

## Poster

2025年9月27日(土) 14:00 ~ 15:00  Poster Session (Foyer 1)

## Poster 19

### [P-19-02] Factors Affecting Quality of Life in Korean Adults: Analysis Based on the Data from the 9th Korea National Health and Nutrition Examination Survey (2023)

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キーワード : Quality of Life、HINT-8、Obesity、Health Survey、Korean Adults

**Objectives:** This study aimed to identify the factors influencing health-related quality of life (HRQoL) in Korean adults.

**Methods:** This study utilized data from the ninth Korea National Health and Nutrition Examination Survey (KNHANES). A total of 5,620 adults aged 19 years and older were included after excluding cases with missing data. Obesity was defined as a body mass index (BMI) of  $\geq 25 \text{ kg/m}^2$ , and HRQoL was measured using the HINT-8 (Health-related Quality of Life Instrument with 8 Items). A complex sampling design and appropriate weights were applied. Differences in HRQoL by general characteristics and obesity were analyzed using general linear models, and multiple linear regression was conducted to identify factors associated with HRQoL.

**Results:** Among women, obesity was significantly associated with lower HINT-8 scores ( $B = -0.008$ ,  $p = .032$ ) even after adjusting for potential confounders. However, no statistically significant association was observed between obesity and HRQoL among men. Other factors including age, household income, educational level, perceived stress, and smoking status were significantly related to HRQoL in both sexes.

**Conclusions:** Multiple factors, including obesity, socioeconomic status, and mental health indicators, influence the quality of life among Korean adults. Notably, the negative impact of obesity on HRQoL was significant only in women, highlighting the need for sex-specific public health strategies and the utility of culturally relevant tools like HINT-8 in HRQoL assessment.