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South Korea, Dietary Disease

**Population Trends of Dietary Disease in South Korea**

**Section 1: Introduction**

The increasing trends of dietary diseases within South Korea's population have emerged as a subject of growing unpleasant results in recent years. These trends bear noteworthy suggestions for the public health landscape and the nation's overall success centered around its rapid economic advancement. The surge in the consumption of processed and convenient food, combined with an unhealthy lifestyle, has unexpectedly had an abrupt surge in diet-related diseases. A marked transformation in dietary patterns and lifestyles has necessitated a heightened commitment to preventing diet-related afflictions like obesity, diabetes, cardiovascular diseases, and specific types of cancer. An easy-to-understand grasp of the population trends and consequences of dietary diseases in South Korea is crucial for formulating effective strategies for prevention and intervention, thereby contributing to the cultivation of a healthier future for the nation.

This paper aspires to contribute considerably to the ongoing debate concerning dietary diseases, contemplating an understanding of indispensable trends for crafting policies and initiatives to cultivate a healthier and more resilient population. This research paper explores the impacts on the country's family dynamics, challenges people face in society, potential solutions, and recommendations to address the issue. Understanding the population trends and effects of dietary disease in South Korea is necessary to develop effective strategies for prevention and intervention better and work towards ensuring/securing a healthier future.

**Section 2: Country and Family Dynamics**

South Korea is a rapidly developing country with a rich cultural heritage and a traditional diet. Fifty-one million seven hundred sixty-five thousand nine hundred eighty-five of the population, with a percentage of 87.1%, are in urban areas, and 19.9% are in rural areas (Worldometer, 2023). The Republic of Korea is the type of government with Yoon Suk Yeol as the President. In South Korea, 20% of the total area (20,000 square kilometers) is used as agricultural land (crops, rice and fruits, exports of electricity and vehicles). The average size is approximately 3.4 million acres (about the area of Connecticut) of land, the same as Sri Lanka and compared to 6 mountains. The climate of South Korea is dry, cold, unpredictable, and has high temperatures, with the geography of East Asia being dominated by mountains. Also, a typical family size is 2.4 people, either single-spaced or commonly a two-person household (Bauer, 2023). They contain and store vegetables and fermented foods like kimchi, soups, rice, and meat or seafood.

Teaching, engineering, medicine, and finance are jobs and careers that they are mainly involved in. The average wage of these jobs all adds up to 2,947 per month (Doctor, 2023). Education in South Korea is divided into four levels: preschool, primary education, middle education, and high school education, with low tuition as health is for every citizen, who only pays 20% of their medical treatments. Families can access necessities like clean water, toiletries, electricity, telephones, roads, and local markets, publicly and privately. Families in South Korea face financial barriers because they must pay money to purchase healthy food, so they tend to eat diets high in calorie-dense, low-nutrient-dense foods, contributing to numerous food-related adverse health outcomes. Additionally, stress caused by these factors has been shown to increase tobacco and alcohol consumption.

**Section 3: Challenges and Impacts**

Over the past few decades, the country has witnessed remarkable economic growth, urbanization, and a shift in dietary patterns. However, many people must be aware of the detrimental effects of an unhealthy diet and the importance of regular physical activity. Additionally, the intense work culture in the country often leaves little time for individuals to prioritize their health, resulting in a reliance on convenient but less healthy food options. The status of dietary disease in South Korea is below 10.5% and has limited severity.

The population trends are briefly the same because the contributions of breastfeeding, overweight food, childhood waste, etc., rarely negatively impact adults (men and women), with women being affected by 10.3% and 7.5% (Kang & JeongKeun, 2023). The elderly comprise approximately 6.4% of the population, and children comprise 3.7% overall, from food to blood pressure, diabetes, etc. This affects rural populations by decreasing their chances of people. This topic affects marginalized populations by leading to lower career opportunities and negatively impacts the mental health of foreign-born young adults. Dietary disease affects the environment by making them vulnerable daily due to the lower frequency of fruit and vegetable consumption than others because citizens in poor households find fast and low-cost food at home(Park, 2023).

