

# Report card South Korea



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### **Obesity prevalence**

#### Adults, 2019

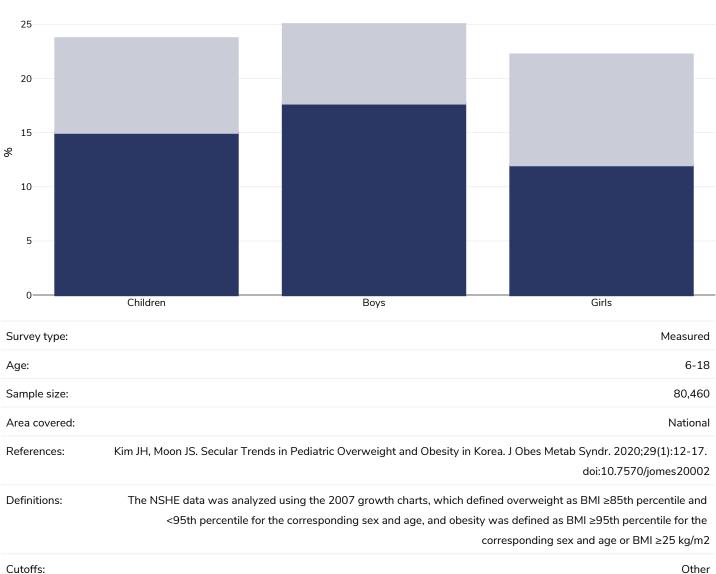
Overweight or obesity





#### Children, 2017

Obesity Overweight

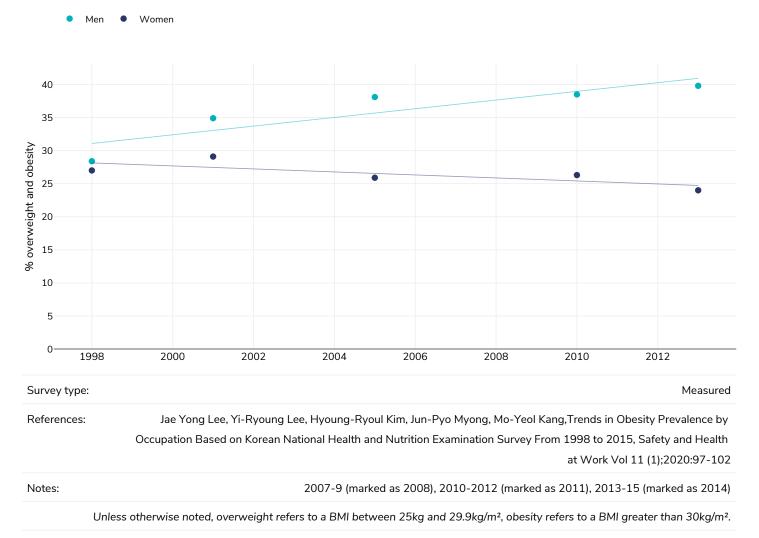


Other



# % Adults living with obesity, 2009-2019





# % Adults living with overweight or obesity, 1998-2015

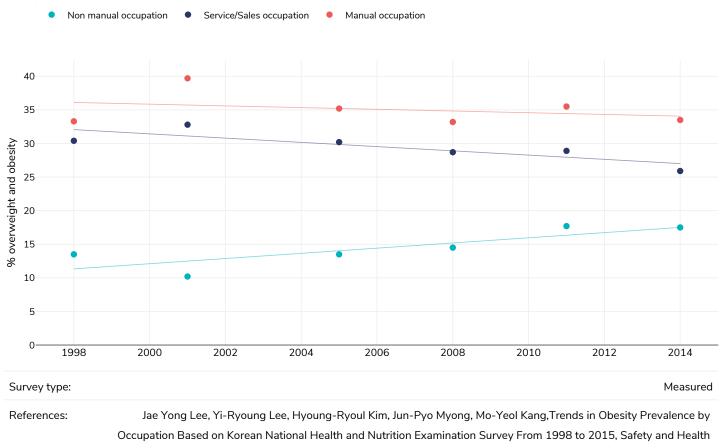
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



# % Adults living with obesity, 1998-2014

#### Women

Notes:



#### at Work Vol 11 (1);2020:97-103

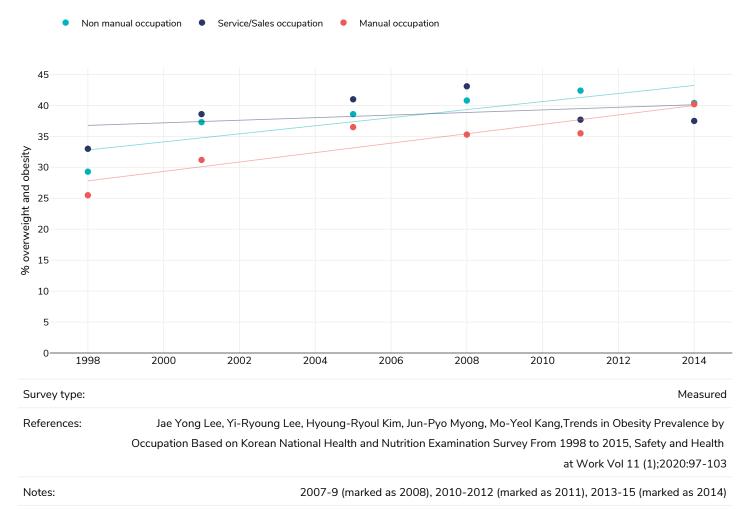
2007-9 (marked as 2008), 2010-2012 (marked as 2011), 2013-15 (marked as 2014)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



#### Men



Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

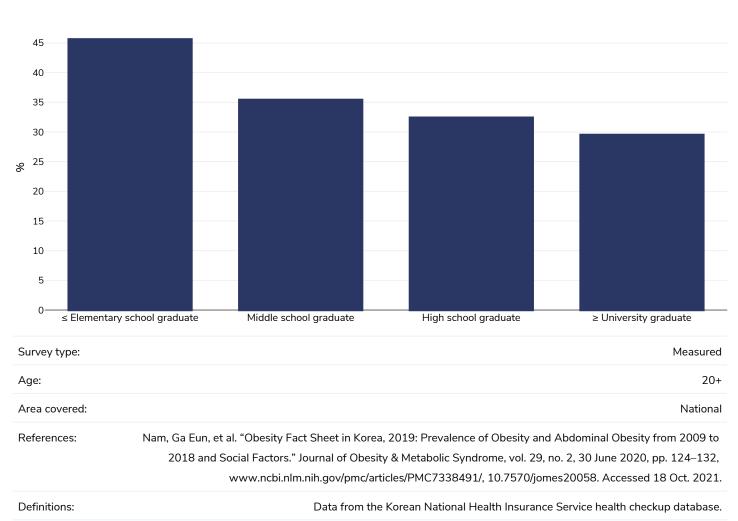
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



