0.7)
65+	6.7(0.1)	6.8(0.1)	6.6(0.1)	10.9(0.9)	9.4(1.2)	12.2(1.2)
거주지역						
동	6.9(0.0)	7.0(0.1)	6.9(0.0)	10.1(0.5)	10.4(0.7)	9.8(0.7)
읍면	6.9(0.1)	7.0(0.1)	6.9(0.1)	8.8(1.0)	7.3(1.7)	10.4(1.3)
소득수준						
하	6.4(0.1)	6.3(0.1)	6.5(0.1)	16.9(1.3)	18.5(1.8)	15.3(1.6)
중하	6.8(0.1)	6.9(0.1)	6.8(0.1)	9.4(0.9)	8.1(1.2)	10.7(1.3)
중	7.0(0.1)	7.0(0.1)	6.9(0.1)	10.3(1.1)	9.5(1.4)	11.0(1.5)
중상	7.2(0.1)	7.3(0.1)	7.0(0.1)	6.8(0.8)	6.8(1.3)	6.7(1.2)
상	7.3(0.1)	7.2(0.1)	7.3(0.1)	6.8(0.8)	7.6(1.3)	6.0(1.0)
거주지역(표준화) ¹⁾						
동	7.0(0.0)	7.0(0.1)	6.9(0.1)	10.4(0.6)	10.8(0.8)	10.0(0.8)
읍면	7.0(0.1)	7.0(0.2)	7.0(0.1)	8.2(1.3)	7.5(2.1)*	9.2(1.4)
소득수준(표준화)						
하	6.4(0.1)	6.3(0.1)	6.6(0.1)	16.9(1.5)	19.0(2.1)	14.4(1.8)
중하	6.9(0.1)	6.9(0.1)	6.8(0.1)	8.9(1.0)	7.8(1.3)	10.0(1.5)
중	7.0(0.1)	7.1(0.1)	6.9(0.1)	10.8(1.2)	10.1(1.6)	11.7(1.8)
중상	7.2(0.1)	7.3(0.1)	7.1(0.1)	6.7(1.0)	7.3(1.6)	6.1(1.3)
상	7.2(0.1)	7.2(0.1)	7.3(0.1)	8.0(1.0)	8.3(1.5)	7.7(1.4)

※ 변동계수(coefficient of variation) * 25-50%, ** 50% 이상

○ 주관적 삶의 만족도: 최근 전반적인 본인의 삶에 대한 만족도 응답 점수의 평균(총점 10점), 19세 이상

○ 삶의 만족도가 낮은 분율: 주관적 삶의 만족도가 4점 이하인 분율, 19세 이상

○ 소득수준: 월가구균등화소득(월가구소득/ $\sqrt{\text{가구원수}}$)을 성별·연령별(5세단위) 오분위로 분류

1) 표준화: 2005년 추계인구로 연령표준화

단위: 평균(SE)

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25- '24	'25- '16
곡류 섭취량 (1세 이상 영)	전체	293.3 (2.9)	288.7 (3.4)	288.4 (2.8)	272.2 (2.7)	269.5 (3.1)	264.9 (3.6)	253.9 (2.7)	252.2 (3.1)	252.0 (3.0)	239.6 (2.4)	124 ↓	53.7 ↓
	1-9	229.3 (5.2)	225.8 (4.8)	213.0 (4.7)	218.8 (4.7)	231.1 (7.9)	222.3 (6.5)	225.8 (6.0)	213.3 (6.6)	215.8 (5.7)	195.9 (5.4)	19.9 ↓	33.4 ↓
	10-18	334.4 (9.6)	336.0 (10.6)	324.9 (9.5)	307.1 (8.2)	295.6 (7.6)	295.9 (9.6)	276.9 (8.9)	269.4 (6.9)	273.7 (7.6)	267.9 (8.4)	5.8 ↓	66.5 ↓
	19-29	302.9 (9.3)	287.8 (8.4)	306.7 (7.7)	282.7 (8.5)	283.4 (8.1)	280.2 (8.6)	260.8 (6.4)	261.7 (7.6)	270.8 (8.4)	236.4 (6.4)	34.4 ↓	66.5 ↓
	30-39	307.4 (7.0)	293.9 (7.0)	302.4 (7.0)	282.7 (6.0)	280.0 (9.0)	264.7 (9.6)	261.0 (9.3)	265.3 (8.4)	259.9 (8.0)	253.6 (6.5)	6.3 ↓	53.8 ↓
	40-49	303.0 (6.2)	298.7 (7.5)	287.7 (5.7)	277.5 (6.7)	263.2 (5.8)	277.3 (7.4)	257.4 (6.3)	255.6 (6.4)	240.8 (5.5)	245.6 (5.5)	4.8 ↑	57.4 ↓
	50-59	282.6 (6.5)	285.7 (6.0)	283.1 (5.3)	266.4 (6.0)	273.3 (5.5)	258.0 (6.1)	244.2 (5.5)	249.8 (5.3)	254.1 (5.2)	239.6 (4.9)	14.5 ↓	43.0 ↓
	60-69	282.7 (5.8)	292.2 (6.7)	287.9 (5.7)	267.7 (5.4)	261.2 (5.3)	247.6 (5.7)	242.7 (5.1)	241.6 (4.3)	244.7 (4.6)	226.2 (3.6)	18.5 ↓	56.5 ↓
	70+	258.6 (5.5)	264.8 (6.1)	268.3 (5.1)	234.4 (3.8)	234.4 (5.1)	232.2 (4.1)	238.1 (4.4)	228.0 (3.3)	232.5 (3.9)	227.5 (4.0)	5.0 ↓	31.1 ↓
	남자	329.4 (3.8)	322.7 (4.6)	326.8 (3.9)	308.0 (3.8)	304.3 (4.1)	302.8 (5.1)	289.5 (4.2)	285.4 (4.3)	287.2 (4.0)	274.7 (3.4)	12.5 ↓	54.7 ↓
	1-9	237.6 (6.5)	237.1 (6.9)	225.8 (7.4)	241.8 (7.3)	244.2 (7.8)	237.5 (8.7)	239.0 (8.4)	221.7 (9.1)	225.9 (7.5)	204.3 (8.8)	21.6 ↓	33.3 ↓
	10-18	376.7 (11.9)	383.8 (15.6)	363.5 (13.8)	330.2 (11.6)	324.6 (10.8)	340.6 (13.9)	301.6 (13.1)	293.6 (9.9)	310.8 (11.6)	305.5 (12.6)	5.3 ↓	71.2 ↓
	19-29	348.0 (14.1)	323.7 (13.0)	345.2 (11.6)	312.7 (12.4)	331.3 (13.3)	315.1 (13.2)	302.8 (11.0)	296.9 (10.8)	305.6 (11.8)	269.7 (9.7)	35.9 ↓	78.3 ↓
	30-39	343.4 (9.8)	324.8 (10.3)	349.0 (9.6)	328.5 (9.3)	316.4 (14.0)	309.0 (13.7)	301.1 (13.6)	304.5 (13.4)	301.5 (12.2)	290.3 (8.6)	11.2 ↓	53.1 ↓
	40-49	341.8 (9.5)	335.5 (10.4)	332.2 (8.5)	320.7 (9.6)	300.5 (8.3)	323.0 (12.0)	300.9 (9.5)	293.7 (10.1)	275.6 (8.7)	286.7 (8.2)	11.1 ↑	55.1 ↓
	50-59	318.0 (10.0)	321.6 (7.5)	329.5 (8.2)	307.8 (9.2)	309.1 (8.4)	293.8 (8.3)	282.9 (8.3)	293.4 (8.4)	298.9 (7.8)	284.9 (7.7)	14.0 ↓	33.1 ↓
	60-69	319.3 (8.9)	324.0 (9.7)	321.3 (7.9)	309.8 (8.6)	299.5 (7.8)	281.8 (8.1)	281.4 (7.2)	276.5 (6.1)	281.9 (6.5)	264.1 (5.7)	17.8 ↓	55.2 ↓
	70+	300.6 (7.4)	308.4 (9.9)	303.3 (6.9)	268.9 (6.0)	264.1 (7.9)	275.0 (6.2)	273.6 (6.2)	267.4 (4.9)	274.3 (6.2)	268.6 (5.4)	5.7 ↓	32.0 ↓
	여자	255.9 (3.5)	253.4 (3.5)	248.4 (2.8)	234.9 (2.9)	233.2 (3.9)	225.2 (3.9)	217.0 (3.2)	217.6 (3.3)	215.2 (3.2)	203.0 (2.7)	12.2 ↓	52.9 ↓
	1-9	220.6 (6.5)	213.9 (5.4)	199.6 (5.5)	194.6 (5.1)	217.3 (10.4)	206.3 (7.6)	212.0 (8.4)	204.4 (7.9)	205.1 (8.0)	187.1 (7.7)	18.0 ↓	33.5 ↓
	10-18	286.9 (11.7)	282.8 (9.7)	284.0 (10.3)	281.7 (11.1)	261.1 (8.8)	247.0 (10.0)	249.3 (10.9)	243.0 (8.0)	235.6 (8.6)	228.9 (8.9)	6.7 ↓	58.0 ↓
	19-29	252.8 (10.1)	247.7 (8.6)	262.5 (9.3)	249.0 (9.5)	232.3 (7.9)	241.5 (9.7)	215.0 (7.4)	223.0 (9.8)	231.1 (9.3)	199.1 (7.0)	32.0 ↓	53.7 ↓
	30-39	268.4 (7.4)	260.5 (7.4)	251.9 (6.9)	232.7 (6.9)	239.9 (9.8)	215.6 (10.0)	216.9 (9.8)	221.4 (8.2)	212.9 (7.5)	211.5 (7.6)	1.4 ↓	56.9 ↓
	40-49	262.9 (7.2)	260.6 (7.8)	241.5 (5.8)	232.6 (6.7)	224.5 (7.3)	229.4 (6.7)	212.3 (5.8)	215.5 (7.3)	204.4 (5.5)	202.6 (5.3)	1.8 ↓	60.3 ↓
	50-59	246.8 (6.4)	249.4 (8.6)	236.6 (5.7)	224.8 (6.7)	237.3 (6.8)	221.8 (6.8)	205.1 (6.0)	205.9 (4.7)	209.0 (6.1)	194.3 (5.6)	14.7 ↓	52.5 ↓
	60-69	248.4 (6.7)	262.2 (7.8)	256.1 (7.2)	227.9 (5.1)	224.7 (5.9)	215.1 (6.4)	210.6 (6.3)	208.1 (5.1)	209.0 (5.3)	189.8 (4.5)	19.2 ↓	58.6 ↓
	70+	231.3 (6.4)	235.9 (5.3)	244.7 (6.3)	210.9 (4.7)	213.9 (5.7)	202.5 (4.6)	208.4 (5.0)	200.1 (4.2)	202.5 (4.1)	197.6 (4.4)	4.9 ↓	33.7 ↓
채소류 섭취량 (1세 이상 영)	전체	260.1 (3.7)	262.7 (3.4)	243.4 (2.8)	252.4 (3.4)	244.5 (3.6)	245.2 (3.5)	226.9 (3.1)	232.5 (3.2)	232.3 (3.2)	222.4 (2.7)	9.9 ↓	37.7 ↓
	1-9	103.3 (3.7)	104.2 (4.1)	97.0 (3.8)	106.5 (4.1)	108.9 (5.9)	90.8 (4.8)	108.9 (5.2)	102.1 (5.6)	99.4 (5.7)	84.7 (4.3)	14.7 ↓	18.6 ↓
	10-18	193.0 (6.9)	175.5 (7.4)	174.6 (6.2)	191.3 (10.3)	171.7 (6.8)	188.7 (8.4)	158.3 (5.5)	178.2 (9.0)	156.3 (5.2)	158.6 (6.8)	23 ↑	34.4 ↓
	19-29	222.8 (8.7)	230.8 (9.0)	203.8 (6.7)	211.5 (6.6)	198.0 (6.5)	208.5 (8.1)	179.4 (6.7)	196.0 (8.9)	182.0 (6.9)	178.7 (6.1)	3.3 ↓	44.1 ↓
	30-39	289.1 (6.7)	290.6 (7.3)	259.0 (6.8)	268.1 (8.7)	271.4 (11.9)	257.7 (9.4)	220.5 (6.7)	228.1 (7.6)	235.3 (8.3)	221.1 (6.3)	14.2 ↓	68.0 ↓
	40-49	320.5 (7.9)	334.3 (8.1)	308.0 (8.0)	310.4 (7.1)	292.2 (7.1)	292.2 (8.1)	277.7 (7.8)	265.8 (6.7)	277.6 (7.7)	257.8 (7.1)	19.8 ↓	62.7 ↓
	50-59	352.5 (10.3)	348.7 (7.6)	326.3 (9.0)	344.7 (9.9)	326.2 (9.1)	325.9 (9.4)	301.1 (7.2)	326.5 (6.8)	324.0 (7.3)	328.4 (8.0)	4.4 ↑	24.1 ↓
	60-69	338.8 (9.6)	350.0 (9.2)	337.3 (8.6)	336.6 (9.3)	333.7 (8.9)	353.9 (9.8)	345.1 (9.9)	344.9 (8.4)	362.8 (7.8)	347.5 (7.7)	15.3 ↓	8.7 ↑
	70+	272.4 (7.7)	274.1 (8.6)	273.1 (7.7)	282.5 (9.0)	306.8 (10.7)	303.0 (8.4)	323.2 (9.9)	304.0 (7.1)	318.3 (7.9)	295.2 (8.0)	23.1 ↓	22.8 ↑
	남자	296.5 (5.0)	295.3 (4.4)	277.6 (4.0)	286.8 (4.9)	275.3 (4.6)	276.0 (4.5)	253.4 (4.2)	263.0 (4.4)	262.4 (4.1)	253.0 (3.7)	9.4 ↓	43.5 ↓
	1-9	111.2 (5.0)	102.4 (5.4)	97.8 (4.9)	112.7 (5.9)	111.7 (8.7)	89.5 (5.9)	108.8 (6.3)	103.0 (7.2)	103.6 (8.7)	87.1 (5.3)	16.5 ↓	24.1 ↓
	10-18	222.1 (10.8)	199.6 (13.0)	202.8 (10.0)	216.3 (14.9)	192.7 (10.3)	211.8 (12.3)	165.5 (8.4)	207.6 (13.8)	179.7 (8.6)	182.7 (11.2)	3.0 ↑	39.4 ↓
	19-29	252.1 (11.4)	266.8 (13.1)	228.4 (10.2)	242.1 (10.8)	234.3 (10.0)	236.6 (12.2)	213.0 (9.0)	236.4 (12.7)	204.6 (10.6)	196.6 (8.8)	8.0 ↓	55.5 ↓
	30-39	329.6 (10.4)	328.0 (11.8)	297.5 (10.9)	319.7 (11.7)	308.2 (18.4)	292.3 (13.3)	250.9 (10.3)	260.5 (11.0)	273.1 (13.6)	253.7 (9.7)	19.4 ↓	75.9 ↓
	40-49	361.5 (12.1)	375.4 (11.0)	356.3 (12.1)	344.6 (9.4)	325.3 (11.3)	330.5 (13.3)	302.7 (10.8)	288.1 (9.7)	303.5 (11.3)	300.9 (11.0)	2.6 ↓	60.6 ↓
	50-59	401.8 (16.2)	391.2 (11.5)	368.0 (13.2)	385.8 (15.6)	364.0 (11.3)	373.9 (13.2)	345.1 (11.3)	364.8 (11.0)	364.8 (11.5)	375.5 (11.4)	10.7 ↑	26.3 ↓
	60-69	383.0 (16.0)	381.9 (13.2)	384.8 (11.5)	380.8 (13.5)	364.3 (13.4)	386.9 (14.4)	381.1 (13.6)	388.3 (11.5)	416.1 (10.6)	394.7 (11.9)	21.4 ↓	11.7 ↑
	70+	340.4 (12.7)	324.6 (13.0)	327.4 (10.5)	324.3 (12.6)	359.2 (13.2)	351.5 (11.1)	367.6 (15.7)	352.2 (10.8)	374.4 (10.6)	335.4 (11.0)	39.0 ↓	5.0 ↓
	여자	223.3 (3.8)	229.2 (3.7)	208.5 (3.3)	216.8 (3.3)	212.8 (3.8)	213.5 (4.3)	200.0 (3.2)	200.9 (3.4)	201.4 (3.6)	190.9 (3.2)	10.5 ↓	32.4 ↓
	1-9	95.0 (4.4)	106.1 (5.9)	96.2 (5.3)	100.0 (5.8)	106.0 (5.9)	92.2 (6.3)	109.0 (7.6)	101.1 (7.1)	94.9 (6.0)	82.2 (5.7)	12.7 ↓	12.8 ↓
	10-18	160.3 (7.5)	148.7 (6.8)	144.6 (8.1)	163.9 (8.8)	146.7 (9.0)	163.3 (9.5)	150.2 (7.1)	146.0 (9.0)	132.2 (6.4)	133.6 (6.8)	1.4 ↑	26.7 ↓
	19-29	190.1 (11.1)	190.7 (10.4)	175.5 (8.4)	177.1 (7.6)	159.2 (7.4)	177.5 (10.1)	142.9 (7.3)	151.5 (8.1)	156.3 (7.7)	158.7 (7.9)	2.4 ↑	31.4 ↓
	30-39	245.3 (6.9)	250.2 (7.5)	217.3 (7.7)	211.8 (9.5)	230.9 (10.1)	219.3 (11.1)	186.9 (7.5)	191.8 (9.4)	192.5 (8.6)	183.8 (7.8)	8.7 ↓	61.5 ↓
	40-49	278.0 (8.6)	291.7 (11.2)	257.8 (7.7)	274.8 (9.2)	257.8 (8.1)	252.2 (8.6)	251.9 (9.8)	242.5 (7.4)	250.7 (9.1)	212.8 (7.4)	37.9 ↓	65.2 ↓
	50-59	302.6 (10.2)	305.8 (9.4)	284.4 (9.6)	303.4 (10.7)	288.1 (12.0)	277.4 (9.4)	256.7 (9.1)	287.9 (8.5)	282.9 (7.6)	281.1 (9.2)	1.8 ↓	21.5 ↓
	60-69	297.4 (9.9)	319.9 (10.0)	292.1 (10.3)	294.8 (10.4)	304.5 (8.9)	322.5 (10.0)	315.2 (11.1)	303.2 (8.5)	311.5 (10.0)	302.1 (9.3)	9.4 ↓	4.7 ↑
	70+	228.2 (7.9)	240.7 (9.1)	236.4 (9.8)	254.1 (10.5)	270.6 (10.6)	269.4 (9.6)	286.2 (10.6)	269.8 (8.2)	277.9 (8.8)	265.9 (9.3)	12.0 ↓	37.7 ↑

단위: 평균(SE)

