

Korean Language Proficiency, Duration of Residence and Self-reported Hypertension among Foreign-born Populations in Korea

Brice Wilfried Obiang Obounou

Department of Food Science and Nutrition, Keimyung University, Korea

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ABSTRACT Acculturation is the process of adaptation to the traditions, values and practices of a host country. The purpose of this study was to explore the relationship between Korean language proficiency, duration of residence and self-reported hypertension among foreign-born populations in Korea. Using logistic regression, acculturation variables, socio-demographic and self-reported hypertension were correlated. Korean language proficiency was not associated with hypertension (OR=0.721). However, duration of residence in Korea (over 5 years, OR=1.789), age (40-49 years, OR=3.751), obesity (BMI $\geq 25\text{kg/m}^2$, OR=2.679) and family history of hypertension (OR=4.42) were associated with hypertension. Gauging the impact of duration of residence on hypertension, many confounding factors such as genetics, nutrition, social and economic situation of individuals in relation to hypertension can be involved. Future research should focus on acculturation and health status among specific ethnic groups to reduce the prevalence of hypertension.