# Overweight/obesity by education

#### Adults, 2018

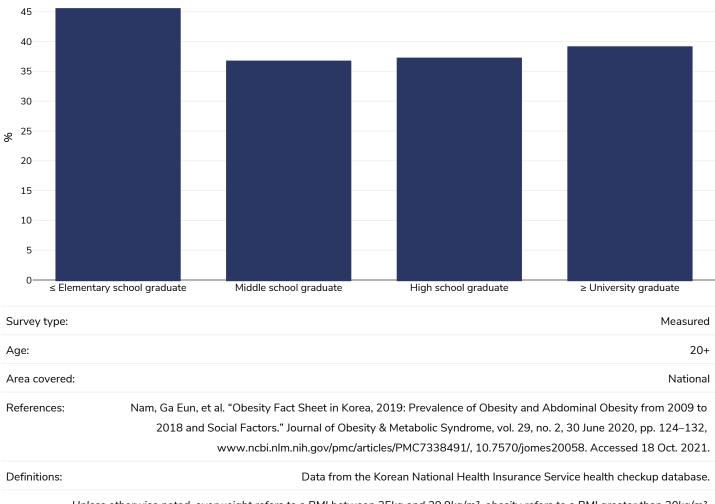
Overweight or obesity





#### Men, 2018

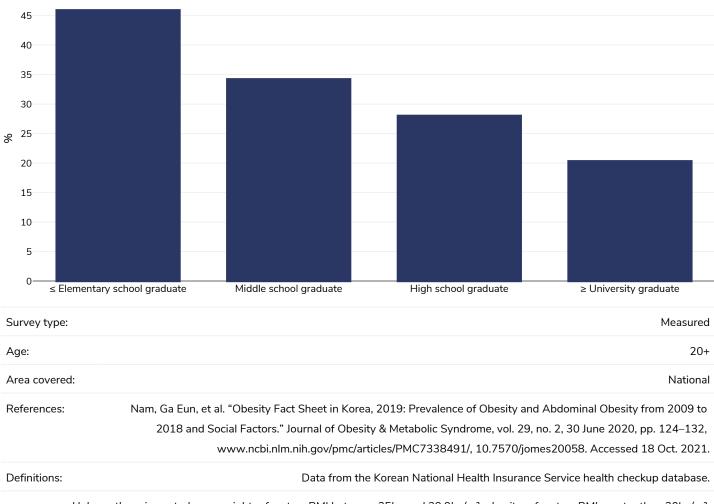
Overweight or obesity





#### Women, 2018

Overweight or obesity



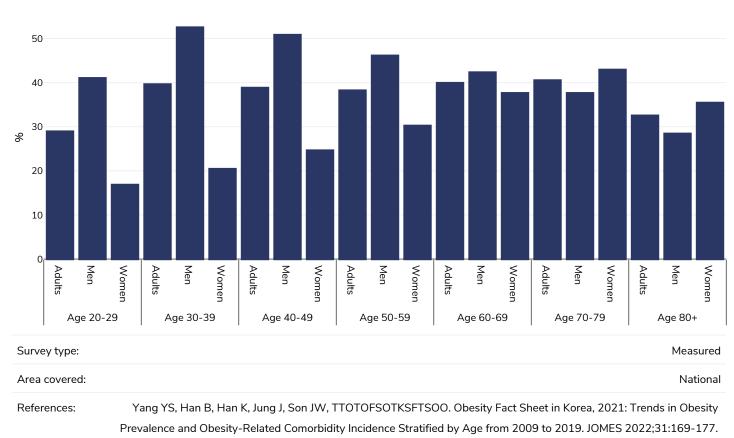


# Overweight/obesity by age

#### Adults, 2019

Cutoffs:

Overweight or obesity



https://doi.org/10.7570/jomes22024

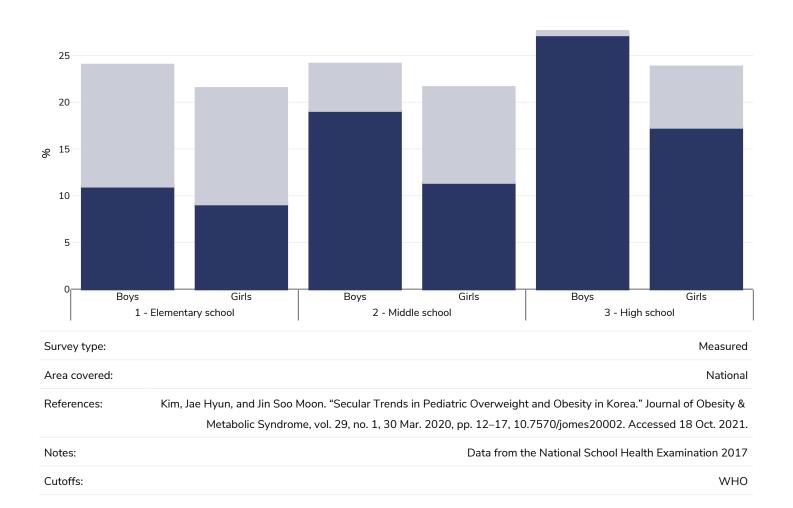
Notes: Data from the Korean National Health Insurance Service health checkup database (covers 97% of the population). The prevalence of obesity and abdominal obesity was standardized by age and sex based on the 2010 population and housing census.

