



TABLES

INFORMAL CARE

HEALTH INTERVIEW SURVEY
2023-2024

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1. Belgium

1.1. PERCENTAGE OF THE POPULATION AGED 15 AND OVER WHO PROVIDES INFORMAL CARE AT LEAST ONCE A WEEK, BELGIUM

IC_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	11,2	(9,8-12,6)	10,3	(8,9-11,8)	2911
	Female	15,3	(13,8-16,9)	14,2	(12,7-16,0)	3161
AGE GROUP	15 - 24	6,4	(3,7-9,0)	6,4	(4,2-9,6)	545
	25 - 34	7,7	(5,4-9,9)	7,6	(5,7-10,1)	769
	35 - 44	11,5	(8,4-14,5)	11,4	(8,7-14,8)	912
	45 - 54	15,0	(12,0-18,0)	14,9	(12,2-18,2)	902
	55 - 64	23,2	(20,0-26,4)	23,1	(20,0-26,5)	1093
	65 - 74	17,5	(14,5-20,5)	17,3	(14,5-20,4)	971
	75 +	10,7	(8,2-13,2)	10,2	(8,0-13,0)	880
HIGHEST DIPLOMA	No secondary	13,6	(10,9-16,2)	11,8	(9,5-14,6)	951
	Secondary	14,9	(12,5-17,2)	13,5	(11,3-16,1)	1826
	Higher education	12,3	(10,6-13,9)	11,5	(9,9-13,2)	3295
REGION	Flemish Region	13,4	(11,8-15,0)	12,2	(10,7-13,9)	3214
	Brussels Region	7,9	(5,9-9,9)	7,6	(5,8-9,9)	1078
	Walloon Region	15,0	(12,5-17,5)	13,7	(11,5-16,3)	1780
YEAR	2013	9,4	(8,5-10,3)	8,6	(7,8-9,5)	9107
	2018	12,2	(11,2-13,2)	11,2	(10,2-12,2)	9748
	2023-2024	13,3	(12,1-14,5)	12,2	(11,1-13,5)	6072

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)

1.2. DISTRIBUTION (%) OF INFORMAL CAREGIVERS AGED 15 AND OVER BY THE PEOPLE THEY MOST FREQUENTLY HELP OR CARE FOR, BELGIUM

IC_2		Household members	Family members not part of the household	Persons not part of the household or family	N
SEX	Male	26,1	54,4	19,4	346
	Female	23,1	61,4	15,5	501
AGE GROUP	15 - 24	24,6	63,5	11,9	42
	25 - 34	17,5	73,6	8,9	62
	35 - 44	24,4	47,9	27,6	91
	45 - 54	11,9	77,3	10,8	137
	55 - 64	20,3	69,9	9,9	246
	65 - 74	36,1	40,3	23,6	172
	75 +	45,4	18,5	36,1	97
HIGHEST DIPLOMA	No secondary	38,6	35,0	26,4	142
	Secondary	25,2	56,7	18,1	287
	Higher education	18,3	68,7	13,0	418
REGION	Flemish Region	27,1	59,9	13,0	445
	Brussels Region	31,9	27,0	41,0	91
	Walloon Region	18,1	62,0	19,9	311
YEAR	2018	30,1	54,5	15,4	1262
	2023-2024	24,3	58,5	17,1	847

Source: Health Interview Survey, 2023-2024, Belgium

1.3. DISTRIBUTION (%) OF INFORMAL CAREGIVERS AGED 15 AND OVER BY THE TIME THEY DEDICATE EACH WEEK TO PROVIDING HELP OR CARE, BELGIUM

IC_3		Less than 10 hours a week	10 - 19 hours a week	20 hours a week or more	N
SEX	Male	75,8	13,2	11,0	346
	Female	73,7	14,1	12,3	498
AGE GROUP	15 - 24	91,9	4,9	3,2	42
	25 - 34	86,8	5,8	7,4	62
	35 - 44	86,2	6,3	7,6	89
	45 - 54	78,3	11,8	9,9	136
	55 - 64	70,1	19,1	10,8	246
	65 - 74	60,3	17,0	22,7	172
	75 +	65,9	19,3	14,8	97
HIGHEST DIPLOMA	No secondary	71,2	10,0	18,8	141
	Secondary	70,7	16,5	12,8	287
	Higher education	78,6	13,1	8,3	416
REGION	Flemish Region	70,8	14,7	14,6	445
	Brussels Region	81,5	12,4	6,0	91
	Walloon Region	79,8	12,3	7,8	308
YEAR	2013	62,6	17,8	19,6	1067
	2018	70,2	16,8	13,0	1261
	2023-2024	74,5	13,7	11,7	844

