



TABLES

NUTRITIONAL HABITS

HEALTH INTERVIEW SURVEY
2023-2024

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1. Belgium

1.1. DISTRIBUTION OF THE POPULATION ACCORDING TO THE FREQUENCY OF EATING FRUIT, BELGIUM

NH01_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	51,2	13,7	22,1	8,8	4,2	3380
	Female	61,1	12,2	17,7	6,4	2,7	3614
AGE GROUP	0 - 14	74,6	8,9	11,5	2,8	2,2	922
	15 - 24	39,7	17,1	28,7	9,9	4,6	544
	25 - 34	47,9	15,2	27,0	7,7	2,1	769
	35 - 44	49,6	14,2	24,7	8,1	3,3	912
	45 - 54	50,1	16,5	18,6	11,7	3,0	902
	55 - 64	54,3	11,7	19,6	9,5	5,0	1092
	65 - 74	63,5	9,6	16,7	6,2	4,0	971
	75 +	67,3	10,8	13,3	5,0	3,5	882
HIGHEST DIPLOMA	No secondary	53,4	11,6	21,0	8,2	5,9	1037
	Secondary	51,9	13,3	20,6	9,8	4,5	2031
	Higher education	59,6	13,2	19,1	6,0	2,0	3926
REGION	Flemish Region	58,3	11,3	20,4	7,5	2,5	3703
	Brussels Region	62,6	14,7	14,7	6,2	1,8	1258
	Walloon Region	50,0	15,5	20,6	8,1	5,7	2033
YEAR	2013	55,7	12,8	19,3	8,5	3,7	10820
	2018	57,2	13,1	18,0	7,9	3,8	11602
	2023-2024	56,2	13,0	19,8	7,5	3,4	6994

Source: Health Interview Survey, 2023-2024, Belgium

1.2. PERCENTAGE OF THE POPULATION THAT EATS FRUIT DAILY, BELGIUM

NH01_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	51,2	(48,9-53,5)	51,5	(49,2-53,7)	3380
	Female	61,1	(59,0-63,3)	61,3	(59,0-63,6)	3614
AGE GROUP	0 - 14	74,6	(70,9-78,4)	75,0	(70,9-78,7)	922
	15 - 24	39,7	(34,6-44,8)	39,9	(34,9-45,2)	544
	25 - 34	47,9	(43,1-52,8)	48,0	(43,2-52,8)	769
	35 - 44	49,6	(45,4-53,9)	49,8	(45,5-54,0)	912
	45 - 54	50,1	(45,9-54,3)	50,3	(46,1-54,5)	902
	55 - 64	54,3	(50,5-58,0)	54,4	(50,7-58,1)	1092
	65 - 74	63,5	(59,8-67,2)	63,5	(59,6-67,2)	971
	75 +	67,3	(63,2-71,5)	66,7	(62,2-70,9)	882
HIGHEST DIPLOMA	No secondary	53,4	(48,8-57,9)	48,9	(43,9-53,9)	1037
	Secondary	51,9	(48,5-55,3)	52,8	(49,3-56,3)	2031
	Higher education	59,6	(57,5-61,7)	61,0	(58,9-63,1)	3926
REGION	Flemish Region	58,3	(56,2-60,4)	58,6	(56,5-60,7)	3703
	Brussels Region	62,6	(58,8-66,3)	64,3	(60,5-67,9)	1258
	Walloon Region	50,0	(46,3-53,8)	49,8	(46,0-53,6)	2033
YEAR	2013	55,7	(54,1-57,2)	56,0	(54,4-57,6)	10820
	2018	57,2	(55,8-58,7)	57,5	(55,9-59,0)	11602
	2023-2024	56,2	(54,5-58,0)	56,4	(54,6-58,1)	6994

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)

**1.3. PERCENTAGE OF THE POPULATION AGED 6 YEARS AND OVER THAT
EATS THE DAILY RECOMMENDED AMOUNT OF FRUITS (AT LEAST 2 PORTIONS),
BELGIUM**

NH_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	28,4	(26,3-30,4)	28,1	(26,2-30,2)	3236
	Female	37,1	(35,0-39,2)	36,5	(34,3-38,7)	3446
AGE GROUP	6 - 14	36,8	(31,7-41,9)	37,2	(32,3-42,4)	612
	15 - 24	21,6	(17,5-25,7)	21,7	(17,8-26,1)	543
	25 - 34	28,3	(23,7-32,9)	28,2	(23,7-33,2)	769
	35 - 44	28,9	(25,1-32,7)	28,8	(25,2-32,8)	912
	45 - 54	31,2	(27,6-34,8)	31,2	(27,6-34,9)	902
	55 - 64	35,2	(31,8-38,6)	35,1	(31,8-38,6)	1091
	65 - 74	41,4	(37,5-45,2)	41,1	(37,4-45,0)	971
	75 +	41,8	(37,6-46,0)	40,9	(36,7-45,2)	882
HIGHEST DIPLOMA	No secondary	29,3	(25,6-32,9)	24,6	(21,1-28,3)	1023
	Secondary	30,5	(27,6-33,5)	30,1	(27,2-33,3)	1965
	Higher education	35,2	(33,1-37,4)	36,0	(33,8-38,2)	3694
REGION	Flemish Region	33,6	(31,7-35,5)	32,9	(31,0-34,9)	3533
	Brussels Region	37,8	(34,2-41,4)	38,6	(35,0-42,3)	1193
	Walloon Region	29,5	(26,0-32,9)	28,7	(25,4-32,4)	1956
YEAR	2018	32,7	(31,3-34,2)	32,4	(30,9-33,8)	10870
	2023-2024	32,8	(31,2-34,4)	32,3	(30,6-33,9)	6682

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)

**1.4. DISTRIBUTION OF THE POPULATION ACCORDING TO
THE FREQUENCY OF EATING VEGETABLES,
BELGIUM**

NH03_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	71,8	17,3	8,4	1,2	1,3	3382
	Female	79,9	12,0	6,6	1,0	0,5	3614
AGE GROUP	0 - 14	76,1	12,9	7,2	1,8	2,0	922
	15 - 24	67,1	20,2	10,3	1,5	0,9	545
	25 - 34	74,1	15,7	7,7	1,6	0,9	769
	35 - 44	74,4	15,3	8,6	1,1	0,6	912
	45 - 54	75,4	16,8	6,7	0,1	0,9	902
	55 - 64	77,3	13,5	7,4	0,9	0,9	1093
	65 - 74	82,7	10,8	5,9	0,4	0,2	971
	75 +	82,0	10,9	5,8	1,1	0,2	882
HIGHEST DIPLOMA	No secondary	68,0	14,9	12,8	2,1	2,3	1037
	Secondary	72,3	16,1	8,9	1,6	1,0	2033
	Higher education	80,4	13,6	5,1	0,5	0,4	3926
REGION	Flemish Region	80,8	13,2	5,1	0,4	0,5	3703
	Brussels Region	69,4	15,3	11,7	2,7	0,9	1258
	Walloon Region	68,8	17,0	10,7	1,8	1,7	2035
YEAR	2013	77,9	12,5	7,2	1,3	1,1	10822
	2018	75,8	13,4	8,3	1,6	1,0	11604
	2023-2024	75,9	14,6	7,5	1,1	0,9	6996