WHO Asia



#### Children, 2017

Obesity Overweight

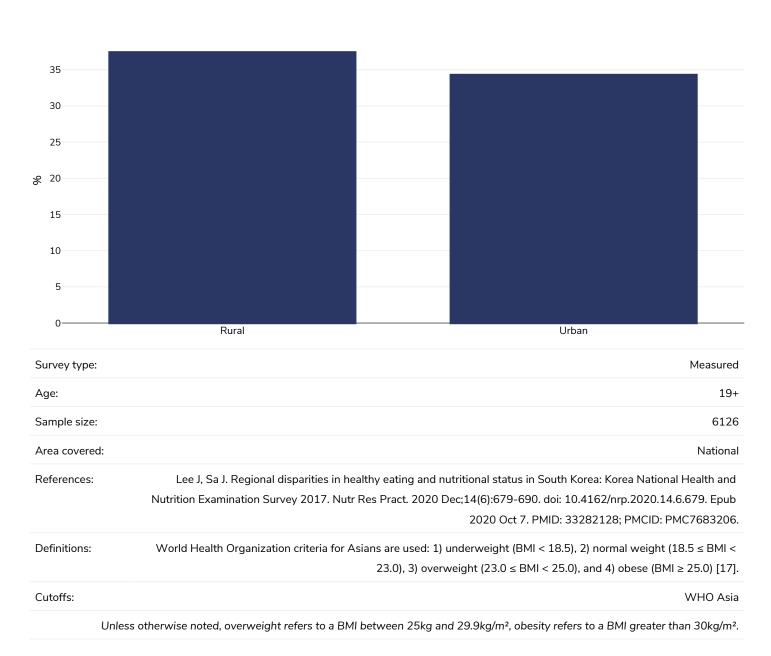




# Overweight/obesity by region

#### Adults, 2017

Overweight or obesity

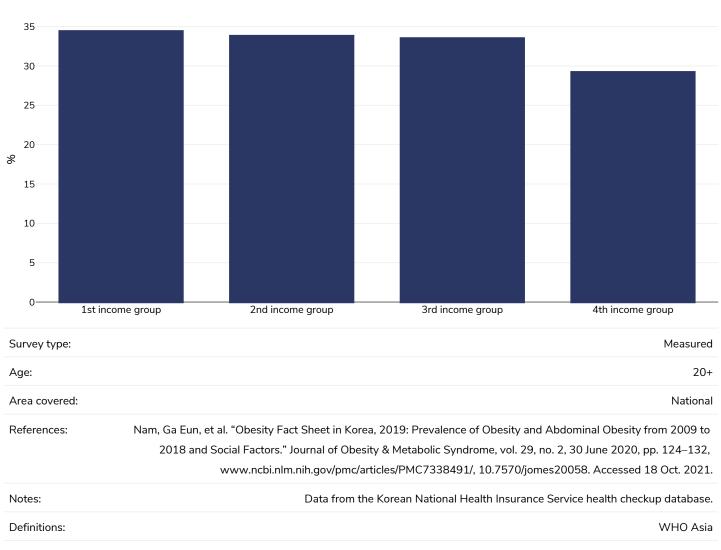




# Overweight/obesity by socio-economic group

### Adults, 2018

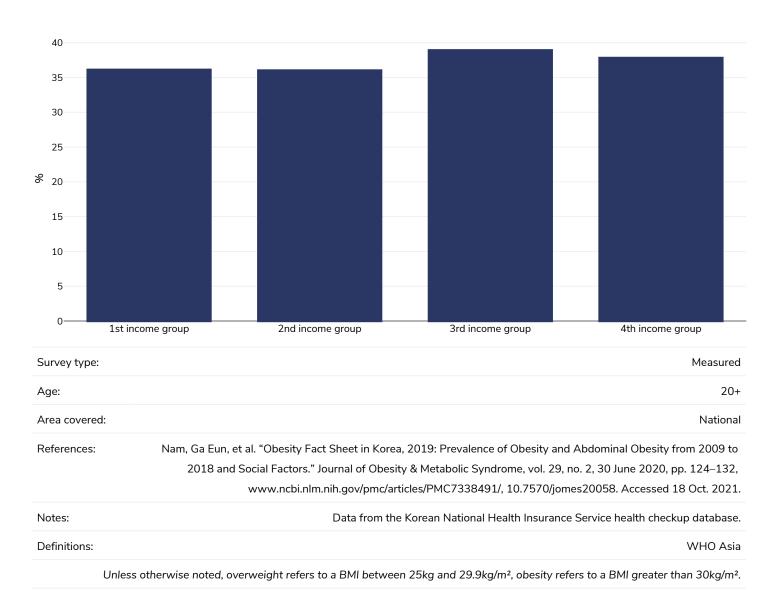
Overweight or obesity





#### Men, 2018

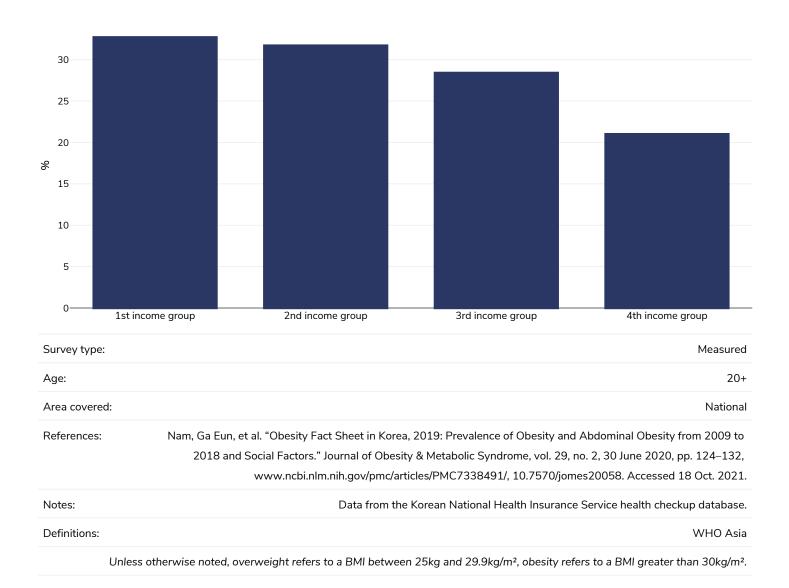
Overweight or obesity





#### Women, 2018

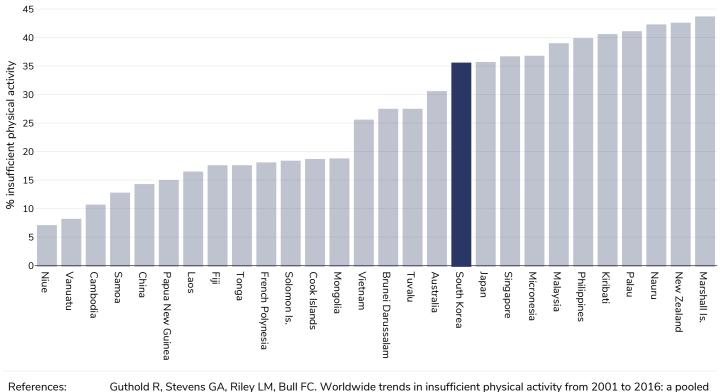
Overweight or obesity





# Insufficient physical activity

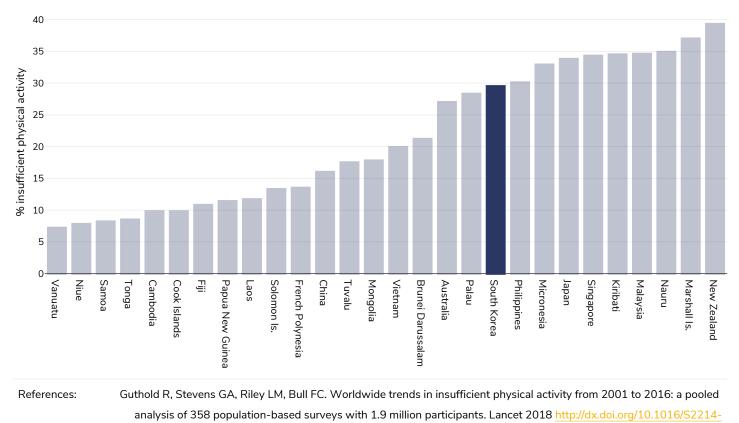
#### Adults, 2016



Sees: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 <u>http://dx.doi.org/10.1016/S2214-</u> <u>109X</u>(18)30357-7

