

만성질환 통계

1. 청소년의 신체활동 실천율 추이, 2009~2019

◆ 우리나라 청소년의 신체활동 실천율은 2009년 10.9%에서 2019년 14.7%로 3.8%p 증가하였음. 2019년 기준 남학생은 21.5%, 여학생은 7.3%로 남학생의 신체활동 실천율이 2.9배 더 높았으며(그림 1), 고등학생(12.2%) 보다 중학생(17.5%)이 1.4배 더 높은 신체활동 실천율을 보였음(그림 2).

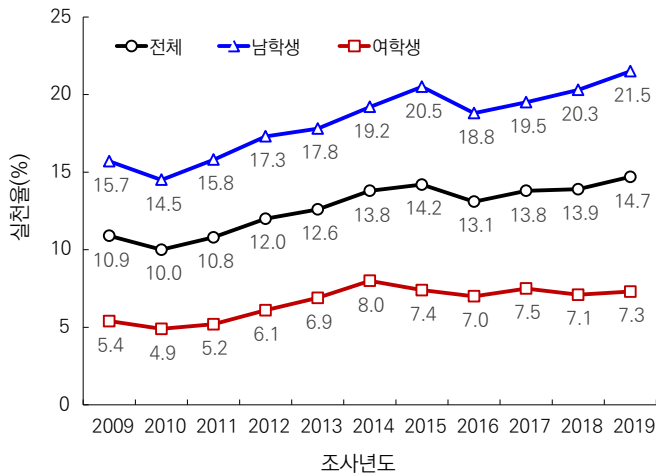


그림 1. 성별 신체활동 실천율 추이, 2009~2019

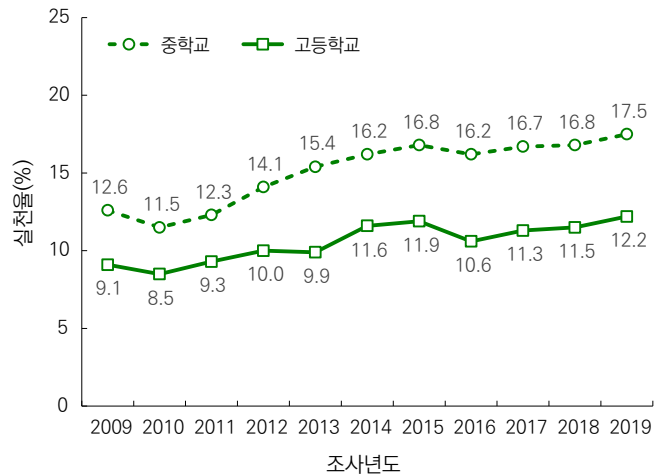


그림 2. 학교급별 신체활동 실천율 추이, 2009~2019

* 신체활동 실천율: 최근 7일 동안 운동종류 상관없이 심장박동이 평상시보다 증가하거나, 숨이 찬 정도의 신체활동을 하루에 총합이 60분 이상 한 날이 5일 이상인 사람의 비율

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2. 청소년의 근력강화운동 실천율 추이, 2007~2019

◆ 우리나라 청소년의 근력강화운동 실천율은 2007년 21.0%에서 2019년 21.9%로 0.9%p 증가하였음. 2019년 기준 남학생은 33.4%, 여학생은 9.4%로 남학생의 근력강화운동 실천율이 3.6배 더 높았음(그림 3).