Source: Health Interview Survey, 2023-2024, Belgium

1.5. PERCENTAGE OF THE POPULATION THAT EATS VEGETABLES DAILY, BELGIUM

NH03_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	71,8	(69,6-74,1)	72,2	(69,9-74,3)	3382
	Female	79,9	(78,0-81,8)	79,9	(77,9-81,8)	3614
AGE GROUP	0 - 14	76,1	(71,8-80,4)	76,5	(71,8-80,6)	922
	15 - 24	67,1	(61,4-72,8)	67,6	(61,8-72,9)	545
	25 - 34	74,1	(69,9-78,4)	74,4	(70,0-78,4)	769
	35 - 44	74,4	(70,5-78,3)	74,7	(70,5-78,4)	912
	45 - 54	75,4	(71,5-79,4)	75,8	(71,6-79,5)	902
	55 - 64	77,3	(74,2-80,4)	77,6	(74,3-80,5)	1093
	65 - 74	82,7	(79,4-86,0)	82,8	(79,3-85,8)	971
	75 +	82,0	(78,2-85,8)	81,6	(77,4-85,2)	882
HIGHEST DIPLOMA	No secondary	68,0	(63,7-72,3)	63,9	(59,2-68,5)	1037
	Secondary	72,3	(68,9-75,8)	73,1	(69,6-76,4)	2033
	Higher education	80,4	(78,4-82,4)	81,8	(79,8-83,7)	3926
REGION	Flemish Region	80,8	(78,9-82,7)	81,2	(79,2-83,0)	3703
	Brussels Region	69,4	(65,6-73,3)	70,5	(66,6-74,1)	1258
	Walloon Region	68,8	(65,0-72,6)	69,1	(65,3-72,7)	2035
YEAR	2013	77,9	(76,6-79,3)	78,5	(77,1-79,9)	10822
	2018	75,8	(74,4-77,1)	76,3	(74,9-77,6)	11604
	2023-2024	75,9	(74,3-77,6)	76,3	(74,6-77,9)	6996

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)

**1.6. PERCENTAGE OF THE POPULATION AGED 6 YEARS AND OVER
THAT EATS THE DAILY RECOMMENDED AMOUNT OF VEGETABLES (AT LEAST 2 PORTIONS),
BELGIUM**

NH_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	36,6	(34,4-38,9)	36,6	(34,4-38,9)	3238
	Female	43,3	(41,1-45,4)	43,3	(41,1-45,5)	3447
AGE GROUP	6 - 14	32,2	(27,0-37,3)	32,4	(27,5-37,7)	612
	15 - 24	33,6	(28,6-38,6)	33,8	(28,9-39,0)	544
	25 - 34	45,1	(40,1-50,2)	45,2	(40,2-50,3)	769
	35 - 44	45,9	(41,6-50,2)	45,9	(41,7-50,2)	912
	45 - 54	40,3	(36,3-44,2)	40,3	(36,4-44,4)	902
	55 - 64	43,5	(39,9-47,2)	43,6	(39,9-47,3)	1093
	65 - 74	40,9	(36,4-45,3)	40,7	(36,4-45,2)	971
	75 +	35,4	(31,1-39,8)	34,8	(30,6-39,3)	882
HIGHEST DIPLOMA	No secondary	25,5	(21,9-29,1)	24,6	(21,1-28,4)	1023
	Secondary	36,6	(33,2-40,1)	36,5	(33,1-40,0)	1967
	Higher education	46,6	(44,2-48,9)	46,9	(44,5-49,4)	3695
REGION	Flemish Region	39,2	(37,0-41,4)	39,2	(36,9-41,5)	3534
	Brussels Region	46,4	(42,4-50,4)	46,2	(42,2-50,3)	1193
	Walloon Region	39,2	(35,5-43,0)	39,3	(35,6-43,1)	1958
YEAR	2018	38,0	(36,4-39,5)	37,9	(36,3-39,5)	10871
	2023-2024	40,0	(38,2-41,8)	39,9	(38,1-41,8)	6685

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)

**1.7. DISTRIBUTION OF THE POPULATION ACCORDING TO
THE FREQUENCY OF DRINKING 100% PURE FRUIT JUICE,
BELGIUM**

NH05_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	9,1	3,7	13,5	25,1	48,5	3378
	Female	11,2	2,9	12,9	21,6	51,4	3612
AGE GROUP	0 - 14	13,5	4,8	14,6	21,1	46,0	921
	15 - 24	11,8	3,9	18,7	26,9	38,7	545
	25 - 34	7,4	2,2	17,0	29,4	43,9	769
	35 - 44	8,4	3,4	12,6	27,9	47,7	911
	45 - 54	6,6	2,7	12,9	25,9	51,9	901
	55 - 64	9,1	3,0	10,5	22,2	55,2	1093
	65 - 74	12,3	3,5	10,1	18,5	55,6	971
	75 +	12,7	2,2	8,1	12,2	64,8	879
HIGHEST DIPLOMA	No secondary	11,7	3,5	9,6	13,5	61,7	1035
	Secondary	11,3	3,8	12,6	22,4	49,9	2032
	Higher education	9,1	2,9	14,7	26,8	46,5	3923
REGION	Flemish Region	6,9	2,3	11,5	24,2	55,1	3698
	Brussels Region	17,8	3,9	15,8	26,7	35,8	1257
	Walloon Region	13,9	4,9	15,6	20,6	45,1	2035
YEAR	2018	12,6	4,2	15,2	22,3	45,7	11598
	2023-2024	10,2	3,3	13,2	23,3	50,0	6990

Source: Health Interview Survey, 2023-2024, Belgium

1.8. PERCENTAGE OF THE POPULATION THAT DRINKS 100% PURE FRUIT JUICE DAILY, BELGIUM

NH05_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	9,1	(7,7-10,5)	8,9	(7,6-10,3)	3378
	Female	11,2	(9,7-12,8)	10,9	(9,5-12,5)	3612
AGE GROUP	0 - 14	13,5	(10,2-16,9)	13,5	(10,4-17,5)	921
	15 - 24	11,8	(8,4-15,2)	11,8	(8,8-15,7)	545
	25 - 34	7,4	(5,1-9,7)	7,4	(5,4-10,1)	769
	35 - 44	8,4	(5,8-11,0)	8,4	(6,1-11,5)	911
	45 - 54	6,6	(4,9-8,3)	6,6	(5,0-8,5)	901
	55 - 64	9,1	(6,9-11,3)	9,1	(7,1-11,6)	1093
	65 - 74	12,3	(9,4-15,2)	12,2	(9,7-15,4)	971
	75 +	12,7	(9,7-15,7)	12,4	(9,8-15,6)	879
HIGHEST DIPLOMA	No secondary	11,7	(8,4-15,0)	10,7	(7,7-14,7)	1035
	Secondary	11,3	(9,0-13,5)	11,0	(9,0-13,5)	2032
	Higher education	9,1	(7,7-10,5)	8,9	(7,6-10,4)	3923
REGION	Flemish Region	6,9	(5,8-8,0)	6,6	(5,5-7,8)	3698
	Brussels Region	17,8	(14,5-21,1)	17,7	(14,7-21,2)	1257
	Walloon Region	13,9	(11,0-16,7)	13,4	(10,9-16,3)	2035
YEAR	2018	12,6	(11,6-13,6)	12,4	(11,4-13,4)	11598
	2023-2024	10,2	(9,0-11,3)	10,0	(8,9-11,2)	6990