# WORLD ØBESITY

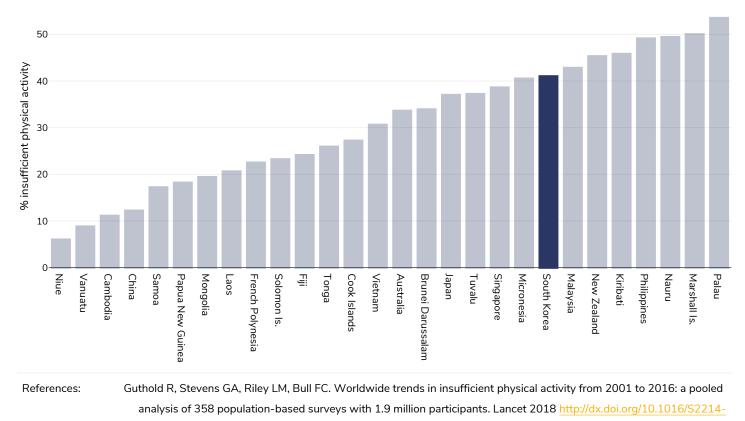
#### Men, 2016



109X(18)30357-7



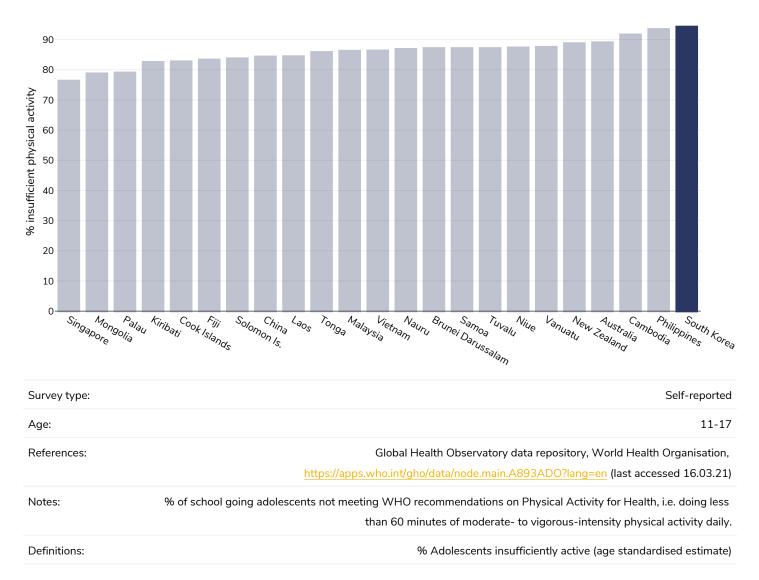
Women, 2016



109X(18)30357-7

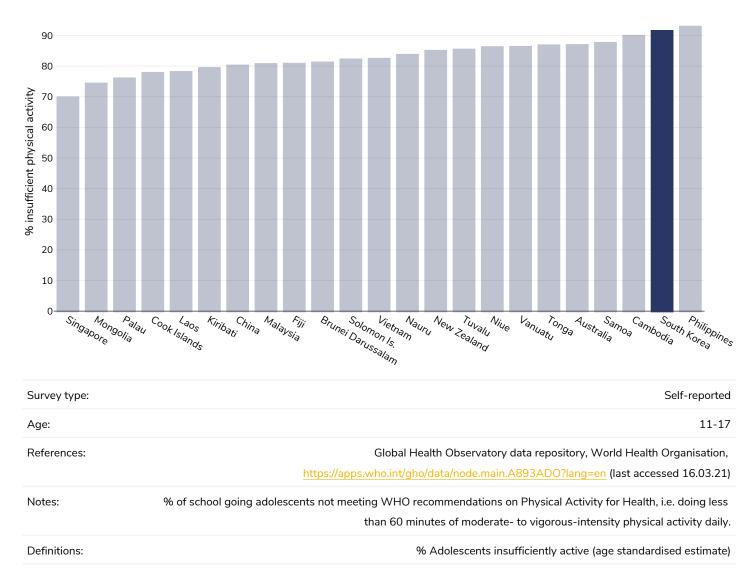


#### Children, 2016



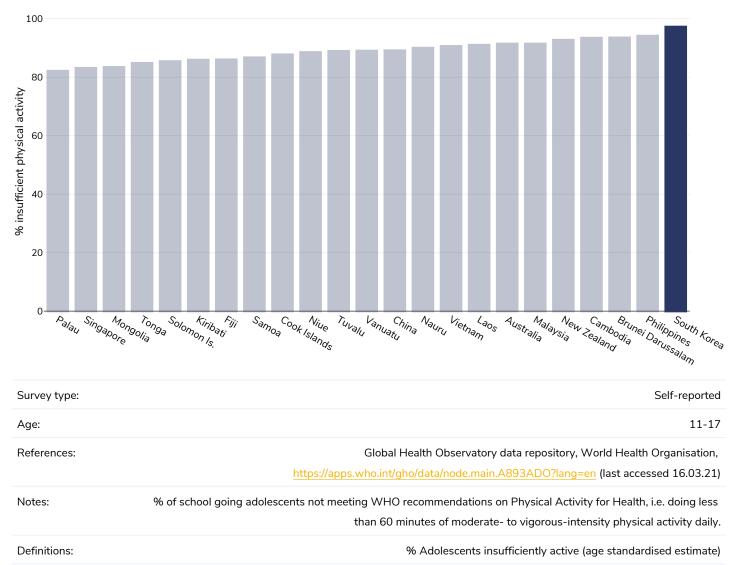


Boys, 2016





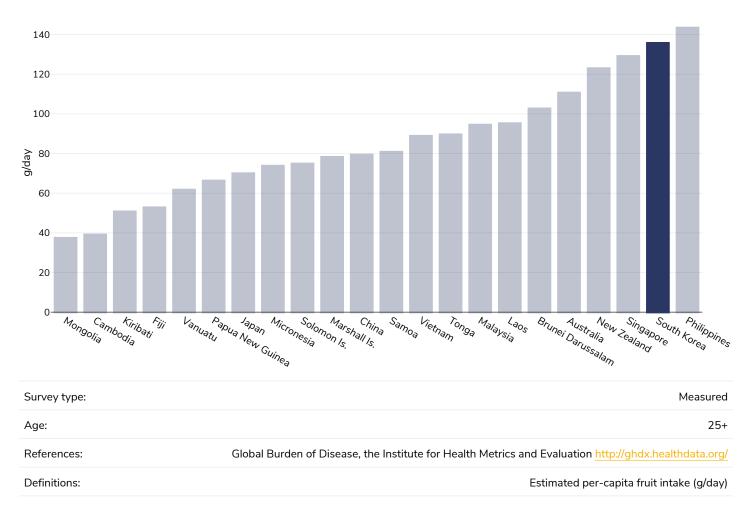
Girls, 2016





# Estimated per capita fruit intake

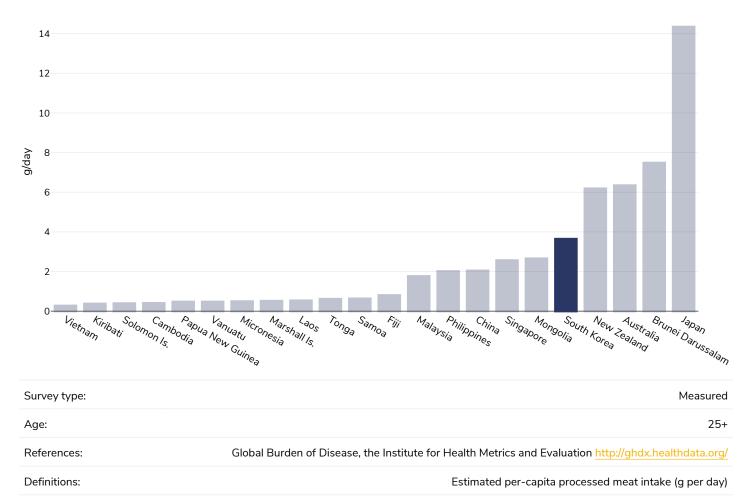