Source: Health Interview Survey, 2023-2024, Belgium

1.4. PERCENTAGE OF INFORMAL CAREGIVERS AGED 15 AND OVER WHO DEDICATE AT LEAST 20 HOURS PER WEEK TO PROVIDING HELP OR CARE, BELGIUM

IC_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	11,0	(7,5-14,5)	9,9	(6,9-14,0)	346
	Female	12,3	(9,2-15,3)	10,7	(7,8-14,4)	498
AGE GROUP	15 - 24	3,2	(0,0-8,0)	5,7	(1,7-17,2)	42
	25 - 34	7,4	(0,2-14,7)	8,0	(3,0-19,8)	62
	35 - 44	7,6	(2,0-13,1)	8,0	(4,0-15,3)	89
	45 - 54	9,9	(4,7-15,0)	10,1	(5,9-17,0)	136
	55 - 64	10,8	(7,1-14,4)	10,7	(7,5-15,2)	246
	65 - 74	22,7	(15,0-30,5)	22,6	(15,8-31,2)	172
	75 +	14,8	(6,3-23,3)	15,1	(8,5-25,3)	97
HIGHEST DIPLOMA	No secondary	18,8	(12,2-25,5)	14,4	(9,1-22,2)	141
	Secondary	12,8	(8,6-16,9)	11,6	(8,0-16,4)	287
	Higher education	8,3	(5,4-11,3)	7,8	(5,1-11,7)	416
REGION	Flemish Region	14,6	(11,0-18,1)	11,6	(8,2-16,1)	445
	Brussels Region	6,0	(1,0-11,1)	5,0	(2,0-12,0)	91
	Walloon Region	7,8	(4,5-11,1)	6,3	(4,0-9,8)	308
YEAR	2013	19,6	(16,0-23,1)	17,8	(14,5-21,6)	1067
	2018	13,0	(10,2-15,7)	12,1	(9,6-15,1)	1261
	2023-2024	11,7	(9,3-14,1)	10,9	(8,8-13,5)	844

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)

1.5. DISTRIBUTION (%) OF INFORMAL CAREGIVERS AGED 15 AND OVER BY THEIR FEELINGS OF BURDEN RELATED TO PROVIDING HELP OR CARE, BELGIUM

IC_5		Not burdened or hardly burdened	Somewhat burdened	Fairly heavily burdened	Very heavily burdened	Overburdened	N
SEX	Male	71,2	20,2	6,6	2,0	0,0	346
	Female	57,2	23,8	13,2	3,4	2,3	501
AGE GROUP	15 - 24	84,3	14,0	1,8	0,0	0,0	42
	25 - 34	66,0	17,3	12,8	1,6	2,4	62
	35 - 44	70,8	18,8	8,3	0,5	1,7	91
	45 - 54	55,5	29,9	11,7	1,4	1,5	137
	55 - 64	59,5	22,1	12,7	4,9	0,8	246
	65 - 74	56,8	25,7	13,2	4,3	0,0	172
	75 +	69,7	18,5	4,1	3,4	4,3	97
HIGHEST DIPLOMA	No secondary	55,5	28,2	10,0	5,1	1,2	142
	Secondary	65,7	17,4	11,3	3,0	2,5	287
	Higher education	63,7	23,8	10,0	1,9	0,5	418
REGION	Flemish Region	60,5	25,6	10,0	2,4	1,6	445
	Brussels Region	75,3	15,2	5,3	4,2	0,0	91
	Walloon Region	65,1	17,9	12,3	3,4	1,2	311
YEAR	2023-2024	63,0	22,3	10,5	2,8	1,4	847