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)

1.9. PERCENTAGE OF THE POPULATION AGED 6 YEARS AND OVER THAT EATS THE DAILY RECOMMENDED AMOUNT OF FRUITS AND VEGETABLES (AT LEAST 5 PORTIONS), BELGIUM

NH_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	8,2	(7,1-9,3)	8,2	(7,1-9,4)	3236
	Female	12,8	(11,4-14,1)	12,5	(11,1-14,0)	3445
AGE GROUP	6 - 14	7,4	(4,6-10,2)	7,4	(5,1-10,7)	612
	15 - 24	8,9	(6,0-11,9)	8,9	(6,4-12,3)	544
	25 - 34	8,3	(6,1-10,6)	8,2	(6,2-10,7)	769
	35 - 44	10,0	(7,9-12,1)	9,9	(8,0-12,2)	911
	45 - 54	10,8	(8,6-12,9)	10,6	(8,7-13,0)	901
	55 - 64	12,7	(10,3-15,0)	12,5	(10,3-15,0)	1092
	65 - 74	13,6	(10,9-16,4)	13,3	(10,8-16,3)	971
	75 +	12,7	(10,0-15,5)	12,1	(9,6-15,0)	881
HIGHEST DIPLOMA	No secondary	7,3	(5,4-9,2)	5,8	(4,3-7,7)	1023
	Secondary	9,0	(7,4-10,6)	8,5	(7,0-10,3)	1966
	Higher education	12,4	(11,0-13,9)	12,5	(11,2-14,1)	3692
REGION	Flemish Region	9,4	(8,3-10,6)	9,0	(7,9-10,2)	3530
	Brussels Region	16,7	(13,7-19,6)	16,9	(14,0-20,1)	1193
	Walloon Region	10,5	(8,5-12,4)	10,0	(8,2-12,1)	1958
YEAR	2018	12,7	(11,7-13,7)	12,3	(11,4-13,3)	10864
	2023-2024	10,5	(9,6-11,5)	10,1	(9,2-11,1)	6681

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)

**1.10. DISTRIBUTION OF THE POPULATION ACCORDING TO
THE FREQUENCY OF DRINKING SUGARED SOFT DRINKS (NO "LIGHT"),
BELGIUM**

NH06_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	21,2	6,7	20,4	19,9	31,8	3381
	Female	14,7	4,5	14,8	21,7	44,2	3613
AGE GROUP	0 - 14	14,9	4,1	21,2	19,7	40,1	922
	15 - 24	27,2	12,6	23,0	18,0	19,3	545
	25 - 34	20,9	8,6	23,2	23,7	23,5	768
	35 - 44	18,2	7,0	18,9	26,1	29,8	912
	45 - 54	19,9	4,0	18,8	21,0	36,3	902
	55 - 64	17,2	3,5	13,8	19,5	46,0	1093
	65 - 74	12,9	2,4	9,2	21,4	54,0	971
	75 +	11,5	2,5	9,1	15,8	61,1	881
HIGHEST DIPLOMA	No secondary	25,0	3,7	13,3	15,8	42,3	1036
	Secondary	23,6	7,3	16,5	18,4	34,2	2033
	Higher education	12,5	5,2	19,5	23,7	39,1	3925
REGION	Flemish Region	18,1	4,8	18,2	20,7	38,2	3703
	Brussels Region	15,6	6,2	16,4	23,6	38,1	1257
	Walloon Region	18,4	6,9	16,9	19,9	37,9	2034
YEAR	2013	25,5	6,1	18,4	16,7	33,4	10818
	2018	20,4	6,2	17,5	17,9	38,0	11604
	2023-2024	17,9	5,6	17,6	20,8	38,1	6994

Source: Health Interview Survey, 2023-2024, Belgium

**1.11. PERCENTAGE OF THE POPULATION THAT
DRINKS SUGARED SOFT DRINKS (NO "LIGHT") DAILY,
BELGIUM**

NH06_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	21,2	(19,4-23,0)	20,7	(19,0-22,5)	3381
	Female	14,7	(13,1-16,3)	14,6	(13,0-16,3)	3613
AGE GROUP	0 - 14	14,9	(11,5-18,3)	14,6	(11,5-18,3)	922
	15 - 24	27,2	(22,5-31,9)	26,7	(22,3-31,6)	545
	25 - 34	20,9	(17,2-24,7)	20,7	(17,2-24,6)	768
	35 - 44	18,2	(15,1-21,4)	18,0	(15,0-21,3)	912
	45 - 54	19,9	(16,4-23,4)	19,6	(16,4-23,2)	902
	55 - 64	17,2	(14,3-20,0)	16,9	(14,3-20,0)	1093
	65 - 74	12,9	(10,2-15,7)	12,8	(10,3-15,9)	971
	75 +	11,5	(9,0-14,1)	11,7	(9,4-14,6)	881
HIGHEST DIPLOMA	No secondary	25,0	(21,2-28,8)	28,6	(24,2-33,5)	1036
	Secondary	23,6	(20,9-26,4)	22,5	(19,8-25,4)	2033
	Higher education	12,5	(11,0-14,1)	11,3	(9,9-12,8)	3925
REGION	Flemish Region	18,1	(16,4-19,8)	17,6	(16,0-19,4)	3703
	Brussels Region	15,6	(12,9-18,3)	14,5	(12,1-17,4)	1257
	Walloon Region	18,4	(15,7-21,2)	17,9	(15,3-20,8)	2034
YEAR	2013	25,5	(24,1-27,0)	24,3	(22,9-25,7)	10818
	2018	20,4	(19,1-21,7)	19,3	(18,0-20,6)	11604
	2023-2024	17,9	(16,6-19,3)	17,0	(15,7-18,4)	6994

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)

**1.12. PERCENTAGE OF THE POPULATION THAT
DRINKS AT LEAST 1 LITRE SUGARED SOFT DRINKS (NO "LIGHT") DAILY,
BELGIUM**

NH_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	4,7	(3,8-5,6)	3,9	(3,2-4,9)	3381
	Female	1,4	(0,9-1,8)	1,2	(0,9-1,7)	3613
AGE GROUP	0 - 14	1,2	(0,4-2,0)	1,0	(0,5-2,0)	922
	15 - 24	4,4	(2,5-6,3)	3,6	(2,3-5,7)	545
	25 - 34	4,7	(3,0-6,5)	4,0	(2,7-5,9)	768
	35 - 44	5,2	(3,5-6,9)	4,4	(3,1-6,2)	912
	45 - 54	3,7	(1,8-5,5)	3,1	(1,9-5,0)	902
	55 - 64	2,8	(1,6-4,1)	2,4	(1,5-3,8)	1093
	65 - 74	1,2	(0,4-2,0)	1,1	(0,6-2,0)	971
	75 +	0,4	(0,0-0,8)	0,4	(0,2-1,1)	881
HIGHEST DIPLOMA	No secondary	3,9	(2,4-5,4)	3,8	(2,5-5,7)	1036
	Secondary	4,7	(3,5-5,9)	3,2	(2,3-4,3)	2033
	Higher education	1,8	(1,2-2,3)	1,1	(0,8-1,6)	3925
REGION	Flemish Region	2,8	(2,2-3,5)	2,0	(1,5-2,7)	3703
	Brussels Region	2,2	(1,3-3,1)	1,4	(0,9-2,2)	1257
	Walloon Region	3,6	(2,4-4,7)	2,5	(1,8-3,6)	2034
YEAR	2018	4,1	(3,5-4,7)	3,2	(2,7-3,7)	11604
	2023-2024	3,0	(2,5-3,5)	2,3	(1,9-2,8)	6994