#### Adults, 2017





# Estimated per-capita processed meat intake

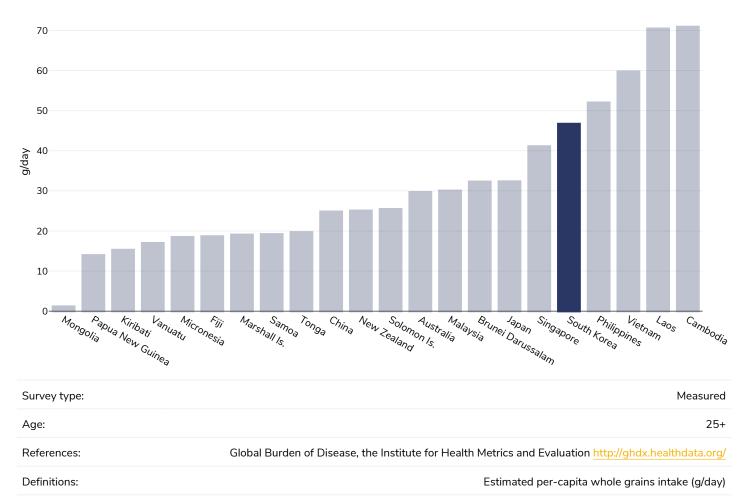
#### Adults, 2017





# Estimated per capita whole grains intake

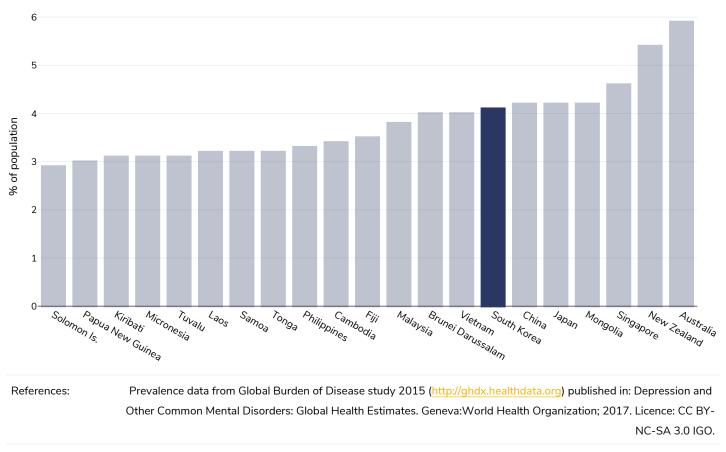
### Adults, 2017





# Mental health - depression disorders

#### Adults, 2015



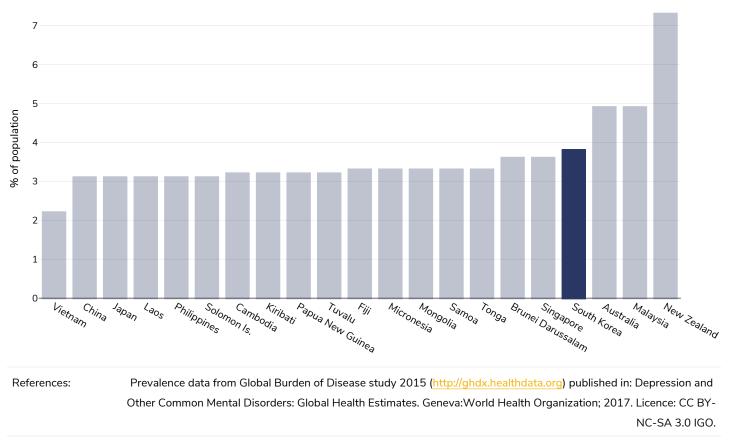
Definitions:

% of population with depression disorders



# Mental health - anxiety disorders

#### Adults, 2015



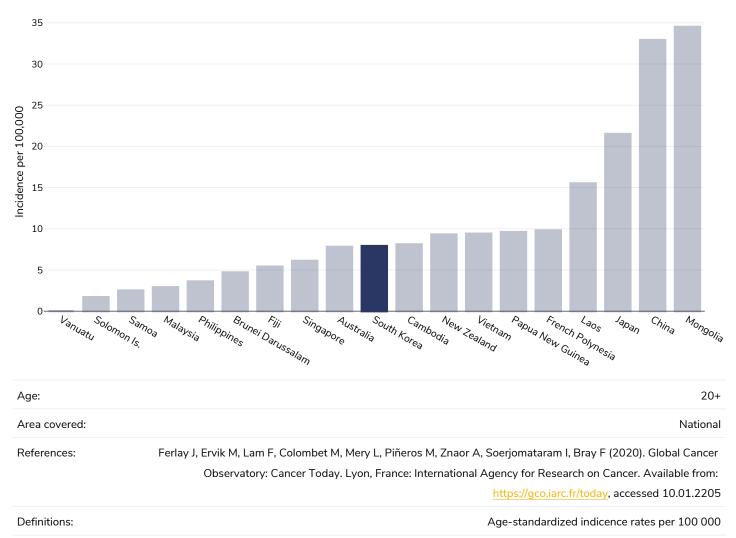
Definitions:

