



# TABLES

## FRAILTY

HEALTH INTERVIEW SURVEY  
2023-2024

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## 1. Percentage of the population aged 65 years and over that reported having a lack of energy in the past month, Belgium

FR_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	24,2	(20,9-27,5)	24,3	(21,1-27,7)	862
	Female	36,5	(32,7-40,4)	36,2	(32,5-40,2)	983
AGE GROUP	65 - 74	28,1	(24,5-31,8)	28,0	(24,6-31,8)	969
	75 +	34,3	(30,3-38,3)	33,4	(29,6-37,4)	876
EDUCATION LEVEL	Secondary inferior	36,8	(31,9-41,7)	35,0	(30,2-40,1)	523
	Secondary superior	29,7	(24,8-34,6)	29,1	(24,6-34,2)	584
	Superior education	26,2	(22,5-29,9)	27,0	(23,2-31,1)	738
REGION	Flemish Region	29,3	(26,1-32,4)	28,8	(25,7-32,0)	1066
	Brussels Region	36,9	(30,4-43,3)	36,4	(30,1-43,1)	251
	Walloon Region	33,6	(28,0-39,2)	32,8	(27,4-38,6)	528
YEAR	2018	25,1	(22,8-27,5)	24,5	(22,3-27,0)	2383
	2023-2024	31,1	(28,5-33,8)	30,6	(28,0-33,3)	1845

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

## 2. Percentage of the population aged 65 years and over that reported having a decrease in appetite in the past month, Belgium

FR_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	9,5	(7,1-11,9)	9,5	(7,3-12,3)	867
	Female	17,1	(13,8-20,4)	16,8	(13,7-20,3)	983
AGE GROUP	65 - 74	11,6	(8,7-14,6)	11,4	(8,7-14,7)	971
	75 +	16,0	(12,6-19,4)	15,1	(12,3-18,5)	879
EDUCATION LEVEL	Secondary inferior	16,7	(12,6-20,8)	15,2	(11,8-19,3)	527
	Secondary superior	15,2	(11,0-19,4)	14,6	(11,0-19,1)	585
	Superior education	9,4	(6,5-12,2)	9,6	(7,0-13,1)	738
REGION	Flemish Region	12,6	(10,5-14,8)	12,0	(10,0-14,4)	1068
	Brussels Region	14,2	(9,2-19,3)	13,6	(9,3-19,4)	253
	Walloon Region	15,9	(10,4-21,4)	15,0	(10,6-21,0)	529
YEAR	2018	12,4	(10,6-14,2)	11,8	(10,2-13,8)	2383
	2023-2024	13,7	(11,6-15,9)	13,2	(11,2-15,5)	1850

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

### 3. Percentage of the population aged 65 years and over that reported having difficulty to carry or to lift weights greater than 5 kilos, Belgium

FR_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	23,8	(20,3-27,2)	23,3	(20,1-26,9)	866
	Female	46,9	(42,9-50,8)	45,8	(41,9-49,8)	983
AGE GROUP	65 - 74	26,0	(22,7-29,3)	25,3	(22,0-28,8)	970
	75 +	48,1	(44,0-52,3)	46,7	(42,4-51,0)	879
EDUCATION LEVEL	Secondary inferior	50,9	(45,6-56,1)	46,3	(41,0-51,7)	528
	Secondary superior	32,5	(27,8-37,3)	30,7	(26,1-35,7)	585
	Superior education	25,0	(21,5-28,4)	26,2	(22,7-30,1)	736
REGION	Flemish Region	36,4	(33,3-39,5)	34,5	(31,3-37,8)	1066
	Brussels Region	40,1	(33,3-46,9)	38,7	(31,4-46,6)	253
	Walloon Region	36,7	(30,8-42,7)	34,5	(28,8-40,7)	530
YEAR	2018	35,9	(33,3-38,5)	33,7	(31,1-36,5)	2381
	2023-2024	36,8	(34,0-39,5)	34,7	(32,0-37,5)	1849