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)

**1.13. DISTRIBUTION OF THE POPULATION ACCORDING TO
THE FREQUENCY OF EATING SWEET OR SALTY SNACKS,
BELGIUM**

NH08_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	45,5	14,4	23,8	10,1	6,1	3382
	Female	48,1	14,1	21,8	10,1	6,0	3613
AGE GROUP	0 - 14	60,2	14,4	16,2	3,3	5,8	922
	15 - 24	48,8	21,4	19,3	7,7	2,8	545
	25 - 34	39,7	17,3	27,3	9,6	6,1	769
	35 - 44	40,1	15,9	26,9	12,2	4,8	912
	45 - 54	40,9	15,4	26,6	11,8	5,3	902
	55 - 64	46,5	11,5	23,8	11,6	6,6	1093
	65 - 74	45,9	6,9	22,3	15,7	9,3	971
	75 +	49,8	9,6	20,3	11,8	8,6	881
HIGHEST DIPLOMA	No secondary	42,7	11,3	20,5	13,6	12,0	1036
	Secondary	46,0	14,1	23,0	10,8	6,2	2033
	Higher education	48,6	15,2	23,3	8,7	4,2	3926
REGION	Flemish Region	51,8	12,9	23,0	8,8	3,5	3703
	Brussels Region	33,9	13,8	26,0	15,1	11,2	1258
	Walloon Region	41,9	16,9	21,3	10,9	9,0	2034
YEAR	2013	41,6	12,0	25,5	13,0	8,0	10821
	2018	38,3	13,4	27,1	13,2	8,1	11602
	2023-2024	46,8	14,2	22,8	10,1	6,0	6995

Source: Health Interview Survey, 2023-2024, Belgium

1.14. PERCENTAGE OF THE POPULATION THAT EATS SWEET OR SALTY SNACKS DAILY, BELGIUM

NH08_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	45,5	(43,3-47,8)	45,4	(43,2-47,7)	3382
	Female	48,1	(45,9-50,3)	48,1	(45,9-50,3)	3613
AGE GROUP	0 - 14	60,2	(55,8-64,7)	60,3	(55,8-64,6)	922
	15 - 24	48,8	(43,8-53,8)	48,9	(43,8-53,9)	545
	25 - 34	39,7	(35,2-44,3)	39,8	(35,3-44,4)	769
	35 - 44	40,1	(36,1-44,2)	40,1	(36,1-44,3)	912
	45 - 54	40,9	(36,8-45,0)	40,9	(36,9-45,1)	902
	55 - 64	46,5	(42,9-50,1)	46,5	(42,9-50,1)	1093
	65 - 74	45,9	(41,6-50,2)	45,8	(41,6-50,1)	971
	75 +	49,8	(45,4-54,2)	49,6	(45,2-53,9)	881
HIGHEST DIPLOMA	No secondary	42,7	(38,7-46,7)	41,4	(37,1-45,7)	1036
	Secondary	46,0	(42,8-49,1)	46,1	(42,9-49,4)	2033
	Higher education	48,6	(46,3-50,9)	48,8	(46,5-51,1)	3926
REGION	Flemish Region	51,8	(49,7-53,9)	51,9	(49,7-54,0)	3703
	Brussels Region	33,9	(30,7-37,2)	33,8	(30,5-37,2)	1258
	Walloon Region	41,9	(38,4-45,4)	41,6	(38,2-45,2)	2034
YEAR	2013	41,6	(40,0-43,2)	41,3	(39,7-42,9)	10821
	2018	38,3	(36,7-39,8)	38,0	(36,5-39,5)	11602
	2023-2024	46,8	(45,2-48,5)	46,8	(45,1-48,6)	6995

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)

1.15. DISTRIBUTION OF THE POPULATION ACCORDING TO THE FREQUENCY OF EATING/DRINKING MILK OR VEGETABLE PRODUCTS ENRICHED IN CALCIUM, BELGIUM

NH09_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	60,1	14,8	15,9	5,1	4,1	3382
	Female	66,3	12,4	13,1	3,8	4,4	3614
AGE GROUP	0 - 14	74,9	10,4	10,2	1,3	3,3	922
	15 - 24	58,7	17,8	15,1	5,8	2,6	545
	25 - 34	58,7	16,2	14,9	6,3	4,0	769
	35 - 44	57,2	16,3	16,5	5,8	4,2	912
	45 - 54	60,4	12,8	16,5	7,4	3,0	902
	55 - 64	64,5	11,2	14,8	4,0	5,5	1093
	65 - 74	61,0	13,8	16,9	2,3	6,0	971
	75 +	66,9	11,2	12,4	2,8	6,8	882
HIGHEST DIPLOMA	No secondary	57,3	12,2	17,0	5,8	7,6	1037
	Secondary	58,6	15,0	16,1	5,5	4,7	2033
	Higher education	67,6	13,2	12,8	3,4	3,0	3926
REGION	Flemish Region	66,7	11,3	14,6	3,6	3,8	3703
	Brussels Region	61,6	13,8	12,9	6,9	4,8	1258
	Walloon Region	57,0	17,9	14,8	5,3	5,0	2035
YEAR	2013	64,9	11,3	14,2	4,9	4,7	10822
	2018	62,4	13,3	14,9	5,2	4,3	11604
	2023-2024	63,2	13,6	14,5	4,4	4,3	6996

Source: Health Interview Survey, 2023-2024, Belgium

**1.16. PERCENTAGE OF THE POPULATION THAT EATS/DRINKS
MILK OR VEGETABLE PRODUCTS ENRICHED IN CALCIUM DAILY,
BELGIUM**

NH09_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	60,1	(57,8-62,3)	60,2	(57,9-62,4)	3382
	Female	66,3	(64,1-68,4)	66,4	(64,2-68,6)	3614
AGE GROUP	0 - 14	74,9	(70,8-79,0)	75,1	(70,7-79,0)	922
	15 - 24	58,7	(53,7-63,7)	59,0	(53,9-63,9)	545
	25 - 34	58,7	(54,1-63,2)	58,8	(54,2-63,2)	769
	35 - 44	57,2	(52,9-61,5)	57,3	(53,0-61,5)	912
	45 - 54	60,4	(56,1-64,7)	60,5	(56,2-64,7)	902
	55 - 64	64,5	(61,0-68,0)	64,6	(61,0-68,1)	1093
	65 - 74	61,0	(56,8-65,2)	60,9	(56,7-65,1)	971
	75 +	66,9	(62,9-70,9)	66,4	(62,3-70,3)	882
HIGHEST DIPLOMA	No secondary	57,3	(53,0-61,7)	55,7	(50,9-60,3)	1037
	Secondary	58,6	(55,4-61,8)	59,0	(55,7-62,3)	2033
	Higher education	67,6	(65,6-69,6)	68,3	(66,2-70,3)	3926
REGION	Flemish Region	66,7	(64,8-68,6)	67,0	(65,0-68,9)	3703
	Brussels Region	61,6	(58,0-65,2)	62,1	(58,4-65,6)	1258
	Walloon Region	57,0	(53,4-60,6)	57,0	(53,3-60,7)	2035
YEAR	2013	64,9	(63,4-66,4)	65,0	(63,5-66,6)	10822
	2018	62,4	(60,9-63,8)	62,5	(61,0-63,9)	11604
	2023-2024	63,2	(61,5-64,8)	63,4	(61,7-65,1)	6996