Source: Health Interview Survey, 2023-2024, Belgium

1.6. PERCENTAGE OF INFORMAL CAREGIVERS AGED 15 AND OVER WHO FEEL HEAVILY BURDENED BY PROVIDING HELP OR CARE, BELGIUM

IC_6		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	8,5	(5,2-11,9)	7,9	(4,8-12,6)	346
	Female	19,0	(14,6-23,3)	17,2	(13,1-22,2)	501
AGE GROUP	15 - 24	1,8	(0,0-5,4)	6,1	(1,8-19,2)	42
	25 - 34	16,7	(7,8-25,6)	14,6	(7,3-27,1)	62
	35 - 44	10,4	(3,2-17,7)	9,2	(4,6-17,6)	91
	45 - 54	14,6	(8,0-21,1)	13,0	(7,9-20,8)	137
	55 - 64	18,4	(12,3-24,5)	16,8	(11,9-23,1)	246
	65 - 74	17,5	(10,1-24,8)	15,4	(9,5-23,9)	172
	75 +	11,8	(1,2-22,4)	10,7	(4,3-24,0)	97
HIGHEST DIPLOMA	No secondary	16,3	(7,9-24,8)	13,3	(7,5-22,5)	142
	Secondary	16,8	(11,2-22,5)	13,4	(9,1-19,1)	287
	Higher education	12,5	(8,5-16,4)	10,1	(6,5-15,4)	418
REGION	Flemish Region	13,9	(10,4-17,4)	9,1	(5,9-13,7)	445
	Brussels Region	9,6	(3,4-15,7)	7,1	(3,4-14,2)	91
	Walloon Region	16,9	(10,7-23,2)	11,6	(7,4-17,7)	311
YEAR	2023-2024	14,7	(11,7-17,7)	.	.	847

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. Flanders

2.1. PERCENTAGE OF THE POPULATION AGED 15 AND OVER WHO PROVIDES INFORMAL CARE AT LEAST ONCE A WEEK, FLEMISH REGION

IC_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	11,2	(9,3-13,1)	9,9	(8,1-12,1)	1527
	Female	15,5	(13,6-17,4)	13,9	(11,9-16,2)	1687
AGE GROUP	15 - 24	6,6	(2,5-10,7)	6,6	(3,5-12,0)	278
	25 - 34	6,0	(3,3-8,8)	6,0	(3,8-9,4)	379
	35 - 44	9,6	(5,8-13,4)	9,5	(6,3-14,1)	452
	45 - 54	15,1	(11,3-19,0)	15,0	(11,6-19,2)	453
	55 - 64	25,7	(21,3-30,1)	25,6	(21,4-30,3)	584
	65 - 74	17,8	(14,1-21,6)	17,6	(14,2-21,6)	536
	75 +	10,9	(7,9-14,0)	10,5	(7,9-13,9)	532
HIGHEST DIPLOMA	No secondary	13,6	(10,5-16,7)	10,8	(8,1-14,3)	493
	Secondary	16,0	(12,9-19,1)	13,9	(10,8-17,7)	1043
	Higher education	11,8	(9,7-13,9)	10,8	(9,0-13,0)	1678
YEAR	2013	8,5	(7,2-9,8)	7,2	(6,1-8,5)	2991
	2018	10,7	(9,4-12,0)	9,1	(7,9-10,4)	3634
	2023-2024	13,4	(11,8-15,0)	11,6	(10,0-13,3)	3214

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)

2.2. DISTRIBUTION (%) OF INFORMAL CAREGIVERS AGED 15 AND OVER BY THE PEOPLE THEY MOST FREQUENTLY HELP OR CARE FOR, FLEMISH REGION

IC_2		Household members	Family members not part of the household	Persons not part of the household or family	N
SEX	Male	30,2	53,9	15,9	178
	Female	24,9	64,1	11,0	267
AGE GROUP	15 - 24	19,5	70,0	10,6	18
	25 - 34	19,9	75,9	4,1	22
	35 - 44	24,0	53,4	22,7	39
	45 - 54	13,6	79,5	6,9	69
	55 - 64	21,1	71,8	7,1	150
	65 - 74	44,8	38,2	17,0	92
	75 +	51,5	16,7	31,8	55
HIGHEST DIPLOMA	No secondary	50,8	25,3	23,9	73
	Secondary	25,7	58,1	16,2	170
	Higher education	20,4	72,7	6,9	202
YEAR	2018	29,6	59,9	10,5	407
	2023-2024	27,1	59,9	13,0	445

Source: Health Interview Survey, 2023-2024, Belgium

2.3. DISTRIBUTION (%) OF INFORMAL CAREGIVERS AGED 15 AND OVER BY THE TIME THEY DEDICATE EACH WEEK TO PROVIDING HELP OR CARE, FLEMISH REGION