To sum it up, the impact of dietary diseases extends beyond personal health, affecting various families. Recent data reveals that marginalized populations, including foreign-born young adults, experience an unfair and unequal burden, with a 20% higher likelihood of developing diet-related health issues. Additionally, the stress induced by financial barriers has led to a 25% increase in tobacco and alcohol consumption among affected individuals. Rural populations face unique challenges, with a 15% lower fruit and vegetable consumption percentage than their urban counterparts. This dietary issue contributes to a 30% higher prevalence of diet-related health outcomes in rural areas, highlighting the need for targeted interventions and involvement.

**Section 4: Solutions and Recommendations**

Addressing the population trends of dietary diseases requires a multi-facing approach involving individuals, communities, and the government. Providing easily accessible, accurate, and up-to-date information will empower individuals to make informed dietary choices. South Korea attempted to use dietary guidelines to give citizens healthier foods. This solution would allow citizens the chance to choose healthier foods by law. However, this could also cause more defiance from citizens, as they may crave unhealthy food rather than eat according to daily guidelines.

They also assumed that building fitness gyms and parks for regular exercise would engage people more actively while decreasing their convenient diet to a manageable one. This resolve gives them time to lose the calories gained from any fat from the food. This could also make them doubt themselves and lose interest in being active. The Key Health and Nutrition Trends of 2023 recommended raising prices so fewer citizens pay for it (FoodNavigator, 2023). This collaboration has resulted in a 10% reduction in the overall prevalence of diet-related diseases. The last solution makes them hesitate to buy fast foods with more calories to save money. The previous solution would only make citizens more restless to buy expensive fast food by getting more jobs to pay for it.

I recommend allowing the dietary guidelines to restrict certain foods from people to solve this challenge. This means they would recommend more healthy but flavorful foods that will not have higher risks of catching or spreading diseases. We can also teach families tricks to eat healthy on a budget. That way, nobody must break the bank for some expensively good meals and drinks. Making unhealthy snacks more expensive might make us think twice before grabbing those chips or sodas. Saving money and eating healthily should be an individual's top priority when purchasing products to create a meal, so considering one's help would help manage their budget and health.

Collaboration between the public and private sectors would also be essential to effectively eliminate dietary diseases. Inter-government ministries and the World Health Organization would manage and lead this project. According to government policy, this project should be funded through different funding plans.

Community members could and should donate to these funds as the government monitors the funding and ensures funds are sufficient and accurate. Other organizations can pitch in additional funds and manage where these funds are being provided to the proper guidelines and markets. The needed policies in place for protection are, “Eat a variety of grains, vegetables, fruits, fish, meat, poultry, and dairy products; choose salt-preserved foods less, and use less salt when you prepare foods, etc.”

**Conclusion:**

The population trends of dietary diseases in South Korea pose significant challenges to public health and the nation's well-being. However, these challenges can be overcome with a necessary approach involving education, policy, and collaboration. South Korea can transition towards a healthier future by promoting healthier food choices, increasing physical activity opportunities, and enhancing knowledge of healthy foods. Addressing this issue is essential for the long-term happiness of the South Korean population. The patterns of diet-related diseases in South Korea present noteworthy obstacles to public health and the nation's overall welfare. However, employing a thorough strategy that includes education, policy, and collaboration can suppress these challenges.

Encouraging better food selections, expanding opportunities for physical activity, and boosting nutritional awareness can guide South Korea toward a healthier future. Tackling this concern is essential for the contentment of the South Korean population. In wrapping up our exploration of South Korea's battle against dietary diseases, it is clear that these health challenges significantly affect people and their well-being. From the big cities to the countryside, everyone is feeling the impact. Families, especially those facing money troubles, find it challenging to buy healthy food, leading to eating foods that are not good for our bodies. Teaming up with different groups, like the government and other organizations, can make this whole plan work better- if they were to donate money as well.

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Kang, Younghoon , and Jeongkeun Kim. “Top Trends in South Korean Grocery in 2023 | McKinsey.” www.mckinsey.com, 2023, *www.mckinsey.com*. In South Korea, it grew to more than 41 percent of total retail and approximately 24 percent in grocery.10 In South Korea, online has the potential to grow significantly in specific segments, such as elderly consumers

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