|  |
| --- |
| **Title of Research Presentation**Effect of eating speed and sedentary life on obesity in residents of Gangwon Province, Korea |
| **Research background / Objective**According to the Korean Community Health Survey, the median obesity rate has increased every year. Many studies have been conducted on physical activity and obesity, but reports from Korea that have considered sitting time and eating habits are rare.This study aimed to investigate the relationship between obesity and eating speed and sedentary life to gather basic research data for preventing of obesity among residents of Korea. **Methods** We used Community Health Survey data for Gangwon Province (2017). A total 7,311 men and 8,522 women were included in the study. Descriptive statistics and a chi-square test were used to investigate the association of obesity with lifestyle and eating habits. Multiple logistic regression analysis was performed to simultaneously analyze their associations with other factors. Data were analyzed using IBM SPSS Ver. 24.0 (IBM Corp., Armonk, NY, USA) and SAS Ver. 9.4 (SAS Institute, Cary, NC, USA).**Results**Analysis showed eating speed was a significant factor among male respondents. High obesity rates were observed among male participants who finished a meal within 20 minutes compared with those who took at least 21 minutes to finish a meal (OR=1.21, p<0.01). For women, time spent sitting on weekdays, regular eating pattern, and eating time were statistically significant. Female participants who spent at least 2 hours sitting on weekdays (OR=1.23, p<0.05), those who had regular eating patterns (OR=1.16, p<0.05), and those who took 20 minutes or less to finish a meal (OR=1.18, p<0.01) had higher obesity rates than those who spent less than 2 hours sitting on weekdays, did not eat regularly, or took at least 21 minutes to finish a meal.**Discussion** In this study, we analyzed the association of obesity with sedentary life and eating speed. For both men and women, eating time of 20 minutes or less was found to a major factor affecting obesity. Irregular eating habits and sedentary lifestyle with at least 2 hours spent sitting on weekdays were identified as major factors affecting obesity among women. To increase the effect of community-based obesity prevention and management programs based on the results of this study, behavioral intervention strategies that can help people to modify eating habits and sitting time must be included. It has recently been claimed that sedentary behaviors and low physical activity must be considered two separate concepts.  |