

Use of food label in chronic disease patients in Korean adults: Korea National Health and Nutritional Examination Survey, 2010-2011 (KNHANES V)

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Nutrition is an important factor of successful chronic disease management. The nutrition label provides a lot of information about nutrition contained in food. However, few studies describe about association between nutrition label use and chronic disease management. The study was accomplished to investigate the recognition about food-nutrition label in chronic disease patients and how people with chronic disease use nutrition labels to manage their dietary habits, which information is used on nutrition labels. Study based on KNHANES (Korean National Health and Nutrition Examination Survey) data in 2010-2011, multiple logistic regression analysis was used to know the association between nutrition label use and life style modification. Subjects were 11,084, 30.4% were recognized nutrition label. Most interesting factor of label was total energy (46.4%) and 75.3% of using nutrition label subjects were affected by information from label when they purchased food. Rate of nutrition on patient of chronic disease label was lower than healthy people (9.7% vs. 23.7%). Additionally, male nutrition label users were associated with compliance with the dietary reference intake in fiber (OR 1.97); among female nutrition label users, nutrition label use was associated with compliance with dietary reference intake in sodium (OR 1.19). From these results, the conclusion is as follows: Food-nutrient labeling could be useful source of nutrient information, but patients of chronic disease did not use nutrition label for disease-prevention and life style modification. So, physicians concerned teaching nutrient label for successful chronic disease control and prevention for complication of chronic disease.

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