% of population with anxiety disorders



### **Oesophageal cancer**

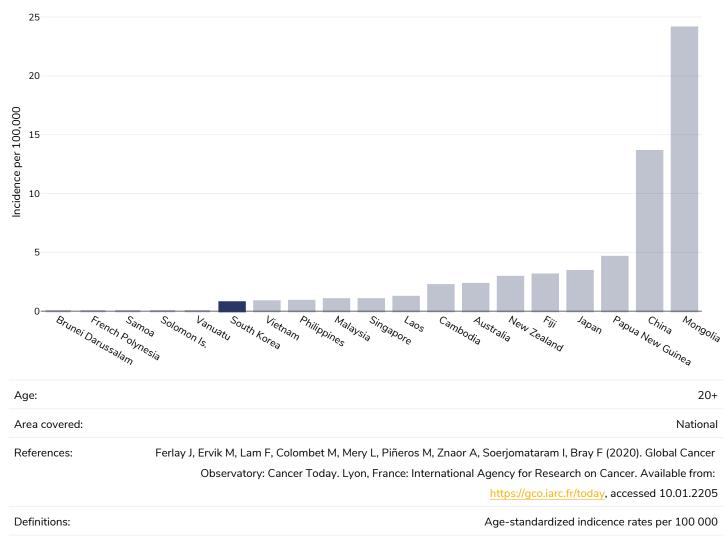
#### Men, 2020



28



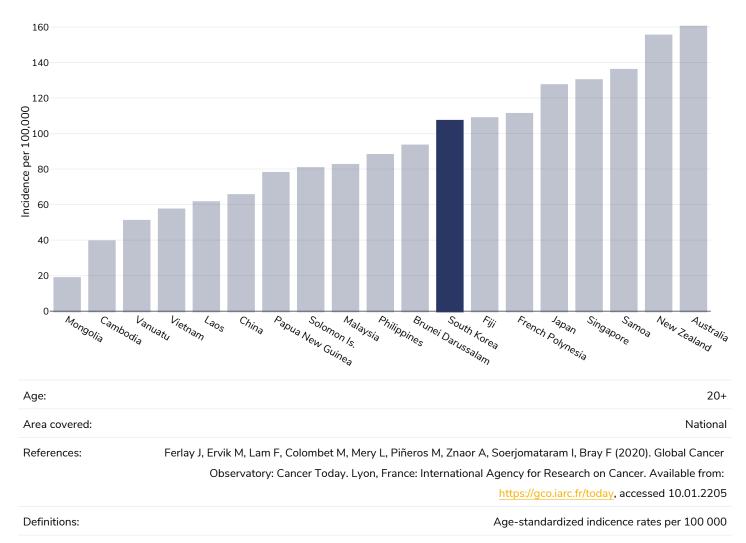
Women, 2020



# WORLD OBESITY

## **Breast cancer**

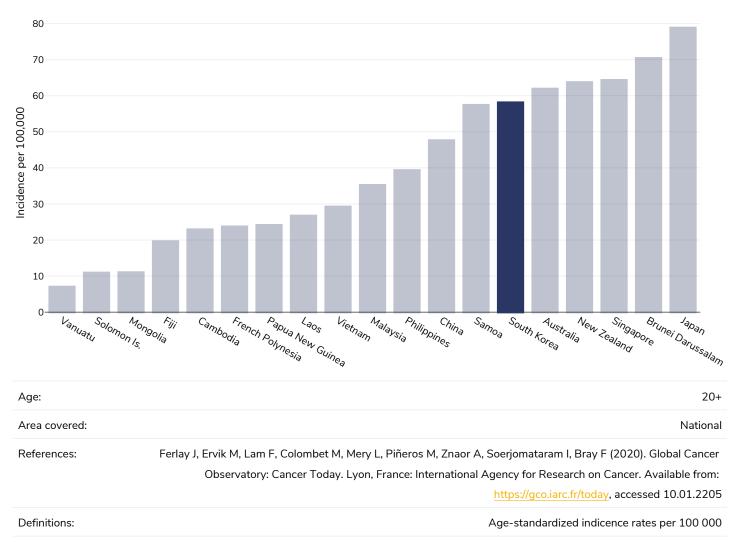
#### Women, 2020





# **Colorectal cancer**

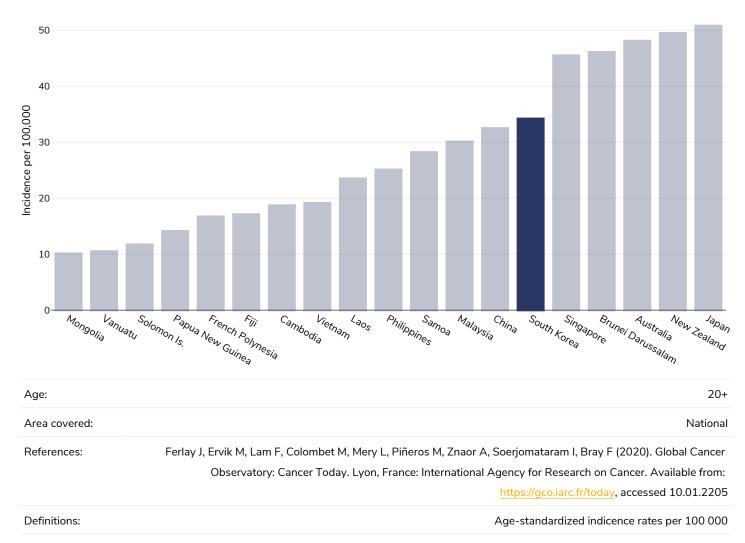
#### Men, 2020



31



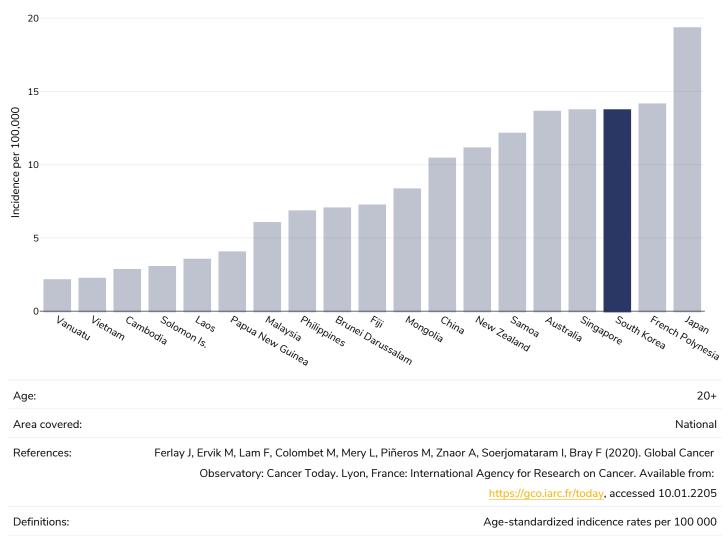
Women, 2020





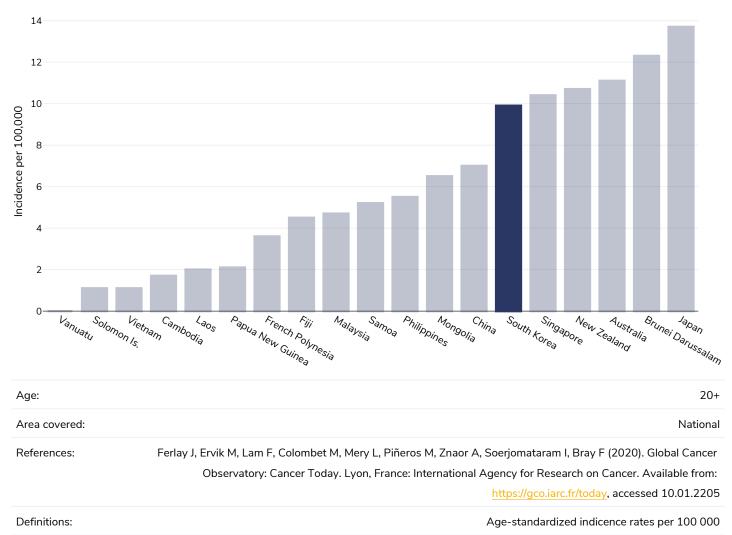
## **Pancreatic cancer**

#### Men, 2020



# 

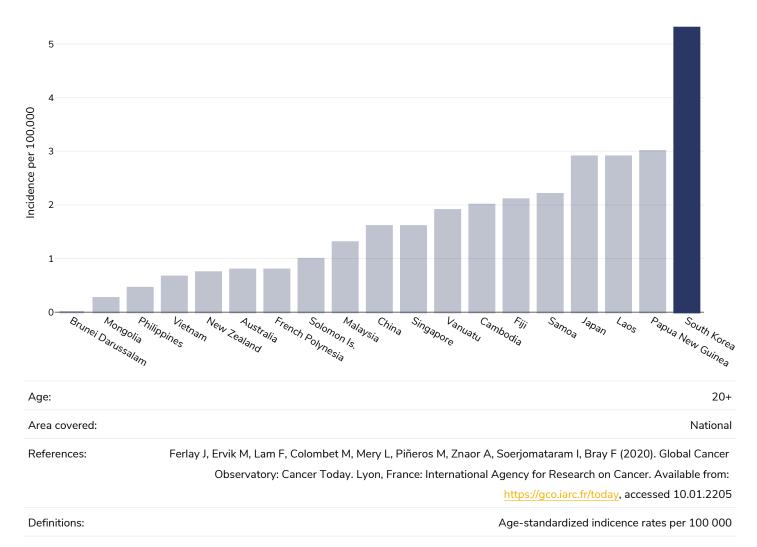
Women, 2020





