

## The Dietary Behavior of Eating Alone in Middle-Aged Populations by Body Mass Index (BMI)

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**Abstract :** A growing number of people are living alone and eating alone. People might have different dietary behaviors between eating alone and eating with others, it can influence their weight and health. The purpose of this study was to investigate the dietary behavior of eating alone in middle-aged populations in South Korea. We used the nationally representative data from the 5th Korea National Health and Nutrition Examination Survey (KNHANES), 2010-2012 and a cross-sectional survey on the eating behaviors among adults (N=1318, 530 men, 788 women) aged from 20 to 54 years. Results showed that 'underweight' group ate more amount of food when eating with others compared to eating alone and 'overweight' and 'obesity' groups had opposite respondent ( $p<0.05$ ). When having a meal alone, 'underweight' group ate food until didn't feel hungry and 'overweight' and 'obesity' groups ate leftover food even they felt full ( $p<0.01$ ). The 'overweight' and 'obesity' groups usually ate alone than 'underweight' group did ( $p<0.05$ ). All groups had faster meal time when eating alone than eating with others and usually ate processed foods for convenience when eating alone. Younger people, aged 10-30, ate more processed food than older people did. South Koreans spend nearly 45% of their total food consumption from processed foods. This research was supported by the National Research Foundation of Korea for 2011 Korea-Japan Basic Scientific Cooperation Program (NRF-2011B00003). This work was supported by the Ministry of Education of the Republic of Korea and the National Research Foundation of Korea (NRF-2015S1A5B6037369).

**Keywords :** BMI, dietary behavior, eating alone, middle-aged populations

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