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)

1.17. PERCENTAGE OF THE ADULT POPULATION AGED 6 YEARS AND OVER THAT DRINKS THE RECOMMENDED DAILY AMOUNT OF WATER (MIN. 1 LITRE), BELGIUM

NH10_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	38,7	(36,4-41,1)	37,8	(35,5-40,2)	3236
	Female	36,8	(34,7-38,9)	36,4	(34,2-38,6)	3443
AGE GROUP	6 - 14	19,3	(14,8-23,8)	19,2	(15,2-24,1)	609
	15 - 24	48,2	(42,8-53,6)	48,1	(42,7-53,6)	545
	25 - 34	57,7	(53,3-62,0)	57,6	(53,2-61,9)	768
	35 - 44	45,3	(41,5-49,2)	45,3	(41,5-49,2)	912
	45 - 54	43,3	(39,3-47,3)	43,2	(39,1-47,4)	902
	55 - 64	33,3	(30,1-36,6)	33,3	(30,1-36,7)	1091
	65 - 74	26,4	(22,5-30,2)	26,4	(22,7-30,4)	971
	75 +	21,2	(17,6-24,9)	21,3	(17,9-25,2)	881
HIGHEST DIPLOMA	No secondary	36,1	(31,6-40,5)	42,4	(37,4-47,5)	1019
	Secondary	37,6	(34,5-40,7)	36,2	(33,1-39,4)	1966
	Higher education	38,4	(36,3-40,6)	35,9	(33,8-38,2)	3694
REGION	Flemish Region	34,4	(32,5-36,4)	33,8	(31,8-35,9)	3534
	Brussels Region	39,6	(36,0-43,1)	36,5	(32,9-40,2)	1190
	Walloon Region	43,5	(40,0-47,1)	43,6	(40,0-47,3)	1955
YEAR	2013	30,0	(28,6-31,4)	28,6	(27,2-30,1)	10027
	2018	34,3	(33,0-35,7)	33,4	(32,0-34,8)	10853
	2023-2024	37,8	(36,1-39,4)	37,2	(35,5-38,9)	6679

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)

1.18. DISTRIBUTION OF THE POPULATION ACCORDING TO THEIR NUTRITIONAL STYLE, BELGIUM

NH11_1		Omnivore	Flexitarian	Pescatarian	Vegetarian	Lacto-vegetarian	Vegan	N
SEX	Male	93,4	4,6	0,4	1,1	0,3	0,1	3381
	Female	91,1	5,7	1,2	1,5	0,3	0,2	3613
AGE GROUP	0 - 14	94,5	2,9	0,2	1,2	1,2	0,0	920
	15 - 24	91,2	6,8	0,3	1,5	0,0	0,1	545
	25 - 34	87,2	7,4	1,5	2,5	0,8	0,6	769
	35 - 44	90,1	6,4	1,2	2,1	0,0	0,1	912
	45 - 54	91,5	6,2	0,9	1,4	0,0	0,0	902
	55 - 64	93,2	4,7	0,9	0,7	0,2	0,1	1093
	65 - 74	95,3	3,1	0,9	0,5	0,1	0,1	971
	75 +	95,3	3,8	0,5	0,2	0,0	0,1	882
HIGHEST DIPLOMA	No secondary	92,3	4,8	1,0	1,6	0,2	0,2	1037
	Secondary	93,5	4,7	0,6	0,7	0,4	0,2	2032
	Higher education	91,5	5,5	0,9	1,6	0,4	0,1	3925
REGION	Flemish Region	93,1	4,7	0,6	1,2	0,3	0,2	3702
	Brussels Region	87,6	6,9	2,3	2,3	0,6	0,2	1258
	Walloon Region	92,2	5,5	0,6	1,3	0,4	0,0	2034
YEAR	2023-2024	92,2	5,2	0,8	1,3	0,3	0,1	6994

Source: Health Interview Survey, 2023-2024, Belgium

1.19. PERCENTAGE OF THE POPULATION DESCRIBING THEMSELVES AS OMNIVOROUS, BELGIUM

NH11_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	93,4	(92,2-94,7)	93,8	(92,5-94,9)	3381
	Female	91,1	(89,8-92,3)	91,4	(90,1-92,5)	3613
AGE GROUP	0 - 14	94,5	(92,3-96,8)	94,6	(91,8-96,4)	920
	15 - 24	91,2	(88,3-94,0)	91,2	(87,9-93,6)	545
	25 - 34	87,2	(84,1-90,3)	87,3	(83,9-90,1)	769
	35 - 44	90,1	(87,6-92,7)	90,2	(87,4-92,5)	912
	45 - 54	91,5	(89,2-93,9)	91,6	(88,9-93,7)	902
	55 - 64	93,2	(91,4-95,0)	93,3	(91,3-94,9)	1093
	65 - 74	95,3	(93,7-96,9)	95,4	(93,6-96,7)	971
	75 +	95,3	(93,7-97,0)	95,5	(93,6-96,9)	882
HIGHEST DIPLOMA	No secondary	92,3	(89,4-95,1)	91,3	(87,2-94,2)	1037
	Secondary	93,5	(91,6-95,3)	93,9	(92,0-95,4)	2032
	Higher education	91,5	(90,3-92,8)	92,4	(91,1-93,5)	3925
REGION	Flemish Region	93,1	(92,0-94,3)	93,5	(92,2-94,5)	3702
	Brussels Region	87,6	(84,9-90,4)	88,9	(86,1-91,2)	1258
	Walloon Region	92,2	(90,1-94,3)	92,5	(90,2-94,3)	2034
YEAR	2023-2024	92,2	(91,3-93,2)	.	.	6994

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)