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25-'24	'25-'16
과일류 섭취량 (1세 이상, g)	전체	169.0(4.9)	150.7(4.6)	129.2(3.7)	135.0(5.1)	120.8(5.3)	116.0(3.6)	123.6(3.9)	116.3(4.5)	110.5(3.5)	107.7(3.4)	28↓	61.3↓
	연령별												
	1-9	162.6(8.5)	154.4(7.6)	128.5(8.1)	139.2(9.6)	122.3(9.3)	129.4(8.8)	148.7(11.9)	153.8(11.5)	112.6(9.3)	109.2(10.2)	34↓	53.4↓
	10-18	131.7(9.7)	112.1(10.2)	97.1(8.8)	96.1(7.5)	94.8(16.1)	102.1(10.5)	98.7(9.5)	103.2(15.3)	84.9(7.7)	108.3(11.7)	23.4↑	23.4↓
	19-29	91.5(9.5)	80.4(6.6)	76.2(7.0)	86.8(8.2)	66.7(7.1)	64.3(5.8)	69.4(8.0)	72.1(6.7)	64.2(6.0)	61.4(6.7)	28↓	30.1↓
	30-39	158.4(11.4)	137.7(10.1)	118.7(11.5)	110.1(8.3)	104.4(8.5)	83.1(8.0)	101.5(10.8)	72.6(7.1)	77.4(7.6)	70.8(5.8)	66↓	87.6↓
	40-49	197.6(11.2)	171.1(9.7)	136.3(7.4)	165.2(18.1)	143.3(9.4)	128.1(9.1)	116.0(8.5)	130.7(11.4)	116.6(7.5)	99.2(6.8)	17.4↓	98.4↓
	50-59	252.5(12.7)	236.0(11.8)	199.4(9.9)	201.6(10.3)	169.6(11.4)	180.2(10.1)	180.6(10.8)	147.2(9.0)	169.4(8.1)	168.8(10.9)	0.6↓	83.7↓
	60-69	259.5(13.6)	219.2(10.1)	198.5(10.6)	188.6(9.2)	177.5(10.3)	177.3(10.4)	199.4(9.8)	181.0(8.1)	191.9(9.2)	190.5(9.6)	1.4↓	69.0↓
	70+	166.6(11.2)	167.8(13.2)	148.0(10.6)	147.6(7.9)	156.7(8.4)	142.1(8.9)	179.4(8.4)	158.3(8.3)	171.6(8.7)	162.3(8.4)	9.3↓	4.3↓
	남자	158.0(6.3)	139.3(5.9)	118.4(4.4)	121.7(4.8)	112.4(6.7)	107.8(4.9)	116.7(5.5)	108.1(6.3)	101.9(4.7)	100.0(4.3)	1.9↓	58.0↓
	연령별												
	1-9	154.0(10.6)	165.1(11.1)	131.5(10.2)	145.0(11.6)	133.6(11.2)	132.5(13.0)	154.9(15.7)	154.7(14.8)	118.3(14.1)	111.4(12.2)	6.9↓	42.6↓
	10-18	126.8(12.3)	117.5(17.2)	93.5(11.6)	84.4(9.9)	100.1(26.7)	98.2(13.4)	110.6(15.5)	116.2(27.2)	86.7(11.7)	113.4(17.3)	26.7↑	13.4↓
	19-29	77.0(12.2)	73.5(10.0)	73.4(11.0)	92.1(13.6)	63.1(9.0)	60.7(8.9)	66.3(12.0)	66.5(9.7)	56.6(8.8)	55.2(10.4)	1.4↓	21.8↓
	30-39	156.2(17.4)	123.6(16.4)	100.5(11.9)	91.5(11.6)	93.7(12.5)	71.8(10.7)	92.6(16.2)	57.5(8.8)	64.2(12.3)	60.9(8.6)	3.3↓	95.3↓
	40-49	186.9(17.6)	146.4(11.7)	117.7(10.6)	139.6(10.0)	123.6(10.7)	124.2(15.0)	100.8(13.2)	121.8(18.4)	104.7(11.6)	90.4(8.7)	14.3↓	96.5↓
	50-59	210.6(16.7)	203.5(15.1)	170.7(14.5)	157.9(14.3)	139.8(11.7)	150.2(13.4)	148.2(14.1)	113.4(11.8)	147.1(11.7)	144.1(14.9)	3.0↓	66.5↓
	60-69	246.1(19.7)	197.2(14.2)	188.7(15.2)	178.0(13.9)	156.0(12.4)	159.4(15.4)	188.6(12.9)	169.7(12.1)	169.3(13.5)	173.6(13.2)	4.3↑	72.5↓
	70+	181.7(14.0)	166.9(15.5)	151.2(12.1)	146.9(9.7)	165.3(12.3)	140.0(11.2)	179.8(11.9)	154.3(10.4)	179.5(12.9)	157.2(9.9)	22.3↓	24.5↓
	여자	180.8(5.6)	162.3(5.3)	140.5(5.0)	148.6(7.1)	129.5(5.7)	124.4(4.6)	130.5(4.2)	124.8(4.7)	119.7(4.0)	115.7(4.4)	4.0↓	65.1↓
	연령별												
	1-9	171.6(11.3)	143.1(10.2)	125.4(10.0)	133.2(11.1)	110.5(12.7)	126.1(11.2)	142.2(13.7)	152.9(15.8)	106.7(11.7)	107.0(13.4)	0.3↑	64.6↓
	10-18	137.2(13.8)	106.1(11.0)	100.9(12.5)	109.0(10.3)	88.5(10.2)	106.4(14.6)	85.5(9.3)	88.9(11.8)	83.1(9.5)	103.0(12.2)	19.9↑	34.2↓
	19-29	107.6(12.8)	88.0(9.2)	79.5(7.6)	80.8(7.7)	70.6(9.7)	68.2(7.9)	72.9(9.7)	78.3(9.3)	72.9(7.7)	68.4(7.8)	4.5↓	39.2↓
	30-39	160.7(12.8)	152.9(11.8)	138.5(16.8)	130.4(9.4)	116.2(10.8)	95.5(10.1)	111.3(12.8)	89.4(9.3)	92.4(8.1)	82.1(8.3)	10.3↓	78.6↓
	40-49	208.6(12.8)	196.6(13.2)	155.7(9.1)	191.9(34.6)	163.8(13.4)	132.2(9.8)	131.8(9.8)	140.1(9.7)	128.9(8.4)	108.3(10.0)	20.6↓	100.3↓
	50-59	294.9(16.4)	268.7(16.4)	228.3(11.8)	245.5(12.5)	199.7(16.7)	210.4(13.6)	213.3(15.0)	181.1(11.5)	191.9(11.7)	193.7(13.7)	1.8↑	101.2↓
	60-69	272.0(15.0)	240.0(14.1)	207.8(12.4)	198.6(10.6)	197.9(13.2)	194.3(13.5)	208.4(11.8)	191.9(8.7)	213.6(11.2)	206.7(12.1)	6.9↓	65.3↓
	70+	156.8(12.8)	168.5(14.3)	145.8(14.0)	148.1(9.4)	150.8(9.3)	143.6(10.5)	179.0(11.6)	161.2(10.0)	165.8(9.6)	166.0(10.6)	0.2↑	9.2↑
육류 섭취량 (1세 이상, g)	전체	112.8(2.8)	114.1(3.4)	116.3(2.6)	124.0(2.8)	124.8(3.0)	123.8(3.2)	125.0(2.8)	129.0(2.6)	134.7(2.5)	131.0(2.6)	3.7↓	18.2↑
	연령별												
	1-9	64.3(3.5)	69.2(3.5)	68.4(3.5)	79.2(4.3)	83.5(4.4)	83.9(4.8)	96.6(5.8)	100.4(5.3)	102.6(6.5)	90.8(5.1)	11.8↓	26.5↑
	10-18	146.7(7.3)	132.0(7.3)	143.1(7.9)	157.1(8.7)	139.6(7.0)	147.0(7.2)	138.2(7.1)	151.4(6.7)	150.3(7.5)	152.4(6.5)	2.1↑	5.7↑
	19-29	170.0(10.2)	166.0(14.7)	160.3(7.6)	182.0(9.3)	152.7(6.9)	178.9(11.9)	162.9(8.4)	185.7(10.6)	171.8(8.5)	174.7(7.6)	2.9↑	4.7↑
	30-39	135.3(6.1)	157.6(8.0)	142.1(6.4)	153.2(7.7)	171.1(10.5)	155.9(8.7)	161.5(7.6)	152.2(6.2)	164.8(7.7)	153.9(6.2)	10.9↓	18.6↑
	40-49	105.7(4.5)	107.6(4.8)	121.1(6.2)	115.5(5.0)	130.5(6.2)	113.2(5.8)	119.9(5.5)	121.6(4.7)	137.2(4.3)	133.1(5.5)	4.1↓	27.4↑
	50-59	80.8(4.5)	76.3(3.1)	89.1(4.5)	88.0(4.2)	102.0(6.7)	93.8(4.5)	97.6(4.6)	90.9(4.1)	112.8(5.1)	109.3(4.8)	3.5↓	28.5↑
	60-69	62.9(4.5)	52.1(2.6)	61.9(3.4)	65.3(3.7)	66.3(3.7)	66.4(3.7)	75.8(3.5)	77.0(4.1)	81.7(3.8)	81.5(3.5)	0.2↓	18.6↑
	70+	35.4(2.6)	38.9(2.3)	42.3(2.9)	40.5(2.7)	43.2(2.9)	45.3(2.6)	52.3(3.3)	51.1(2.6)	56.5(3.3)	55.3(2.6)	1.2↓	19.9↑
	남자	140.7(4.0)	141.7(5.7)	143.6(4.2)	155.0(4.4)	157.0(4.5)	153.7(4.8)	151.9(4.0)	157.5(4.1)	165.8(3.9)	157.5(3.9)	8.3↓	16.8↑
	연령별												
	1-9	72.7(4.7)	77.1(5.2)	76.7(5.4)	87.9(6.1)	91.4(6.6)	86.2(6.8)	102.4(8.5)	111.2(7.9)	111.3(9.2)	96.7(7.0)	14.6↓	24.0↑
	10-18	169.3(10.6)	151.7(11.3)	168.5(13.5)	188.8(14.0)	165.1(10.7)	180.0(11.3)	163.4(10.0)	190.5(11.1)	185.2(10.3)	173.6(10.8)	11.6↓	4.3↑
	19-29	224.1(16.7)	207.7(26.8)	189.7(12.0)	230.3(14.3)	193.5(11.5)	225.2(17.5)	191.2(12.7)	228.0(18.0)	208.7(13.0)	213.2(11.4)	4.5↑	10.9↓
	30-39	172.9(8.8)	207.8(12.5)	180.7(10.5)	201.0(11.8)	227.5(18.8)	200.4(14.1)	210.1(11.5)	186.1(9.2)	207.8(11.8)	181.8(9.8)	26↓	8.9↑
	40-49	126.2(7.3)	132.5(8.6)	160.5(9.5)	140.3(8.8)	162.2(10.0)	142.3(8.7)	147.2(9.0)	147.8(7.3)	172.8(7.5)	169.2(8.6)	3.6↓	43.0↑
	50-59	107.0(7.1)	97.8(5.4)	114.6(7.8)	112.6(7.3)	135.8(12.1)	117.6(7.6)	120.3(6.7)	112.7(6.7)	142.0(8.4)	139.7(7.7)	2.3↓	32.7↑
	60-69	75.7(6.1)	60.4(3.9)	76.2(5.2)	83.0(5.7)	83.3(6.1)	80.8(5.7)	93.5(5.5)	95.7(6.1)	107.0(6.0)	96.8(5.6)	10.2↓	21.1↑
	70+	46.6(4.1)	51.6(4.1)	53.5(4.4)	54.9(4.3)	52.4(4.0)	60.4(5.0)	69.3(5.4)	65.2(4.5)	65.1(4.7)	72.1(4.2)	7.0↑	25.5↑
	여자	83.2(2.4)	84.7(2.5)	87.3(2.6)	90.9(2.7)	90.4(2.6)	91.9(2.8)	96.6(3.0)	98.4(2.6)	101.4(2.5)	102.8(2.5)	1.4↑	19.6↑
	연령별												
	1-9	55.3(3.8)	60.9(3.5)	59.8(3.4)	70.1(4.4)	75.2(5.9)	81.4(6.1)	90.4(7.4)	88.9(7.0)	93.6(7.4)	84.8(7.1)	8.8↓	29.5↑
	10-18	121.3(8.6)	110.1(6.2)	116.3(8.7)	122.3(7.6)	109.2(8.1)	111.0(7.4)	110.0(8.4)	108.6(5.5)	114.5(6.8)	130.4(6.9)	15.9↑	9.1↑
	19-29	110.0(6.4)	119.4(8.9)	126.7(8.0)	127.7(9.3)	109.3(6.8)	127.6(11.6)	132.0(8.3)	139.1(8.7)	129.9(7.0)	131.7(7.4)	1.8↑	21.7↑
	30-39	94.7(5.5)	103.2(6.8)	100.3(5.7)	101.0(6.1)	109.0(7.2)	106.7(6.5)	108.0(9.1)	114.2(6.5)	116.3(7.1)	121.9(5.9)	5.6↑	27.2↑
	40-49	84.5(5.0)	81.7(4.4)	80.1(4.5)	89.6(4.6)	97.4(6.0)	82.7(5.2)	91.7(4.7)	94.1(5.0)	100.0(5.0)	95.4(4.5)	4.6↓	10.9↑
	50-59	54.4(3.3)	54.7(3.4)	63.5(3.9)	63.4(3.6)	67.9(3.7)	69.8(4.7)	74.6(5.8)	69.1(3.9)	83.3(4.7)	78.8(4.4)	4.5↓	24.4↑
	60-69	51.0(5.7)	44.3(2.6)	48.3(3.2)	48.5(3.9)	50.2(3.5)	52.7(4.0)	61.1(3.7)	58.9(3.6)	57.4(3.5)	66.7(3.5)	9.3↑	15.7↑
	70+	28.2(3.3)	30.5(2.7)	34.7(3.1)	30.7(2.5)	36.7(3.8)	34.8(2.4)	38.0(3.0)	41.1(2.6)	50.4(3.5)	43.2(2.9)	7.2↓	15.0↑

단위: 평균(SE)

