

		역학	번호: J - B - 10		
제 목	국문	성인에서 운동성 천식과 비만지표와의 관련성			
	영문	Relation between exercise-induced asthma and body fatness in Korean adults			
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<p>1. 연구목적 Obesity is related to asthma and often limiting the exercise capacity. Exercise performance is impaired in most asthmatics. To our knowledge, it is still unclear whether body fatness and health behavior are associated with exercise-induced asthma(EIA). This study was designed to evaluate the prevalence and risk factors of EIA in Korean adults.</p> <p>2. 연구방법 In the current study, 3,024 subjects, aged 20-79 years were studied to estimate the prevalence and risk factors of EIA and asthma-related symptoms using a standardized questionnaire. Over body fat and central obesity were defined as percent body fat and waist-hip ratio(WHR)≥75 percentile, respectively. Association was expressed as odds ratios and interactions between covariates were assessed by multiple logistic regression models.</p> <p>3. 연구결과 Prevalence of EIA and asthma were 15.8% and 29.6%, respectively. EIA was significantly related to physical inactivity, fat-rich diet, cigarette smoking, eosinophilia, asthma history, and body fatness. After adjusting for possible confounders, BMI(OR = 1.80, 95% CI = 1.42-2.27 for 25.0-29.9 kg/m²) and body fat(OR = 1.98, 95% CI = 1.57-2.51) were remained significant predictors of EIA.</p> <p>4. 고찰 Our results suggested that females with obese, asthma history, and eosinophilia are more susceptible to EIA, whereas regular exercise reduce the prevalence of EIA in Korean adults.</p> <p>This study was supported by a grant of the Korea Health 21 R & D Project, Ministry of Health & Welfare, Republic of Korea (01-PJ3-PG6-01GN04-0003).</p>					