**1.20. PERCENTAGE OF THE POPULATION AGED 15 AND OLDER THAT
CONSULTED A DIETICIAN DURING THE PAST 12 MONTHS,
BELGIUM**

DI01_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	4,2	(3,3-5,1)	4,1	(3,2-5,1)	2911
	Female	7,1	(5,7-8,5)	6,9	(5,7-8,4)	3159
AGE GROUP	15 - 24	3,0	(1,4-4,6)	2,9	(1,7-5,0)	545
	25 - 34	6,9	(3,9-9,9)	6,8	(4,4-10,3)	769
	35 - 44	5,8	(4,0-7,5)	5,6	(4,1-7,6)	912
	45 - 54	6,4	(4,5-8,3)	6,2	(4,6-8,4)	902
	55 - 64	6,1	(4,5-7,8)	5,9	(4,5-7,8)	1093
	65 - 74	6,4	(3,6-9,1)	6,1	(3,8-9,6)	971
	75 +	4,8	(2,5-7,1)	4,5	(2,8-7,1)	878
HIGHEST DIPLOMA	No secondary	6,0	(3,9-8,1)	5,7	(4,0-8,0)	950
	Secondary	4,2	(2,5-5,8)	3,9	(2,7-5,7)	1826
	Higher education	6,5	(5,4-7,6)	6,1	(5,0-7,4)	3294
REGION	Flemish Region	4,6	(3,8-5,4)	4,3	(3,6-5,3)	3213
	Brussels Region	4,7	(3,2-6,1)	4,3	(3,1-5,9)	1078
	Walloon Region	8,1	(5,9-10,4)	7,7	(5,8-10,0)	1779
YEAR	2001	2,0	(1,6-2,3)	1,8	(1,5-2,2)	10078
	2004	2,7	(2,2-3,1)	2,5	(2,1-3,0)	11137
	2008	3,3	(2,8-3,8)	3,1	(2,7-3,6)	9611
	2013	3,9	(3,3-4,5)	3,6	(3,1-4,2)	9110
	2018	5,3	(4,7-6,0)	5,0	(4,4-5,7)	9752
	2023-2024	5,7	(4,8-6,5)	5,4	(4,6-6,3)	6070

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. Flemish Region

2.1. DISTRIBUTION OF THE POPULATION ACCORDING TO THE FREQUENCY OF EATING FRUIT, FLEMISH REGION

NH01_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	53,3	12,2	22,9	8,6	3,1	1775
	Female	63,3	10,5	18,0	6,4	1,9	1928
AGE GROUP	0 - 14	81,6	6,2	9,7	1,6	1,0	489
	15 - 24	39,5	13,9	31,0	11,2	4,4	278
	25 - 34	48,8	14,1	28,0	6,5	2,7	379
	35 - 44	50,6	13,3	25,3	9,3	1,5	452
	45 - 54	51,6	15,0	19,7	11,8	1,9	453
	55 - 64	55,5	10,9	20,4	9,8	3,4	584
	65 - 74	62,0	9,2	19,0	6,5	3,3	536
	75 +	71,0	9,2	12,8	4,4	2,5	532
HIGHEST DIPLOMA	No secondary	58,1	9,3	20,7	8,7	3,2	528
	Secondary	52,4	11,7	22,9	9,4	3,6	1158
	Higher education	61,5	11,6	18,9	6,2	1,7	2017
YEAR	2013	55,3	13,1	20,2	8,4	3,0	3511
	2018	59,8	13,1	16,8	6,9	3,3	4293
	2023-2024	58,3	11,3	20,4	7,5	2,5	3703

Source: Health Interview Survey, 2023-2024, Belgium

2.2. PERCENTAGE OF THE POPULATION THAT EATS FRUIT DAILY, FLEMISH REGION

NH01_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	53,3	(50,5-56,0)	53,8	(50,9-56,6)	1775
	Female	63,3	(60,7-65,8)	63,9	(61,1-66,7)	1928
AGE GROUP	0 - 14	81,6	(77,4-85,7)	81,9	(77,4-85,7)	489
	15 - 24	39,5	(33,1-45,9)	39,8	(33,4-46,4)	278
	25 - 34	48,8	(43,1-54,5)	48,9	(43,2-54,7)	379
	35 - 44	50,6	(45,1-56,2)	50,8	(45,2-56,3)	452
	45 - 54	51,6	(46,6-56,7)	51,8	(46,7-56,8)	453
	55 - 64	55,5	(50,7-60,4)	55,7	(50,9-60,5)	584
	65 - 74	62,0	(57,5-66,5)	62,1	(57,5-66,5)	536
	75 +	71,0	(66,6-75,5)	70,6	(65,8-74,9)	532
HIGHEST DIPLOMA	No secondary	58,1	(52,4-63,8)	52,2	(45,0-59,3)	528
	Secondary	52,4	(48,6-56,1)	53,8	(50,0-57,5)	1158
	Higher education	61,5	(58,8-64,3)	63,4	(60,6-66,2)	2017
YEAR	2013	55,3	(53,0-57,6)	55,3	(52,9-57,8)	3511
	2018	59,8	(57,8-61,9)	60,0	(57,9-62,1)	4293
	2023-2024	58,3	(56,2-60,4)	58,5	(56,4-60,6)	3703

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)

**2.3. PERCENTAGE OF THE POPULATION AGED 6 YEARS AND OVER THAT
EATS THE DAILY RECOMMENDED AMOUNT OF FRUITS (AT LEAST 2 PORTIONS),
FLEMISH REGION**

NH_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	28,8	(26,3-31,3)	28,2	(25,7-30,8)	1699
	Female	38,4	(35,8-40,9)	37,4	(34,7-40,1)	1834
AGE GROUP	6 - 14	36,4	(30,1-42,8)	36,9	(30,7-43,5)	320
	15 - 24	20,2	(14,8-25,5)	20,2	(15,4-26,1)	278
	25 - 34	26,7	(21,7-31,7)	26,6	(21,9-32,0)	379
	35 - 44	28,7	(24,1-33,4)	28,6	(24,2-33,6)	452
	45 - 54	33,9	(29,2-38,5)	33,8	(29,3-38,6)	453
	55 - 64	37,4	(33,0-41,8)	37,4	(33,1-41,8)	583
	65 - 74	41,5	(37,0-46,0)	41,4	(36,9-45,9)	536
	75 +	45,1	(40,1-50,1)	44,3	(39,3-49,4)	532
HIGHEST DIPLOMA	No secondary	33,4	(28,4-38,5)	26,0	(21,3-31,2)	525
	Secondary	30,2	(26,9-33,4)	29,1	(25,8-32,5)	1123
	Higher education	35,6	(32,9-38,2)	36,5	(33,8-39,3)	1885
YEAR	2018	35,2	(33,2-37,2)	34,5	(32,4-36,6)	4039
	2023-2024	33,6	(31,7-35,5)	32,8	(30,9-34,8)	3533

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)

2.4. DISTRIBUTION OF THE POPULATION ACCORDING TO THE FREQUENCY OF EATING VEGETABLES, FLEMISH REGION

NH03_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	77,0	16,3	5,7	0,3	0,7	1775
	Female	84,6	10,1	4,5	0,5	0,3	1928
AGE GROUP	0 - 14	83,1	10,1	5,5	0,4	0,9	489
	15 - 24	74,3	18,5	6,6	0,7	0,0	278
	25 - 34	77,8	13,9	5,6	1,4	1,3	379
	35 - 44	78,9	14,3	5,9	0,6	0,4	452
	45 - 54	81,0	14,7	4,0	0,0	0,3	453
	55 - 64	80,5	14,5	4,3	0,1	0,5	584
	65 - 74	85,1	10,0	4,4	0,2	0,3	536
	75 +	86,0	9,7	4,3	0,0	0,0	532
HIGHEST DIPLOMA	No secondary	74,8	16,5	7,5	1,0	0,2	528
	Secondary	79,7	13,2	5,9	0,3	0,9	1158
	Higher education	82,9	12,4	4,0	0,3	0,3	2017
YEAR	2013	79,3	13,1	5,7	0,8	1,0	3511
	2018	79,3	12,2	6,7	1,2	0,6	4293
	2023-2024	80,8	13,2	5,1	0,4	0,5	3703

