

<S8-3>

Korea National Health and Nutrition Examination Survey, Trends in Risk Factors of Atherosclerotic Cardiovascular Disease (ASCVD)

Kyungwon Oh
Korea CDC, Korea

Cardiovascular disease (CVD) is the leading cause of mortality worldwide including Korea, the mortality rate from CVD per 100,000 population was 118.1 deaths in 2016. We examined 10-year trends in major risk factors for CVD among Korean adults aged 30 years and over using data the Korea National Health and Nutrition Examination Survey, 2007-2016, which is a series of cross-sectional health surveys representative of the Korean civilian noninstitutionalized population. In health risk factors, the age-adjusted prevalence of smoking declined among men (P for trend < 0.001), however physical inactivity, energy intake, and fat intake showed a statistically significantly increasing trends among men and women over the past 10 years. The age-adjusted prevalence of

obesity in men increased from 37.8% in 2007 to 43.3% in 2016 and hypercholesterolemia prevalence doubled during the same period both men (from 9.3% in 2007 to 19.3% in 2016) and women (from 11.5% in 2007 to 20.2% in 2016). The age-adjusted prevalence of hypertension also increased in men (P for trend < 0.001) and diabetes prevalence increased both men (P for trend = 0.10) and women (P for trend = 0.04). The increased trends of health risk factors may have contributed to the morbidity and mortality from CVD. Continuous monitoring and effective intervention is needed to improve lifestyle including tobacco use, physical inactivity and unhealthy diet and manage risk factors of CVD high-risk groups.