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25- '24	'25- '16
음료류 섭취량 (1세 이상 영)	전체	211.8 (5.6)	208.5 (5.3)	208.4 (5.6)	223.5 (6.4)	229.7 (6.5)	225.6 (7.1)	266.6 (6.3)	274.6 (6.6)	276.4 (6.2)	284.3 (5.8)	7.9 ↑	72.5 ↑
	연령별												
	1-9	87.9 (6.5)	84.0 (6.8)	82.2 (7.4)	79.1 (7.1)	95.8 (8.5)	67.9 (7.3)	83.1 (9.2)	101.6 (9.5)	88.9 (9.7)	75.6 (8.7)	13.3 ↓	12.3 ↓
	10-18	199.3 (12.3)	193.5 (16.4)	184.5 (14.5)	209.7 (19.5)	195.8 (15.7)	162.6 (18.7)	202.1 (15.3)	212.4 (17.4)	197.2 (15.4)	201.0 (16.7)	3.8 ↑	1.7 ↑
	19-29	352.8 (19.5)	305.4 (17.4)	310.0 (19.2)	339.1 (21.3)	330.7 (20.4)	356.3 (19.5)	379.3 (18.1)	373.1 (21.0)	395.8 (16.6)	410.4 (19.6)	14.6 ↑	57.6 ↑
	30-39	280.3 (13.9)	276.9 (12.9)	286.1 (13.5)	306.1 (17.5)	332.5 (17.6)	334.9 (17.7)	386.7 (19.9)	415.3 (21.7)	406.2 (21.6)	421.2 (15.8)	15.0 ↑	140.9 ↑
	40-49	224.8 (13.1)	246.6 (12.5)	260.7 (11.2)	261.0 (13.4)	254.9 (12.3)	262.8 (17.2)	332.6 (15.2)	335.5 (13.6)	336.0 (14.7)	346.0 (14.8)	10.0 ↑	121.2 ↑
	50-59	155.3 (9.2)	170.9 (12.6)	142.6 (8.0)	180.5 (11.3)	204.1 (13.2)	183.0 (11.4)	245.8 (15.7)	241.6 (15.0)	260.9 (12.3)	258.1 (15.8)	2.8 ↓	102.8 ↑
	60-69	93.8 (6.6)	107.4 (7.4)	106.9 (8.4)	103.2 (8.0)	118.7 (8.7)	107.9 (9.8)	127.9 (8.8)	135.1 (10.4)	137.7 (7.5)	155.8 (8.9)	18.1 ↑	62.0 ↑
	70+	55.2 (5.2)	58.6 (5.5)	48.3 (4.1)	45.4 (4.1)	45.7 (5.7)	47.1 (4.2)	60.7 (5.6)	60.1 (4.9)	67.7 (5.3)	83.6 (6.4)	15.9 ↑	28.4 ↑
	남자	241.6 (8.6)	232.2 (7.2)	226.0 (7.9)	245.7 (9.5)	253.8 (9.9)	250.4 (10.9)	287.1 (9.1)	300.0 (9.8)	307.7 (9.2)	304.9 (8.4)	2.8 ↓	63.3 ↑
	연령별												
	1-9	90.3 (8.5)	93.6 (10.1)	87.2 (10.2)	89.6 (9.5)	108.7 (10.7)	72.5 (10.6)	88.0 (12.1)	114.1 (15.3)	89.6 (15.1)	79.2 (11.2)	10.4 ↓	11.1 ↓
	10-18	243.0 (19.8)	233.8 (21.7)	208.7 (18.7)	221.4 (30.9)	234.3 (21.8)	181.3 (30.1)	219.1 (23.2)	226.3 (26.4)	197.8 (21.2)	228.5 (28.7)	30.7 ↑	14.5 ↓
	19-29	418.3 (31.5)	350.3 (26.5)	348.1 (32.2)	380.4 (30.9)	336.8 (28.8)	395.9 (30.8)	400.7 (27.8)	406.6 (30.8)	430.3 (24.9)	436.2 (30.6)	5.9 ↑	17.9 ↑
	30-39	322.4 (20.5)	311.7 (21.0)	324.3 (19.3)	340.5 (28.1)	378.0 (29.1)	366.2 (24.4)	442.4 (32.1)	469.1 (34.8)	482.6 (32.7)	482.7 (24.5)	0.1 ↑	160.3 ↑
	40-49	253.0 (23.0)	260.3 (19.3)	263.3 (18.4)	280.5 (19.7)	283.5 (16.4)	299.3 (27.7)	350.5 (21.0)	354.6 (21.2)	377.8 (25.8)	345.5 (21.6)	32.3 ↓	92.5 ↑
	50-59	155.3 (12.9)	162.4 (14.2)	139.5 (12.4)	200.7 (18.4)	216.8 (17.3)	192.1 (16.7)	239.3 (19.1)	264.1 (26.9)	287.5 (16.7)	251.4 (20.8)	36.1 ↓	96.1 ↑
	60-69	94.8 (9.9)	129.0 (11.3)	111.3 (11.3)	109.3 (12.5)	135.5 (12.4)	128.9 (17.8)	148.3 (15.7)	140.3 (18.1)	142.7 (11.4)	169.4 (12.8)	26.7 ↑	74.6 ↑
	70+	60.4 (8.5)	69.1 (7.1)	50.8 (5.6)	50.4 (6.4)	64.7 (11.1)	58.0 (7.2)	62.9 (6.5)	72.6 (7.5)	85.4 (7.0)	101.5 (9.7)	16.1 ↑	41.1 ↑
	여자	179.4 (6.0)	182.9 (6.0)	189.0 (5.9)	199.6 (6.3)	203.9 (7.5)	199.2 (7.0)	244.7 (9.2)	247.2 (6.9)	242.4 (7.9)	261.7 (7.7)	19.3 ↑	82.3 ↑
	연령별												
	1-9	85.4 (7.7)	73.8 (8.4)	76.9 (8.2)	68.2 (8.3)	82.2 (11.5)	63.2 (8.3)	78.0 (10.7)	88.6 (10.6)	88.2 (11.4)	71.9 (12.9)	16.3 ↓	13.5 ↓
	10-18	150.4 (16.5)	148.6 (18.6)	158.9 (18.6)	196.8 (22.3)	150.2 (20.0)	142.1 (16.9)	183.1 (21.5)	197.1 (18.9)	196.6 (23.0)	172.6 (19.8)	24.0 ↓	22.2 ↑
	19-29	280.0 (21.6)	255.3 (17.1)	266.2 (17.9)	292.8 (20.9)	324.2 (26.1)	312.3 (22.4)	356.0 (23.9)	336.1 (23.4)	356.6 (21.0)	381.5 (23.2)	24.9 ↑	101.5 ↑
	30-39	234.9 (13.9)	239.4 (14.4)	244.8 (17.8)	268.6 (16.8)	282.3 (18.1)	300.2 (20.7)	325.4 (23.2)	354.9 (21.3)	319.9 (22.4)	350.7 (21.0)	30.8 ↑	115.8 ↑
	40-49	195.7 (11.7)	232.3 (12.5)	257.9 (13.0)	240.7 (13.0)	225.2 (15.7)	224.6 (16.0)	314.2 (20.0)	315.4 (15.4)	292.3 (15.0)	346.6 (20.3)	54.3 ↑	150.9 ↑
	50-59	155.3 (11.6)	179.4 (17.1)	145.6 (11.2)	160.3 (10.8)	191.3 (16.6)	173.8 (12.8)	252.3 (24.4)	219.0 (11.9)	234.1 (14.5)	264.8 (20.3)	30.7 ↑	109.5 ↑
	60-69	92.8 (9.9)	87.1 (7.6)	102.7 (9.9)	97.5 (9.0)	102.7 (10.2)	87.9 (8.8)	111.1 (9.2)	130.1 (9.1)	132.9 (8.6)	142.6 (10.8)	9.7 ↑	49.8 ↑
	70+	51.9 (5.5)	51.7 (7.1)	46.6 (5.2)	42.0 (4.3)	32.6 (5.0)	39.5 (4.8)	58.8 (7.5)	51.2 (5.4)	55.1 (5.6)	70.6 (7.0)	15.5 ↑	18.7 ↑
과일/채소 500g 이상 섭취자 분율 (6세 이상 %)	전체	33.1 (0.9)	31.4 (0.8)	26.2 (0.7)	28.1 (0.8)	26.2 (0.9)	25.5 (0.7)	22.7 (0.7)	22.1 (0.7)	21.7 (0.7)	20.6 (0.6)	1.1 ↓	12.5 ↓
	연령별												
	6-18	19.0 (1.5)	15.0 (1.6)	12.9 (1.3)	13.8 (1.4)	12.9 (1.5)	14.5 (1.7)	12.7 (1.6)	12.9 (1.5)	10.4 (1.3)	9.7 (1.3)	0.7 ↓	9.3 ↓
	19-29	19.7 (1.8)	18.0 (1.8)	15.4 (1.5)	16.7 (1.6)	12.3 (1.6)	12.5 (1.7)	9.3 (1.4)	10.8 (1.7)	9.4 (1.4)	9.2 (1.2)	0.2 ↓	10.5 ↓
	30-39	32.4 (1.9)	31.7 (1.7)	24.7 (1.7)	24.5 (1.7)	25.6 (2.1)	21.9 (1.9)	18.4 (1.7)	15.1 (1.6)	15.6 (1.7)	13.7 (1.5)	1.9 ↓	18.7 ↓
	40-49	41.0 (1.9)	39.5 (1.9)	31.8 (1.7)	38.6 (1.8)	34.6 (1.9)	29.9 (1.8)	25.9 (1.8)	26.0 (1.6)	25.4 (1.6)	22.9 (1.5)	2.5 ↓	18.1 ↓
	50-59	53.1 (2.0)	51.6 (1.8)	43.4 (1.9)	45.8 (1.8)	41.0 (2.3)	44.2 (2.2)	36.0 (2.0)	38.5 (1.6)	39.7 (1.7)	39.6 (1.9)	0.1 ↓	13.5 ↓
	60-69	53.3 (2.2)	51.2 (2.0)	44.7 (2.1)	44.6 (2.1)	43.7 (2.2)	45.3 (1.8)	46.0 (2.0)	44.3 (1.7)	44.3 (1.5)	45.1 (1.7)	0.8 ↑	8.2 ↓
	70+	32.5 (1.9)	32.5 (2.4)	32.0 (2.0)	31.4 (1.8)	35.4 (2.2)	36.5 (1.8)	42.4 (1.9)	35.5 (1.9)	39.5 (1.5)	36.8 (1.7)	2.7 ↓	4.3 ↑
	남자	36.7 (1.3)	34.4 (1.2)	29.7 (0.9)	31.1 (1.0)	29.1 (1.2)	27.9 (1.1)	24.6 (1.1)	24.3 (0.9)	23.6 (1.0)	23.4 (0.8)	0.2 ↓	13.3 ↓
	연령별												
	6-18	21.1 (2.0)	16.2 (2.3)	14.3 (1.8)	15.0 (2.1)	13.7 (2.0)	16.4 (2.5)	13.1 (2.0)	15.4 (2.2)	11.8 (1.8)	12.5 (2.1)	0.7 ↑	8.6 ↓
	19-29	23.2 (2.8)	22.2 (2.8)	18.5 (2.4)	19.9 (2.4)	16.4 (2.3)	15.0 (2.5)	11.9 (2.4)	14.9 (2.6)	9.8 (2.0)	10.6 (2.0)	0.8 ↑	12.6 ↓
	30-39	36.8 (3.0)	33.7 (3.0)	29.0 (2.4)	28.4 (2.4)	28.6 (3.2)	24.1 (3.0)	21.1 (2.6)	17.0 (2.2)	17.5 (2.8)	15.7 (2.2)	1.8 ↓	21.1 ↓
	40-49	44.0 (2.8)	44.9 (2.5)	35.9 (2.6)	43.8 (2.5)	36.3 (2.7)	33.0 (2.8)	26.7 (2.4)	25.4 (2.2)	26.5 (2.3)	28.6 (2.3)	2.1 ↑	15.4 ↓
	50-59	55.3 (2.9)	53.5 (2.4)	45.6 (3.1)	45.1 (2.8)	44.8 (2.8)	45.5 (2.8)	36.4 (3.0)	37.6 (2.5)	41.0 (2.5)	39.9 (2.6)	1.1 ↓	15.4 ↓
	60-69	56.2 (2.9)	53.1 (2.9)	50.3 (2.8)	47.2 (2.9)	45.2 (3.3)	46.1 (2.7)	49.9 (2.7)	48.1 (2.4)	48.3 (2.4)	48.0 (2.3)	0.3 ↓	8.2 ↓
	70+	44.4 (3.1)	38.9 (3.4)	39.3 (2.8)	37.6 (2.5)	44.8 (2.8)	43.9 (2.6)	48.3 (2.7)	44.0 (2.4)	47.7 (2.0)	41.9 (2.5)	5.8 ↓	2.5 ↓
	여자	29.6 (1.0)	28.2 (1.0)	22.7 (0.9)	25.0 (0.9)	23.3 (1.0)	23.0 (1.0)	20.7 (0.8)	20.0 (0.8)	19.9 (0.8)	17.7 (0.8)	2.2 ↓	11.9 ↓
	연령별												
	6-18	16.8 (2.0)	13.8 (1.9)	11.4 (2.0)	12.5 (1.6)	12.0 (1.9)	12.5 (2.1)	12.2 (2.0)	10.3 (1.8)	8.9 (1.8)	6.8 (1.4)	2.1 ↓	10.0 ↓
	19-29	15.9 (2.2)	13.2 (2.1)	11.9 (1.9)	13.0 (2.0)	7.9 (1.7)	9.6 (2.1)	6.5 (1.5)	6.3 (1.5)	9.1 (1.6)	7.5 (1.6)	1.6 ↓	8.4 ↓
	30-39	27.7 (2.1)	29.6 (2.3)	20.1 (2.1)	20.3 (2.1)	22.2 (2.5)	19.4 (2.5)	15.5 (2.1)	12.9 (2.2)	13.5 (1.7)	11.3 (2.2)	2.2 ↓	16.4 ↓
	40-49	37.8 (2.3)	33.9 (2.4)	27.5 (2.1)	33.1 (2.3)	32.8 (2.7)	26.6 (2.3)	25.0 (2.3)	26.7 (2.0)	24.2 (2.0)	16.9 (2.0)	7.3 ↓	20.9 ↓
	50-59	50.9 (2.4)	49.7 (2.3)	41.2 (2.3)	46.5 (2.3)	37.2 (2.6)	42.9 (2.8)	35.7 (2.7)	39.3 (2.1)	38.4 (2.0)	39.3 (2.5)	0.9 ↑	11.6 ↓
	60-69	50.6 (2.7)	49.5 (2.3)	39.4 (2.5)	42.1 (2.3)	42.3 (2.4)	44.6 (2.3)	42.8 (2.5)	40.7 (1.9)	40.4 (2.1)	42.3 (2.2)	1.9 ↑	8.3 ↓
	70+	24.8 (2.1)	28.3 (2.4)	27.1 (2.3)	27.2 (2.1)	28.9 (2.3)	31.4 (2.2)	37.5 (2.3)	29.5 (2.2)	33.5 (2.0)	33.1 (2.0)	0.4 ↓	8.3 ↑

※ 변동계수(coefficient of variation) * 25-50%, ** 50% 이상

○ 과일/채소 500g 이상 섭취자 분율 : 과일 및 채소를 1일 500g 이상 섭취하는 분율

단위: 평균(SE); %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25- '24	'25- '16
에너지 섭취량 (1세 이상, kcal)	전체	2,046 (18)	2,014 (22)	1,988 (18)	1,954 (17)	1,900 (18)	1,859 (18)	1,827 (15)	1,862 (15)	1,865 (15)	1,810 (14)	55 ↓	236 ↓
	연령별												
	1-9	1,491 (29)	1,520 (27)	1,433 (26)	1,487 (27)	1,489 (37)	1,488 (28)	1,528 (27)	1,556 (33)	1,502 (33)	1,399 (34)	103 ↓	92 ↓
	10-18	2,130 (42)	2,097 (46)	2,147 (57)	2,060 (53)	1,905 (42)	1,942 (44)	1,875 (39)	1,913 (39)	1,899 (42)	1,954 (41)	55 ↑	176 ↓
	19-29	2,235 (55)	2,137 (77)	2,136 (43)	2,124 (54)	1,982 (39)	2,022 (53)	1,911 (42)	2,015 (53)	1,936 (38)	1,880 (43)	56 ↓	355 ↓
	30-39	2,248 (45)	2,218 (43)	2,144 (38)	2,114 (43)	2,146 (58)	1,972 (43)	1,938 (40)	1,962 (38)	2,013 (40)	1,931 (38)	82 ↓	317 ↓
	40-49	2,163 (35)	2,164 (44)	2,105 (42)	2,064 (38)	1,990 (33)	1,895 (37)	1,900 (30)	1,925 (30)	1,927 (33)	1,863 (33)	64 ↓	300 ↓
	50-59	2,068 (43)	1,982 (31)	2,005 (32)	1,940 (30)	1,936 (34)	1,893 (31)	1,819 (30)	1,846 (26)	1,944 (29)	1,889 (30)	55 ↓	179 ↓
	60-69	1,893 (30)	1,869 (34)	1,856 (26)	1,820 (28)	1,759 (30)	1,769 (33)	1,755 (26)	1,767 (26)	1,788 (24)	1,709 (24)	79 ↓	184 ↓
	70+	1,517 (26)	1,556 (38)	1,554 (24)	1,471 (22)	1,504 (30)	1,485 (23)	1,584 (23)	1,526 (21)	1,565 (23)	1,518 (23)	47 ↓	1 ↑
	연령별												
	남자	2,378 (24)	2,318 (33)	2,302 (26)	2,259 (25)	2,187 (24)	2,129 (26)	2,088 (21)	2,115 (22)	2,136 (20)	2,052 (20)	84 ↓	326 ↓
	1-9	1,572 (36)	1,614 (40)	1,521 (33)	1,598 (40)	1,562 (44)	1,532 (32)	1,645 (44)	1,654 (46)	1,596 (49)	1,454 (46)	142 ↓	118 ↓
	10-18	2,402 (57)	2,393 (66)	2,405 (97)	2,268 (82)	2,117 (63)	2,209 (66)	2,042 (60)	2,161 (61)	2,158 (60)	2,166 (65)	8 ↑	236 ↓
	19-29	2,654 (87)	2,435 (130)	2,423 (60)	2,461 (86)	2,304 (62)	2,300 (84)	2,220 (62)	2,296 (83)	2,180 (53)	2,128 (60)	52 ↓	526 ↓
	30-39	2,650 (54)	2,636 (68)	2,534 (54)	2,524 (65)	2,523 (92)	2,302 (62)	2,229 (57)	2,259 (60)	2,373 (60)	2,178 (55)	195 ↓	472 ↓
	40-49	2,542 (61)	2,527 (69)	2,553 (64)	2,414 (53)	2,346 (50)	2,227 (56)	2,211 (49)	2,195 (46)	2,217 (50)	2,189 (48)	28 ↓	353 ↓
	50-59	2,434 (67)	2,306 (43)	2,362 (48)	2,257 (47)	2,236 (54)	2,191 (49)	2,123 (49)	2,110 (39)	2,279 (46)	2,189 (47)	90 ↓	245 ↓
	60-69	2,185 (47)	2,093 (44)	2,126 (43)	2,136 (47)	2,036 (49)	2,044 (46)	2,027 (38)	2,026 (35)	2,059 (35)	1,947 (35)	112 ↓	238 ↓
	70+	1,836 (41)	1,839 (54)	1,838 (34)	1,752 (34)	1,750 (44)	1,739 (34)	1,839 (35)	1,797 (33)	1,837 (35)	1,800 (32)	37 ↓	36 ↓
	연령별												
	여자	1,700 (16)	1,696 (18)	1,661 (17)	1,636 (16)	1,600 (18)	1,576 (19)	1,557 (15)	1,597 (14)	1,580 (15)	1,557 (16)	23 ↓	143 ↓
	1-9	1,404 (34)	1,421 (30)	1,340 (28)	1,369 (26)	1,412 (42)	1,441 (43)	1,405 (37)	1,453 (43)	1,403 (39)	1,341 (48)	62 ↓	63 ↓
	10-18	1,827 (48)	1,768 (47)	1,872 (56)	1,832 (47)	1,654 (47)	1,650 (43)	1,688 (53)	1,643 (39)	1,633 (43)	1,734 (50)	101 ↑	93 ↓
	19-29	1,769 (45)	1,805 (63)	1,805 (51)	1,745 (43)	1,638 (43)	1,713 (52)	1,575 (38)	1,705 (44)	1,657 (48)	1,602 (49)	55 ↓	167 ↓
	30-39	1,814 (37)	1,767 (31)	1,722 (35)	1,667 (42)	1,730 (43)	1,607 (48)	1,617 (47)	1,629 (38)	1,607 (34)	1,647 (43)	40 ↑	167 ↓
	40-49	1,772 (32)	1,788 (35)	1,641 (29)	1,698 (39)	1,619 (39)	1,547 (32)	1,578 (23)	1,642 (33)	1,625 (33)	1,523 (27)	102 ↓	249 ↓
	50-59	1,697 (32)	1,655 (34)	1,646 (29)	1,620 (31)	1,633 (33)	1,592 (31)	1,512 (28)	1,580 (25)	1,607 (27)	1,588 (32)	19 ↓	109 ↓
	60-69	1,619 (29)	1,657 (39)	1,598 (30)	1,522 (28)	1,495 (25)	1,506 (32)	1,529 (27)	1,519 (24)	1,528 (27)	1,479 (24)	49 ↓	140 ↓
	70+	1,310 (26)	1,369 (29)	1,362 (29)	1,279 (23)	1,334 (33)	1,308 (26)	1,372 (28)	1,334 (23)	1,369 (21)	1,313 (25)	56 ↓	3 ↑
지방 에너지 섭취분율 (1세 이상, %)	전체	21.7 (0.1)	22.1 (0.2)	22.6 (0.2)	24.2 (0.2)	25.1 (0.2)	24.6 (0.2)	25.9 (0.2)	26.3 (0.2)	26.8 (0.2)	28.7 (0.2)	1.9 ↑	7.0 ↑
	연령별												
	1-9	22.8 (0.3)	23.7 (0.3)	23.7 (0.4)	25.6 (0.3)	25.4 (0.4)	25.5 (0.4)	26.6 (0.4)	26.7 (0.4)	26.8 (0.5)	28.8 (0.5)	2.0 ↑	6.0 ↑
	10-18	23.7 (0.4)	24.4 (0.5)	25.2 (0.5)	26.0 (0.4)	26.6 (0.5)	25.8 (0.4)	27.0 (0.5)	27.4 (0.5)	27.6 (0.5)	29.3 (0.4)	1.7 ↑	5.6 ↑
	19-29	26.3 (0.5)	25.5 (0.4)	25.3 (0.4)	27.1 (0.4)	28.5 (0.5)	28.1 (0.5)	29.1 (0.4)	29.4 (0.5)	28.7 (0.4)	31.6 (0.5)	2.9 ↑	5.3 ↑
	30-39	23.2 (0.3)	24.1 (0.4)	24.3 (0.3)	26.4 (0.4)	27.2 (0.5)	26.6 (0.5)	27.6 (0.5)	28.3 (0.4)	29.5 (0.5)	31.1 (0.4)	1.6 ↑	7.9 ↑
	40-49	20.6 (0.3)	21.7 (0.3)	22.5 (0.4)	24.0 (0.3)	24.6 (0.4)	23.4 (0.3)	25.9 (0.4)	26.8 (0.4)	27.5 (0.3)	29.2 (0.4)	1.7 ↑	8.6 ↑
	50-59	18.8 (0.4)	18.6 (0.3)	19.8 (0.3)	21.1 (0.3)	22.7 (0.4)	22.5 (0.4)	23.2 (0.4)	23.4 (0.3)	24.9 (0.4)	26.6 (0.4)	1.7 ↑	7.8 ↑
	60-69	15.8 (0.3)	15.8 (0.3)	16.6 (0.3)	18.5 (0.3)	19.9 (0.4)	20.1 (0.3)	20.7 (0.4)	21.4 (0.3)	21.6 (0.3)	23.1 (0.3)	1.5 ↑	7.3 ↑
	70+	12.8 (0.3)	13.6 (0.3)	13.7 (0.3)	15.9 (0.3)	16.8 (0.4)	16.7 (0.3)	17.8 (0.4)	18.2 (0.4)	18.3 (0.3)	20.2 (0.3)	1.9 ↑	7.4 ↑
	연령별												
	남자	22.2 (0.2)	22.4 (0.2)	22.7 (0.2)	24.6 (0.2)	25.3 (0.2)	24.6 (0.2)	25.7 (0.2)	26.2 (0.2)	26.9 (0.2)	28.7 (0.2)	1.8 ↑	6.5 ↑
	1-9	23.3 (0.4)	23.8 (0.5)	23.8 (0.5)	25.6 (0.5)	24.7 (0.5)	25.4 (0.5)	26.7 (0.7)	27.2 (0.6)	26.9 (0.7)	29.2 (0.6)	2.3 ↑	5.9 ↑
	10-18	23.8 (0.5)	24.8 (0.7)	24.5 (0.6)	26.6 (0.6)	27.1 (0.6)	26.1 (0.6)	28.2 (0.6)	27.0 (0.7)	28.2 (0.5)	28.6 (0.5)	0.4 ↑	4.8 ↑
	19-29	26.8 (0.8)	25.0 (0.6)	25.2 (0.5)	27.3 (0.7)	28.5 (0.7)	28.2 (0.8)	28.1 (0.7)	28.8 (0.6)	28.1 (0.6)	32.1 (0.6)	4.0 ↑	5.3 ↑
	30-39	23.6 (0.5)	25.2 (0.6)	24.7 (0.5)	27.1 (0.6)	28.1 (0.7)	26.2 (0.6)	27.4 (0.6)	28.2 (0.6)	30.2 (0.6)	31.0 (0.6)	0.8 ↑	7.4 ↑
	40-49	21.3 (0.5)	21.7 (0.5)	23.1 (0.5)	24.4 (0.5)	24.8 (0.6)	23.6 (0.5)	25.3 (0.5)	26.8 (0.6)	27.3 (0.4)	29.0 (0.5)	1.7 ↑	7.7 ↑
	50-59	19.8 (0.6)	19.1 (0.4)	20.0 (0.5)	20.9 (0.4)	22.9 (0.6)	22.2 (0.6)	23.2 (0.6)	23.2 (0.5)	24.9 (0.5)	26.7 (0.6)	1.8 ↑	6.9 ↑
	60-69	16.2 (0.5)	15.8 (0.4)	16.5 (0.4)	19.0 (0.4)	20.0 (0.6)	20.0 (0.5)	20.9 (0.5)	21.5 (0.4)	22.1 (0.4)	22.6 (0.4)	0.5 ↑	6.4 ↑
	70+	13.6 (0.4)	14.3 (0.4)	14.6 (0.4)	16.6 (0.4)	17.5 (0.4)	17.4 (0.4)	18.3 (0.5)	18.5 (0.4)	18.1 (0.4)	20.4 (0.4)	2.3 ↑	6.8 ↑
	연령별												
	여자	21.2 (0.2)	21.8 (0.2)	22.4 (0.2)	23.8 (0.2)	24.8 (0.2)	24.6 (0.2)	26.0 (0.2)	26.5 (0.2)	26.7 (0.2)	28.7 (0.2)	2.0 ↑	7.5 ↑
	1-9	22.3 (0.4)	23.6 (0.4)	23.6 (0.5)	25.6 (0.5)	26.0 (0.6)	25.6 (0.5)	26.6 (0.4)	26.1 (0.5)	26.7 (0.6)	28.4 (0.6)	1.7 ↑	6.1 ↑
	10-18	23.7 (0.7)	23.9 (0.5)	25.9 (0.9)	25.4 (0.5)	26.1 (0.7)	25.5 (0.6)	25.8 (0.6)	27.9 (0.7)	27.1 (0.6)	30.2 (0.7)	3.1 ↑	6.5 ↑
	19-29	25.8 (0.6)	25.9 (0.6)	25.4 (0.6)	26.9 (0.6)	28.4 (0.6)	28.0 (0.6)	30.1 (0.6)	30.1 (0.6)	29.4 (0.5)	31.0 (0.6)	1.6 ↑	5.2 ↑
	30-39	22.8 (0.5)	22.8 (0.4)	23.9 (0.5)	25.6 (0.4)	26.2 (0.7)	27.1 (0.7)	27.8 (0.6)	28.3 (0.6)	28.7 (0.7)	31.2 (0.6)	2.5 ↑	8.4 ↑
	40-49	19.9 (0.4)	21.6 (0.4)	21.9 (0.4)	23.6 (0.4)	24.5 (0.5)	23.3 (0.4)	26.5 (0.4)	26.8 (0.5)	27.7 (0.4)	29.4 (0.5)	1.7 ↑	9.5 ↑
	50-59	17.7 (0.4)	18.1 (0.4)	19.6 (0.4)	21.2 (0.4)	22.6 (0.5)	22.8 (0.4)	23.3 (0.4)	23.6 (0.4)	24.9 (0.4)	26.5 (0.5)	1.6 ↑	8.8 ↑
	60-69	15.5 (0.4)	15.8 (0.4)	16.7 (0.5)	18.0 (0.4)	19.8 (0.5)	20.1 (0.4)	20.6 (0.4)	21.3 (0.3)	21.2 (0.4)	23.5 (0.4)	2.3 ↑	8.0 ↑
	70+	12.4 (0.4)	13.1 (0.4)	13.0 (0.4)	15.5 (0.4)	16.4 (0.5)	16.2 (0.4)	17.4 (0.4)	18.0 (0.4)	18.5 (0.4)	20.0 (0.5)	1.5 ↑	7.6 ↑