Source: Health Interview Survey, 2023-2024, Belgium

2.5. PERCENTAGE OF THE POPULATION THAT EATS VEGETABLES DAILY, FLEMISH REGION

NH03_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	77,0	(74,5-79,5)	77,2	(74,7-79,6)	1775
	Female	84,6	(82,5-86,7)	84,5	(82,3-86,6)	1928
AGE GROUP	0 - 14	83,1	(78,2-87,9)	83,5	(78,0-87,8)	489
	15 - 24	74,3	(68,2-80,3)	74,9	(68,4-80,4)	278
	25 - 34	77,8	(73,1-82,5)	78,2	(73,1-82,5)	379
	35 - 44	78,9	(74,2-83,5)	79,2	(74,3-83,5)	452
	45 - 54	81,0	(76,9-85,1)	81,4	(77,0-85,1)	453
	55 - 64	80,5	(76,6-84,5)	80,9	(76,7-84,5)	584
	65 - 74	85,1	(81,3-88,8)	85,3	(81,2-88,6)	536
	75 +	86,0	(82,5-89,4)	85,8	(81,9-89,0)	532
HIGHEST DIPLOMA	No secondary	74,8	(69,8-79,9)	70,0	(63,6-75,7)	528
	Secondary	79,7	(76,4-83,0)	80,4	(77,0-83,5)	1158
	Higher education	82,9	(80,3-85,5)	84,2	(81,6-86,5)	2017
YEAR	2013	79,3	(77,3-81,4)	79,7	(77,6-81,7)	3511
	2018	79,3	(77,4-81,2)	79,6	(77,7-81,4)	4293
	2023-2024	80,8	(78,9-82,7)	81,1	(79,1-82,9)	3703

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)

**2.6. PERCENTAGE OF THE POPULATION AGED 6 YEARS AND OVER
THAT EATS THE DAILY RECOMMENDED AMOUNT OF VEGETABLES (AT LEAST 2 PORTIONS),
FLEMISH REGION**

NH_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	36,3	(33,5-39,0)	36,2	(33,4-39,0)	1699
	Female	42,1	(39,4-44,8)	42,1	(39,4-44,8)	1835
AGE GROUP	6 - 14	30,8	(24,2-37,4)	31,0	(24,8-38,1)	320
	15 - 24	32,7	(26,5-38,8)	32,8	(26,8-39,4)	278
	25 - 34	43,5	(37,4-49,5)	43,5	(37,6-49,6)	379
	35 - 44	43,6	(38,1-49,2)	43,7	(38,2-49,2)	452
	45 - 54	40,4	(35,3-45,5)	40,4	(35,4-45,7)	453
	55 - 64	44,5	(39,7-49,4)	44,6	(39,8-49,4)	584
	65 - 74	41,8	(36,6-47,0)	41,7	(36,6-47,0)	536
	75 +	32,9	(28,0-37,9)	32,5	(27,8-37,6)	532
HIGHEST DIPLOMA	No secondary	24,5	(20,2-28,9)	23,1	(19,0-27,9)	525
	Secondary	37,5	(33,6-41,4)	37,1	(33,2-41,3)	1123
	Higher education	44,1	(40,9-47,2)	44,4	(41,3-47,6)	1886
YEAR	2018	37,2	(35,0-39,4)	37,1	(34,9-39,3)	4040
	2023-2024	39,2	(37,0-41,4)	39,2	(36,9-41,4)	3534

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)

**2.7. DISTRIBUTION OF THE POPULATION ACCORDING TO
THE FREQUENCY OF DRINKING 100% PURE FRUIT JUICE,
FLEMISH REGION**

NH05_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	6,7	2,7	11,0	25,4	54,1	1772
	Female	7,0	1,9	12,0	22,9	56,1	1926
AGE GROUP	0 - 14	6,3	3,8	15,1	21,3	53,5	488
	15 - 24	8,1	1,8	14,5	30,1	45,6	278
	25 - 34	5,0	0,8	12,7	32,0	49,5	379
	35 - 44	6,5	2,8	9,2	28,6	52,9	451
	45 - 54	3,3	2,3	13,7	25,7	55,0	452
	55 - 64	6,5	2,3	9,2	22,3	59,7	584
	65 - 74	9,9	2,6	9,4	20,0	58,1	536
	75 +	10,7	1,6	7,2	12,4	68,0	530
HIGHEST DIPLOMA	No secondary	6,1	1,2	9,1	15,3	68,3	527
	Secondary	7,6	3,0	10,4	20,4	58,6	1157
	Higher education	6,7	2,2	12,7	28,4	50,0	2014
YEAR	2018	8,9	2,3	13,4	23,7	51,7	4290
	2023-2024	6,9	2,3	11,5	24,2	55,1	3698

Source: Health Interview Survey, 2023-2024, Belgium

2.8. PERCENTAGE OF THE POPULATION THAT DRINKS 100% PURE FRUIT JUICE DAILY, FLEMISH REGION

NH05_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	6,7	(5,1-8,3)	6,4	(5,0-8,1)	1772
	Female	7,0	(5,7-8,4)	6,6	(5,4-8,0)	1926
AGE GROUP	0 - 14	6,3	(3,3-9,4)	6,3	(3,9-10,2)	488
	15 - 24	8,1	(4,2-12,0)	8,1	(5,0-12,9)	278
	25 - 34	5,0	(2,4-7,6)	5,0	(2,9-8,3)	379
	35 - 44	6,5	(3,7-9,2)	6,5	(4,2-9,9)	451
	45 - 54	3,3	(1,6-5,1)	3,3	(2,0-5,6)	452
	55 - 64	6,5	(4,2-8,8)	6,5	(4,6-9,2)	584
	65 - 74	9,9	(7,0-12,8)	9,9	(7,4-13,2)	536
	75 +	10,7	(7,6-13,9)	10,7	(8,0-14,3)	530
HIGHEST DIPLOMA	No secondary	6,1	(3,7-8,4)	4,3	(2,7-6,9)	527
	Secondary	7,6	(5,7-9,5)	7,0	(5,4-9,1)	1157
	Higher education	6,7	(5,0-8,3)	6,7	(5,3-8,5)	2014
YEAR	2018	8,9	(7,6-10,1)	8,6	(7,4-9,9)	4290
	2023-2024	6,9	(5,8-8,0)	6,6	(5,5-7,7)	3698

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)

**2.9. PERCENTAGE OF THE POPULATION AGED 6 YEARS AND OVER THAT EATS
THE DAILY RECOMMENDED AMOUNT OF FRUITS AND VEGETABLES (AT LEAST 5 PORTIONS),
FLEMISH REGION**