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

#### 4. Percentage of the population aged 65 years and over that reported having difficulty to walk 100 meters or to climb stairs without resting, Belgium

FR_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	25,6	(22,1-29,1)	25,3	(21,9-28,9)	867
	Female	39,4	(35,5-43,3)	38,0	(34,1-42,1)	983
AGE GROUP	65 - 74	23,3	(19,8-26,9)	23,1	(19,8-26,8)	971
	75 +	44,0	(39,8-48,2)	43,1	(39,0-47,4)	879
EDUCATION LEVEL	Secondary inferior	46,2	(40,7-51,8)	42,6	(37,3-48,2)	527
	Secondary superior	32,9	(27,9-37,9)	31,9	(27,0-37,2)	585
	Superior education	19,8	(15,9-23,7)	20,7	(16,8-25,2)	738
REGION	Flemish Region	33,0	(29,9-36,2)	31,6	(28,5-34,8)	1068
	Brussels Region	34,7	(28,1-41,3)	33,8	(27,5-40,8)	252
	Walloon Region	33,7	(27,0-40,3)	32,2	(25,9-39,2)	530
YEAR	2018	32,5	(29,9-35,0)	30,8	(28,3-33,5)	2379
	2023-2024	33,3	(30,5-36,2)	31,7	(28,9-34,7)	1850

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

## 5. Percentage of the population aged 65 years and over that reported doing light to moderate physical activity less than once a week, Belgium

FR_5		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	21,8	(18,5-25,1)	21,3	(18,1-24,9)	867
	Female	32,8	(29,0-36,7)	31,2	(27,6-35,0)	983
AGE GROUP	65 - 74	18,7	(15,6-21,8)	18,6	(15,7-21,9)	970
	75 +	37,8	(33,6-42,0)	37,0	(33,0-41,2)	880
EDUCATION LEVEL	Secondary inferior	40,9	(35,7-46,0)	37,2	(32,4-42,3)	527
	Secondary superior	24,5	(20,2-28,9)	23,5	(19,4-28,1)	585
	Superior education	17,0	(13,0-21,0)	17,7	(13,9-22,3)	738
REGION	Flemish Region	26,0	(23,0-29,1)	24,4	(21,5-27,5)	1068
	Brussels Region	30,0	(23,4-36,5)	28,9	(22,6-36,1)	253
	Walloon Region	31,6	(25,4-37,8)	30,1	(24,3-36,6)	529
YEAR	2018	31,3	(28,7-34,0)	29,8	(27,3-32,5)	2383
	2023-2024	28,0	(25,3-30,7)	26,3	(23,7-29,1)	1850

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

## 6. Distribution (%) of the population aged 65 years and over with different levels of frailty, Belgium

FR_02		Robust	Pre-frail	Frail	N
SEX	Male	47,8	37,2	15,0	861
	Female	28,1	41,9	30,0	979
AGE GROUP	65 - 74	46,8	38,7	14,5	967
	75 +	26,1	41,1	32,8	873
EDUCATION LEVEL	Secondary inferior	23,7	40,3	36,0	520
	Secondary superior	39,2	38,4	22,4	584
	Superior education	48,6	40,6	10,8	736
REGION	Flemish Region	38,3	38,9	22,7	1064
	Brussels Region	36,3	35,7	28,0	250
	Walloon Region	33,5	42,7	23,8	526
YEAR	2018	39,9	37,3	22,8	2377
	2023-2024	36,7	39,9	23,4	1840

