

## Abstract

## Key findings of the 2020 Korea Community Health Survey

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The Korea Community Health Survey (KCHS) is a survey conducted jointly by the Korea Disease Control and Prevention Agency (KDCA) and 255 public health centers to determine the health status of residents based on the law. Since 2008, this survey has been targeting about 900 people (aged 19 and over) per public health center. Notably, in 2020, due to the COVID-19 pandemic, the number of survey questions was reduced and thorough quarantine regulations were followed, and a total of 229,000 people were interviewed through household visits.

According to the 2020 KCHS, the rate of smoking and drinking increased, personal hygiene improved, and physical activity and mental health slightly worsened. Personal hygiene such as hand washing, guidance for COVID-19 such as wearing masks, and increased reliance on delivery for food consumption, decreased physical activity and alcohol consumption appear to have been affected by COVID-19. Also, on most of the indicators, the gap between regions was not significant and the gaps were still high.

The survey results are available at the KCHS website (<https://chs.kdca.go.kr>), and can be used to improve the health of local residents.

**Keywords:** Community Health Survey, Health status, Health risk behavior, Chronic disease

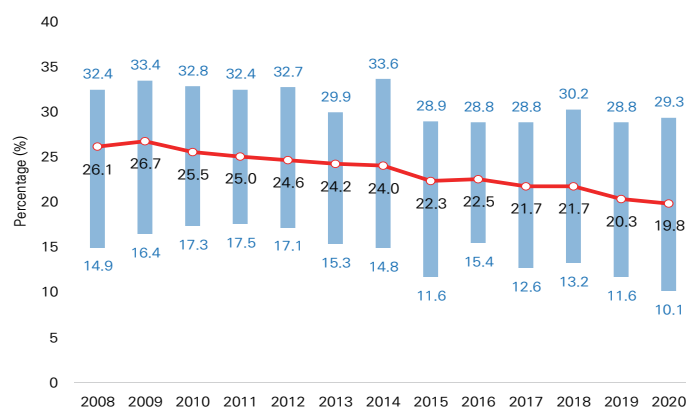


Figure 1. Trends and regional health gaps in the current smoking rate, 2008–2020

\*Red line: annual median (%) and its trend among regions/cities

\*Blue bar: regional gaps by year; top of bar=maximum (%); bottom of bar=minimum (%)

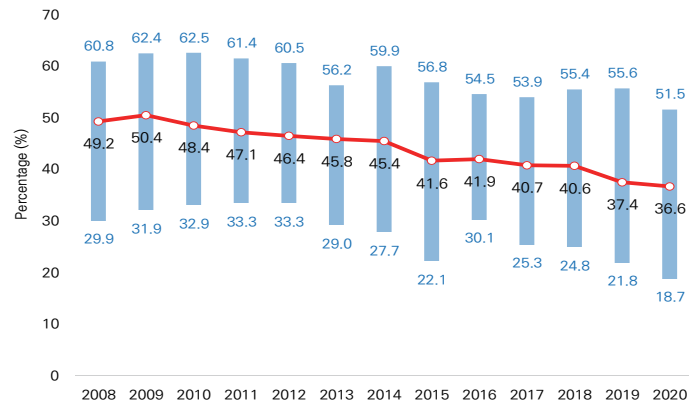


Figure 2. Trends and regional health gaps in the current smoking rate among males, 2008–2020

\*Red line: annual median (%) and its trend among regions/cities

†Blue bar: regional gaps by year; top of bar=maximum (%); bottom of bar=minimum (%)

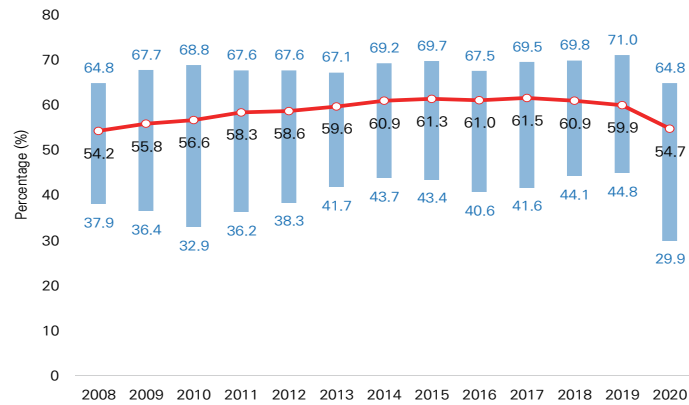


Figure 3. Trends and regional health gaps in the monthly drinking rate, 2008–2020