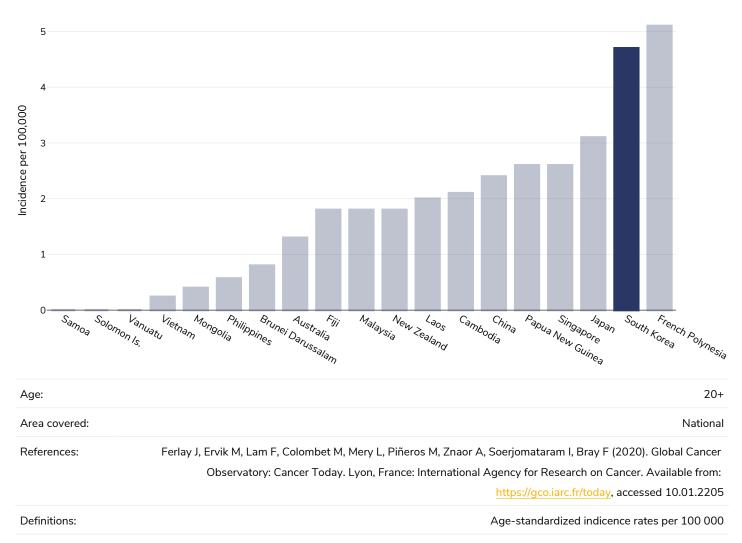
### Gallbladder cancer

#### Men, 2020



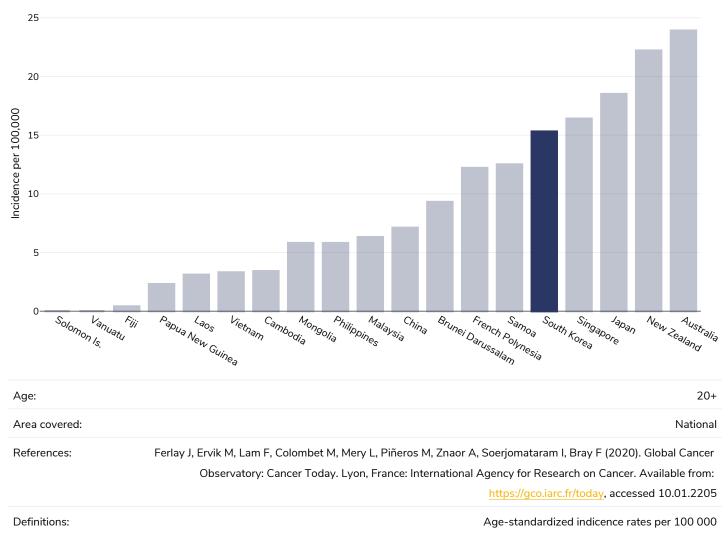


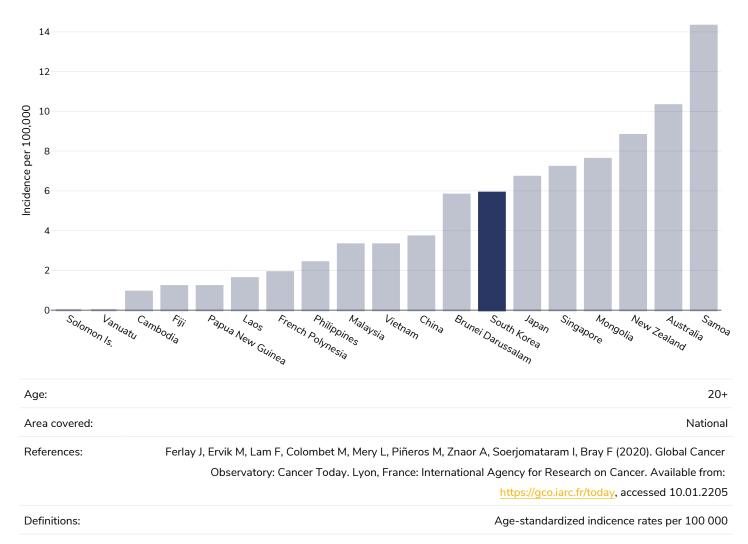
Women, 2020



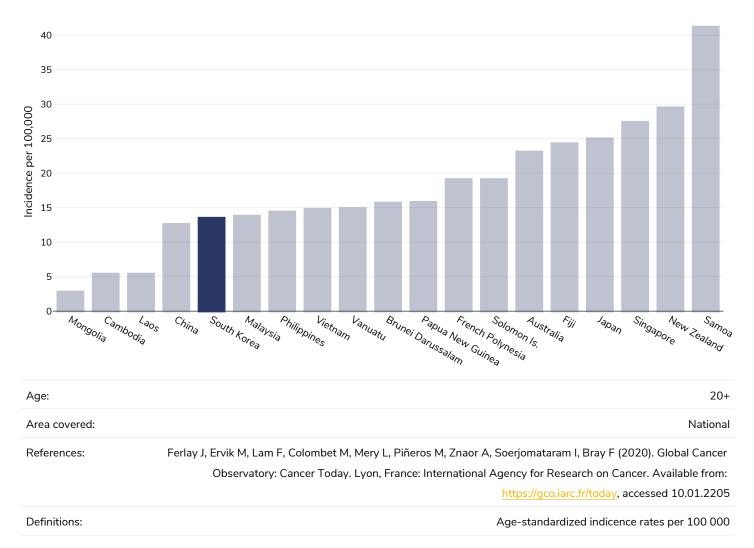
## **Kidney cancer**

#### Men, 2020





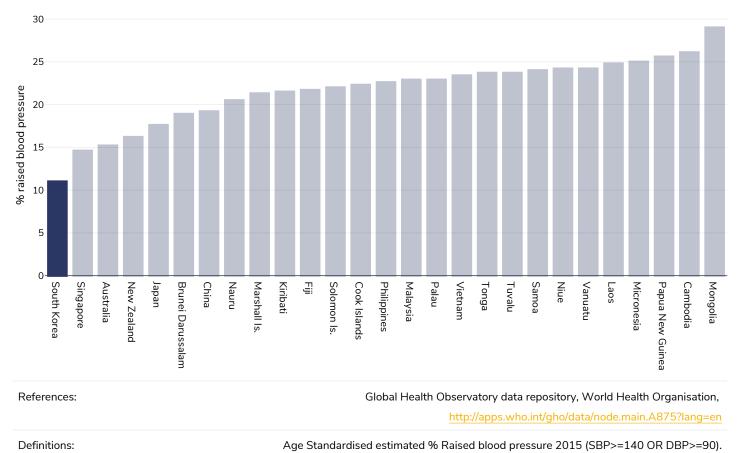
# Cancer of the uterus





# **Raised blood pressure**

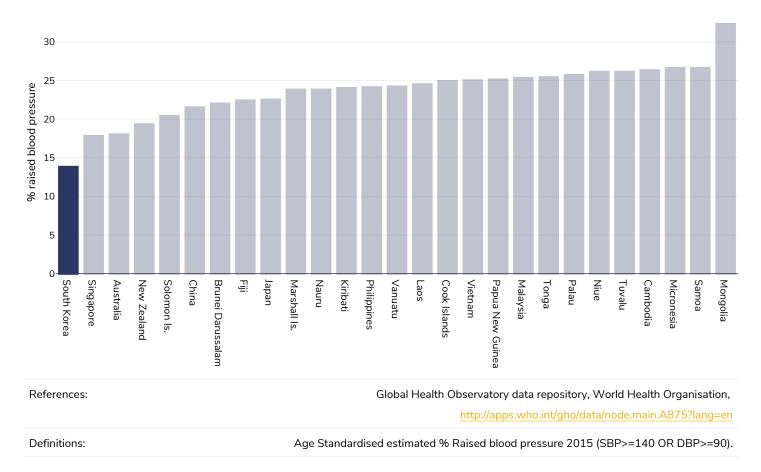
#### Adults, 2015



40

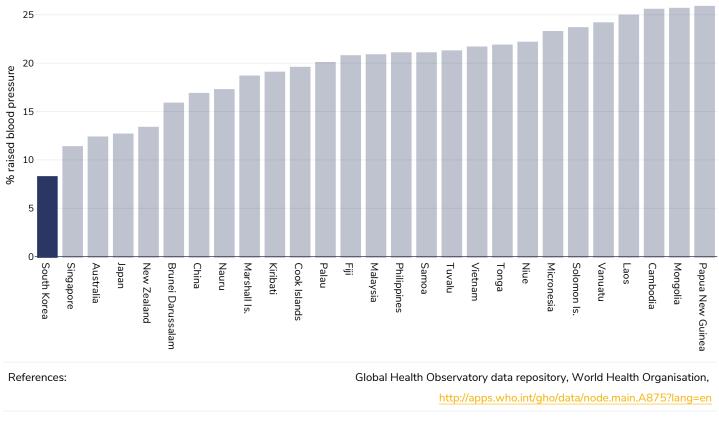


#### Men, 2015





Women, 2015



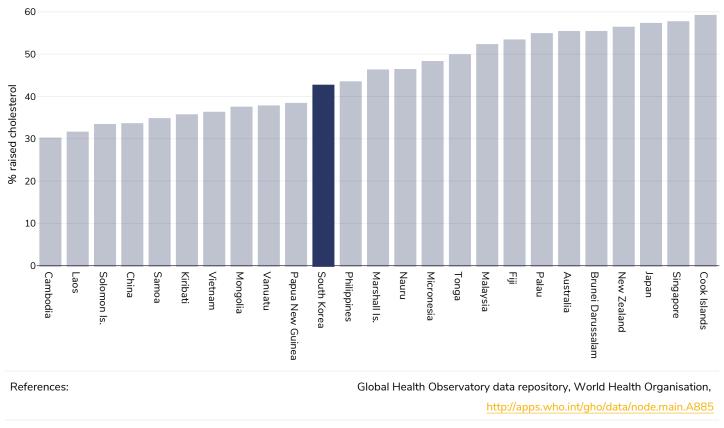
Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