단위: %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25- '24	'25- '16
탄수화물 에너지 섭취분율 (1세 이상 %)	전체	63.2 (0.2)	62.8 (0.2)	62.2 (0.2)	60.2 (0.2)	59.4 (0.2)	59.4 (0.2)	58.2 (0.2)	57.8 (0.2)	57.0 (0.2)	55.7 (0.2)	1.3↓	7.5↓
	연령별												
	1-9	63.6 (0.4)	62.4 (0.5)	62.5 (0.4)	60.2 (0.4)	60.3 (0.5)	60.2 (0.5)	58.8 (0.5)	58.8 (0.5)	58.4 (0.6)	56.7 (0.6)	1.7↓	6.9↓
	10-18	61.3 (0.5)	61.0 (0.6)	60.1 (0.6)	58.7 (0.5)	58.4 (0.5)	58.7 (0.5)	57.4 (0.5)	56.9 (0.6)	56.8 (0.6)	55.8 (0.5)	1.0↓	5.5↓
	19-29	57.6 (0.6)	58.6 (0.5)	58.6 (0.5)	56.5 (0.6)	55.4 (0.6)	54.9 (0.6)	54.3 (0.5)	54.0 (0.5)	54.1 (0.5)	52.0 (0.5)	2.1↓	5.6↓
	30-39	61.0 (0.4)	59.7 (0.5)	59.6 (0.4)	56.9 (0.5)	56.4 (0.6)	56.2 (0.6)	55.5 (0.6)	55.3 (0.5)	53.3 (0.6)	52.7 (0.4)	0.6↓	8.3↓
	40-49	64.0 (0.4)	62.7 (0.4)	61.7 (0.5)	60.1 (0.4)	59.3 (0.5)	60.7 (0.4)	57.9 (0.4)	57.2 (0.4)	55.7 (0.4)	54.7 (0.4)	1.0↓	9.3↓
	50-59	66.2 (0.5)	66.6 (0.4)	65.1 (0.4)	63.5 (0.4)	61.7 (0.5)	61.9 (0.5)	60.8 (0.4)	61.0 (0.4)	59.3 (0.4)	57.6 (0.5)	1.7↓	8.6↓
	60-69	69.9 (0.4)	69.9 (0.4)	68.9 (0.4)	66.7 (0.4)	65.2 (0.5)	64.5 (0.4)	64.1 (0.4)	63.0 (0.3)	62.6 (0.4)	61.4 (0.4)	1.2↓	8.5↓
	70+	74.3 (0.4)	73.4 (0.4)	73.0 (0.4)	70.3 (0.4)	69.2 (0.5)	69.0 (0.4)	67.7 (0.5)	67.4 (0.4)	66.9 (0.4)	65.4 (0.4)	1.5↓	8.9↓
	남자	62.2 (0.3)	62.0 (0.3)	61.6 (0.3)	59.4 (0.2)	58.6 (0.3)	59.0 (0.3)	58.1 (0.3)	57.6 (0.3)	56.5 (0.3)	55.5 (0.2)	1.0↓	6.7↓
	연령별												
	1-9	62.9 (0.5)	62.2 (0.6)	62.2 (0.6)	60.3 (0.5)	60.9 (0.6)	60.3 (0.7)	58.8 (0.7)	58.2 (0.7)	58.1 (0.9)	56.4 (0.7)	1.7↓	6.5↓
	10-18	61.0 (0.6)	60.4 (0.9)	60.5 (0.7)	57.4 (0.7)	57.7 (0.7)	58.0 (0.7)	55.9 (0.7)	56.6 (0.7)	55.8 (0.7)	56.4 (0.6)	0.6↑	4.6↓
	19-29	56.6 (0.9)	58.6 (0.8)	58.1 (0.6)	55.7 (0.8)	54.6 (0.8)	54.5 (0.9)	54.9 (0.8)	54.2 (0.7)	54.1 (0.7)	51.0 (0.7)	3.1↓	5.6↓
	30-39	60.0 (0.6)	57.9 (0.7)	58.9 (0.6)	55.7 (0.6)	54.8 (0.8)	55.6 (0.8)	55.4 (0.7)	54.9 (0.7)	52.1 (0.8)	52.9 (0.6)	0.8↑	7.1↓
	40-49	62.9 (0.6)	62.1 (0.6)	60.5 (0.7)	59.6 (0.6)	58.9 (0.7)	60.4 (0.6)	58.5 (0.6)	56.8 (0.6)	55.6 (0.6)	54.6 (0.5)	1.0↓	8.3↓
	50-59	64.2 (0.7)	65.8 (0.5)	64.5 (0.6)	63.3 (0.5)	60.9 (0.8)	61.7 (0.7)	60.5 (0.7)	60.9 (0.6)	59.1 (0.6)	57.4 (0.6)	1.7↓	6.8↓
	60-69	69.0 (0.6)	69.2 (0.5)	68.7 (0.5)	65.7 (0.5)	64.7 (0.7)	64.3 (0.6)	63.7 (0.6)	62.8 (0.4)	61.6 (0.5)	61.8 (0.5)	0.2↑	7.2↓
	70+	73.0 (0.5)	71.7 (0.6)	71.3 (0.5)	68.9 (0.5)	68.2 (0.5)	67.9 (0.5)	66.9 (0.6)	66.6 (0.5)	67.1 (0.5)	65.1 (0.5)	2.0↓	7.9↓
	여자	64.3 (0.2)	63.6 (0.2)	62.8 (0.3)	61.0 (0.2)	60.1 (0.3)	59.9 (0.3)	58.3 (0.3)	58.1 (0.3)	57.5 (0.2)	55.8 (0.2)	1.7↓	8.5↓
	연령별												
	1-9	64.3 (0.5)	62.7 (0.5)	62.8 (0.5)	60.1 (0.5)	59.8 (0.7)	60.1 (0.6)	58.7 (0.5)	59.4 (0.6)	58.7 (0.7)	57.1 (0.8)	1.6↓	7.2↓
	10-18	61.7 (0.8)	61.8 (0.6)	59.6 (1.0)	60.1 (0.6)	59.2 (0.8)	59.6 (0.8)	59.1 (0.7)	57.2 (0.8)	57.8 (0.8)	55.2 (0.8)	2.6↓	6.5↓
	19-29	58.8 (0.7)	58.5 (0.7)	59.1 (0.7)	57.4 (0.8)	56.3 (0.7)	55.4 (0.8)	53.6 (0.7)	53.7 (0.8)	54.2 (0.6)	53.2 (0.7)	1.0↓	5.6↓
	30-39	62.1 (0.6)	61.7 (0.5)	60.4 (0.6)	58.3 (0.5)	58.1 (0.8)	56.8 (0.8)	55.5 (0.8)	55.7 (0.7)	54.7 (0.8)	52.5 (0.6)	2.2↓	9.6↓
	40-49	65.1 (0.5)	63.4 (0.5)	63.0 (0.5)	60.6 (0.5)	59.7 (0.7)	61.0 (0.5)	57.3 (0.5)	57.6 (0.6)	55.7 (0.5)	54.9 (0.5)	0.8↓	10.2↓
	50-59	68.2 (0.5)	67.4 (0.6)	65.7 (0.5)	63.8 (0.4)	62.5 (0.5)	62.0 (0.5)	61.1 (0.6)	61.1 (0.5)	59.5 (0.5)	57.9 (0.5)	1.6↓	10.3↓
	60-69	70.7 (0.5)	70.4 (0.6)	69.1 (0.6)	67.7 (0.6)	65.6 (0.6)	64.6 (0.6)	64.3 (0.5)	63.2 (0.4)	63.6 (0.5)	61.1 (0.5)	2.5↓	9.6↓
	70+	75.1 (0.5)	74.5 (0.6)	74.1 (0.5)	71.2 (0.5)	69.9 (0.6)	69.7 (0.6)	68.4 (0.6)	67.9 (0.5)	66.8 (0.5)	65.6 (0.6)	1.2↓	9.5↓
총당 에너지 섭취분율 (1세 이상 %)	전체	14.1 (0.1)	13.6 (0.1)	12.9 (0.1)	13.5 (0.1)	13.1 (0.2)	13.2 (0.1)	13.4 (0.1)	13.3 (0.1)	12.9 (0.1)	13.1 (0.1)	0.2↑	1.0↓
	연령별												
	1-9	16.4 (0.3)	16.3 (0.4)	15.9 (0.3)	15.9 (0.3)	15.4 (0.5)	15.4 (0.3)	15.2 (0.5)	16.2 (0.5)	14.6 (0.4)	15.0 (0.4)	0.4↑	1.4↓
	10-18	14.4 (0.4)	14.1 (0.4)	13.4 (0.3)	13.7 (0.3)	13.4 (0.4)	13.6 (0.5)	14.1 (0.4)	13.9 (0.4)	13.9 (0.4)	13.9 (0.4)	0.0-	0.5↓
	19-29	14.4 (0.4)	13.5 (0.4)	12.9 (0.3)	13.5 (0.3)	12.8 (0.3)	12.8 (0.4)	12.8 (0.3)	12.9 (0.4)	12.5 (0.3)	13.0 (0.4)	0.5↑	1.4↓
	30-39	13.5 (0.3)	13.1 (0.3)	12.3 (0.3)	12.8 (0.3)	12.9 (0.4)	12.3 (0.3)	12.5 (0.3)	12.5 (0.3)	11.7 (0.3)	12.2 (0.3)	0.5↑	1.3↓
	40-49	13.3 (0.3)	13.0 (0.3)	12.0 (0.2)	12.8 (0.3)	12.8 (0.3)	13.0 (0.3)	13.2 (0.3)	12.9 (0.3)	12.2 (0.3)	12.4 (0.3)	0.2↑	0.9↓
	50-59	14.5 (0.3)	13.9 (0.3)	12.8 (0.3)	14.0 (0.3)	13.0 (0.3)	13.7 (0.3)	13.3 (0.3)	13.0 (0.3)	13.6 (0.2)	13.4 (0.3)	0.2↓	1.1↓
	60-69	14.1 (0.3)	13.0 (0.3)	12.4 (0.3)	13.2 (0.3)	12.5 (0.3)	12.9 (0.3)	13.7 (0.3)	13.2 (0.2)	13.0 (0.2)	13.6 (0.2)	0.6↑	0.5↓
	70+	11.9 (0.3)	11.7 (0.3)	11.0 (0.3)	12.4 (0.3)	12.4 (0.3)	12.2 (0.3)	12.9 (0.3)	12.4 (0.3)	12.4 (0.2)	12.6 (0.3)	0.2↑	0.7↑
	남자	13.3 (0.2)	12.8 (0.2)	12.1 (0.1)	12.5 (0.2)	12.2 (0.2)	12.2 (0.2)	12.5 (0.2)	12.3 (0.2)	11.8 (0.2)	12.1 (0.2)	0.3↑	1.2↓
	연령별												
	1-9	15.8 (0.4)	16.4 (0.4)	15.7 (0.4)	15.4 (0.4)	15.7 (0.7)	15.1 (0.5)	14.9 (0.6)	16.4 (0.7)	14.5 (0.5)	15.2 (0.7)	0.7↑	0.6↓
	10-18	14.1 (0.6)	13.6 (0.5)	12.3 (0.4)	12.3 (0.5)	12.9 (0.7)	11.8 (0.5)	13.5 (0.5)	12.8 (0.5)	12.3 (0.5)	13.5 (0.6)	1.2↑	0.6↓
	19-29	13.7 (0.6)	12.5 (0.5)	12.4 (0.4)	12.6 (0.5)	11.5 (0.4)	12.1 (0.5)	11.5 (0.4)	11.6 (0.4)	11.4 (0.5)	11.3 (0.6)	0.1↓	2.4↓
	30-39	13.0 (0.4)	12.5 (0.4)	11.8 (0.4)	12.0 (0.4)	12.1 (0.6)	11.1 (0.4)	11.8 (0.4)	11.6 (0.4)	10.2 (0.3)	11.3 (0.4)	1.1↑	1.7↓
	40-49	12.2 (0.4)	11.5 (0.3)	10.9 (0.3)	12.0 (0.3)	11.5 (0.3)	12.3 (0.5)	12.6 (0.4)	11.6 (0.3)	11.3 (0.4)	11.4 (0.4)	0.1↑	0.8↓
	50-59	12.7 (0.4)	12.2 (0.3)	11.1 (0.4)	12.2 (0.3)	11.2 (0.4)	12.1 (0.4)	11.5 (0.4)	11.5 (0.3)	12.3 (0.3)	11.6 (0.3)	0.7↓	1.1↓
	60-69	13.0 (0.4)	12.1 (0.4)	11.4 (0.3)	12.1 (0.4)	11.1 (0.3)	11.9 (0.4)	12.7 (0.3)	11.9 (0.3)	11.5 (0.3)	12.2 (0.3)	0.7↑	0.8↓
	70+	11.4 (0.4)	10.8 (0.3)	10.5 (0.3)	11.5 (0.3)	12.1 (0.3)	11.4 (0.3)	12.4 (0.4)	11.8 (0.3)	11.9 (0.3)	11.8 (0.3)	0.1↓	0.4↑
	여자	15.0 (0.2)	14.6 (0.2)	13.8 (0.2)	14.6 (0.2)	14.1 (0.2)	14.3 (0.2)	14.3 (0.2)	14.4 (0.2)	14.0 (0.2)	14.2 (0.2)	0.2↑	0.8↓
	연령별												
	1-9	17.0 (0.3)	16.2 (0.5)	16.2 (0.5)	16.4 (0.4)	15.1 (0.5)	15.8 (0.4)	15.4 (0.6)	16.0 (0.6)	14.7 (0.5)	14.7 (0.5)	0.0-	2.3↓
	10-18	14.8 (0.5)	14.6 (0.6)	14.6 (0.4)	15.4 (0.6)	14.0 (0.5)	15.6 (0.6)	14.8 (0.6)	15.0 (0.5)	15.5 (0.6)	14.2 (0.6)	1.3↓	0.6↓
	19-29	15.1 (0.5)	14.6 (0.5)	13.6 (0.4)	14.6 (0.4)	14.1 (0.6)	13.6 (0.5)	14.2 (0.4)	14.4 (0.6)	13.8 (0.4)	14.8 (0.5)	1.0↑	0.3↓
	30-39	13.9 (0.3)	13.9 (0.4)	12.9 (0.4)	13.8 (0.4)	13.7 (0.6)	13.5 (0.5)	13.3 (0.4)	13.5 (0.4)	13.3 (0.4)	13.2 (0.5)	0.1↓	0.7↓
	40-49	14.6 (0.4)	14.6 (0.4)	13.2 (0.3)	13.7 (0.4)	14.1 (0.4)	13.7 (0.4)	13.9 (0.4)	14.3 (0.4)	13.2 (0.3)	13.4 (0.3)	0.2↑	1.2↓
	50-59	16.4 (0.4)	15.5 (0.3)	14.6 (0.3)	15.9 (0.4)	14.8 (0.4)	15.3 (0.4)	15.2 (0.4)	14.6 (0.3)	14.9 (0.3)	15.3 (0.4)	0.4↑	1.1↓
	60-69	15.2 (0.4)	14.0 (0.4)	13.3 (0.4)	14.3 (0.4)	13.8 (0.5)	13.9 (0.4)	14.5 (0.4)	14.3 (0.3)	14.5 (0.3)	15.1 (0.3)	0.6↑	0.1↓
	70+	12.2 (0.4)	12.3 (0.4)	11.4 (0.4)	12.9 (0.4)	12.6 (0.4)	12.7 (0.3)	13.3 (0.4)	12.8 (0.3)	12.8 (0.3)	13.2 (0.3)	0.4↑	1.0↑

○ 지방, 탄수화물, 총당 에너지섭취분율: {(단백질 섭취량)×4+(지방 섭취량)×9+(탄수화물 섭취량)×4}에 대한 {(지방 섭취량)×9} 또는 {(탄수화물 섭취량)×4} 또는 {(총당 섭취량)×4}의 분율

단위: 평균(SE)