\*Red line: annual median (%) and its trend among regions/cities

†Blue bar: regional gaps by year; top of bar=maximum (%); bottom of bar=minimum (%)

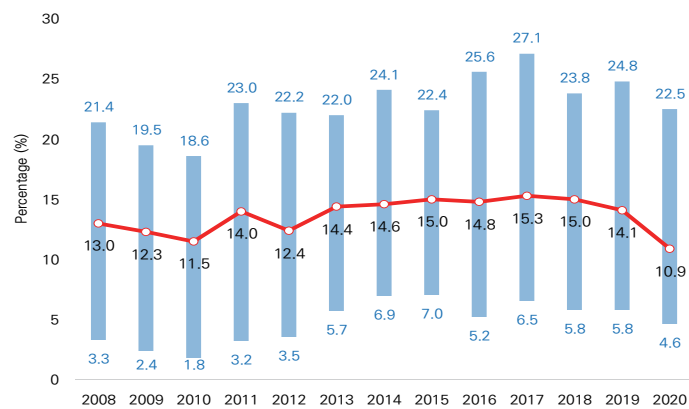
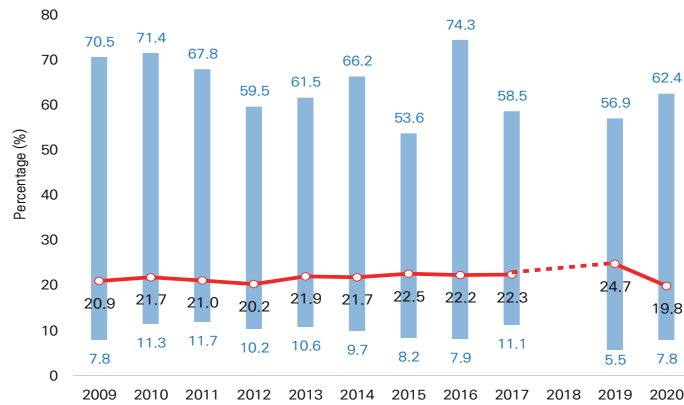


Figure 4. Trends and regional health gaps in the high-risk drinking rate, 2008–2020

\*Red line: annual median (%) and its trend among regions/cities

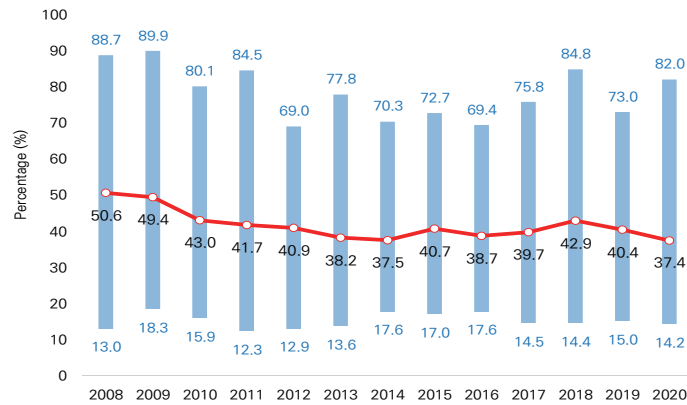
†Blue bar: regional gaps by year; top of bar=maximum (%); bottom of bar=minimum (%)



**Figure 5.** Trends and regional health gaps in the practice of moderate to vigorous physical activities rate, 2009–2020

\*Red line: annual median (%) and its trend among regions/cities

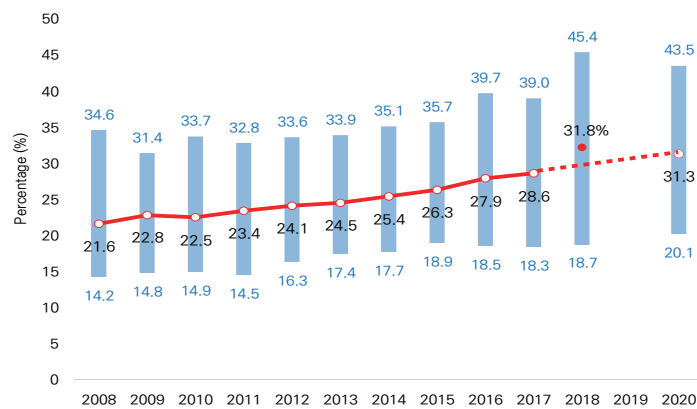
†Blue bar: regional gaps by year; top of bar=maximum (%); bottom of bar=minimum (%)