Source: Health Interview Survey, 2023-2024, Belgium

\* Based on the score of SHARE instrument

## 7. Percentage of the population aged 65 years and over with frailty, Belgium

FR_03		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	15,0	(12,2-17,7)	14,3	(11,8-17,2)	861
	Female	30,0	(26,3-33,8)	28,1	(24,4-32,1)	979
AGE GROUP	65 - 74	14,5	(11,5-17,5)	14,0	(11,4-17,2)	967
	75 +	32,8	(28,8-36,9)	31,2	(27,4-35,3)	873
EDUCATION LEVEL	Secondary inferior	36,0	(30,9-41,0)	31,1	(26,5-36,1)	520
	Secondary superior	22,4	(17,7-27,2)	20,7	(16,4-25,8)	584
	Superior education	10,8	(8,4-13,3)	11,1	(8,7-14,0)	736
REGION	Flemish Region	22,7	(19,8-25,6)	20,4	(17,6-23,4)	1064
	Brussels Region	28,0	(21,6-34,4)	26,2	(20,1-33,3)	250
	Walloon Region	23,8	(18,1-29,5)	21,3	(16,4-27,1)	526
YEAR	2018	22,8	(20,4-25,1)	20,3	(18,2-22,7)	2377
	2023-2024	23,4	(20,9-26,0)	21,0	(18,6-23,5)	1840

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

\* Based on the score of SHARE instrumen

## 8. Percentage of the population aged 65 years and over that reported having a lack of energy in the past month, Flemish Region

FR_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	24,1	(20,1-28,2)	24,1	(20,2-28,4)	494
	Female	33,5	(29,3-37,7)	32,8	(28,8-37,1)	572
AGE GROUP	65 - 74	24,2	(20,1-28,3)	24,2	(20,3-28,6)	535
	75 +	34,5	(29,8-39,2)	34,0	(29,5-38,8)	531
EDUCATION LEVEL	Secondary inferior	36,1	(30,4-41,9)	34,1	(28,5-40,1)	314
	Secondary superior	26,0	(21,0-31,1)	25,4	(20,7-30,8)	376
	Superior education	24,7	(20,0-29,5)	25,8	(21,0-31,3)	376
YEAR	2018	23,9	(20,7-27,2)	23,5	(20,4-26,8)	980
	2023-2024	29,3	(26,1-32,4)	28,8	(25,8-32,0)	1066

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

## 9. Percentage of the population aged 65 years and over that reported having a decrease in appetite in the past month, Flemish Region

FR_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	9,8	(7,1-12,6)	9,8	(7,3-12,9)	496
	Female	14,9	(11,9-18,0)	14,6	(11,8-17,8)	572
AGE GROUP	65 - 74	10,5	(7,8-13,2)	10,5	(8,0-13,5)	536
	75 +	14,8	(11,4-18,2)	14,4	(11,4-18,0)	532
EDUCATION LEVEL	Secondary inferior	14,4	(10,2-18,6)	13,3	(9,7-17,9)	316
	Secondary superior	13,3	(9,8-16,8)	12,9	(9,8-16,7)	376
	Superior education	10,1	(6,7-13,4)	10,5	(7,5-14,5)	376
YEAR	2018	12,2	(9,7-14,7)	11,9	(9,6-14,6)	980
	2023-2024	12,6	(10,5-14,8)	12,3	(10,3-14,6)	1068

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

## 10. Percentage of the population aged 65 years and over that reported having difficulty to carry or to lift weights greater than 5 kilos, Flemish Region

FR_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	23,4	(19,4-27,4)	22,7	(18,8-27,0)	495
	Female	47,1	(42,7-51,5)	45,8	(41,3-50,3)	571
AGE GROUP	65 - 74	25,4	(21,4-29,4)	24,8	(20,9-29,2)	535
	75 +	47,6	(43,1-52,1)	46,5	(41,9-51,1)	531
EDUCATION LEVEL	Secondary inferior	50,4	(44,3-56,5)	46,0	(39,8-52,2)	316
	Secondary superior	32,1	(27,0-37,1)	29,8	(24,9-35,2)	376
	Superior education	24,9	(20,4-29,4)	26,4	(21,8-31,6)	374
YEAR	2018	36,1	(32,4-39,7)	34,1	(30,5-38,0)	978
	2023-2024	36,4	(33,3-39,5)	34,5	(31,4-37,8)	1066