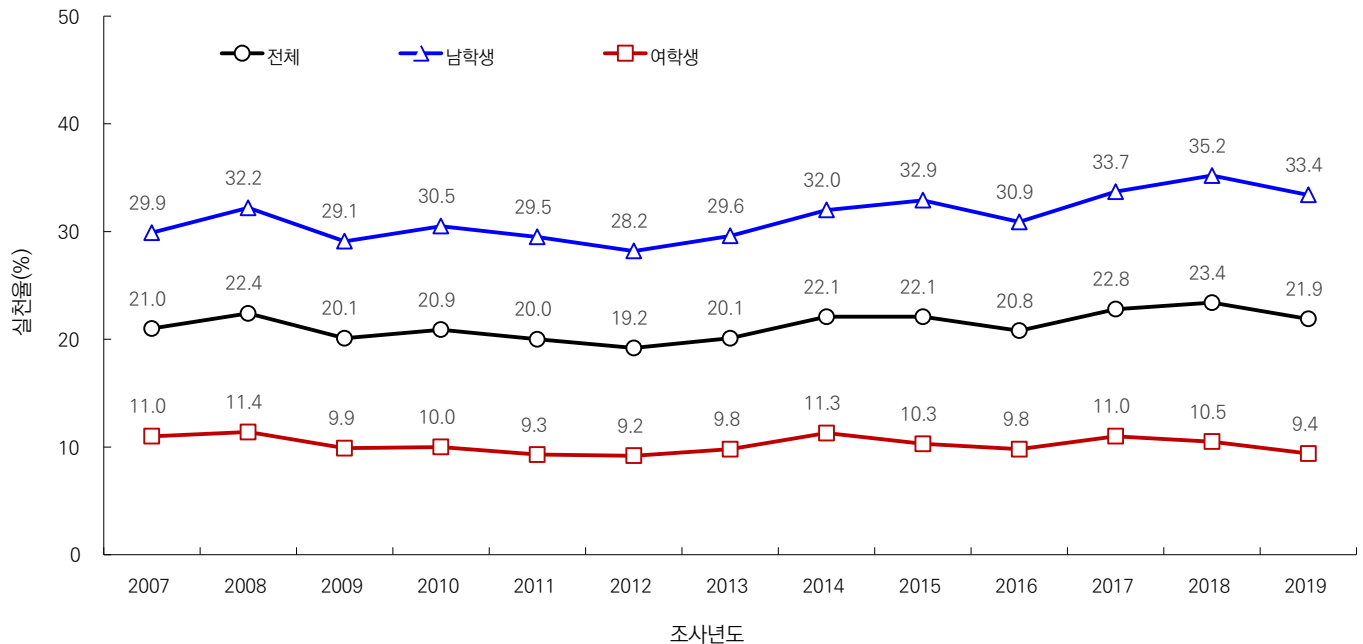


그림 3. 근력강화운동 실천율 추이, 2007~2019

* 근력강화운동 실천율: 최근 7일 동안 근력강화운동(팔굽혀펴기, 윗몸일으키기, 역기 들기, 아령, 철봉, 평행봉 등)을 3일 이상 한 사람의 비율

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출처 : 제15차(2019년) 청소년건강행태조사 통계, <http://yhs.cdc.go.kr/>

작성부서 : 질병관리본부 질병예방센터 만성질환관리과

Noncommunicable Disease (NCD) Statistics

1. Trends in proportion of Korean adolescents engaged in physical activities, 2009–2019

◆ The proportion of adolescents engaged in physical activities rose from 10.9% in 2009 to 14.7% in 2019, with the increase of 3.8 percentage point (%p). The 2019 data indicated that the proportion was 2.9 fold higher in boys (21.5%) than in girls (7.3%) (Figure 1), and was also 1.4 fold higher in middle school students (17.5%) than in high school students (12.2%) (Figure 2).

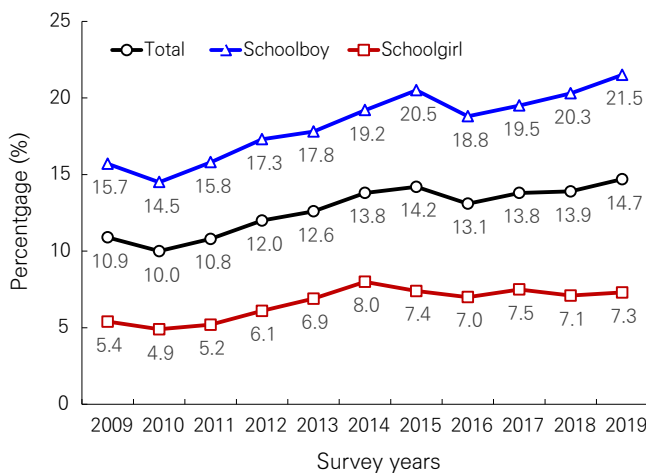


Figure 1. Trends in proportion of adolescents engaged in physical activities by gender, 2009–2019

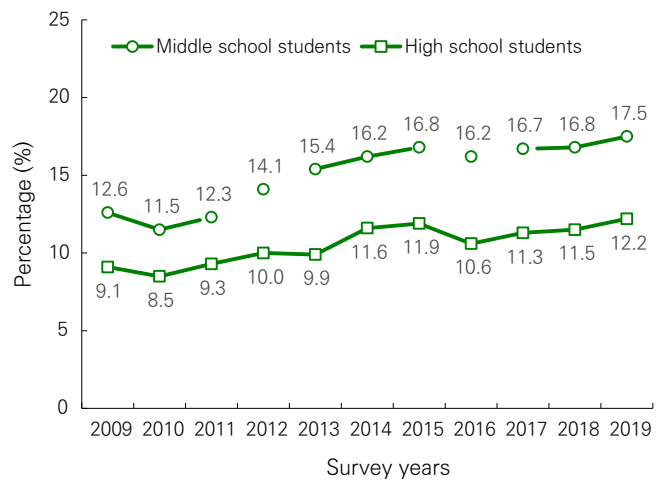


Figure 2. Trends in proportion of adolescents engaged in physical activities by school levels, 2009–2019