**Figure 6.** Trends and regional health gaps in the sufficient walking practices rate, 2008–2020

\*Red line: annual median (%) and its trend among regions/cities

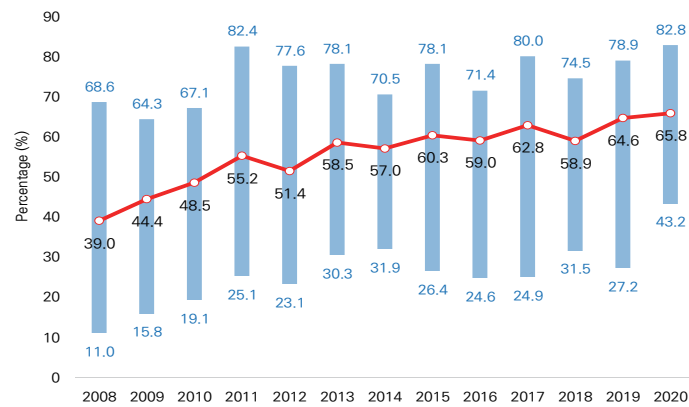
†Blue bar: regional gaps by year; top of bar=maximum (%); bottom of bar=minimum (%)



**Figure 7.** Trends and regional health gaps in the obesity rate (self-reported), 2008–2020

\*Red line, dot: annual median (%) and its trend among regions/cities

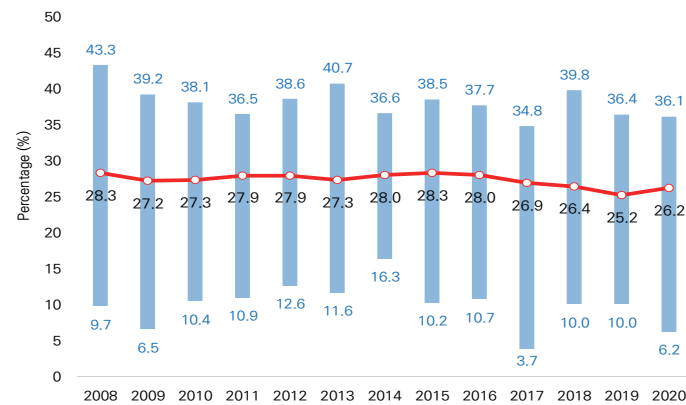
†Blue bar: regional gaps by year; top of bar=maximum (%); bottom of bar=minimum (%)



**Figure 8.** Trends and regional health gaps in the yearly weight control attempt rate, 2008–2020

\*Red line: annual median (%) and its trend among regions/cities

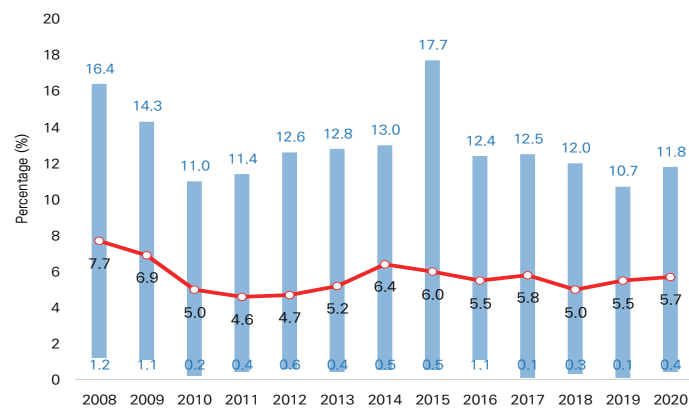
†Blue bar: regional gaps by year; top of bar=maximum (%); bottom of bar=minimum (%)



**Figure 9.** Trends and regional health gaps in the stress awareness rate, 2008–2020

\*Red line: annual median (%) and its trend among regions/cities

†Blue bar: regional gaps by year; top of bar=maximum (%); bottom of bar=minimum (%)



**Figure 10.** Trends and regional health gaps in the depressive mood rate, 2008–2020

\*Red line: annual median (%) and its trend among regions/cities

†Blue bar: regional gaps by year; top of bar=maximum (%); bottom of bar=minimum (%)