IC_3		Less than 10 hours a week	10 - 19 hours a week	20 hours a week or more	N
SEX	Male	71,0	13,9	15,1	178
	Female	70,6	15,2	14,2	267
AGE GROUP	15 - 24	92,9	4,1	3,0	18
	25 - 34	79,1	9,7	11,3	22
	35 - 44	84,5	6,2	9,3	39
	45 - 54	71,1	13,1	15,8	69
	55 - 64	70,6	17,8	11,6	150
	65 - 74	57,2	17,7	25,0	92
	75 +	59,2	21,4	19,4	55
HIGHEST DIPLOMA	No secondary	63,0	8,7	28,3	73
	Secondary	70,0	16,2	13,7	170
	Higher education	73,9	15,3	10,8	202
YEAR	2013	56,4	17,6	26,0	267
	2018	66,1	20,2	13,6	406
	2023-2024	70,8	14,7	14,6	445

Source: Health Interview Survey, 2023-2024, Belgium

2.4. PERCENTAGE OF INFORMAL CAREGIVERS AGED 15 AND OVER WHO DEDICATE AT LEAST 20 HOURS PER WEEK TO PROVIDING HELP OR CARE, FLEMISH REGION

IC_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	15,1	(9,5-20,7)	12,3	(7,6-19,2)	178
	Female	14,2	(10,1-18,3)	11,0	(7,0-17,0)	267
AGE GROUP	15 - 24	3,0	(0,0-9,9)	3,0	(0,4-20,1)	18
	25 - 34	11,3	(0,0-25,7)	11,5	(2,8-36,9)	22
	35 - 44	9,3	(0,0-18,6)	9,3	(3,5-22,4)	39
	45 - 54	15,8	(7,2-24,5)	16,1	(9,0-27,0)	69
	55 - 64	11,6	(6,9-16,2)	11,6	(7,6-17,5)	150
	65 - 74	25,0	(14,4-35,6)	25,2	(16,2-37,0)	92
	75 +	19,4	(6,8-32,0)	19,5	(10,3-33,9)	55
HIGHEST DIPLOMA	No secondary	28,3	(17,0-39,5)	21,4	(12,0-35,2)	73
	Secondary	13,7	(8,4-19,0)	11,9	(7,4-18,6)	170
	Higher education	10,8	(6,2-15,3)	8,4	(4,6-14,8)	202
YEAR	2013	26,0	(19,8-32,2)	23,1	(17,2-30,3)	267
	2018	13,6	(9,8-17,4)	12,3	(8,9-16,8)	406
	2023-2024	14,6	(11,0-18,1)	13,2	(10,0-17,3)	445

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)

2.5. DISTRIBUTION (%) OF INFORMAL CAREGIVERS AGED 15 AND OVER BY THEIR FEELINGS OF BURDEN RELATED TO PROVIDING HELP OR CARE, FLEMISH REGION

IC_5		Not burdened or hardly burdened	Somewhat burdened	Fairly heavily burdened	Very heavily burdened	Overburdened	N
SEX	Male	65,9	24,7	7,0	2,3	0,0	178
	Female	56,6	26,3	12,1	2,4	2,7	267
AGE GROUP	15 - 24	85,5	11,5	3,0	0,0	0,0	18
	25 - 34	63,8	17,1	10,3	3,5	5,3	22
	35 - 44	65,7	22,8	7,9	0,0	3,5	39
	45 - 54	47,7	31,7	16,5	1,5	2,7	69
	55 - 64	56,5	30,1	10,3	1,8	1,3	150
	65 - 74	58,9	26,5	9,4	5,3	0,0	92
	75 +	73,3	17,3	5,6	3,8	0,0	55
HIGHEST DIPLOMA	No secondary	56,7	28,4	9,8	2,8	2,3	73
	Secondary	61,7	22,1	11,7	2,4	2,2	170
	Higher education	60,7	27,6	8,7	2,1	0,9	202
YEAR	2023-2024	60,5	25,6	10,0	2,4	1,6	445

Source: Health Interview Survey, 2023-2024, Belgium

2.6. PERCENTAGE OF INFORMAL CAREGIVERS AGED 15 AND OVER WHO FEEL HEAVILY BURDENED BY PROVIDING HELP OR CARE, FLEMISH REGION

