

한국과 미얀마 성인에서의 염미도 및 염분섭취습관의 비교

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Comparison of Salt Taste Thresholds and Salt Usage Behaviors between Myanmar and Korean Adults

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Background: During volunteer medical service in Myanmar on Aug. 2013, we felt that Myanmar adult had more hypertension than Koreans. We hypothesized that Myanmar adult had higher salt taste thresholds and eat much saltier food. This cross-sectional, comparative study was performed to compare salt taste thresholds and salt usage behavior scores between Myanmar and Korean adults.

Method: We measured salt taste thresholds (detection threshold, recognition threshold and salt preference), salt usage behaviors and spot urine sodium concentration (UNa) at Ansung in Korea and Hlegu and Bago in Myanmar on Aug. 2014.

Results: Prevalence of hypertension was significantly higher in Myanmar (47%, 30/64) than that in Korea (28%, 19/67, $p<0.05$). Percentage of adults with hypertension who takes antihypertensive drugs was significantly lower in Myanmar (33%, 10/30) than that in Korea (68%, 13/19, $p<0.05$). Both systolic and diastolic blood pressure were higher in Myanmar adults than those of Korean. Smoking status and percentage of diabetes and were not different between Myanmar and Korean adults. All parameters related to salt intake such as detection threshold, recognition threshold, salt preference, salt usage behavior score and spot UNa concentration of Myanmar adults were significantly higher than those of Korean. Among 4 items of salt usage behavior score, "Add salt or soy sauce to cooked dishes" and "Add salt on food before tasting" were higher in Myanmar adults than those in Korean adults. "Typical salt content of food eaten" and "Salt usage on thick broth or soup" were not different between the two groups. Salt preference, salt usage behavior score and detection threshold significantly correlated with spot UNa. Age and recognition threshold did not correlate with spot UNa. Multiple regression analysis showed that salt preference and salt usage behavior score independently correlated with spot UNa, but not detection threshold.

Conclusion: Higher salt taste thresholds and salt intake in Myanmar adults might affect higher prevalence of hypertension in Myanmar.

Key Words: 고혈압, 염미도, 염분섭취습관

Hypertension, Salt taste thresholds, Salt usage behavior