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

## 11. Percentage of the population aged 65 years and over that reported having difficulty to walk 100 meters or to climb stairs without resting, Flemish Region

FR_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	26,4	(22,2-30,5)	25,5	(21,5-30,0)	496
	Female	38,5	(34,2-42,8)	36,5	(32,3-41,0)	572
AGE GROUP	65 - 74	21,3	(17,5-25,2)	21,3	(17,7-25,5)	536
	75 +	45,0	(40,3-49,6)	44,4	(39,9-49,1)	532
EDUCATION LEVEL	Secondary inferior	47,0	(40,8-53,3)	43,2	(37,2-49,4)	316
	Secondary superior	31,3	(26,1-36,4)	29,7	(24,8-35,1)	376
	Superior education	19,2	(14,9-23,5)	20,1	(15,9-25,2)	376
YEAR	2018	29,8	(26,3-33,3)	27,9	(24,5-31,5)	976
	2023-2024	33,0	(29,9-36,2)	31,2	(28,0-34,5)	1068

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

## 12. Percentage of the population aged 65 years and over that reported doing light to moderate physical activity less than once a week, Flemish Region

FR_5		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	20,0	(16,2-23,8)	18,9	(15,5-23,0)	496
	Female	30,9	(26,8-35,1)	28,5	(24,6-32,8)	572
AGE GROUP	65 - 74	15,5	(12,1-18,8)	15,4	(12,4-19,1)	536
	75 +	36,8	(32,1-41,4)	36,1	(31,6-40,9)	532
EDUCATION LEVEL	Secondary inferior	39,5	(33,6-45,5)	35,2	(29,7-41,2)	316
	Secondary superior	23,0	(18,1-27,9)	21,2	(16,8-26,4)	376
	Superior education	13,9	(10,1-17,7)	14,4	(10,8-18,9)	376
YEAR	2018	28,9	(25,2-32,6)	26,9	(23,4-30,6)	980
	2023-2024	26,0	(23,0-29,1)	23,8	(21,0-26,9)	1068

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

### 13. Distribution (%) of the population aged 65 years and over with different levels of frailty, Flemish Region

FR_02		Robust	Pre-frail	Frail	N
SEX	Male	49,2	34,9	15,9	493
	Female	29,5	42,2	28,3	571
AGE GROUP	65 - 74	50,2	37,2	12,6	534
	75 +	26,2	40,7	33,1	530
EDUCATION LEVEL	Secondary inferior	23,8	40,7	35,5	314
	Secondary superior	41,6	37,8	20,6	376
	Superior education	51,3	38,0	10,6	374
YEAR	2018	41,8	36,6	21,5	974
	2023-2024	38,3	38,9	22,7	1064

Source: Health Interview Survey, 2023-2024, Belgium

\* Based on the score of SHARE instrument

## 14. Percentage of the population aged 65 years and over with frailty, Flemish Region

FR_03		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	15,9	(12,4-19,4)	14,7	(11,5-18,5)	493
	Female	28,3	(24,3-32,4)	25,7	(21,8-29,9)	571
AGE GROUP	65 - 74	12,6	(9,4-15,8)	12,4	(9,5-16,0)	534
	75 +	33,1	(28,6-37,6)	32,1	(27,8-36,7)	530
EDUCATION LEVEL	Secondary inferior	35,5	(29,6-41,4)	30,5	(25,0-36,6)	314
	Secondary superior	20,6	(16,0-25,3)	18,5	(14,4-23,3)	376
	Superior education	10,6	(7,3-13,9)	10,9	(7,8-14,9)	374
YEAR	2018	21,5	(18,3-24,7)	19,0	(16,1-22,3)	974
	2023-2024	22,7	(19,8-25,6)	20,1	(17,3-23,1)	1064

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

\* Based on the score of SHARE instrument

## 15. Percentage of the population aged 65 years and over that reported having a lack of energy in the past month, Brussels Region