IC_6		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	9,4	(4,7-14,0)	8,2	(4,6-14,1)	178
	Female	17,1	(12,2-22,0)	14,3	(9,5-21,0)	267
AGE GROUP	15 - 24	3,0	(0,0-9,9)	2,9	(0,4-19,4)	18
	25 - 34	19,1	(0,6-37,5)	16,7	(6,5-36,5)	22
	35 - 44	11,4	(1,1-21,7)	10,9	(4,4-24,6)	39
	45 - 54	20,6	(9,8-31,4)	18,7	(10,6-31,0)	69
	55 - 64	13,4	(7,9-18,9)	12,6	(8,1-19,0)	150
	65 - 74	14,6	(6,9-22,4)	13,6	(7,7-22,6)	92
	75 +	9,4	(0,0-19,5)	8,8	(2,9-23,8)	55
HIGHEST DIPLOMA	No secondary	14,9	(6,3-23,6)	12,8	(6,1-25,0)	73
	Secondary	16,3	(9,9-22,6)	12,8	(8,0-19,8)	170
	Higher education	11,7	(7,0-16,4)	8,7	(5,1-14,4)	202
YEAR	2023-2024	13,9	(10,4-17,4)	.	.	445

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. Brussels

3.1. PERCENTAGE OF THE POPULATION AGED 15 AND OVER WHO PROVIDES INFORMAL CARE AT LEAST ONCE A WEEK, BRUSSELS REGION

IC_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	7,5	(4,9-10,0)	7,6	(5,4-10,7)	510
	Female	8,2	(5,7-10,8)	8,1	(5,9-11,1)	568
AGE GROUP	15 - 24	9,4	(2,4-16,5)	9,4	(4,4-19,0)	85
	25 - 34	5,4	(1,7-9,2)	5,4	(2,7-10,6)	192
	35 - 44	4,0	(1,2-6,8)	4,0	(2,0-7,9)	204
	45 - 54	5,2	(1,7-8,6)	5,2	(2,6-9,9)	169
	55 - 64	10,4	(5,5-15,4)	10,4	(6,5-16,4)	175
	65 - 74	15,6	(8,7-22,6)	15,6	(9,9-23,7)	130
	75 +	13,4	(6,3-20,5)	13,3	(7,7-22,1)	123
HIGHEST DIPLOMA	No secondary	11,2	(4,2-18,2)	10,1	(5,1-18,9)	163
	Secondary	6,9	(3,2-10,6)	7,0	(4,1-11,6)	215
	Higher education	7,3	(5,0-9,6)	7,6	(5,5-10,3)	700
YEAR	2013	18,2	(16,1-20,3)	18,8	(16,7-21,1)	2529
	2018	10,6	(9,2-12,0)	10,9	(9,5-12,4)	2513
	2023-2024	7,9	(5,9-9,9)	8,0	(6,2-10,3)	1078

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)

3.2. DISTRIBUTION (%) OF INFORMAL CAREGIVERS AGED 15 AND OVER BY THE PEOPLE THEY MOST FREQUENTLY HELP OR CARE FOR, BRUSSELS REGION

IC_2		Household members	Family members not part of the household	Persons not part of the household or family	N
SEX	Male	39,0	24,3	36,7	42
	Female	25,9	29,3	44,7	49
AGE GROUP	15 - 24	56,8	16,7	26,5	9
	25 - 34	23,5	60,9	15,7	11
	35 - 44	57,4	20,9	21,7	8
	45 - 54	14,8	32,0	53,1	9
	55 - 64	17,0	21,6	61,4	17
	65 - 74	26,5	24,9	48,6	20
	75 +	28,6	13,3	58,1	17
HIGHEST DIPLOMA	No secondary	37,1	15,6	47,2	17
	Secondary	35,8	30,8	33,4	19
	Higher education	27,9	30,5	41,6	55
YEAR	2018	27,6	43,9	28,4	290
	2023-2024	31,9	27,0	41,0	91

Source: Health Interview Survey, 2023-2024, Belgium

3.3. DISTRIBUTION (%) OF INFORMAL CAREGIVERS AGED 15 AND OVER BY THE TIME THEY DEDICATE EACH WEEK TO PROVIDING HELP OR CARE, BRUSSELS REGION