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25- '24	'25- '16
나트륨 섭취량 (1세 이상, mg)	전체	3,338 (42)	3,331 (39)	3,255 (37)	3,236 (34)	3,124 (38)	3,038 (37)	3,030 (29)	3,092 (35)	3,075 (30)	3,043 (29)	32↓	295↓
	연령별												
	1-9	1,828 (46)	1,840 (50)	1,749 (50)	1,875 (46)	1,861 (57)	1,855 (54)	1,962 (68)	1,980 (67)	1,949 (57)	1,727 (48)	222↓	101↓
	10-18	3,161 (85)	3,089 (85)	3,166 (91)	3,105 (95)	2,860 (80)	2,951 (95)	2,859 (66)	2,919 (82)	2,824 (66)	3,002 (93)	178↑	159↓
	19-29	3,642 (122)	3,515 (124)	3,443 (88)	3,396 (96)	3,106 (77)	3,134 (94)	3,043 (92)	3,204 (105)	3,131 (79)	3,071 (84)	60↓	571↓
	30-39	3,931 (100)	3,820 (78)	3,651 (81)	3,687 (104)	3,713 (128)	3,270 (85)	3,310 (72)	3,370 (89)	3,346 (91)	3,285 (78)	61↓	646↓
	40-49	3,738 (84)	3,957 (91)	3,744 (90)	3,687 (82)	3,399 (76)	3,390 (90)	3,404 (67)	3,406 (70)	3,399 (65)	3,399 (83)	0-	339↓
	50-59	3,502 (96)	3,520 (67)	3,550 (83)	3,374 (65)	3,533 (79)	3,349 (78)	3,287 (70)	3,373 (62)	3,420 (66)	3,520 (67)	100↑	18↑
	60-69	3,191 (92)	3,206 (79)	3,155 (65)	3,278 (73)	3,094 (68)	3,129 (75)	3,143 (62)	3,236 (66)	3,303 (64)	3,195 (65)	108↓	4↑
	70+	2,510 (63)	2,545 (71)	2,642 (61)	2,569 (59)	2,774 (88)	2,727 (75)	2,788 (64)	2,740 (55)	2,852 (56)	2,664 (59)	188↓	154↑
	남자	3,910 (57)	3,845 (56)	3,810 (52)	3,772 (49)	3,635 (48)	3,510 (52)	3,496 (40)	3,612 (49)	3,573 (40)	3,559 (43)	14↓	351↓
	연령별												
	1-9	1,908 (55)	1,924 (72)	1,824 (62)	2,037 (74)	1,927 (72)	1,848 (64)	2,099 (93)	2,127 (88)	2,026 (91)	1,771 (74)	255↓	137↓
	10-18	3,638 (117)	3,560 (124)	3,592 (135)	3,451 (138)	3,250 (113)	3,390 (136)	3,058 (94)	3,346 (132)	3,232 (99)	3,402 (142)	170↑	236↓
	19-29	4,306 (182)	3,973 (186)	3,977 (131)	3,955 (153)	3,685 (120)	3,610 (144)	3,540 (133)	3,807 (165)	3,573 (123)	3,571 (114)	2↓	735↓
	30-39	4,598 (135)	4,493 (118)	4,317 (127)	4,400 (145)	4,391 (185)	3,795 (129)	3,832 (102)	3,933 (121)	3,982 (127)	3,841 (110)	141↓	757↓
	40-49	4,395 (136)	4,600 (130)	4,514 (136)	4,340 (121)	3,975 (120)	3,964 (134)	4,025 (99)	3,980 (109)	3,967 (99)	4,097 (132)	130↑	298↓
	50-59	4,148 (148)	4,125 (105)	4,232 (119)	3,957 (103)	4,097 (106)	3,983 (121)	3,943 (108)	4,000 (95)	4,104 (105)	4,277 (105)	173↑	129↑
	60-69	3,896 (149)	3,658 (111)	3,740 (103)	3,883 (115)	3,687 (119)	3,672 (113)	3,719 (100)	3,867 (104)	3,918 (85)	3,794 (109)	124↓	102↓
	70+	3,089 (108)	3,199 (121)	3,188 (86)	3,074 (92)	3,272 (125)	3,328 (106)	3,223 (94)	3,290 (88)	3,376 (88)	3,156 (84)	220↓	67↑
	여자	2,746 (40)	2,799 (41)	2,680 (38)	2,678 (32)	2,591 (38)	2,548 (39)	2,551 (33)	2,549 (33)	2,555 (32)	2,504 (29)	51↓	242↓
	연령별												
	1-9	1,743 (63)	1,750 (59)	1,670 (56)	1,703 (49)	1,792 (69)	1,862 (75)	1,818 (84)	1,824 (85)	1,867 (69)	1,681 (64)	186↓	62↓
	10-18	2,628 (91)	2,564 (95)	2,714 (119)	2,725 (98)	2,397 (98)	2,472 (103)	2,637 (103)	2,453 (82)	2,405 (79)	2,587 (114)	182↑	41↓
	19-29	2,904 (122)	3,004 (123)	2,830 (105)	2,768 (85)	2,488 (73)	2,607 (119)	2,502 (91)	2,540 (89)	2,627 (77)	2,511 (85)	116↓	393↓
	30-39	3,211 (102)	3,093 (105)	2,930 (75)	2,908 (98)	2,967 (118)	2,688 (88)	2,734 (92)	2,739 (90)	2,626 (87)	2,649 (76)	23↑	562↓
	40-49	3,058 (85)	3,291 (113)	2,943 (78)	3,008 (80)	2,798 (80)	2,788 (80)	2,761 (81)	2,803 (67)	2,805 (83)	2,669 (65)	136↓	389↓
	50-59	2,848 (92)	2,910 (80)	2,864 (81)	2,787 (71)	2,964 (95)	2,708 (77)	2,625 (80)	2,743 (59)	2,731 (62)	2,761 (72)	30↑	87↓
	60-69	2,531 (72)	2,781 (87)	2,599 (67)	2,705 (82)	2,531 (62)	2,612 (73)	2,666 (65)	2,631 (57)	2,711 (77)	2,620 (56)	91↓	89↑
	70+	2,132 (73)	2,113 (68)	2,274 (76)	2,224 (64)	2,431 (93)	2,309 (75)	2,426 (82)	2,349 (62)	2,476 (60)	2,306 (69)	170↓	174↑
당 섭취량 (1세 이상, g)	전체	67.9 (0.9)	64.8 (1.0)	60.2 (0.9)	62.6 (0.9)	58.7 (0.9)	58.4 (0.9)	58.9 (0.8)	59.8 (0.8)	57.4 (0.8)	57.6 (0.7)	0.2↑	10.3↓
	연령별												
	1-9	60.4 (1.5)	60.3 (1.7)	55.9 (1.5)	57.8 (1.4)	55.7 (2.1)	56.0 (1.6)	57.5 (2.1)	62.9 (2.3)	54.7 (1.9)	52.1 (2.0)	2.6↓	8.3↓
	10-18	75.2 (2.2)	73.7 (3.0)	70.2 (2.4)	70.0 (2.5)	63.2 (2.5)	64.9 (2.9)	65.9 (2.4)	66.8 (2.3)	64.7 (2.2)	68.5 (2.5)	3.8↑	6.7↓
	19-29	75.6 (2.7)	66.9 (2.5)	64.4 (2.1)	66.8 (2.3)	59.3 (1.9)	59.3 (2.2)	57.4 (1.7)	60.6 (2.2)	57.5 (1.8)	57.8 (2.4)	0.3↑	17.8↓
	30-39	70.4 (1.9)	66.4 (1.9)	62.2 (2.0)	63.0 (1.9)	63.0 (2.1)	56.5 (2.0)	57.5 (2.3)	59.5 (1.8)	55.9 (2.0)	57.2 (1.9)	1.3↑	13.2↓
	40-49	66.0 (1.9)	65.5 (1.6)	57.4 (1.5)	63.3 (2.3)	58.2 (1.5)	59.2 (2.2)	60.7 (1.7)	58.5 (1.7)	54.5 (1.4)	54.3 (1.3)	0.2↓	11.7↓
	50-59	69.1 (1.8)	65.3 (1.5)	59.7 (1.5)	63.3 (1.6)	59.2 (1.6)	61.6 (1.8)	58.0 (1.8)	57.7 (1.4)	62.7 (1.3)	61.7 (1.8)	1.0↓	7.4↓
	60-69	63.6 (1.8)	60.2 (1.7)	55.7 (1.4)	58.1 (1.7)	53.5 (1.5)	56.1 (2.0)	59.7 (1.7)	57.3 (1.3)	57.1 (1.4)	57.6 (1.5)	0.5↑	6.0↓
	70+	44.5 (1.5)	45.9 (2.0)	42.4 (1.4)	45.0 (1.3)	46.2 (1.4)	45.6 (1.3)	51.3 (1.4)	47.8 (1.5)	50.2 (1.4)	48.3 (1.4)	1.9↓	3.8↑
	남자	73.2 (1.3)	68.6 (1.2)	64.5 (1.1)	65.9 (1.1)	61.8 (1.1)	61.6 (1.4)	62.4 (1.2)	62.3 (1.1)	59.9 (1.2)	60.1 (1.1)	0.2↑	13.1↓
	연령별												
	1-9	60.5 (2.0)	63.6 (2.0)	57.9 (1.6)	59.8 (1.9)	58.3 (2.5)	56.3 (2.0)	60.7 (3.1)	67.1 (3.2)	57.6 (2.8)	54.1 (2.3)	3.5↓	6.4↓
	10-18	83.2 (3.3)	81.4 (3.7)	72.0 (3.3)	70.4 (3.8)	67.4 (3.6)	65.7 (3.9)	68.6 (3.3)	71.1 (3.6)	65.7 (3.3)	73.0 (4.1)	7.3↑	10.2↓
	19-29	85.1 (4.5)	70.1 (3.6)	70.7 (2.9)	71.1 (3.6)	63.1 (2.7)	63.9 (3.4)	60.5 (2.7)	62.4 (2.8)	59.2 (2.8)	59.1 (3.7)	0.1↓	26.0↓
	30-39	78.2 (3.0)	73.6 (3.1)	70.4 (3.0)	70.0 (3.0)	68.7 (3.3)	59.9 (3.0)	62.5 (3.6)	63.1 (2.7)	59.2 (3.3)	59.9 (2.6)	0.7↑	18.3↓
	40-49	69.3 (3.0)	66.7 (2.3)	62.4 (2.3)	66.8 (2.4)	60.3 (2.1)	66.0 (3.9)	65.2 (2.8)	59.7 (2.4)	57.2 (2.3)	57.7 (2.0)	0.5↑	11.6↓
	50-59	69.1 (2.8)	66.3 (2.1)	60.0 (2.4)	62.1 (2.0)	57.8 (2.1)	62.3 (2.5)	58.2 (2.6)	57.3 (2.0)	65.5 (2.2)	61.5 (2.4)	4.0↓	7.6↓
	60-69	66.9 (2.7)	61.4 (2.5)	58.1 (2.1)	61.1 (2.5)	54.2 (2.0)	59.3 (2.8)	62.7 (2.3)	59.2 (2.0)	57.0 (2.1)	58.7 (2.1)	1.7↑	8.2↓
	70+	50.8 (2.3)	49.0 (2.3)	46.8 (1.8)	49.0 (1.6)	52.1 (1.8)	49.3 (1.8)	56.6 (2.1)	52.4 (2.0)	56.7 (2.3)	53.1 (2.0)	3.6↓	2.3↑
	여자	62.4 (0.9)	60.8 (1.0)	55.6 (1.0)	59.3 (1.1)	55.4 (1.0)	55.0 (1.0)	55.4 (0.9)	57.2 (1.0)	54.9 (0.8)	55.2 (0.9)	0.3↑	7.2↓
	연령별												
	1-9	60.2 (1.9)	56.8 (2.1)	53.8 (1.9)	55.8 (1.6)	53.1 (2.8)	55.8 (2.2)	54.1 (2.4)	58.4 (2.8)	51.7 (2.3)	50.0 (2.8)	1.7↓	10.2↓
	10-18	66.4 (2.6)	65.0 (3.6)	68.3 (3.1)	69.5 (3.4)	58.1 (2.8)	64.1 (3.5)	62.9 (3.1)	62.1 (2.7)	63.6 (2.7)	63.8 (3.6)	0.2↑	2.6↓
	19-29	65.1 (2.5)	63.3 (3.0)	57.2 (2.4)	62.0 (2.2)	55.2 (2.6)	54.2 (2.4)	54.1 (1.9)	58.6 (2.8)	55.6 (2.1)	56.3 (2.7)	0.7↑	8.8↓
	30-39	61.9 (1.8)	58.6 (1.9)	53.2 (1.9)	55.3 (2.1)	56.8 (2.4)	52.7 (2.4)	52.0 (2.3)	55.5 (2.4)	52.1 (1.9)	54.0 (2.7)	1.9↑	7.9↓
	40-49	62.6 (2.0)	64.2 (2.1)	52.1 (1.5)	59.6 (3.8)	56.0 (1.9)	52.0 (1.8)	56.0 (1.8)	57.3 (1.9)	51.8 (1.4)	50.7 (1.5)	1.1↓	11.9↓
	50-59	69.1 (2.1)	64.2 (2.3)	59.3 (1.7)	64.5 (2.0)	60.7 (2.2)	60.9 (2.3)	57.8 (2.2)	58.1 (1.7)	59.9 (1.6)	62.0 (2.3)	2.1↑	7.1↓
	60-69	60.4 (1.9)	59.1 (2.3)	53.4 (1.8)	55.2 (1.9)	52.8 (2.1)	53.1 (2.1)	57.2 (2.0)	55.5 (1.4)	57.1 (1.8)	56.5 (1.9)	0.6↓	3.9↓
	70+	40.4 (1.6)	43.8 (2.2)	39.4 (1.9)	42.2 (1.6)	42.2 (1.7)	43.1 (1.6)	46.9 (1.9)	44.5 (1.6)	45.6 (1.4)	44.8 (1.6)	0.8↓	4.4↑

단위: %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25- '24	'25- '16
에너지 부족 섭취자 분율 (1세 이상, %)	전체	30.0 (0.8)	31.1 (1.0)	30.9 (0.9)	33.4 (0.9)	35.2 (1.0)	36.3 (1.1)	37.4 (1.0)	36.8 (0.8)	37.1 (0.8)	38.3 (0.9)	1.2 ↑	8.3 ↑
	연령별												
	1-9	22.5 (1.9)	18.8 (1.5)	19.1 (1.9)	18.3 (1.6)	18.9 (2.0)	20.2 (2.3)	14.6 (2.0)	15.1 (2.0)	20.4 (2.5)	23.6 (2.7)	3.2 ↑	1.1 ↑
	10-18	28.8 (2.0)	33.3 (2.2)	34.6 (2.7)	36.5 (2.1)	40.3 (2.7)	37.1 (2.9)	37.0 (3.0)	39.4 (2.4)	40.9 (2.3)	37.4 (2.6)	3.5 ↓	8.6 ↑
	19-29	38.3 (2.2)	44.0 (2.3)	38.1 (2.1)	42.4 (2.3)	44.2 (2.3)	43.1 (2.5)	49.1 (2.5)	43.4 (2.4)	49.3 (2.2)	48.3 (2.5)	1.0 ↓	10.0 ↑
	30-39	28.7 (1.7)	27.4 (1.9)	29.6 (1.9)	33.1 (2.0)	33.9 (2.2)	38.9 (2.4)	44.5 (2.3)	41.3 (2.3)	37.1 (2.0)	39.9 (2.2)	2.8 ↑	11.2 ↑
	40-49	29.0 (1.6)	29.3 (1.9)	32.0 (1.7)	32.0 (1.8)	36.1 (2.2)	39.1 (2.2)	39.5 (2.1)	42.3 (1.9)	41.0 (2.0)	44.3 (1.9)	3.3 ↑	15.3 ↑
	50-59	26.9 (1.8)	27.8 (1.6)	26.1 (1.7)	29.7 (1.6)	30.1 (1.8)	31.7 (1.8)	33.8 (1.8)	32.7 (1.5)	29.0 (1.5)	30.5 (1.9)	1.5 ↑	3.6 ↑
	60-69	27.3 (1.8)	29.1 (1.8)	27.3 (1.7)	31.9 (1.8)	32.3 (2.2)	32.9 (2.0)	30.6 (1.7)	32.3 (1.5)	31.1 (1.6)	33.8 (1.5)	2.7 ↑	6.5 ↑
	70+	39.7 (2.3)	38.3 (2.0)	38.2 (1.9)	44.1 (1.7)	43.0 (2.3)	42.9 (1.7)	34.1 (1.9)	37.2 (1.7)	35.5 (1.6)	37.0 (1.8)	1.5 ↑	2.7 ↓
	남자	25.7 (1.1)	26.8 (1.2)	25.7 (1.1)	29.3 (1.1)	30.3 (1.1)	32.3 (1.4)	34.3 (1.3)	35.7 (1.2)	34.6 (1.1)	36.5 (1.1)	1.9 ↑	10.8 ↑
	연령별												
	1-9	20.6 (2.2)	14.4 (2.0)	16.0 (2.5)	16.5 (2.2)	15.5 (2.3)	19.0 (3.1)	11.9 (2.4)	10.9 (2.2)	18.5 (3.0)	23.1 (3.4)	4.6 ↑	2.5 ↑
	10-18	27.8 (2.9)	29.7 (3.4)	35.4 (3.4)	38.8 (3.1)	40.4 (3.3)	36.2 (3.7)	37.3 (4.0)	39.4 (3.4)	38.5 (2.9)	38.9 (3.7)	0.4 ↑	11.1 ↑
	19-29	32.1 (3.2)	40.5 (3.3)	34.0 (2.9)	39.5 (3.1)	36.8 (3.2)	41.2 (3.9)	45.0 (3.4)	44.9 (3.3)	48.5 (3.0)	47.7 (3.7)	0.8 ↓	15.6 ↑
	30-39	23.5 (2.3)	21.7 (2.3)	22.5 (2.2)	25.2 (2.5)	30.5 (3.0)	31.0 (3.6)	40.1 (3.3)	39.9 (3.3)	32.1 (2.8)	37.1 (3.2)	5.0 ↑	13.6 ↑
	40-49	23.8 (2.5)	24.2 (2.5)	23.9 (2.4)	27.3 (2.3)	27.4 (2.7)	33.9 (3.0)	36.1 (3.1)	42.3 (2.8)	40.3 (3.0)	40.9 (2.9)	0.6 ↑	17.1 ↑
	50-59	23.3 (2.5)	22.5 (2.1)	19.6 (2.2)	23.0 (2.1)	25.8 (2.4)	25.9 (2.5)	30.2 (2.5)	30.5 (2.3)	25.2 (2.2)	26.8 (2.5)	1.6 ↑	3.5 ↑
	60-69	22.4 (2.2)	26.5 (2.5)	22.5 (2.7)	26.9 (2.4)	27.4 (3.0)	28.6 (3.0)	27.9 (2.3)	29.2 (2.1)	28.1 (2.3)	32.4 (2.3)	4.3 ↑	10.0 ↑
	70+	32.8 (3.1)	36.4 (3.2)	29.0 (2.4)	37.6 (2.5)	38.3 (3.2)	40.0 (2.5)	30.7 (2.4)	33.1 (2.4)	31.7 (2.3)	32.3 (2.2)	0.6 ↑	0.5 ↓
	여자	34.5 (1.0)	35.7 (1.2)	36.1 (1.2)	37.6 (1.1)	40.2 (1.4)	40.6 (1.3)	40.6 (1.2)	37.9 (1.0)	39.7 (1.0)	40.2 (1.2)	0.5 ↑	5.7 ↑
	연령별												
	1-9	24.6 (2.5)	23.4 (2.3)	22.4 (2.6)	20.2 (2.3)	22.5 (2.8)	21.5 (3.2)	17.4 (3.0)	19.5 (3.3)	22.4 (3.4)	24.1 (3.8)	1.7 ↑	0.5 ↓
	10-18	30.0 (3.1)	37.4 (3.7)	33.9 (3.7)	33.9 (2.8)	40.3 (3.9)	38.2 (3.8)	36.7 (4.1)	39.4 (3.2)	43.3 (3.6)	35.8 (3.6)	7.5 ↓	5.8 ↑
	19-29	45.1 (3.0)	47.9 (3.1)	42.8 (2.7)	45.7 (3.1)	52.2 (3.3)	45.2 (3.3)	53.5 (3.2)	41.7 (3.1)	50.2 (3.1)	48.9 (3.2)	1.3 ↓	3.8 ↑
	30-39	34.3 (2.1)	33.5 (2.5)	37.3 (2.9)	41.7 (3.0)	37.7 (2.8)	47.7 (3.0)	49.4 (3.1)	42.8 (3.1)	42.8 (3.0)	43.1 (3.2)	0.3 ↑	8.8 ↑
	40-49	34.3 (2.2)	34.5 (2.4)	40.3 (2.4)	36.9 (2.3)	45.1 (3.1)	44.5 (2.7)	43.0 (2.3)	42.2 (2.5)	41.6 (2.3)	47.8 (2.4)	6.2 ↑	13.5 ↑
	50-59	30.4 (2.4)	33.2 (2.2)	32.6 (2.4)	36.5 (2.2)	34.6 (2.3)	37.6 (2.7)	37.5 (2.5)	34.8 (2.0)	32.8 (2.1)	34.2 (2.4)	1.4 ↑	3.8 ↑
	60-69	31.9 (2.4)	31.5 (2.2)	31.8 (2.1)	36.5 (2.2)	36.9 (2.4)	37.0 (2.4)	32.8 (2.2)	35.2 (1.9)	34.1 (2.0)	35.2 (1.9)	1.1 ↑	3.3 ↑
	70+	44.1 (2.6)	39.6 (2.4)	44.3 (2.4)	48.6 (2.3)	46.3 (2.9)	44.9 (2.4)	37.0 (2.6)	40.0 (2.3)	38.3 (2.0)	40.4 (2.4)	2.1 ↑	3.7 ↓
에너지 과잉 섭취자 분율 (1세 이상, %)	전체	21.4 (0.7)	19.7 (0.7)	18.5 (0.7)	17.7 (0.6)	15.9 (0.7)	14.6 (0.8)	13.5 (0.6)	15.6 (0.6)	15.2 (0.6)	13.2 (0.6)	2.0 ↓	8.2 ↓
	연령별												
	1-9	25.0 (1.7)	23.7 (1.8)	18.7 (1.7)	20.7 (1.7)	20.8 (2.8)	21.4 (2.5)	22.7 (2.1)	26.3 (2.6)	22.0 (2.6)	18.6 (2.4)	3.4 ↓	6.4 ↓
	10-18	17.1 (1.7)	17.2 (1.8)	17.8 (1.8)	16.2 (2.2)	10.8 (1.5)	10.2 (1.3)	11.5 (1.7)	11.1 (1.6)	11.1 (1.8)	13.3 (1.6)	2.2 ↑	3.8 ↓
	19-29	19.6 (1.8)	15.1 (1.8)	16.1 (1.4)	17.5 (1.6)	10.6 (1.5)	12.8 (1.9)	11.8 (1.4)	14.3 (1.7)	10.9 (1.2)	10.6 (1.5)	0.3 ↓	9.0 ↓
	30-39	25.9 (1.7)	23.0 (1.8)	20.4 (1.5)	21.4 (1.7)	22.1 (2.0)	17.8 (2.0)	13.1 (1.5)	13.8 (1.5)	15.7 (1.6)	11.9 (1.2)	3.8 ↓	14.0 ↓
	40-49	21.6 (1.3)	21.8 (1.6)	18.7 (1.8)	16.2 (1.5)	15.9 (1.3)	11.6 (1.4)	9.1 (1.2)	14.3 (1.2)	13.3 (1.3)	10.2 (1.1)	3.1 ↓	11.4 ↓
	50-59	24.0 (1.8)	20.1 (1.3)	21.3 (1.7)	17.3 (1.2)	19.9 (1.7)	17.1 (1.4)	15.5 (1.4)	18.4 (1.2)	20.4 (1.3)	17.6 (1.5)	2.8 ↓	6.4 ↓
	60-69	19.5 (1.4)	20.2 (1.5)	20.4 (1.3)	17.9 (1.4)	12.4 (1.3)	15.1 (1.4)	15.9 (1.4)	15.7 (1.3)	17.3 (1.3)	13.9 (1.2)	3.4 ↓	5.6 ↓
	70+	10.9 (1.1)	13.5 (1.8)	11.9 (1.2)	8.9 (1.0)	10.7 (1.1)	8.8 (1.1)	13.6 (1.2)	12.7 (1.1)	15.3 (1.2)	13.6 (1.1)	1.7 ↓	2.7 ↑
	남자	26.1 (0.9)	23.9 (1.0)	22.0 (1.0)	21.3 (1.0)	18.8 (1.0)	16.9 (1.1)	15.3 (0.9)	16.7 (0.8)	16.9 (0.9)	14.5 (0.8)	2.4 ↓	11.6 ↓
	연령별												
	1-9	28.0 (2.2)	28.1 (2.4)	23.1 (2.7)	24.2 (2.5)	21.9 (3.4)	17.5 (2.7)	26.0 (3.2)	27.1 (3.4)	22.6 (4.0)	19.7 (3.4)	2.9 ↓	8.3 ↓
	10-18	17.1 (2.3)	18.7 (2.7)	16.8 (2.3)	14.8 (3.1)	10.6 (2.1)	11.1 (2.1)	12.0 (2.2)	12.7 (2.4)	14.0 (2.5)	13.7 (2.5)	0.3 ↓	3.4 ↓
	19-29	26.3 (2.7)	16.7 (2.5)	17.9 (2.3)	20.9 (2.5)	13.1 (2.1)	15.5 (2.8)	13.6 (2.2)	15.2 (2.4)	9.4 (1.7)	11.7 (2.1)	2.3 ↑	14.6 ↓
	30-39	32.3 (2.4)	30.6 (2.7)	24.6 (2.4)	27.6 (2.8)	27.6 (2.9)	23.6 (3.1)	13.9 (2.4)	13.9 (2.1)	18.6 (2.5)	12.1 (1.7)	6.5 ↓	20.2 ↓
	40-49	26.5 (2.3)	26.6 (2.6)	26.1 (2.6)	20.5 (2.1)	19.7 (2.2)	15.5 (2.3)	10.1 (1.9)	16.2 (1.7)	14.6 (1.8)	13.9 (1.8)	0.7 ↓	12.6 ↓
	50-59	31.2 (3.0)	26.6 (2.0)	27.8 (2.6)	20.7 (2.1)	23.3 (2.5)	20.7 (2.6)	18.4 (2.3)	20.1 (1.9)	24.3 (2.0)	18.7 (2.2)	5.6 ↓	12.5 ↓
	60-69	23.1 (2.4)	22.2 (2.4)	21.1 (1.9)	23.4 (2.5)	16.4 (2.2)	17.1 (2.0)	19.2 (2.2)	16.6 (1.8)	20.5 (1.8)	14.1 (1.7)	6.4 ↓	9.0 ↓
	70+	14.1 (1.9)	15.5 (2.3)	12.5 (1.8)	11.3 (1.5)	12.1 (1.8)	8.6 (1.5)	15.0 (2.0)	13.6 (1.7)	17.0 (1.9)	16.4 (1.6)	0.6 ↓	2.3 ↑
	여자	16.4 (0.8)	15.4 (0.8)	14.8 (0.7)	14.0 (0.8)	12.8 (0.8)	12.0 (0.9)	11.8 (0.8)	14.5 (0.7)	13.5 (0.7)	11.8 (0.7)	1.7 ↓	4.6 ↓
	연령별												
	1-9	21.7 (2.1)	19.1 (2.4)	14.1 (2.1)	17.1 (2.2)	19.6 (3.3)	25.6 (4.0)	19.2 (3.0)	25.5 (3.5)	21.4 (3.1)	17.4 (3.2)	4.0 ↓	4.3 ↓
	10-18	17.2 (2.2)	15.5 (2.2)	18.8 (2.8)	17.6 (2.6)	11.0 (2.1)	9.1 (1.9)	10.8 (2.5)	9.4 (1.8)	8.2 (2.0)	12.8 (2.2)	4.6 ↑	4.4 ↓
	19-29	12.1 (2.2)	13.3 (2.3)	14.0 (1.7)	13.8 (1.8)	8.1 (1.6)	9.9 (2.1)	9.9 (1.6)	13.4 (2.0)	12.6 (1.7)	9.4 (1.8)	3.2 ↓	2.7 ↓
	30-39	19.0 (1.9)	14.6 (1.7)	15.8 (1.8)	14.5 (1.9)	16.0 (2.1)	11.4 (2.2)	12.2 (1.9)	13.7 (2.0)	12.3 (1.9)	11.6 (1.7)	0.7 ↓	7.4 ↓
	40-49	16.6 (1.6)	16.8 (1.6)	11.0 (1.4)	11.7 (1.8)	11.8 (1.8)	7.6 (1.3)	8.0 (1.3)	12.4 (1.7)	11.9 (1.8)	6.4 (1.0)	5.5 ↓	10.2 ↓
	50-59	16.8 (1.6)	13.6 (1.5)	14.8 (1.8)	14.0 (1.6)	16.5 (2.0)	13.5 (1.7)	12.6 (1.6)	16.6 (1.4)	16.5 (1.5)	16.5 (2.0)	0.0 -	0.3 ↓
	60-69	16.1 (1.6)	18.3 (1.9)	19.6 (1.8)	12.7 (1.5)	8.6 (1.3)	13.2 (1.7)	13.2 (1.5)	14.8 (1.5)	14.2 (1.5)	13.8 (1.4)	0.4 ↓	2.3 ↓
	70+	8.9 (1.2)	12.1 (1.8)	11.5 (1.5)	7.2 (1.3)	9.8 (1.3)	8.9 (1.5)	12.3 (1.6)	12.0 (1.4)	14.0 (1.5)	11.5 (1.4)	2.5 ↓	2.6 ↑