FR_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
<b>SEX</b>	<b>Male</b>	32,8	(22,5-43,2)	33,1	(23,7-44,1)	109
	<b>Female</b>	39,8	(31,4-48,3)	39,8	(31,6-48,5)	142
<b>AGE GROUP</b>	<b>65 - 74</b>	34,0	(25,0-43,0)	33,9	(25,6-43,5)	130
	<b>75 +</b>	40,3	(31,4-49,2)	39,8	(31,3-48,9)	121
<b>EDUCATION LEVEL</b>	<b>Secondary inferior</b>	51,4	(37,2-65,6)	51,0	(37,0-64,9)	52
	<b>Secondary superior</b>	46,3	(32,5-60,1)	45,1	(31,8-59,1)	56
	<b>Superior education</b>	27,5	(19,8-35,2)	27,8	(20,7-36,3)	143
<b>YEAR</b>	<b>2018</b>	27,0	(22,7-31,3)	26,2	(22,2-30,6)	503
	<b>2023-2024</b>	36,9	(30,4-43,3)	36,5	(30,2-43,3)	251

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

## 16. Percentage of the population aged 65 years and over that reported having a decrease in appetite in the past month, Brussels Region

FR_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
<b>SEX</b>	<b>Male</b>	14,1	(6,1-22,1)	14,2	(7,8-24,5)	110
	<b>Female</b>	14,3	(8,3-20,4)	14,1	(9,3-20,8)	143
<b>AGE GROUP</b>	<b>65 - 74</b>	11,8	(5,2-18,4)	11,8	(6,6-20,0)	130
	<b>75 +</b>	17,1	(9,4-24,8)	17,1	(10,8-26,0)	123
<b>EDUCATION LEVEL</b>	<b>Secondary inferior</b>	30,3	(16,3-44,4)	30,4	(18,5-45,8)	53
	<b>Secondary superior</b>	18,7	(7,6-29,8)	18,4	(9,5-32,6)	57
	<b>Superior education</b>	5,4	(1,4-9,4)	5,4	(2,5-11,3)	143
<b>YEAR</b>	<b>2018</b>	14,2	(10,8-17,5)	13,9	(10,9-17,5)	503
	<b>2023-2024</b>	14,2	(9,2-19,3)	14,1	(9,7-20,0)	253

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

**17. Percentage of the population aged 65 years and over that reported having difficulty to carry or to lift weights greater than 5 kilos, Brussels Region**

FR_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	32,3	(22,0-42,6)	32,7	(23,2-43,9)	110
	Female	45,9	(37,3-54,5)	45,7	(37,3-54,4)	143
AGE GROUP	65 - 74	34,5	(25,1-44,0)	34,4	(25,4-44,6)	130
	75 +	46,6	(37,1-56,1)	45,7	(36,3-55,4)	123
EDUCATION LEVEL	Secondary inferior	57,6	(43,0-72,2)	56,9	(41,5-71,1)	53
	Secondary superior	46,5	(33,4-59,7)	43,4	(30,9-56,7)	57
	Superior education	30,0	(21,8-38,3)	30,6	(22,8-39,6)	143
YEAR	2018	41,0	(35,8-46,2)	39,8	(34,7-45,1)	503
	2023-2024	40,1	(33,3-46,9)	39,5	(32,6-46,8)	253

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

**18. Percentage of the population aged 65 years and over that reported having difficulty to walk 100 meters or to climb stairs without resting, Brussels Region**