* Physical activities: activities that increase heart rate (above the usual rate of the individual) or that cause one to be out of breath, for 60 minutes or more in a day, for 5 days or more in recent 7 days

※ Surveyed population: middle school and high school students in Korea

2. Trends in proportion of Korean adolescents engaged in strength training, 2007–2019

◆ The proportion of Korean adolescents engaged in strength training increased by 0.9%p, from 21.0% in 2007 to 21.9% in 2019. The 2019 data indicated that the proportion was 3.5 folds higher in boys (33.4%) than girls (9.4%) (Figure 3).

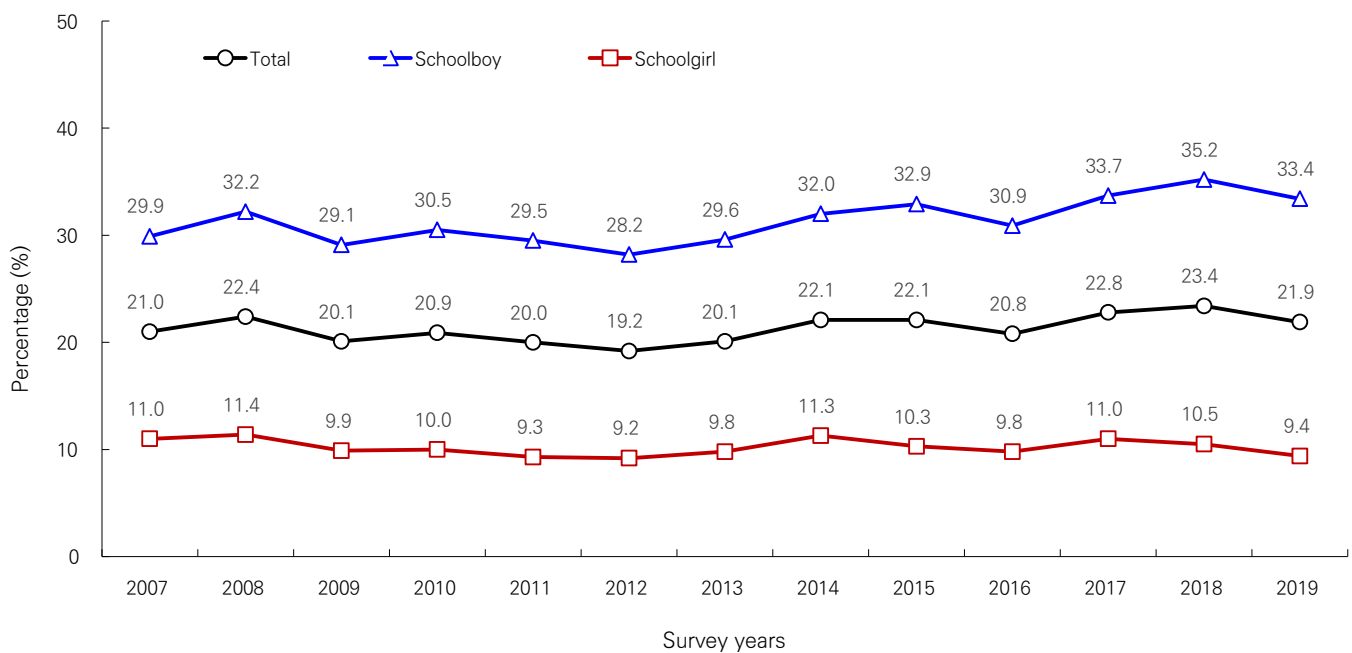


Figure 3. Trends in proportion of adolescents engaged in strength training, 2007–2019

* Engagement in strength training: strength training(push-ups, sit-ups, pull-ups, exercises with barbell, dumbbell, or parallel bars) for 3 or more days in the recent 7 days

※ Surveyed population: middle school and high school students in Korea

Source: The Korea Youth Risk Behavior Survey (KYRBS), <http://yhs.cdc.go.kr/>

*The Korea Youth Risk Behavior Survey is a national school-based survey to assess the prevalence of and monitor trends in health-risk behaviors among Korean adolescents.

Reported by: Division of Chronic Disease Control, Korea Centers for Disease Control and Prevention