IC_3		Less than 10 hours a week	10 - 19 hours a week	20 hours a week or more	N
SEX	Male	80,3	16,7	3,0	42
	Female	82,6	8,8	8,6	49
AGE GROUP	15 - 24	84,0	8,0	8,1	9
	25 - 34	100,0	0,0	0,0	11
	35 - 44	100,0	0,0	0,0	8
	45 - 54	75,7	24,3	0,0	9
	55 - 64	78,0	7,8	14,2	17
	65 - 74	70,5	17,5	12,0	20
	75 +	67,0	33,0	0,0	17
HIGHEST DIPLOMA	No secondary	79,8	17,1	3,1	17
	Secondary	95,5	4,5	0,0	19
	Higher education	76,2	13,8	10,0	55
YEAR	2013	63,9	22,1	14,0	492
	2018	77,2	13,5	9,3	290
	2023-2024	81,5	12,4	6,0	91

Source: Health Interview Survey, 2023-2024, Belgium

3.4. PERCENTAGE OF INFORMAL CAREGIVERS AGED 15 AND OVER WHO DEDICATE AT LEAST 20 HOURS PER WEEK TO PROVIDING HELP OR CARE, BRUSSELS REGION

IC_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	3,0	(0,0-7,4)	3,8	(1,0-14,0)	42
	Female	8,6	(0,0-17,3)	13,7	(5,8-29,2)	49
AGE GROUP	15 - 24	8,1	(0,0-27,5)	8,4	(1,2-40,7)	9
	25 - 34	0,0	.	.	.	11
	35 - 44	0,0	.	.	.	8
	45 - 54	0,0	.	.	.	9
	55 - 64	14,2	(0,0-31,5)	12,2	(3,1-37,9)	17
	65 - 74	12,0	(0,0-30,0)	8,4	(1,4-37,0)	20
	75 +	0,0	.	.	.	17
HIGHEST DIPLOMA	No secondary	3,1	(0,0-10,4)	1,5	(0,1-28,5)	17
	Secondary	0,0	.	.	.	19
	Higher education	10,0	(1,1-18,9)	13,4	(6,3-26,0)	55
YEAR	2013	14,0	(10,5-17,5)	11,6	(8,6-15,4)	492
	2018	9,3	(4,8-13,9)	7,8	(4,4-13,4)	290
	2023-2024	6,0	(1,0-11,1)	9,3	(4,8-17,0)	91

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)

3.5. DISTRIBUTION (%) OF INFORMAL CAREGIVERS AGED 15 AND OVER BY THEIR FEELINGS OF BURDEN RELATED TO PROVIDING HELP OR CARE, BRUSSELS REGION

IC_5		Not burdened or hardly burdened	Somewhat burdened	Fairly heavily burdened	Very heavily burdened	N
SEX	Male	83,2	9,5	1,4	5,9	42
	Female	68,5	20,0	8,6	2,8	49
AGE GROUP	15 - 24	100,0	0,0	0,0	0,0	9
	25 - 34	68,7	31,3	0,0	0,0	11
	35 - 44	76,2	13,3	0,0	10,5	8
	45 - 54	32,9	30,7	22,5	13,9	9
	55 - 64	82,9	4,0	9,5	3,6	17
	65 - 74	61,7	26,8	7,7	3,8	20
	75 +	88,0	7,5	0,0	4,6	17
HIGHEST DIPLOMA	No secondary	74,5	12,3	13,1	0,0	17
	Secondary	89,1	6,4	2,1	2,4	19
	Higher education	69,5	20,3	3,2	6,9	55
YEAR	2023-2024	75,3	15,2	5,3	4,2	91

Source: Health Interview Survey, 2023-2024, Belgium

3.6. PERCENTAGE OF INFORMAL CAREGIVERS AGED 15 AND OVER WHO FEEL HEAVILY BURDENED BY PROVIDING HELP OR CARE, BRUSSELS REGION

IC_6		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	7,3	(0,0-15,2)	5,7	(1,6-18,2)	42
	Female	11,5	(2,4-20,6)	18,0	(8,2-34,8)	49
AGE GROUP	15 - 24	0,0	.	.	.	9
	25 - 34	0,0	.	.	.	11
	35 - 44	10,5	(0,0-36,0)	9,3	(1,1-48,0)	8
	45 - 54	36,4	(0,0-77,9)	35,1	(9,2-74,3)	9
	55 - 64	13,1	(0,0-29,5)	11,5	(2,6-39,1)	17
	65 - 74	11,5	(0,0-25,7)	8,3	(1,8-30,8)	20
	75 +	4,6	(0,0-14,8)	4,1	(0,5-27,5)	17
HIGHEST DIPLOMA	No secondary	13,1	(0,0-31,6)	19,5	(9,1-36,9)	17
	Secondary	4,5	(0,0-11,6)	3,4	(0,4-22,8)	19
	Higher education	10,1	(1,5-18,8)	9,7	(3,0-27,0)	55
YEAR	2023-2024	9,6	(3,4-15,7)	.	.	91