FR_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
<b>SEX</b>	<b>Male</b>	25,6	(15,9-35,2)	25,6	(16,6-37,2)	110
	<b>Female</b>	41,6	(33,1-50,1)	41,0	(32,8-49,7)	142
<b>AGE GROUP</b>	<b>65 - 74</b>	24,4	(15,9-32,8)	23,9	(16,2-33,8)	130
	<b>75 +</b>	46,9	(37,3-56,6)	45,9	(36,4-55,6)	122
<b>EDUCATION LEVEL</b>	<b>Secondary inferior</b>	52,4	(36,6-68,1)	51,5	(35,5-67,2)	52
	<b>Secondary superior</b>	48,6	(35,4-61,8)	43,0	(30,3-56,8)	57
	<b>Superior education</b>	22,8	(15,6-29,9)	23,0	(16,5-31,3)	143
<b>YEAR</b>	<b>2018</b>	39,4	(34,3-44,5)	37,9	(32,7-43,3)	503
	<b>2023-2024</b>	34,7	(28,1-41,3)	33,9	(27,4-41,0)	252

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

**19. Percentage of the population aged 65 years and over that reported doing light to moderate physical activity less than once a week, Brussels Region**

FR_5		Crude %	95% CI cru	Adj* %	95% CI adj	N
<b>SEX</b>	<b>Male</b>	32,1	(22,1-42,0)	32,5	(23,2-43,4)	110
	<b>Female</b>	28,4	(20,4-36,4)	27,9	(20,7-36,5)	143
<b>AGE GROUP</b>	<b>65 - 74</b>	24,3	(15,7-32,8)	24,2	(16,7-33,6)	130
	<b>75 +</b>	36,6	(26,7-46,5)	36,9	(27,6-47,3)	123
<b>EDUCATION LEVEL</b>	<b>Secondary inferior</b>	49,0	(33,1-64,8)	49,4	(33,9-65,0)	53
	<b>Secondary superior</b>	36,5	(23,6-49,4)	35,9	(24,0-49,7)	57
	<b>Superior education</b>	19,2	(12,4-26,0)	19,1	(13,3-26,7)	143
<b>YEAR</b>	<b>2018</b>	31,5	(26,5-36,4)	30,4	(25,8-35,4)	503
	<b>2023-2024</b>	30,0	(23,4-36,5)	29,5	(23,1-36,7)	253

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

## 20. Distribution (%) of the population aged 65 years and over with different levels of frailty, Brussels Region

FR_02		Robust	Pre-frail	Frail	N
SEX	Male	39,8	38,2	22,0	109
	Female	33,7	33,8	32,5	141
AGE GROUP	65 - 74	42,9	37,5	19,7	130
	75 +	28,4	33,6	38,0	120
EDUCATION LEVEL	Secondary inferior	16,4	36,4	47,2	51
	Secondary superior	26,2	33,5	40,3	56
	Superior education	48,1	35,9	16,0	143
YEAR	2018	37,5	34,5	28,1	503
	2023-2024	36,3	35,7	28,0	250

Source: Health Interview Survey, 2023-2024, Belgium

\* Based on the score of SHARE instrument

## 21. Percentage of the population aged 65 years and over with frailty, Brussels Region

FR_03		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	22,0	(12,7-31,3)	22,0	(13,8-33,3)	109
	Female	32,5	(24,3-40,7)	31,7	(24,1-40,4)	141
AGE GROUP	65 - 74	19,7	(11,7-27,7)	19,4	(12,5-28,9)	130
	75 +	38,0	(28,3-47,8)	37,2	(28,0-47,4)	120
EDUCATION LEVEL	Secondary inferior	47,2	(31,1-63,2)	46,4	(30,7-62,9)	51
	Secondary superior	40,3	(26,9-53,7)	36,1	(23,9-50,3)	56
	Superior education	16,0	(9,6-22,3)	16,1	(10,7-23,6)	143
YEAR	2018	28,1	(23,5-32,6)	25,9	(21,6-30,6)	503
	2023-2024	28,0	(21,6-34,4)	26,8	(20,6-34,0)	250

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

\* Based on the score of SHARE instrument

## 22. Percentage of the population aged 65 years and over that reported having a lack of energy in the past month, Walloon Region