## **Raised cholesterol**

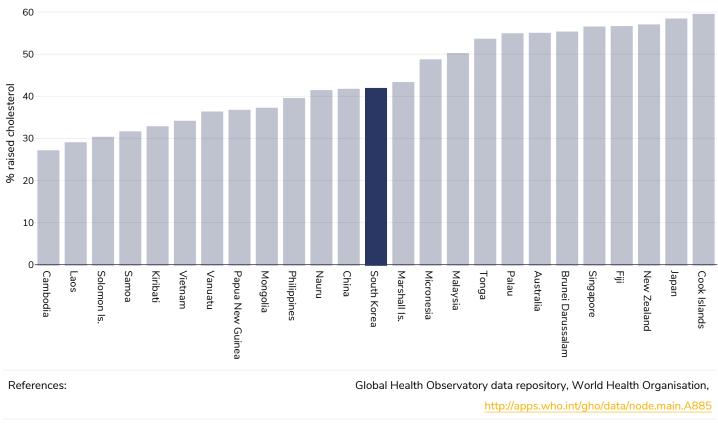
#### Adults, 2008



Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

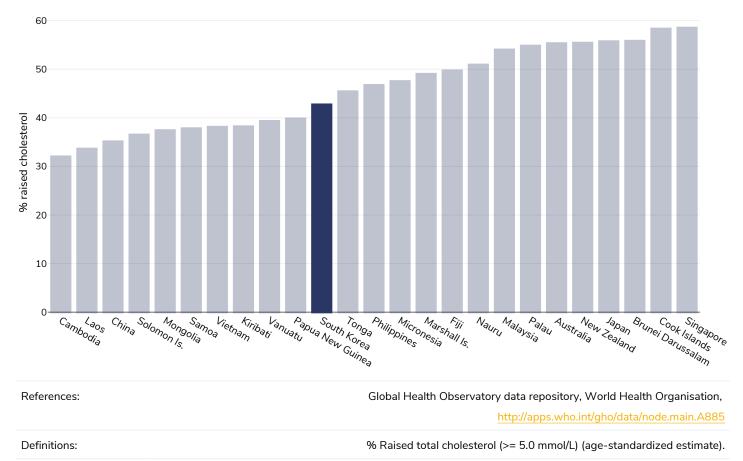
Men, 2008



Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

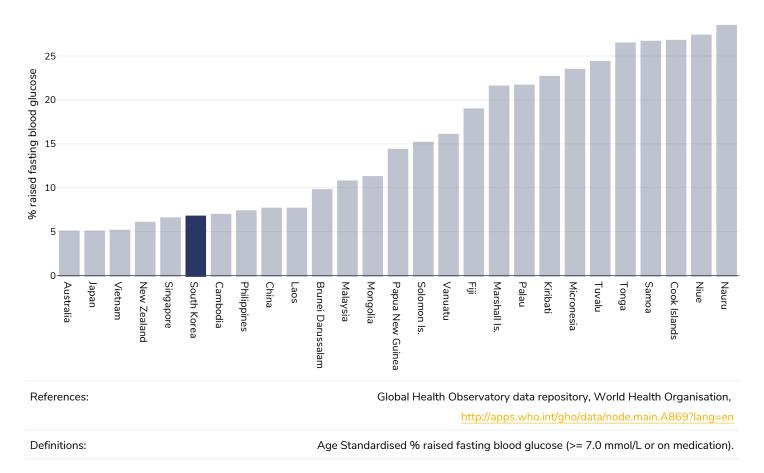


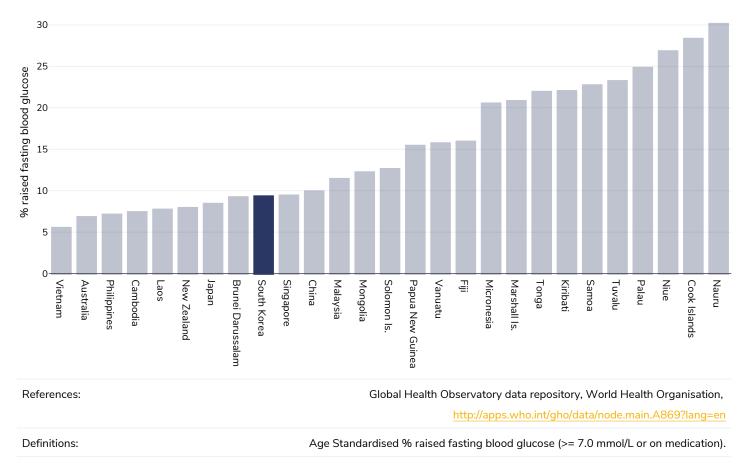




## Raised fasting blood glucose

#### Men, 2014

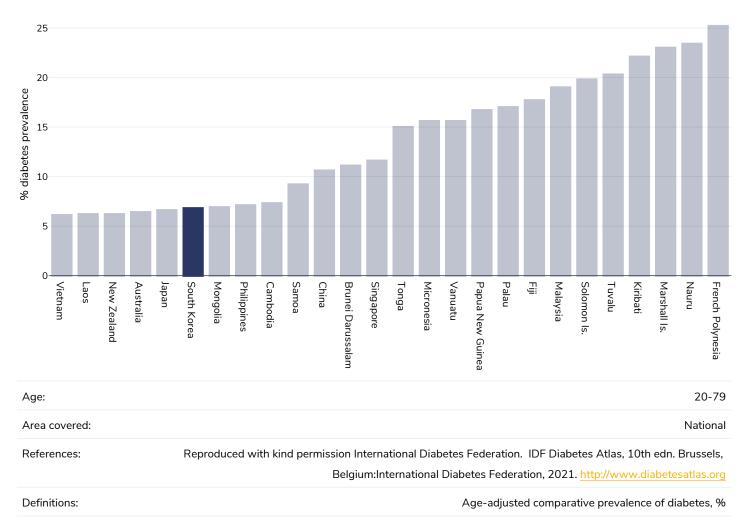






## **Diabetes prevalence**

#### Adults, 2021





## **Contextual factors**

**Disclaimer:** These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



#### Labelling

Is there mandatory nutrition labelling?	$\checkmark$
Front-of-package labelling?	<b>√</b> v
Back-of-pack nutrition declaration?	✓
Color coding?	<b>√</b> v
Warning label?	×



Regulation and marketing	
Are there fiscal policies on unhealthy products?	X
Tax on unhealthy foods?	×
Tax on unhealthy drinks?	×
Are there fiscal policies on healthy products?	X
Subsidy on fruits?	×
Subsidy on vegetables?	×
Subsidy on other healthy products?	×
Mandatory limit or ban of trans fat (all settings)?	X
Mandatory limit of trans fats in place (all settings)?	×
Ban on trans-fats or phos in place (all settings)?	×
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	<b>~</b>
Mandatory restriction on broadcast media?	~
Mandatory restriction on non-broadcast media?	~
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	<b>~</b>
Are there mandatory standards for food in schools?	$\checkmark$
Are there any mandatory nutrient limits in any manufactured food products?	X
Nutrition standards for public sector procurement?	X



# A B B Political will and support

National obesity strategy or nutrition and physical activity national strategy?	$\checkmark$
National obesity strategy?	$\checkmark$
National childhood obesity strategy?	~
Comprehensive nutrition strategy?	~
Comprehensive physical activity strategy?	~
Evidence-based dietary guidelines and/or RDAs?	$\checkmark$
National target(s) on reducing obesity?	$\checkmark$
Guidelines/policy on obesity treatment?	$\checkmark$
Promotion of breastfeeding?	$\checkmark$
Monitoring and surveillance	
Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	$\checkmark$
Within 5 years?	$\checkmark$
Governance and resource	
Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	X
Кеу	
Present V Present (voluntary) V Incoming X Absent ? Unknown	
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	2 2022

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