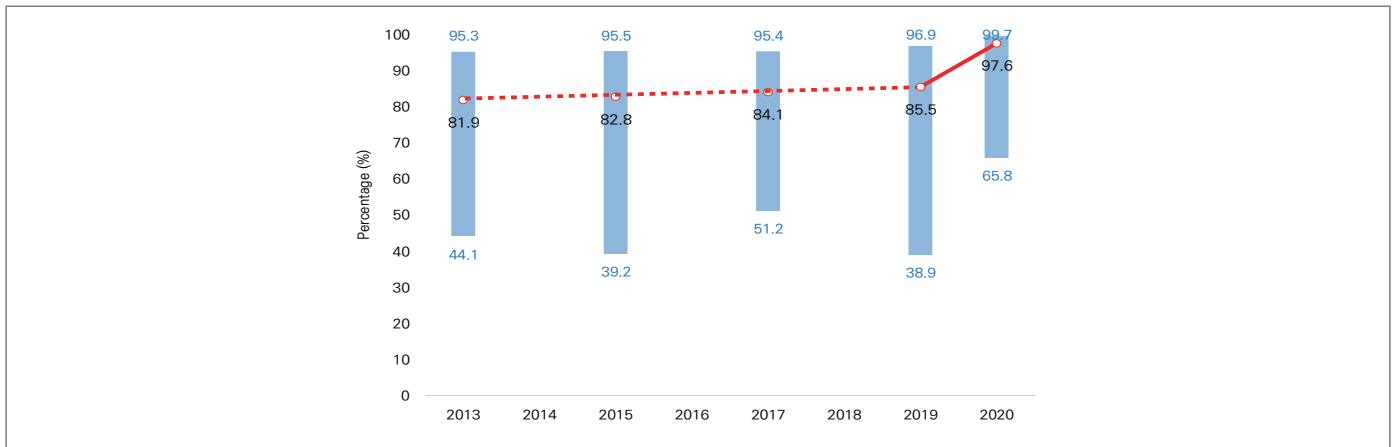


Figure 11. Trends and regional health gaps in the washing hands after going out rate, 2013–2020

\*Red line: annual median (%) and its trend among regions/cities

†Blue bar: regional gaps by year; top of bar=maximum (%); bottom of bar=minimum (%)

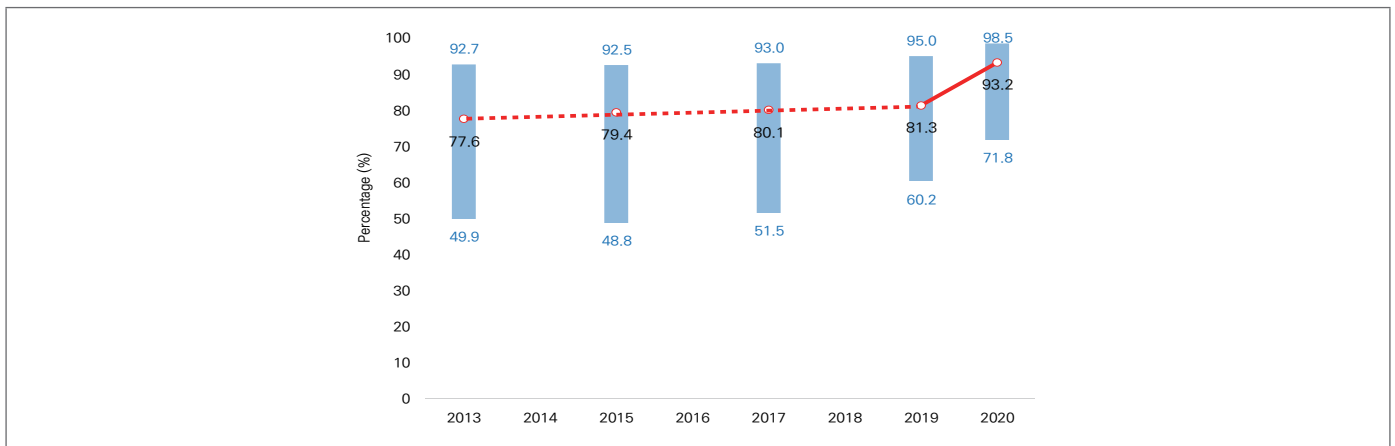


Figure 12. Trends and regional health gaps in the use of soaps or hand cleansers rate, 2013–2020

\*Red line: annual median (%) and its trend among regions/cities

†Blue bar: regional gaps by year; top of bar=maximum (%); bottom of bar=minimum (%)