FR_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
<b>SEX</b>	<b>Male</b>	22,4	(15,9-28,8)	22,2	(16,3-29,3)	259
	<b>Female</b>	41,5	(32,7-50,3)	41,6	(33,2-50,5)	269
<b>AGE GROUP</b>	<b>65 - 74</b>	34,4	(26,4-42,5)	33,7	(26,4-41,8)	304
	<b>75 +</b>	32,6	(24,0-41,2)	30,3	(22,7-39,1)	224
<b>EDUCATION LEVEL</b>	<b>Secondary inferior</b>	35,9	(26,0-45,8)	33,3	(24,1-43,9)	157
	<b>Secondary superior</b>	35,7	(23,9-47,4)	34,1	(24,5-45,3)	152
	<b>Superior education</b>	28,7	(21,0-36,5)	28,6	(21,3-37,3)	219
<b>YEAR</b>	<b>2018</b>	27,0	(23,0-31,0)	25,7	(21,9-29,9)	900
	<b>2023-2024</b>	33,6	(28,0-39,2)	32,2	(26,9-37,9)	528

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

### 23. Percentage of the population aged 65 years and over that reported having a decrease in appetite in the past month, Walloon Region

FR_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
<b>SEX</b>	<b>Male</b>	7,7	(2,2-13,2)	7,8	(3,7-15,4)	261
	<b>Female</b>	21,7	(13,3-30,1)	21,5	(14,3-31,1)	268
<b>AGE GROUP</b>	<b>65 - 74</b>	13,8	(6,1-21,5)	12,5	(6,6-22,2)	305
	<b>75 +</b>	18,2	(9,7-26,7)	15,5	(9,7-24,0)	224
<b>EDUCATION LEVEL</b>	<b>Secondary inferior</b>	18,8	(9,6-28,1)	15,3	(9,2-24,4)	158
	<b>Secondary superior</b>	18,8	(7,2-30,5)	17,2	(9,4-29,4)	152
	<b>Superior education</b>	9,5	(2,2-16,8)	9,2	(3,7-21,2)	219
<b>YEAR</b>	<b>2018</b>	12,2	(9,2-15,2)	11,0	(8,3-14,5)	900
	<b>2023-2024</b>	15,9	(10,4-21,4)	14,5	(10,0-20,4)	529

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

**24. Percentage of the population aged 65 years and over that reported having difficulty to carry or to lift weights greater than 5 kilos, Walloon Region**

FR_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
<b>SEX</b>	<b>Male</b>	22,7	(15,2-30,3)	22,5	(16,0-30,5)	261
	<b>Female</b>	46,7	(37,9-55,4)	45,7	(37,2-54,5)	269
<b>AGE GROUP</b>	<b>65 - 74</b>	25,2	(18,8-31,7)	24,0	(18,0-31,1)	305
	<b>75 +</b>	49,6	(39,7-59,5)	47,3	(37,3-57,6)	225
<b>EDUCATION LEVEL</b>	<b>Secondary inferior</b>	50,7	(39,8-61,6)	44,8	(34,4-55,6)	159
	<b>Secondary superior</b>	31,8	(20,6-43,0)	31,2	(20,9-43,8)	152
	<b>Superior education</b>	23,0	(16,3-29,7)	23,9	(17,5-31,8)	219
<b>YEAR</b>	<b>2018</b>	34,4	(30,0-38,7)	31,3	(27,1-35,8)	900
	<b>2023-2024</b>	36,7	(30,8-42,7)	33,6	(27,8-40,0)	530

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

**25. Percentage of the population aged 65 years and over that reported having difficulty to walk 100 meters or to climb stairs without resting, Walloon Region**

