

**#0040**

**Association of eating-out rate with metabolic syndrome in Korean adults: from the Korean National Health and Nutrition Examination Survey 2016**

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**Abstract**

**Background:** In South Korea, the frequency of eating-out is increased. Although previous studies investigated the association between metabolic syndrome and eating-out, there were heterogeneous results.

**Objective:** To investigate the association of eating-out rate with metabolic syndrome after adjusting for confounding factors including daily meal intake and BMI.

**Methods:** We analyzed the national survey data of total 8150 adults from the Korean National Health and Nutrition Examination Survey (KNHANES) 2016. The statistical analyses were performed using IBM SPSS, version 25. Multiple logistic regression analysis was done after adjusting for sex, age, income, education, occupation, marital status, living status, smoking, alcohol drinking and BMI.

**Results:** The average daily meal intake was 2.39 times per day. 11.8% of participants responded eating-out more than 2 times per day. Among those with a daily eating-out rate of 1 times a day (sometimes) relative to those who reported 1 or fewer times per day (rarely) were 1.113 times more likely to have metabolic syndrome. (OR 1.113, 95% CI : 0.817-1.1518) Otherwise, those with a daily eating-out rate of more than 2 times a day (usually) relative to those who reported 1 or fewer times per day (rarely) were 1.008 times more likely to have metabolic syndrome. (OR 1.008, 95% CI : 0.660-1.540)

**Conclusion:** Eating-out frequency was not associated with a risk of metabolic syndrome after adjusting for confounding factors.