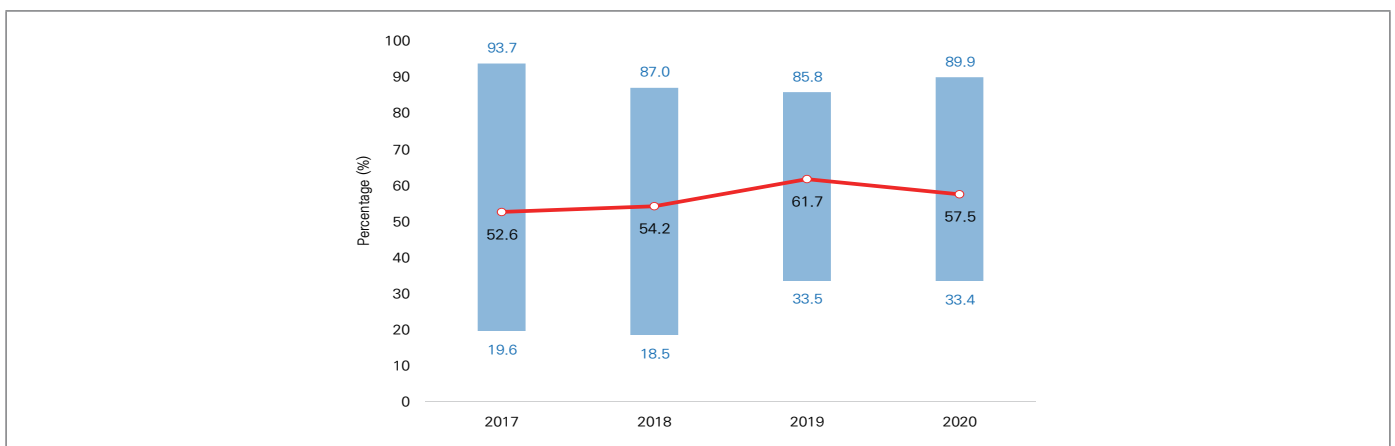
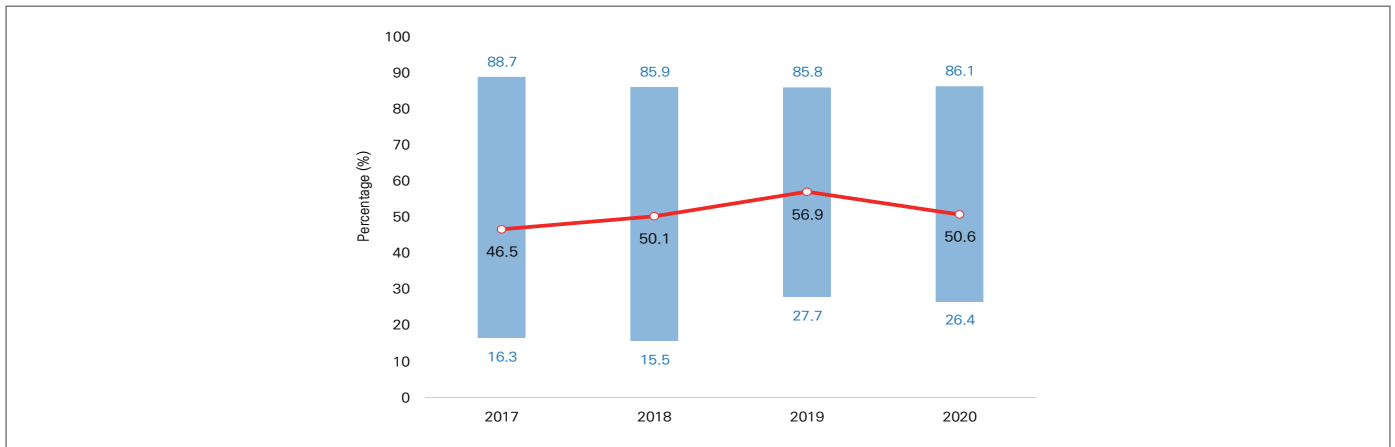


Figure 13. Trends and regional health gaps in the awareness on early symptoms of stroke rate, 2017–2020

\*Red line: annual median (%) and its trend among regions/cities

†Blue bar: regional gaps by year; top of bar=maximum (%); bottom of bar=minimum (%)



**Figure 14.** Trends and regional health gaps in the awareness of early symptoms of myocardial infarction rate, 2017–2020

\*Red line: annual median (%) and its trend among regions/cities

†Blue bar: regional gaps by year; top of bar=maximum (%); bottom of bar=minimum (%)