

만성질환 통계

음료류 섭취량 현황, 2011~2020

음료류 섭취량(만 1세 이상)은 2020년 229 g으로 지난 10년간 지속 증가 경향(그림 1). 19~29세의 음료류 섭취량은 330 g으로 다른 연령에 비해 가장 높았으며, 12~18세와 30~49세의 경우에도 200 g 이상을 섭취하고 있었음(그림 2).

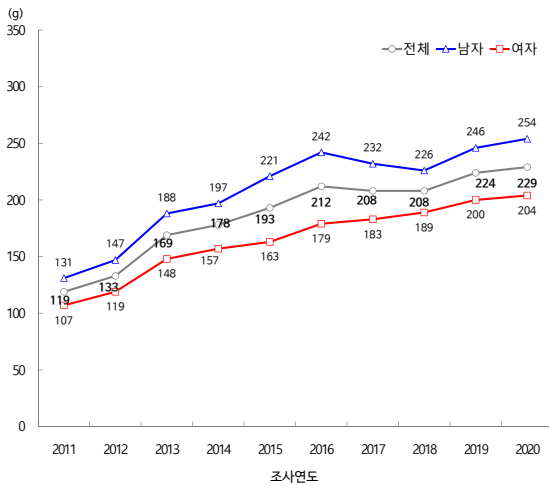


그림 1. 음료류 섭취량 추이, 2011~2020

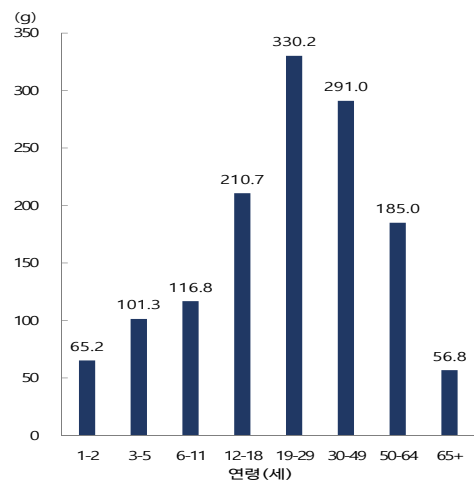


그림 2. 연령별 음료류 섭취량, 2020

* 그림 1의 연도별 섭취량은 2005년 추계인구로 연령표준화

출처: 2020 국민건강통계, <http://knhanes.kdca.go.kr/>

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Noncommunicable disease statistics

Trends in intake of beverages, 2011–2020

Beverage intake among the Korean population aged one year and over was 229 g in 2020, and it has continuously increased during the past 10 years (Figure 1). Beverage intake among adults aged 19–29 years was the highest at 330 g, and those aged 12–18 and 30–49 years also consumed 200 g or more (Figure 2).

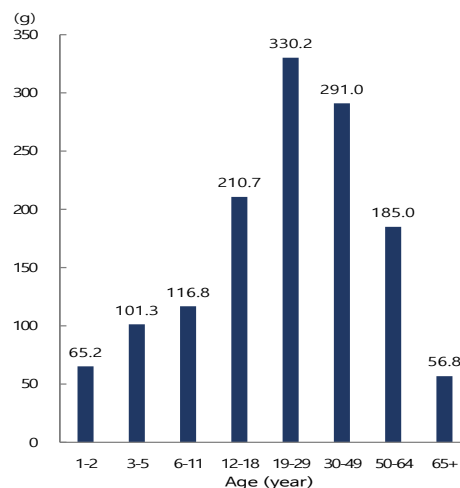
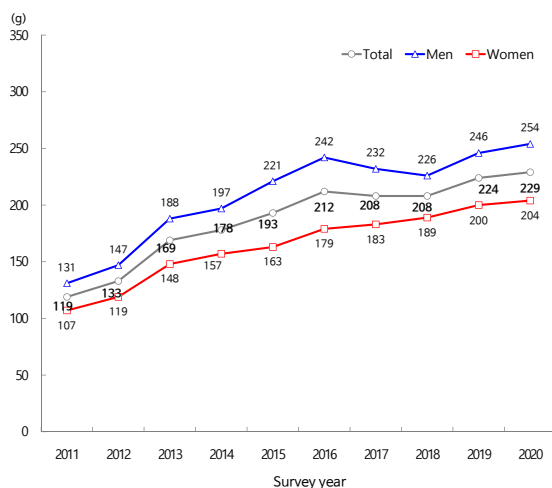


Figure 1. Trends in intake of beverages, 2011–2020

Figure 2. Beverages intake by age groups, 2020

* Beverages intake in figure 1 was calculated using age- and sex-specific structures of the estimated population in the 2005 Korea Census.

Source: Korea Health Statistics 2020, Korea National Health and Nutrition Examination Survey, <http://knhanes.kdca.go.kr/>

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