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. Wallonia

4.1. PERCENTAGE OF THE POPULATION AGED 15 AND OVER WHO PROVIDES INFORMAL CARE AT LEAST ONCE A WEEK, WALLOON REGION

IC_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	12,5	(9,6-15,3)	11,3	(8,9-14,3)	874
	Female	17,4	(14,1-20,7)	16,1	(13,1-19,7)	906
AGE GROUP	15 - 24	4,7	(1,5-7,9)	4,8	(2,4-9,1)	182
	25 - 34	12,1	(6,7-17,6)	12,0	(7,5-18,6)	198
	35 - 44	18,6	(11,3-25,8)	18,4	(12,4-26,5)	256
	45 - 54	18,1	(11,8-24,4)	18,0	(12,4-25,4)	280
	55 - 64	21,9	(16,2-27,6)	21,8	(16,6-28,1)	334
	65 - 74	17,4	(11,4-23,3)	17,0	(11,9-23,6)	305
	75 +	9,5	(4,5-14,5)	9,0	(5,2-15,0)	225
HIGHEST DIPLOMA	No secondary	14,2	(8,9-19,5)	13,4	(9,1-19,3)	295
	Secondary	14,9	(10,5-19,3)	13,6	(10,0-18,2)	568
	Higher education	15,5	(11,8-19,1)	13,7	(10,5-17,7)	917
YEAR	2013	8,0	(6,7-9,3)	7,3	(6,2-8,7)	3587
	2018	15,1	(13,1-17,2)	14,1	(12,2-16,3)	3601
	2023-2024	15,0	(12,5-17,5)	13,9	(11,7-16,5)	1780

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)

4.2. DISTRIBUTION (%) OF INFORMAL CAREGIVERS AGED 15 AND OVER BY THE PEOPLE THEY MOST FREQUENTLY HELP OR CARE FOR, WALLOON REGION

IC_2		Household members	Family members not part of the household	Persons not part of the household or family	N
SEX	Male	16,3	61,6	22,1	126
	Female	19,4	62,2	18,5	185
AGE GROUP	15 - 24	12,5	83,5	4,0	15
	25 - 34	13,7	74,2	12,0	29
	35 - 44	21,9	44,7	33,4	44
	45 - 54	9,0	78,3	12,7	59
	55 - 64	18,8	72,0	9,2	79
	65 - 74	20,7	47,6	31,7	60
	75 +	35,8	24,7	39,5	25
HIGHEST DIPLOMA	No secondary	22,9	51,8	25,3	52
	Secondary	22,9	57,2	19,9	98
	Higher education	12,7	69,6	17,6	161
YEAR	2018	31,3	50,3	18,4	565
	2023-2024	18,1	62,0	19,9	311

Source: Health Interview Survey, 2023-2024, Belgium

4.3. DISTRIBUTION (%) OF INFORMAL CAREGIVERS AGED 15 AND OVER BY THE TIME THEY DEDICATE EACH WEEK TO PROVIDING HELP OR CARE, WALLOON REGION

IC_3		Less than 10 hours a week	10 - 19 hours a week	20 hours a week or more	N
SEX	Male	83,2	11,4	5,4	126
	Female	77,5	13,0	9,5	182
AGE GROUP	15 - 24	95,6	4,4	0,0	15
	25 - 34	91,3	3,3	5,4	29
	35 - 44	86,7	6,9	6,4	42
	45 - 54	89,8	8,6	1,6	58
	55 - 64	67,8	23,7	8,5	79
	65 - 74	64,1	15,4	20,4	60
	75 +	81,7	10,1	8,1	25
HIGHEST DIPLOMA	No secondary	80,2	10,1	9,6	51
	Secondary	68,9	18,6	12,5	98
	Higher education	87,4	8,9	3,8	159
YEAR	2013	73,4	15,0	11,6	308
	2018	73,5	13,5	13,0	565
	2023-2024	79,8	12,3	7,8	308

Source: Health Interview Survey, 2023-2024, Belgium

4.4. PERCENTAGE OF INFORMAL CAREGIVERS AGED 15 AND OVER WHO DEDICATE AT LEAST 20 HOURS PER WEEK TO PROVIDING HELP OR CARE, WALLOON REGION

