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Trend of Prevalence of Chronic Kidney Disease along with Change in Pattern of Health-related Behavior and Diet in the Korean Adult Population: Korea National Health and Nutrition Examination Survey

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Background : Chronic kidney disease (CKD) is a worldwide problem with its increasing prevalence and socioeconomic burden. However, there have been limited data on the prevalence of CKD in Korean adult population based on nationwide survey.

Methods : Data from 3rd KNHANES (2005) and 4th KNHANES (2007-2008) were used. A total of 14938 participants with an age ≥20 years, with creatinine data, and with estimated glomerular filtration rate (eGFR) ≥15 ml/min/1.73m^2 were included for the analysis.

Results : In the whole population, 7.5% had the level of eGFR < 60 ml/min/1.73m^2. Proportion of proteinuria defined as dipstick ≥1+ was 2.1%. In 3rd KNHANES, proportion of eGFR <60 ml/min/1.73m^2 was 8.8%, while 6.7% in 4th KNHANES (p<0.001). The proportion of proteinuria was 2.2% in 3rd KNHANES, while 2.0% in 4th KNHANES (p=0.479). Mean age of participants in 3rd KNHANES was 47.2±15.3 years, while 49.3±16.3 years (p<0.001) in 4th KNHANES. In 3rd KNHANES, mean systolic and diastolic blood pressure were 119.3±17.9 mmHg and 77.3±10.8 mmHg, while 116.6±17.4 mmHg (p<0.001) and 75.1±10.7 mmHg (p<0.001) in 4th KNHANES, respectively. Proportion of 1 year weight gain was 28.5% in 3rd KNHANES, while 18.4% in 4th KNHANES (p<0.001). In 3rd KNHANES, 48.0% of participants walked over 60 minutes a day, while 57.5% did in 4th KNHANES (p<0.001). 14.1% of participants did strenuous exercise in 3rd KNHANES, while 15.4% did in 4th KNHANES (p=0.036). Total daily energy intake (1996.0±834.9 kcal vs. 1768.3±751.7 kcal; p<0.001), daily sodium intake (5.7±3.3 g vs. 4.6±3.0 g; p<0.001), and daily protein intake (76.7±41.3 g vs. 62.4±33.8 g; p<0.001) were decreased over the time. However, prevalence of hypertension (25.6% vs. 26.6%; p=0.200), diabetes (8.9% vs. 9.7%; p=0.101), obesity (32.6% vs. 31.9%; p=0.340), cerebrovascular accident (2.3% vs. 2.5%; p=0.405), and coronary heart disease (2.2% vs. 2.5%; p=0.273) were not different between the two surveys.

Conclusion : In Korean adult population, proportion of eGFR <60 ml/min/1.73m^2 was deceased. This might be largely due to improved pattern of health-related behavior, improved diet pattern, decreased systolic and diastolic blood pressure, and stabilized prevalence of other chronic disease.

Key Words : 만성콩팥병,건강관련행동,식이요법
Chronic kidney disease, Health-related behavior, Diet