○ 에너지 부족 섭취자 분율 : 에너지 섭취량이 필요추정량¹⁾의 75% 미만인 분율

○ 에너지 과잉 섭취자 분율 : 에너지 섭취량이 필요추정량¹⁾의 125% 이상인 분율

1) 섭취기준 : '16-'21년 2015 한국인 영양소 섭취기준(보건복지부, 2015), '22-'24년 2020 한국인 영양소 섭취기준(보건복지부, 2020), '25년 2025 한국인 영양소 섭취기준(보건복지부, 2025)

단위: %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25- '24	'25- '16
나트륨 만성질환 위험감소 섭취량 이상 섭취자 분율 (1세 이상, %)	전체	-	-	-	-	-	-	64.5 (0.8)	65.2 (0.8)	65.6 (0.8)	65.2 (0.8)	0.4 ↓	0.7 ↑
	연령별												
	1-9	-	-	-	-	-	-	50.7 (2.6)	53.0 (3.2)	53.1 (2.8)	49.9 (2.7)	3.2 ↓	0.8 ↓
	10-18	-	-	-	-	-	-	62.2 (2.3)	60.4 (2.7)	59.9 (2.5)	63.0 (2.7)	3.1 ↑	0.8 ↑
	19-29	-	-	-	-	-	-	61.7 (2.5)	62.1 (2.4)	63.3 (1.9)	64.4 (2.1)	1.1 ↑	2.7 ↑
	30-39	-	-	-	-	-	-	69.0 (2.0)	69.6 (2.2)	70.0 (1.9)	67.4 (1.8)	2.6 ↓	1.6 ↓
	40-49	-	-	-	-	-	-	70.7 (1.6)	70.4 (1.9)	68.4 (1.9)	69.2 (1.8)	0.8 ↑	1.5 ↓
	50-59	-	-	-	-	-	-	65.6 (1.9)	68.3 (1.6)	70.4 (1.4)	69.7 (1.6)	0.7 ↓	4.1 ↑
	60-69	-	-	-	-	-	-	67.3 (1.6)	69.2 (1.4)	70.0 (1.5)	70.9 (1.4)	0.9 ↑	3.6 ↑
	70+	-	-	-	-	-	-	65.9 (1.6)	67.6 (1.4)	72.3 (1.5)	66.6 (2.0)	5.7 ↓	0.7 ↑
	남자	-	-	-	-	-	-	75.7 (1.0)	76.1 (1.0)	77.9 (0.9)	76.3 (1.0)	1.6 ↓	0.6 ↑
	연령별												
	1-9	-	-	-	-	-	-	58.2 (3.3)	58.3 (4.0)	55.9 (4.4)	51.7 (3.9)	4.2 ↓	6.5 ↓
	10-18	-	-	-	-	-	-	67.9 (3.2)	69.0 (3.7)	74.6 (2.5)	71.2 (3.9)	3.4 ↓	3.3 ↑
	19-29	-	-	-	-	-	-	74.5 (3.0)	74.7 (2.9)	73.0 (2.7)	77.6 (2.7)	4.6 ↑	3.1 ↑
	30-39	-	-	-	-	-	-	79.6 (2.5)	80.8 (2.3)	85.1 (2.0)	80.0 (2.2)	5.1 ↓	0.4 ↑
	40-49	-	-	-	-	-	-	83.2 (2.2)	81.7 (2.5)	82.7 (2.7)	81.6 (2.3)	1.1 ↓	1.6 ↓
	50-59	-	-	-	-	-	-	80.1 (2.1)	82.1 (2.1)	85.9 (1.8)	85.4 (1.8)	0.5 ↓	5.3 ↑
	60-69	-	-	-	-	-	-	82.7 (2.0)	80.8 (1.8)	83.5 (1.8)	81.4 (1.9)	2.1 ↓	1.3 ↓
	70+	-	-	-	-	-	-	78.2 (2.1)	80.8 (1.9)	82.9 (1.6)	80.5 (2.2)	2.4 ↓	2.3 ↑
	여자	-	-	-	-	-	-	53.0 (1.1)	53.9 (1.1)	52.8 (1.1)	53.5 (1.1)	0.7 ↑	0.5 ↑
	연령별												
	1-9	-	-	-	-	-	-	42.8 (3.4)	47.4 (3.8)	50.1 (4.0)	48.0 (3.8)	2.1 ↓	5.2 ↑
	10-18	-	-	-	-	-	-	55.8 (3.9)	51.0 (3.4)	44.8 (3.8)	54.4 (3.7)	9.6 ↑	1.4 ↓
	19-29	-	-	-	-	-	-	47.8 (3.1)	48.3 (3.3)	52.3 (2.7)	49.7 (3.1)	2.6 ↓	1.9 ↑
	30-39	-	-	-	-	-	-	57.4 (2.9)	57.1 (3.0)	53.0 (2.9)	53.0 (2.8)	0.0 -	4.4 ↓
	40-49	-	-	-	-	-	-	57.8 (2.3)	58.6 (2.7)	53.4 (2.4)	56.3 (2.4)	2.9 ↑	1.5 ↓
	50-59	-	-	-	-	-	-	50.9 (2.7)	54.5 (2.0)	54.8 (2.2)	54.1 (2.4)	0.7 ↓	3.2 ↑
	60-69	-	-	-	-	-	-	54.5 (2.2)	58.1 (2.2)	57.0 (2.2)	60.7 (2.1)	3.7 ↑	6.2 ↑
	70+	-	-	-	-	-	-	55.6 (2.3)	58.2 (2.0)	64.7 (2.0)	56.5 (2.7)	8.2 ↓	0.9 ↑
총당 과잉 섭취자 분율 (1세 이상, %)	전체	19.2 (0.6)	17.3 (0.7)	13.7 (0.5)	16.5 (0.7)	15.2 (0.7)	15.8 (0.7)	15.8 (0.6)	16.9 (0.7)	15.1 (0.6)	15.1 (0.6)	0.0 -	4.1 ↓
	연령별												
	1-9	27.9 (1.6)	25.7 (2.3)	24.1 (2.3)	23.4 (1.9)	22.8 (2.4)	19.8 (2.1)	18.3 (2.4)	26.7 (2.8)	20.1 (2.2)	19.3 (2.4)	0.8 ↓	8.6 ↓
	10-18	19.6 (1.8)	18.8 (2.2)	13.9 (1.5)	15.9 (1.7)	16.8 (2.0)	17.6 (2.4)	19.0 (2.1)	17.4 (1.9)	18.4 (2.0)	18.5 (2.1)	0.1 ↑	1.1 ↓
	19-29	20.4 (1.8)	19.2 (1.8)	13.7 (1.5)	17.6 (1.7)	15.1 (1.6)	15.9 (2.0)	15.1 (1.4)	17.0 (1.8)	15.5 (1.4)	17.1 (1.8)	1.6 ↑	3.3 ↓
	30-39	15.3 (1.3)	14.3 (1.3)	11.3 (1.2)	13.2 (1.4)	12.5 (1.7)	13.2 (1.5)	12.5 (1.4)	13.7 (1.4)	10.7 (1.2)	11.5 (1.2)	0.8 ↑	3.8 ↓
	40-49	16.0 (1.5)	14.4 (1.3)	10.6 (1.0)	15.0 (1.3)	13.9 (1.4)	14.3 (1.4)	14.9 (1.5)	14.8 (1.5)	13.2 (1.3)	11.5 (1.2)	1.7 ↓	4.5 ↓
	50-59	22.2 (1.6)	17.8 (1.4)	15.1 (1.3)	19.2 (1.4)	14.8 (1.3)	19.0 (1.6)	16.2 (1.5)	16.0 (1.2)	16.8 (1.3)	15.1 (1.3)	1.7 ↓	7.1 ↓
	60-69	19.4 (1.6)	14.0 (1.4)	12.2 (1.3)	15.7 (1.4)	11.9 (1.3)	13.5 (1.3)	17.3 (1.3)	16.2 (1.1)	15.3 (1.2)	16.0 (1.3)	0.7 ↑	3.4 ↓
	70+	12.8 (1.2)	12.9 (1.3)	9.6 (1.2)	12.3 (1.2)	14.2 (1.3)	12.7 (1.3)	15.7 (1.4)	14.5 (1.3)	13.0 (1.1)	14.3 (1.2)	1.3 ↑	1.5 ↑
	남자	16.1 (0.8)	14.2 (0.7)	10.8 (0.6)	13.4 (0.8)	11.9 (0.8)	12.2 (0.9)	13.5 (0.8)	12.9 (0.9)	10.9 (0.7)	11.9 (0.8)	1.0 ↑	4.2 ↓
	연령별												
	1-9	25.6 (2.2)	26.7 (2.5)	23.5 (2.7)	21.6 (2.6)	26.0 (3.1)	16.9 (2.6)	18.4 (3.1)	27.1 (4.1)	20.1 (3.2)	19.7 (3.5)	0.4 ↓	5.9 ↓
	10-18	17.9 (2.7)	18.4 (2.6)	10.5 (1.9)	9.9 (2.2)	14.2 (2.8)	10.3 (2.5)	16.9 (2.5)	13.6 (2.5)	9.8 (1.9)	16.5 (2.8)	6.7 ↑	1.4 ↓
	19-29	19.0 (2.7)	14.4 (2.2)	11.1 (2.1)	16.4 (2.4)	11.8 (2.0)	13.9 (2.5)	13.1 (1.9)	11.3 (2.0)	11.2 (1.8)	13.3 (2.3)	2.1 ↑	5.7 ↓
	30-39	13.8 (1.9)	13.5 (1.7)	9.2 (1.6)	11.7 (2.1)	8.1 (1.9)	9.6 (2.1)	11.3 (1.9)	10.0 (1.7)	5.3 (1.3)*	7.6 (1.5)	2.3 ↑	6.2 ↓
	40-49	11.9 (1.9)	8.2 (1.5)	7.6 (1.3)	13.6 (1.8)	10.1 (1.6)	13.1 (2.3)	13.5 (2.2)	10.2 (1.6)	11.2 (1.6)	9.4 (1.7)	1.8 ↓	2.5 ↓
	50-59	14.2 (2.2)	11.8 (1.6)	8.5 (1.5)	11.9 (1.6)	7.7 (1.4)	13.0 (2.0)	9.7 (1.7)	9.7 (1.5)	12.3 (1.8)	8.7 (1.5)	3.6 ↓	5.5 ↓
	60-69	13.9 (1.8)	10.9 (1.7)	9.0 (1.7)	10.5 (1.6)	6.6 (1.5)	9.9 (1.7)	11.4 (1.5)	12.3 (1.4)	8.9 (1.4)	11.5 (1.7)	2.6 ↑	2.4 ↓
	70+	11.3 (1.8)	8.6 (1.6)	6.4 (1.5)	7.5 (1.2)	11.3 (1.7)	8.1 (1.5)	14.4 (2.0)	13.3 (1.7)	10.7 (1.5)	9.8 (1.6)	0.9 ↓	1.5 ↓
	여자	22.3 (0.8)	20.4 (0.9)	16.7 (0.8)	19.7 (0.9)	18.6 (1.0)	19.5 (1.0)	18.0 (0.9)	21.0 (1.1)	19.6 (0.9)	18.4 (0.8)	1.2 ↓	3.9 ↓
	연령별												
	1-9	30.4 (2.3)	24.6 (3.4)	24.7 (3.1)	25.3 (2.9)	19.5 (3.1)	22.8 (3.3)	18.2 (2.9)	26.3 (3.5)	20.2 (2.9)	18.9 (2.7)	1.3 ↓	11.5 ↓
	10-18	21.4 (2.5)	19.2 (2.8)	17.5 (2.8)	22.4 (2.7)	19.9 (2.7)	25.7 (3.6)	21.4 (3.4)	21.6 (3.1)	27.2 (3.0)	20.7 (3.2)	6.5 ↓	0.7 ↓
	19-29	21.9 (2.3)	24.5 (2.6)	16.7 (2.4)	18.9 (2.5)	18.6 (2.6)	18.1 (2.7)	17.3 (2.0)	23.3 (2.8)	20.3 (2.2)	21.4 (2.6)	1.1 ↑	0.5 ↓
	30-39	17.0 (1.7)	15.1 (2.2)	13.4 (1.9)	14.8 (1.9)	17.2 (2.6)	17.2 (2.1)	13.9 (2.1)	17.8 (2.5)	17.0 (2.3)	15.9 (2.1)	1.1 ↓	1.1 ↓
	40-49	20.3 (2.0)	20.8 (2.1)	13.6 (1.6)	16.4 (1.8)	17.9 (2.1)	15.5 (1.8)	16.4 (1.8)	19.6 (2.2)	15.2 (1.5)	13.7 (1.7)	1.5 ↓	6.6 ↓
	50-59	30.2 (2.3)	23.8 (2.2)	21.7 (1.9)	26.7 (2.0)	21.9 (2.4)	25.0 (2.6)	22.8 (2.4)	22.4 (1.6)	21.2 (1.8)	21.5 (2.0)	0.3 ↑	8.7 ↓
	60-69	24.7 (2.4)	16.9 (2.0)	15.2 (1.7)	20.6 (2.1)	16.9 (1.9)	17.0 (1.8)	22.1 (2.1)	19.8 (1.5)	21.4 (1.6)	20.3 (1.8)	1.1 ↓	4.4 ↓
	70+	13.7 (1.6)	15.7 (1.9)	11.7 (1.6)	15.6 (1.8)	16.1 (1.8)	15.9 (1.8)	16.7 (1.8)	15.4 (1.7)	14.7 (1.4)	17.5 (1.6)	2.8 ↑	3.8 ↑