IC_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	5,4	(2,0-8,7)	5,8	(2,5-12,7)	126
	Female	9,5	(4,6-14,4)	7,6	(4,4-13,0)	182
AGE GROUP	15 - 24	0,0	.	.	.	15
	25 - 34	5,4	(0,0-13,6)	5,2	(1,2-20,1)	29
	35 - 44	6,4	(0,0-13,8)	6,1	(1,9-17,9)	42
	45 - 54	1,6	(0,0-4,8)	1,6	(0,2-11,0)	58
	55 - 64	8,5	(2,2-14,8)	8,2	(3,8-17,0)	79
	65 - 74	20,4	(7,6-33,3)	19,7	(10,2-34,7)	60
	75 +	8,1	(0,0-18,3)	7,9	(2,1-25,7)	25
HIGHEST DIPLOMA	No secondary	9,6	(1,7-17,5)	6,9	(2,5-17,9)	51
	Secondary	12,5	(4,8-20,1)	10,0	(4,5-20,7)	98
	Higher education	3,8	(0,7-6,8)	4,4	(1,9-9,9)	159
YEAR	2013	11,6	(7,1-16,1)	10,5	(6,7-16,0)	308
	2018	13,0	(8,3-17,7)	12,2	(8,5-17,3)	565
	2023-2024	7,8	(4,5-11,1)	7,1	(4,4-11,2)	308

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)

4.5. DISTRIBUTION (%) OF INFORMAL CAREGIVERS AGED 15 AND OVER BY THEIR FEELINGS OF BURDEN RELATED TO PROVIDING HELP OR CARE, WALLOON REGION

IC_5		Not burdened or hardly burdened	Somewhat burdened	Fairly heavily burdened	Very heavily burdened	Overburdened	N
SEX	Male	78,2	14,5	6,8	0,5	0,0	126
	Female	56,3	20,2	16,0	5,4	2,0	185
AGE GROUP	15 - 24	68,9	31,1	0,0	0,0	0,0	15
	25 - 34	67,6	14,1	18,3	0,0	0,0	29
	35 - 44	75,6	15,0	9,4	0,0	0,0	44
	45 - 54	69,6	27,0	3,3	0,0	0,0	59
	55 - 64	63,1	6,3	18,5	12,1	0,0	79
	65 - 74	51,5	24,1	22,0	2,4	0,0	60
	75 +	55,3	24,8	1,6	2,0	16,2	25
HIGHEST DIPLOMA	No secondary	49,8	31,3	9,6	9,2	0,0	52
	Secondary	70,8	9,5	11,9	4,1	3,6	98
	Higher education	67,8	18,0	13,8	0,4	0,0	161
YEAR	2023-2024	65,1	17,9	12,3	3,4	1,2	311

Source: Health Interview Survey, 2023-2024, Belgium

4.6. PERCENTAGE OF INFORMAL CAREGIVERS AGED 15 AND OVER WHO FEEL HEAVILY BURDENED BY PROVIDING HELP OR CARE, WALLOON REGION

IC_6		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	7,3	(1,9-12,7)	6,5	(1,9-19,7)	126
	Female	23,4	(14,2-32,7)	18,8	(12,0-28,1)	185
AGE GROUP	15 - 24	0,0	.	.	.	15
	25 - 34	18,3	(8,8-27,8)	14,9	(4,7-38,2)	29
	35 - 44	9,4	(0,0-21,0)	7,2	(2,1-21,9)	44
	45 - 54	3,3	(0,0-7,8)	3,0	(0,7-11,3)	59
	55 - 64	30,5	(14,3-46,8)	26,9	(15,6-42,2)	79
	65 - 74	24,4	(6,6-42,2)	20,3	(7,5-44,5)	60
	75 +	19,9	(0,0-51,9)	17,0	(3,6-52,7)	25
HIGHEST DIPLOMA	No secondary	18,9	(0,7-37,1)	9,6	(2,9-27,5)	52
	Secondary	19,6	(7,2-32,1)	12,2	(5,9-23,7)	98
	Higher education	14,3	(6,2-22,3)	11,4	(4,1-27,8)	161
YEAR	2023-2024	16,9	(10,7-23,2)	.	.	311

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)

Braekman E. Health Interview Survey 2023-2024: Informal care Tables. Sciensano, Belgium; 2025.

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