

Factors Associated With Physical Inactivity Among Korean Men and Women

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Objectives: To identify the independently associating factors on physical inactivity in Korean men and women. **Methods:** The data of 5554 men and women (18-74 years) were analyzed using national health and nutritional examination survey data that included questionnaires and physical examinations. **Results:** Multiple logistic regression analyses showed that significant factors were low monthly income, low education, current smoking, in-

creased waist-to-hip ratio, and low health concern among men; living in rural areas, low monthly income, low education, perceived poor health status, low health concern, and emotional stress among women. **Conclusions:** Health care providers should focus on education and counseling regarding the factors that influence physical inactivity.

Key words: physical activity, Koreans

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