※ 변동계수(coefficient of variation) * 25-50%, ** 50% 이상

○ 나트륨 만성질환위험감소섭취량 이상 섭취자 분율 : 나트륨 섭취량이 만성질환위험감소섭취량¹⁾ 이상인 분율

* 2020 한국인 영양소 섭취기준부터 만성질환위험감소섭취량 제정, 해당 섭취기준 적용 연도('22년)부터 결과 산출

○ 총당 과잉섭취자 분율 : 총당 섭취량이 총당에너지적정비율¹⁾의 상한선을 초과한 분율

1) 섭취기준 : '16-'21년 2015 한국인 영양소 섭취기준(보건복지부, 2015), '22-'24년 2020 한국인 영양소 섭취기준(보건복지부, 2020), '25년 2025 한국인 영양소 섭취기준(보건복지부, 2025)

10 비만

단위: %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25- '24	'25- '16
비만 유병률 (19세 이상)	전체	34.8 (0.9)	34.1 (0.9)	34.6 (0.8)	33.8 (0.8)	38.3 (0.9)	37.1 (1.0)	37.2 (1.0)	37.2 (0.9)	38.1 (0.9)	39.5 (1.0)	1.4 ↑	4.7 ↑
	연령별												
	19-29	27.2 (2.2)	29.4 (1.9)	26.9 (2.0)	27.6 (1.9)	32.6 (1.7)	28.6 (2.2)	31.1 (2.3)	33.6 (2.2)	33.5 (2.1)	32.1 (2.1)	1.4 ↓	4.9 ↑
	30-39	34.2 (1.6)	33.4 (1.9)	37.8 (2.0)	34.9 (1.8)	41.6 (2.2)	39.4 (2.0)	39.8 (2.2)	39.8 (2.0)	37.9 (2.2)	44.9 (2.3)	7.0 ↑	10.7 ↑
	40-49	39.0 (1.7)	35.3 (1.9)	36.8 (1.7)	35.6 (1.5)	39.0 (1.9)	42.9 (2.0)	40.7 (1.9)	37.7 (1.7)	44.1 (1.7)	42.8 (2.0)	1.3 ↓	3.8 ↑
	50-59	36.1 (1.8)	38.0 (1.6)	35.2 (1.6)	36.5 (1.5)	40.2 (1.7)	36.8 (1.8)	39.2 (2.1)	40.5 (1.6)	38.0 (1.4)	41.5 (1.8)	3.5 ↑	5.4 ↑
	60-69	40.2 (1.9)	38.0 (1.6)	36.8 (1.7)	37.3 (1.7)	41.1 (1.9)	40.6 (1.8)	36.1 (1.7)	35.4 (1.5)	37.5 (1.4)	35.6 (1.5)	1.9 ↓	4.6 ↓
	70+	37.5 (1.7)	34.7 (1.6)	38.0 (1.8)	34.3 (1.8)	35.3 (1.6)	33.5 (1.7)	35.0 (1.9)	34.6 (1.4)	35.3 (1.6)	36.0 (1.6)	0.7 ↑	1.5 ↓
	남자	42.2 (1.3)	41.6 (1.1)	42.8 (1.2)	41.8 (1.2)	48.0 (1.3)	46.3 (1.3)	47.7 (1.4)	45.6 (1.3)	48.8 (1.2)	49.1 (1.3)	0.3 ↑	6.9 ↑
	연령별												
	19-29	38.8 (3.4)	39.0 (2.9)	36.1 (3.0)	37.3 (2.7)	41.5 (2.5)	40.0 (3.4)	42.8 (3.6)	43.9 (3.5)	44.8 (3.2)	41.7 (3.1)	3.1 ↓	2.9 ↑
	30-39	45.3 (2.6)	46.7 (2.7)	51.3 (2.8)	46.4 (2.6)	58.2 (3.0)	51.4 (3.2)	55.7 (3.0)	50.4 (3.1)	49.1 (3.0)	59.0 (3.4)	9.9 ↑	13.7 ↑
	40-49	49.0 (2.3)	44.7 (2.6)	47.5 (2.5)	45.0 (2.3)	50.7 (2.9)	57.7 (2.8)	53.6 (2.9)	50.2 (2.6)	61.7 (2.4)	53.3 (2.8)	8.4 ↓	4.3 ↑
	50-59	39.7 (2.7)	44.3 (2.3)	40.9 (2.6)	43.4 (2.4)	48.1 (2.4)	41.9 (2.5)	49.7 (3.1)	49.9 (2.7)	48.1 (2.2)	54.0 (2.6)	5.9 ↑	14.3 ↑
	60-69	39.7 (2.9)	36.7 (2.7)	38.1 (2.5)	39.9 (2.6)	44.0 (2.5)	41.0 (2.7)	36.8 (2.5)	34.1 (2.2)	41.7 (2.1)	38.5 (2.3)	3.2 ↓	1.2 ↓
	70+	30.3 (2.3)	25.3 (2.1)	30.6 (2.8)	30.4 (2.6)	31.9 (2.7)	29.2 (2.3)	29.8 (2.1)	28.9 (2.1)	31.4 (2.2)	32.4 (2.3)	1.0 ↑	2.1 ↑
	여자	26.4 (1.0)	25.6 (1.0)	25.5 (0.9)	25.0 (1.0)	27.7 (1.2)	26.9 (1.2)	25.7 (1.1)	27.8 (1.1)	26.2 (1.0)	28.7 (1.2)	2.5 ↑	2.3 ↑
	연령별												
	19-29	13.8 (1.9)	18.3 (2.4)	16.2 (2.2)	16.5 (2.3)	22.8 (2.4)	15.9 (2.2)	18.2 (2.3)	22.1 (2.3)	20.4 (2.2)	21.3 (2.6)	0.9 ↑	7.5 ↑
	30-39	21.7 (1.8)	18.3 (2.0)	22.6 (2.2)	21.6 (2.4)	22.7 (2.4)	25.7 (2.8)	21.8 (2.6)	27.3 (2.6)	24.6 (2.5)	28.3 (2.8)	3.7 ↑	6.6 ↑
	40-49	28.7 (2.2)	25.6 (2.3)	25.7 (2.0)	25.8 (2.0)	26.8 (2.4)	27.2 (2.2)	27.2 (2.1)	24.5 (1.9)	25.7 (1.8)	31.6 (2.6)	5.9 ↑	2.9 ↑
	50-59	32.5 (2.3)	31.7 (2.1)	29.3 (2.1)	29.6 (1.9)	32.4 (2.2)	31.6 (2.2)	28.6 (2.3)	31.0 (2.0)	27.9 (1.7)	28.9 (2.0)	1.0 ↑	3.6 ↓
	60-69	40.7 (2.4)	39.3 (2.2)	35.5 (2.2)	34.9 (2.1)	38.4 (2.3)	40.3 (2.4)	35.4 (2.1)	36.7 (2.3)	33.5 (1.8)	32.8 (1.8)	0.7 ↓	7.9 ↓
	70+	42.2 (2.4)	41.0 (2.2)	43.0 (2.1)	37.0 (2.1)	37.8 (2.2)	36.6 (2.2)	38.8 (2.7)	38.9 (2.1)	38.3 (2.0)	38.6 (2.2)	0.3 ↑	3.6 ↓
저체중 유병률 (19세 이상)	전체	4.5 (0.4)	4.6 (0.3)	4.2 (0.4)	4.8 (0.4)	4.8 (0.5)	5.1 (0.4)	5.0 (0.4)	5.1 (0.4)	5.7 (0.4)	5.8 (0.4)	0.1 ↑	1.3 ↑
	연령별												
	19-29	8.4 (1.4)	8.1 (1.1)	8.1 (1.3)	9.0 (1.2)	9.7 (1.4)	9.6 (1.1)	9.4 (1.3)	7.2 (1.0)	10.9 (1.1)	12.0 (1.5)	1.1 ↑	3.6 ↑
	30-39	5.0 (0.7)	5.6 (0.8)	5.2 (0.8)	5.4 (0.9)	5.1 (0.9)	6.0 (1.1)	5.4 (1.1)	6.4 (1.0)	5.8 (1.0)	5.9 (1.0)	0.1 ↑	0.9 ↑
	40-49	3.0 (0.6)	2.6 (0.5)	2.8 (0.5)	3.1 (0.6)	2.7 (0.6)	2.7 (0.5)	3.9 (0.7)	4.1 (0.6)	3.6 (0.7)	2.7 (0.6)	0.9 ↓	0.3 ↓
	50-59	1.9 (0.4)	2.6 (0.5)	1.8 (0.5)*	2.6 (0.5)	1.9 (0.6)*	2.5 (0.5)	2.3 (1.0)*	2.5 (0.5)	3.8 (0.6)	3.5 (0.7)	0.3 ↓	1.6 ↑
	60-69	1.6 (0.4)*	1.8 (0.4)*	1.0 (0.4)*	1.4 (0.4)*	3.4 (0.7)	2.2 (0.5)	1.9 (0.4)	3.8 (0.6)	2.4 (0.4)	3.0 (0.6)	0.6 ↑	1.4 ↑
	70+	4.1 (0.7)	4.0 (0.7)	2.7 (0.6)	4.0 (0.7)	3.2 (0.6)	3.8 (0.6)	3.1 (0.6)	3.9 (0.6)	3.8 (0.6)	3.4 (0.6)	0.4 ↓	0.7 ↓
	남자	2.7 (0.5)	2.9 (0.4)	2.3 (0.4)	2.3 (0.4)	2.7 (0.5)	2.7 (0.5)	2.5 (0.4)	2.2 (0.4)	2.4 (0.4)	2.4 (0.4)	0.0 -	0.3 ↓
	연령별												
	19-29	4.4 (1.7)*	4.8 (1.2)*	4.6 (1.3)*	3.6 (0.9)*	5.7 (1.5)*	4.7 (1.2)*	4.1 (1.4)*	2.1 (0.8)*	3.6 (1.0)*	4.9 (1.4)*	1.3 ↑	0.5 ↑
	30-39	2.4 (0.8)*	2.3 (0.9)*	2.1 (0.8)*	0.9 (0.4)*	1.3 (0.8)**	2.8 (1.3)*	2.4 (0.9)*	1.5 (0.9)**	2.4 (0.9)*	3.0 (1.0)*	0.6 ↑	0.6 ↑
	40-49	1.4 (0.5)*	1.8 (0.6)*	1.8 (0.6)*	2.1 (0.8)*	1.1 (0.7)*	1.0 (0.4)*	1.3 (0.8)**	1.7 (0.7)*	0.9 (0.5)**	0.2 (0.2)**	0.7 ↓	1.2 ↓
	50-59	2.0 (0.6)*	1.7 (0.6)*	1.4 (0.7)**	1.6 (0.6)*	1.1 (0.8)**	1.7 (0.7)*	2.0 (0.9)*	1.4 (0.5)*	2.0 (0.6)*	0.8 (0.6)**	1.2 ↓	1.2 ↓
	60-69	1.5 (0.5)*	2.1 (0.8)*	0.4 (0.2)**	1.7 (0.6)*	4.0 (1.0)	1.7 (0.7)*	1.5 (0.5)*	4.4 (1.0)	1.9 (0.6)*	1.2 (0.6)*	0.7 ↓	0.3 ↓
	70+	4.9 (1.1)	5.6 (1.3)	2.0 (0.6)*	4.9 (1.1)	4.4 (1.0)	4.7 (1.0)	3.2 (1.0)*	5.4 (1.0)	4.6 (1.1)	4.7 (1.0)	0.1 ↑	0.2 ↓
	여자	6.5 (0.7)	6.6 (0.6)	6.4 (0.6)	7.7 (0.8)	7.2 (0.7)	7.7 (0.7)	7.8 (0.7)	8.3 (0.7)	9.4 (0.7)	9.5 (0.7)	0.1 ↑	3.0 ↑
	연령별												
	19-29	13.0 (2.3)	12.0 (1.8)	12.1 (2.0)	15.2 (2.2)	14.1 (2.1)	15.1 (1.9)	15.2 (2.1)	13.0 (1.8)	19.3 (2.0)	19.9 (2.4)	0.6 ↑	6.9 ↑
	30-39	7.9 (1.3)	9.4 (1.4)	8.6 (1.3)	10.5 (1.9)	9.5 (1.7)	9.8 (1.8)	8.9 (2.0)	12.0 (1.9)	9.7 (1.7)	9.3 (1.9)	0.4 ↓	1.4 ↑
	40-49	4.7 (1.1)	3.5 (0.9)	3.9 (0.8)	4.2 (0.9)	4.3 (0.9)	4.5 (1.0)	6.5 (1.2)	6.8 (1.0)	6.5 (1.2)	5.4 (1.2)	1.1 ↓	0.7 ↑
	50-59	1.8 (0.6)*	3.5 (0.8)	2.2 (0.6)*	3.5 (0.8)	2.7 (0.8)*	3.3 (0.8)	2.6 (1.2)*	3.7 (0.9)	5.5 (0.9)	6.3 (1.2)	0.8 ↑	4.5 ↑
	60-69	1.7 (0.7)*	1.5 (0.5)*	1.7 (0.7)*	1.1 (0.4)*	2.7 (1.1)*	2.7 (0.7)	2.3 (0.7)*	3.2 (0.7)	2.8 (0.6)	4.7 (1.0)	1.9 ↑	3.0 ↑
	70+	3.6 (0.8)	3.0 (0.7)	3.2 (1.0)*	3.4 (0.8)	2.4 (0.7)*	3.2 (0.7)	3.0 (0.8)*	2.8 (0.6)	3.1 (0.7)	2.5 (0.6)	0.6 ↓	1.1 ↓

※ 변동계수(coefficient of variation) * 25-50%, ** 50% 이상

○ 비만 유병률: 체질량지수(kg/m²)가 25 이상인 분율

○ 저체중 유병률: 체질량지수(kg/m²)가 18.5 미만인 분율

11 고혈압

단위: %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25-'24	'25-'16	
고혈압 유병률 (19세 이상)	전체	23.3(0.6)	22.0(0.6)	23.1(0.7)	22.2(0.6)	22.9(0.7)	21.4(0.6)	22.1(0.8)	20.0(0.6)	22.2(0.6)	23.2 (0.7)	1.0 ↑	0.1 ↓	
	연령별	19-29	3.5(0.8)	5.1(1.2)	5.4(1.0)	5.2(0.9)	4.4(0.9)	2.8(0.7)*	4.3(0.9)	1.5(0.5)*	3.1(0.8)*	2.4 (0.7)*	0.7 ↓	1.1 ↓
		30-39	10.3(1.1)	11.3(1.2)	11.7(1.3)	9.5(1.1)	11.4(1.3)	10.0(1.3)	8.7(1.5)	6.2(1.1)	9.1(1.2)	10.8 (1.3)	1.7 ↑	0.5 ↑
		40-49	21.7(1.4)	19.2(1.4)	20.6(1.4)	19.0(1.3)	20.8(1.5)	19.7(1.5)	20.1(1.7)	17.2(1.4)	20.4(1.5)	22.8 (1.9)	2.4 ↑	1.1 ↑
		50-59	36.5(1.6)	32.1(1.5)	34.7(1.6)	32.3(1.7)	35.9(1.6)	31.2(1.8)	33.5(1.8)	33.7(1.6)	34.7(1.5)	37.4 (1.7)	2.7 ↑	0.9 ↑
		60-69	50.9(1.8)	46.9(1.9)	46.0(1.7)	51.5(1.8)	48.1(2.0)	48.0(1.8)	48.9(1.9)	47.3(1.5)	51.4(1.5)	48.0 (1.8)	3.4 ↓	2.9 ↓
		70+	69.2(1.5)	64.7(1.8)	70.2(1.5)	67.2(1.6)	65.3(1.6)	66.4(1.7)	68.7(1.8)	68.4(1.4)	65.2(1.4)	68.3 (1.5)	3.1 ↑	0.9 ↓
	남자	28.2(0.9)	27.0(0.9)	27.6(1.0)	25.5(0.9)	28.6(1.0)	25.2(1.0)	26.9(1.1)	23.4(0.9)	26.3(0.9)	28.2 (1.1)	1.9 ↑	0.0-	
	연령별	19-29	5.1(1.3)*	9.0(2.2)	8.7(1.7)	6.4(1.4)	7.4(1.5)	3.9(1.2)*	6.7(1.6)	2.8(1.0)*	4.9(1.4)*	3.2 (1.2)*	1.7 ↓	1.9 ↓
		30-39	16.9(1.9)	17.9(2.0)	17.1(2.2)	15.1(1.9)	17.7(2.1)	17.3(2.6)	13.1(2.6)	8.6(1.7)	13.2(2.0)	16.4 (2.3)	3.2 ↑	0.5 ↓
		40-49	30.8(2.3)	26.9(2.0)	29.1(2.2)	26.5(2.2)	31.5(2.5)	25.7(2.2)	28.7(2.6)	23.5(2.4)	27.8(2.3)	31.5 (2.6)	3.7 ↑	0.7 ↑
		50-59	42.3(2.6)	39.4(2.1)	40.2(2.2)	35.7(2.7)	45.4(2.3)	35.8(2.4)	41.6(2.7)	38.8(2.6)	41.6(2.2)	47.0 (2.8)	5.4 ↑	4.7 ↑
		60-69	55.9(2.9)	47.6(2.7)	47.5(2.3)	52.3(2.5)	50.5(2.7)	50.6(2.7)	53.6(2.6)	51.0(2.2)	56.4(2.4)	53.4 (2.6)	3.0 ↓	2.5 ↓
		70+	64.2(2.6)	61.6(2.5)	65.1(2.4)	59.5(2.5)	59.3(2.3)	61.4(2.4)	64.1(2.7)	68.4(2.0)	59.4(2.3)	64.1 (2.5)	4.7 ↑	0.1 ↓
	여자	18.1(0.6)	16.6(0.7)	18.3(0.7)	18.5(0.6)	16.8(0.6)	17.1(0.6)	17.0(0.7)	16.5(0.6)	17.7(0.6)	17.8 (0.7)	0.1 ↑	0.3 ↓	
	연령별	19-29	1.7(0.7)*	0.8(0.6)**	1.7(0.6)*	3.9(1.2)*	1.1(0.6)**	1.6(0.8)**	1.7(0.9)**	0.0(-)	1.0(0.6)**	1.6 (0.7)*	0.6 ↑	0.1 ↓
		30-39	3.3(0.8)	4.2(0.9)	5.8(1.2)	3.4(0.8)	4.4(1.0)	2.0(0.7)*	3.9(1.2)*	3.5(1.0)*	4.4(1.2)*	4.1 (1.2)*	0.3 ↓	0.8 ↑
		40-49	12.4(1.5)	11.3(1.5)	11.9(1.5)	11.1(1.3)	9.6(1.4)	13.4(1.8)	11.2(1.5)	10.6(1.4)	12.9(1.5)	13.9 (1.9)	1.0 ↑	1.5 ↑
		50-59	30.8(2.1)	24.9(1.9)	29.1(2.1)	28.8(1.9)	26.4(1.9)	26.5(2.0)	25.2(2.4)	28.6(2.0)	27.7(1.8)	27.7 (2.0)	0.0-	3.1 ↓
		60-69	46.2(2.5)	46.3(2.6)	44.6(2.4)	50.7(2.5)	45.9(2.4)	45.5(2.4)	44.5(2.5)	43.8(1.9)	46.6(2.0)	42.9 (2.1)	3.7 ↓	3.3 ↓
		70+	72.5(2.2)	66.8(2.7)	73.7(2.1)	72.4(2.1)	69.6(2.0)	69.9(2.0)	71.9(2.3)	68.3(2.1)	69.5(1.8)	71.3 (2.0)	1.8 ↑	1.2 ↓