FR_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
<b>SEX</b>	<b>Male</b>	24,0	(16,8-31,3)	24,2	(17,8-32,1)	261
	<b>Female</b>	40,5	(31,6-49,4)	39,9	(31,3-49,2)	269
<b>AGE GROUP</b>	<b>65 - 74</b>	26,9	(18,7-35,0)	26,3	(19,3-34,7)	305
	<b>75 +</b>	41,3	(31,6-51,0)	39,6	(30,4-49,6)	225
<b>EDUCATION LEVEL</b>	<b>Secondary inferior</b>	43,9	(32,2-55,6)	40,3	(29,7-51,8)	159
	<b>Secondary superior</b>	34,5	(22,1-46,8)	34,4	(23,4-47,5)	152
	<b>Superior education</b>	19,7	(9,7-29,7)	20,5	(12,0-32,8)	219
<b>YEAR</b>	<b>2018</b>	35,9	(31,5-40,3)	34,4	(30,2-38,9)	900
	<b>2023-2024</b>	33,7	(27,0-40,3)	31,8	(25,6-38,8)	530

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

**26. Percentage of the population aged 65 years and over that reported doing light to moderate physical activity less than once a week, Walloon Region**

FR_5		Crude %	95% CI cru	Adj* %	95% CI adj	N
<b>SEX</b>	<b>Male</b>	23,4	(16,0-30,8)	23,5	(16,7-31,9)	261
	<b>Female</b>	37,5	(28,7-46,3)	36,5	(28,6-45,2)	268
<b>AGE GROUP</b>	<b>65 - 74</b>	23,7	(16,4-31,1)	23,4	(16,8-31,5)	304
	<b>75 +</b>	40,2	(30,3-50,2)	38,8	(30,0-48,3)	225
<b>EDUCATION LEVEL</b>	<b>Secondary inferior</b>	42,1	(31,4-52,7)	38,2	(28,7-48,8)	158
	<b>Secondary superior</b>	26,4	(16,6-36,3)	26,3	(17,5-37,6)	152
	<b>Superior education</b>	22,8	(11,6-34,0)	23,8	(14,3-37,0)	219
<b>YEAR</b>	<b>2018</b>	36,0	(31,6-40,4)	35,1	(30,8-39,6)	900
	<b>2023-2024</b>	31,6	(25,4-37,8)	30,2	(24,5-36,6)	529

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

## 27. Distribution (%) of the population aged 65 years and over with different levels of frailty, Walloon Region

FR_02		Robust	Pre-frail	Frail	N
SEX	Male	46,7	42,0	11,3	259
	Female	24,2	43,1	32,7	267
AGE GROUP	65 - 74	41,0	41,9	17,1	303
	75 +	25,3	43,5	31,2	223
EDUCATION LEVEL	Secondary inferior	24,8	40,1	35,1	155
	Secondary superior	35,5	40,3	24,2	152
	Superior education	42,9	47,9	9,2	219
YEAR	2018	36,9	39,3	23,9	900
	2023-2024	33,5	42,7	23,8	526

Source: Health Interview Survey, 2023-2024, Belgium

\* Based on the score of SHARE instrument

## 28. Percentage of the population aged 65 years and over with frailty, Walloon Region

FR_03		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	11,3	(6,5-16,1)	11,2	(7,3-16,8)	259
	Female	32,7	(23,9-41,6)	31,7	(23,6-41,1)	267
AGE GROUP	65 - 74	17,1	(10,0-24,1)	15,4	(10,2-22,5)	303
	75 +	31,2	(21,6-40,9)	27,4	(19,5-37,1)	223
EDUCATION LEVEL	Secondary inferior	35,1	(24,6-45,6)	28,9	(20,8-38,5)	155
	Secondary superior	24,2	(12,2-36,2)	22,5	(13,6-34,9)	152
	Superior education	9,2	(4,7-13,6)	8,9	(5,1-15,1)	219
YEAR	2018	23,9	(19,9-27,8)	20,8	(17,2-25,0)	900
	2023-2024	23,8	(18,1-29,5)	20,6	(16,0-26,1)	526

Source: Health Interview Survey, 2023-2024, Belgium

\*Adjusted for age and/or sex based on a logistic regression model (Belgian population of 2024 as reference)

\* Based on the score of SHARE instrument