※ 변동계수(coefficient of variation) * 25-50%, ** 50% 이상

○ 고혈압 유병률: 수축기혈압이 140mmHg 이상이거나 이완기혈압이 90mmHg 이상 또는 고혈압 약물을 복용하는 분율

* '13년 미나마타 협약에 의해 국내외 수은 사용이 금지되어 '20년부터 수은혈압계('98-'19년)에서 비수은 청진형혈압계(Greenlight300)로 변경(수은혈압계와의 혈압 차이가 오차범위내임), '21년부터 비수은 진동형혈압계(Microlife)로 변경되었으며, 전환식 없이 측정값을 사용하여 통계 산출, 추이 비교 시 유의 필요

12 당뇨병

단위: %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25-'24	'25-'16	
당뇨병 유병률 (19세 이상)	전체	9.7(0.4)	9.1(0.4)	9.2(0.4)	9.5(0.4)	10.7(0.4)	10.3(0.4)	9.1(0.4)	9.4(0.4)	10.6(0.5)	10.3(0.4)	0.3↓	0.6↑	
	연령별	19-29	0.6(0.3)**	1.5(0.6)*	0.8(0.5)**	1.8(0.7)*	0.7(0.3)*	0.5(0.3)**	1.6(0.6)*	1.7(0.6)*	1.2(0.5)*	0.7(0.4)**	0.5↓	0.1↑
		30-39	3.0(0.8)*	2.3(0.6)	3.2(0.7)	2.7(0.6)	4.4(0.8)	3.6(0.9)*	3.0(0.8)*	2.5(0.6)*	4.5(1.1)	2.7(0.6)	1.8↓	0.3↓
		40-49	8.7(1.0)	7.3(0.9)	8.3(1.1)	8.1(1.2)	9.0(1.1)	10.6(1.1)	6.2(1.0)	7.7(1.0)	9.3(1.0)	10.4(1.2)	1.1↑	1.7↑
		50-59	16.0(1.3)	16.4(1.2)	14.6(1.3)	14.4(1.1)	19.1(1.4)	15.9(1.4)	17.6(1.4)	16.9(1.3)	14.6(1.2)	17.3(1.5)	2.7↑	1.3↑
		60-69	24.2(1.6)	21.0(1.5)	22.3(1.4)	24.2(1.5)	25.1(1.6)	24.8(1.4)	20.6(1.4)	24.2(1.3)	28.3(1.5)	24.8(1.4)	3.5↓	0.6↑
		70+	31.8(1.8)	30.4(1.8)	29.2(1.7)	31.0(1.6)	31.5(1.6)	31.8(1.5)	29.4(1.6)	27.1(1.5)	31.2(1.5)	31.2(1.6)	0.0-	0.6↓
	남자	11.1(0.6)	10.9(0.6)	11.2(0.7)	11.1(0.6)	13.0(0.7)	12.8(0.7)	11.2(0.7)	12.0(0.7)	13.3(0.7)	13.1(0.7)	0.2↓	2.0↑	
	연령별	19-29	0.5(0.3)**	2.3(1.1)*	1.2(0.9)**	1.1(0.7)**	0.6(0.3)**	0.4(0.3)**	2.8(1.0)*	2.7(1.0)*	1.2(0.7)**	1.2(0.8)**	0.0-	0.7↑
		30-39	4.0(1.3)*	3.5(1.0)*	3.7(1.1)*	3.1(0.9)*	5.9(1.3)	5.0(1.6)*	3.1(1.2)*	3.2(1.0)*	6.5(1.8)*	2.8(1.0)*	3.7↓	1.2↓
		40-49	10.9(1.5)	9.3(1.4)	13.0(2.1)	11.5(1.8)	14.1(2.0)	14.3(1.8)	8.9(1.8)	11.3(1.8)	13.7(1.8)	13.8(1.9)	0.1↑	2.9↑
		50-59	19.6(2.0)	20.6(1.7)	17.9(1.9)	18.9(2.0)	23.8(2.3)	21.7(2.3)	24.1(2.5)	21.9(2.3)	16.6(1.8)	24.3(2.3)	7.7↑	4.7↑
		60-69	27.9(2.7)	23.7(2.4)	25.7(2.1)	27.2(2.3)	28.8(2.4)	28.8(2.3)	25.1(2.4)	29.3(2.0)	35.5(2.6)	31.8(2.5)	3.7↓	3.9↑
		70+	29.1(2.6)	30.2(2.6)	28.8(2.9)	30.0(2.6)	28.7(2.4)	33.8(2.5)	27.8(2.4)	28.4(2.3)	34.8(2.5)	33.9(2.3)	0.9↓	4.8↑
	여자	8.3(0.5)	7.3(0.5)	7.1(0.4)	8.0(0.5)	8.2(0.5)	7.8(0.5)	6.9(0.5)	6.9(0.4)	7.8(0.5)	7.6(0.5)	0.2↓	0.7↓	
	연령별	19-29	0.8(0.6)**	0.6(0.4)**	0.3(0.3)**	2.5(1.2)*	0.8(0.4)**	0.6(0.4)**	0.2(0.2)**	0.5(0.4)**	1.2(0.6)**	0.2(0.2)**	1.0↓	0.6↓
		30-39	1.8(0.6)*	0.9(0.4)*	2.7(0.8)*	2.3(0.8)*	2.7(0.8)*	2.0(0.7)*	2.9(1.0)*	1.7(0.7)*	2.1(1.0)*	2.5(0.8)*	0.4↑	0.7↑
		40-49	6.4(1.2)	5.2(1.2)	3.5(0.7)	4.7(1.1)	3.7(0.9)*	6.8(1.4)	3.3(0.9)*	4.0(0.9)	4.8(1.0)	6.9(1.3)	2.1↑	0.5↑
		50-59	12.4(1.5)	12.1(1.6)	11.3(1.5)	9.7(1.4)	14.3(1.9)	10.1(1.5)	11.1(1.5)	12.0(1.4)	12.5(1.6)	10.4(1.7)	2.1↓	2.0↓
60-69		20.6(2.0)	18.4(2.0)	19.0(2.1)	21.4(1.8)	21.6(1.9)	20.9(1.9)	16.3(1.7)	19.3(1.5)	21.1(1.7)	18.4(1.5)	2.7↓	2.2↓	
70+		33.6(2.5)	30.6(2.4)	29.4(2.1)	31.6(2.0)	33.5(1.9)	30.4(2.1)	30.6(2.2)	26.1(2.0)	28.5(1.7)	29.1(2.1)	0.6↑	4.5↓	

※ 변동계수(coefficient of variation) * 25-50%, ** 50% 이상

○ 당뇨병 유병률: 공복혈당이 126mg/dL 이상이거나 의사진단을 받았거나 혈당강하제복용 또는 인슐린주사를 사용하거나, 당화혈색소 6.5% 이상인 분율

* '22년 임상검사 분석기관 변경으로 추이 비교 시 유의 필요

13 고콜레스테롤혈증

단위: %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25-'24	'25-'16
고콜레스테롤혈증 유병률 (19세 이상)	전체	16.7(0.6)	18.1(0.6)	17.7(0.7)	18.1(0.6)	19.7(0.6)	21.1(0.6)	22.0(0.7)	20.9(0.6)	23.6(0.6)	24.5(0.6)	0.9↑	7.8↑
	연령별	19-29	5.5(1.3)	6.3(1.2)	5.2(1.0)	3.9(0.9)	5.2(0.9)	4.1(1.0)	7.0(1.3)	3.2(0.9)*	6.0(1.1)	0.3↓	0.2↑
		30-39	9.4(1.1)	11.5(1.2)	12.3(1.3)	10.0(1.2)	10.6(1.2)	14.2(1.4)	11.6(1.4)	12.7(1.4)	14.3(1.6)	1.5↓	3.4↑
		40-49	15.0(1.1)	18.1(1.6)	16.8(1.6)	16.4(1.2)	21.2(1.6)	21.1(1.4)	23.0(1.7)	19.3(1.4)	21.3(1.4)	3.0↑	9.3↑
		50-59	30.9(1.6)	28.2(1.4)	26.3(1.5)	31.2(1.5)	29.4(1.6)	36.3(1.8)	35.2(2.0)	36.7(1.7)	40.3(1.5)	3.3↑	12.7↑
		60-69	37.6(2.0)	33.7(1.7)	35.9(1.7)	42.8(1.8)	41.9(2.0)	41.8(1.7)	42.6(1.5)	44.5(1.5)	50.8(1.5)	1.0↓	12.2↑
		70+	23.9(1.7)	35.4(1.9)	35.9(1.8)	35.1(1.9)	40.4(1.9)	38.4(1.6)	46.0(1.9)	44.4(1.8)	45.6(1.8)	4.2↑	25.9↑
		남자	16.5(0.9)	17.5(0.9)	17.9(1.0)	17.0(0.8)	20.2(0.9)	21.5(0.9)	20.9(1.0)	19.9(0.9)	23.4(0.9)	2.7↑	9.6↑
	연령별	19-29	6.8(1.9)*	8.7(1.9)	7.3(1.7)	3.3(1.1)*	5.3(1.2)	3.4(1.1)*	7.8(2.2)*	2.8(1.2)*	6.0(1.5)*	0.2↓	1.0↓
		30-39	10.8(1.5)	14.8(1.9)	15.1(2.1)	12.5(2.0)	12.7(2.0)	18.6(2.5)	12.7(2.1)	15.9(2.3)	16.3(2.3)	0.2↑	5.7↑
		40-49	20.2(1.9)	18.3(2.2)	22.9(2.5)	20.4(1.9)	28.2(2.7)	26.9(2.0)	27.9(2.6)	22.5(2.2)	27.5(2.3)	5.4↑	12.7↑
		50-59	28.1(2.6)	24.8(2.0)	20.8(2.0)	26.0(2.1)	27.2(2.2)	34.2(2.8)	31.4(2.8)	33.3(2.7)	36.5(2.5)	9.4↑	17.8↑
		60-69	27.2(2.6)	25.8(2.3)	27.0(2.2)	32.2(2.6)	35.4(2.6)	33.2(2.3)	31.5(2.3)	35.2(2.4)	42.7(2.1)	0.5↓	15.0↑
		70+	16.4(2.2)	25.3(2.2)	25.7(2.2)	25.0(2.3)	32.4(3.0)	29.8(2.4)	32.6(2.8)	32.0(2.3)	36.5(2.4)	2.9↑	23.0↑
		여자	16.5(0.7)	18.3(0.7)	17.1(0.7)	18.9(0.7)	18.8(0.8)	20.3(0.8)	22.6(0.9)	21.4(0.7)	23.4(0.8)	1.0↓	5.9↑
	연령별	19-29	4.1(1.2)*	3.6(1.0)*	2.7(0.9)*	4.5(1.4)*	5.0(1.2)	4.8(1.7)*	6.1(1.5)*	3.7(1.2)*	6.0(1.5)	0.5↓	1.4↑
		30-39	8.0(1.4)	7.7(1.4)	9.2(1.4)	7.2(1.2)	8.2(1.4)	9.5(1.6)	10.4(1.9)	9.2(1.6)	12.0(2.0)	3.4↓	0.6↑
		40-49	9.6(1.4)	17.9(2.0)	10.5(1.3)	12.3(1.4)	13.8(1.9)	15.0(1.7)	17.9(2.1)	16.0(1.7)	15.0(1.7)	0.6↑	6.0↑
		50-59	33.7(2.1)	31.7(2.1)	31.9(2.1)	36.4(2.4)	31.7(2.1)	38.3(2.1)	39.1(2.5)	40.1(2.2)	44.2(2.2)	2.9↓	7.6↑
		60-69	47.3(2.9)	41.4(2.3)	44.3(2.6)	52.5(2.4)	48.0(2.6)	50.2(2.6)	53.0(2.3)	53.6(1.9)	58.7(2.0)	1.8↓	9.6↑
		70+	29.0(2.5)	42.6(2.5)	42.9(2.5)	42.2(2.7)	46.0(2.7)	44.6(2.2)	55.3(2.7)	53.2(2.4)	52.3(2.3)	5.5↑	28.8↑

※ 변동계수(coefficient of variation) * 25-50%, ** 50% 이상

○ 고콜레스테롤혈증 유병률: 8시간이상 공복자 중 혈중 총콜레스테롤이 240mg/dL 이상이거나 콜레스테롤강화제를 복용하는 분을

14 만성폐쇄성폐질환

단위: %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25-'24	'25-'16
만성 폐쇄성 폐질환 (40세 이상)	전체	12.1 (0.6)	12.0 (0.6)	9.9 (0.5)	10.8 (0.5)	--	--	--	--	6.9 (0.4)	10.4 (0.7)	3.5 ↑	1.7 ↓
	연령별	40-49	4.0 (0.7)	3.0 (0.6)	2.7 (0.6)	3.1 (0.6)	--	--	--	2.1 (0.6)*	5.9 (1.0)	3.8 ↑	1.9 ↑
		50-59	8.8 (1.2)	11.3 (1.2)	6.8 (0.9)	8.7 (1.0)	--	--	--	5.7 (0.8)	7.6 (1.3)	1.9 ↑	1.2 ↓
		60-69	20.2 (1.7)	18.4 (1.5)	16.4 (1.4)	19.1 (1.6)	--	--	--	10.2 (1.1)	13.7 (1.6)	3.5 ↑	6.5 ↓
		70+	32.8 (2.2)	33.0 (2.6)	29.2 (2.2)	27.3 (2.1)	--	--	--	19.6 (1.5)	25.3 (1.9)	5.7 ↑	7.5 ↓
	남자	연령별	19.6 (1.1)	18.7 (1.0)	16.0 (0.9)	16.3 (1.0)	--	--	--	10.6 (0.7)	16.1 (1.2)	5.5 ↑	3.5 ↓
		40-49	5.5 (1.1)	4.5 (1.0)	4.0 (1.1)*	3.9 (1.1)*	--	--	--	2.5 (0.9)*	9.0 (1.7)	6.5 ↑	3.5 ↑
		50-59	13.0 (2.2)	16.2 (1.9)	11.1 (1.6)	13.7 (1.9)	--	--	--	9.0 (1.5)	12.5 (2.1)	3.5 ↑	0.5 ↓
		60-69	35.1 (3.2)	31.7 (2.7)	27.9 (2.7)	31.2 (2.5)	--	--	--	16.0 (2.1)	21.5 (2.9)	5.5 ↑	13.6 ↓
		70+	55.2 (3.2)	50.4 (3.7)	46.7 (3.4)	39.9 (3.2)	--	--	--	31.3 (2.7)	38.0 (3.0)	6.7 ↑	17.2 ↓
	여자	연령별	5.8 (0.6)	6.2 (0.6)	4.6 (0.5)	5.9 (0.6)	--	--	--	3.6 (0.5)	5.0 (0.6)	1.4 ↑	0.8 ↓
		40-49	2.4 (0.8)*	1.4 (0.5)*	1.3 (0.5)*	2.2 (0.8)*	--	--	--	1.7 (0.8)*	2.6 (0.9)*	0.9 ↑	0.2 ↑
		50-59	4.6 (0.9)	6.3 (1.2)	2.6 (0.7)*	3.7 (0.8)	--	--	--	2.5 (0.8)*	2.7 (1.1)*	0.2 ↑	1.9 ↓
		60-69	8.6 (1.3)	8.7 (1.5)	6.9 (1.3)	9.0 (1.8)	--	--	--	5.5 (1.0)	8.1 (1.6)	2.6 ↑	0.5 ↓
		70+	14.5 (2.1)	17.3 (2.5)	15.3 (2.3)	17.4 (2.2)	--	--	--	9.1 (1.6)	12.5 (2.2)	3.4 ↑	2.0 ↓

※ '20-'23년 코로나19 대유행으로 조사 중단

※ 변동계수(coefficient of variation) * 25-50%, ** 50% 이상

○ 만성폐쇄성폐질환 유병률(40세 이상): 폐기능검사결과 기류제한(FEV1/FVC<0.7)이 있는 분을

- 폐기능장비('16년 7월) 및 지침 변경('17년 1월)으로 추이 비교 시 유의

단위: %(SE), %p

산출지표		'16	'17	'18	'19	'20	'21	'22	'23	'24	'25	'25- '24
골다공증 (50세 이상)	전체	--	--	--	--	--	--	--	--	12.8 (0.7)	12.2 (0.8)	0.6 ↓
	연령별	50-59	--	--	--	--	--	--	--	7.5 (1.0)	7.4 (1.3)	0.1 ↓
		60-69	--	--	--	--	--	--	--	13.3 (1.0)	14.5 (1.4)	1.2 ↑
		70+	--	--	--	--	--	--	--	22.6 (1.5)	18.7 (1.8)	3.9 ↓
	남자	--	--	--	--	--	--	--	--	4.3 (0.6)	3.6 (0.6)	0.7 ↓
	연령별	50-59	--	--	--	--	--	--	--	4.1 (1.1)*	2.8 (1.1)*	1.3 ↓
		60-69	--	--	--	--	--	--	--	4.4 (1.0)	4.1 (1.1)*	0.3 ↓
		70+	--	--	--	--	--	--	--	4.8 (1.2)	4.5 (1.2)*	0.3 ↓
	여자	--	--	--	--	--	--	--	--	21.3 (1.1)	21.4 (1.6)	0.1 ↑
	연령별	50-59	--	--	--	--	--	--	--	12.7 (1.9)	14.3 (2.6)	1.6 ↑
		60-69	--	--	--	--	--	--	--	21.5 (1.7)	22.5 (2.1)	1.0 ↑
		70+	--	--	--	--	--	--	--	38.0 (2.6)	33.5 (3.3)	4.5 ↓
골감소증 (50세 이상)	전체	--	--	--	--	--	--	--	--	44.7 (1.2)	46.8 (1.5)	2.1 ↑
	연령별	50-59	--	--	--	--	--	--	--	40.9 (1.9)	41.1 (2.9)	0.2 ↑
		60-69	--	--	--	--	--	--	--	47.4 (1.5)	49.9 (2.1)	2.5 ↑
		70+	--	--	--	--	--	--	--	48.7 (1.7)	53.5 (2.2)	4.8 ↑
	남자	--	--	--	--	--	--	--	--	33.1 (1.5)	36.2 (2.0)	3.1 ↑
	연령별	50-59	--	--	--	--	--	--	--	27.8 (2.5)	31.5 (3.4)	3.7 ↑
		60-69	--	--	--	--	--	--	--	32.2 (2.1)	32.9 (3.4)	0.7 ↑
		70+	--	--	--	--	--	--	--	44.7 (2.7)	49.8 (3.3)	5.1 ↑
	여자	--	--	--	--	--	--	--	--	58.9 (1.6)	58.4 (2.1)	0.5 ↓
	연령별	50-59	--	--	--	--	--	--	--	60.5 (2.8)	55.7 (3.9)	4.8 ↓
		60-69	--	--	--	--	--	--	--	61.5 (1.9)	63.0 (2.4)	1.5 ↑
		70+	--	--	--	--	--	--	--	52.1 (2.6)	57.5 (3.4)	5.4 ↑

※ 변동계수(coefficient of variation) * 25-50%, ** 50% 이상

○ 골다공증 유병률: 50세 이상 남자 또는 폐경 후 여자에서 대퇴골 전체, 대퇴 경부, 요추 검사상 가장 낮은 T-score가 -2.5 이하인 분을

○ 골감소증 유병률: 50세 이상 남자 또는 폐경 후 여자에서 대퇴골 전체, 대퇴 경부, 요추 검사상 가장 낮은 T-score가 -2.5 초과 -1.0미만인 분을