NH_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	7,2	(5,9-8,5)	6,9	(5,7-8,3)	1697
	Female	11,6	(9,9-13,3)	10,8	(9,1-12,8)	1833
AGE GROUP	6 - 14	3,9	(1,0-6,7)	3,9	(1,9-7,8)	320
	15 - 24	7,2	(3,6-10,7)	7,1	(4,3-11,5)	278
	25 - 34	7,0	(4,4-9,6)	6,9	(4,7-9,9)	379
	35 - 44	9,4	(6,5-12,3)	9,2	(6,7-12,5)	451
	45 - 54	9,2	(6,5-11,9)	9,1	(6,7-12,1)	452
	55 - 64	12,3	(9,3-15,2)	12,1	(9,5-15,3)	583
	65 - 74	13,5	(10,1-16,8)	13,2	(10,2-16,8)	536
	75 +	12,5	(9,2-15,8)	11,9	(9,1-15,5)	531
HIGHEST DIPLOMA	No secondary	6,2	(4,1-8,3)	4,0	(2,7-5,8)	525
	Secondary	8,1	(6,3-9,8)	6,9	(5,5-8,7)	1122
	Higher education	11,1	(9,3-12,8)	10,9	(9,2-13,0)	1883
YEAR	2018	11,3	(10,1-12,6)	10,7	(9,6-12,1)	4038
	2023-2024	9,4	(8,3-10,6)	8,9	(7,8-10,1)	3530

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)

2.10. DISTRIBUTION OF THE POPULATION ACCORDING TO THE FREQUENCY OF DRINKING SUGARED SOFT DRINKS (NO "LIGHT"), FLEMISH REGION

NH06_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	22,3	6,1	21,2	20,2	30,2	1775
	Female	14,0	3,6	15,2	21,2	46,1	1928
AGE GROUP	0 - 14	14,1	4,7	22,8	17,0	41,4	489
	15 - 24	28,6	10,5	22,6	19,1	19,2	278
	25 - 34	23,5	7,0	26,2	23,4	19,9	379
	35 - 44	17,3	5,6	20,9	24,1	32,2	452
	45 - 54	18,9	3,4	16,3	22,5	39,0	453
	55 - 64	16,5	3,5	13,5	22,3	44,2	584
	65 - 74	13,7	1,6	10,1	21,7	52,9	536
	75 +	13,4	2,6	10,6	15,5	58,0	532
HIGHEST DIPLOMA	No secondary	25,0	3,5	15,1	15,9	40,4	528
	Secondary	24,1	6,0	15,7	18,2	36,0	1158
	Higher education	13,1	4,5	20,3	23,3	38,8	2017
YEAR	2013	23,8	6,0	19,2	18,1	32,9	3507
	2018	19,4	6,2	18,4	18,3	37,7	4292
	2023-2024	18,1	4,8	18,2	20,7	38,2	3703

Source: Health Interview Survey, 2023-2024, Belgium

**2.11. PERCENTAGE OF THE POPULATION THAT
DRINKS SUGARED SOFT DRINKS (NO "LIGHT") DAILY,
FLEMISH REGION**

NH06_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	22,3	(19,9-24,6)	21,9	(19,7-24,3)	1775
	Female	14,0	(12,0-15,9)	13,9	(12,0-15,9)	1928
AGE GROUP	0 - 14	14,1	(10,0-18,2)	13,6	(10,0-18,3)	489
	15 - 24	28,6	(22,7-34,5)	27,9	(22,4-34,1)	278
	25 - 34	23,5	(18,3-28,7)	23,0	(18,2-28,5)	379
	35 - 44	17,3	(13,3-21,2)	16,8	(13,3-21,0)	452
	45 - 54	18,9	(14,7-23,1)	18,4	(14,7-22,9)	453
	55 - 64	16,5	(12,9-20,2)	16,1	(12,8-20,0)	584
	65 - 74	13,7	(10,4-17,0)	13,4	(10,4-17,1)	536
	75 +	13,4	(10,1-16,7)	13,5	(10,5-17,4)	532
HIGHEST DIPLOMA	No secondary	25,0	(20,3-29,7)	30,7	(25,0-37,1)	528
	Secondary	24,1	(20,7-27,5)	23,1	(19,8-26,6)	1158
	Higher education	13,1	(11,0-15,2)	11,6	(9,8-13,7)	2017
YEAR	2013	23,8	(21,7-25,9)	22,8	(20,8-24,9)	3507
	2018	19,4	(17,6-21,2)	18,5	(16,8-20,4)	4292
	2023-2024	18,1	(16,4-19,8)	17,2	(15,5-19,0)	3703

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)

**2.12. PERCENTAGE OF THE POPULATION THAT
DRINKS AT LEAST 1 LITRE SUGARED SOFT DRINKS (NO "LIGHT") DAILY,
FLEMISH REGION**

NH_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	4,4	(3,3-5,6)	3,8	(2,9-4,9)	1775
	Female	1,3	(0,7-1,9)	1,1	(0,7-1,8)	1928
AGE GROUP	0 - 14	1,2	(0,3-2,0)	0,9	(0,4-2,0)	489
	15 - 24	5,0	(2,2-7,8)	4,1	(2,2-7,4)	278
	25 - 34	5,3	(2,8-7,8)	4,4	(2,7-7,1)	379
	35 - 44	4,5	(2,3-6,7)	3,8	(2,3-6,2)	452
	45 - 54	2,6	(0,9-4,3)	2,1	(1,1-4,3)	453
	55 - 64	2,1	(0,7-3,6)	1,8	(0,8-3,7)	584
	65 - 74	1,9	(0,7-3,2)	1,6	(0,8-3,2)	536
	75 +	0,4	(0,0-1,0)	0,4	(0,1-1,3)	532
HIGHEST DIPLOMA	No secondary	2,8	(1,3-4,3)	3,1	(1,7-5,5)	528
	Secondary	4,9	(3,2-6,6)	3,4	(2,3-5,0)	1158
	Higher education	1,7	(1,1-2,4)	1,1	(0,7-1,7)	2017
YEAR	2018	4,3	(3,4-5,1)	3,3	(2,6-4,1)	4292
	2023-2024	2,8	(2,2-3,5)	2,2	(1,7-2,8)	3703

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)

**2.13. DISTRIBUTION OF THE POPULATION ACCORDING TO
THE FREQUENCY OF EATING SWEET OR SALTY SNACKS,
FLEMISH REGION**

NH08_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	50,8	14,1	23,8	8,0	3,4	1775
	Female	52,8	11,8	22,1	9,6	3,7	1928
AGE GROUP	0 - 14	62,5	13,6	16,6	2,8	4,5	489
	15 - 24	55,3	16,1	18,8	8,9	1,0	278
	25 - 34	47,3	14,7	26,7	8,5	2,7	379
	35 - 44	47,0	15,4	26,0	8,4	3,3	452
	45 - 54	45,1	16,6	26,0	10,2	2,1	453
	55 - 64	51,8	11,0	24,3	8,9	3,9	584
	65 - 74	50,8	5,7	24,2	13,5	5,8	536
	75 +	52,2	9,2	22,0	11,8	4,9	532
HIGHEST DIPLOMA	No secondary	48,4	9,4	23,1	12,6	6,4	528
	Secondary	48,0	12,0	25,5	10,2	4,3	1158
	Higher education	54,7	14,3	21,5	7,1	2,4	2017
YEAR	2013	41,4	11,7	27,5	12,8	6,5	3509
	2018	40,6	14,8	25,6	12,2	6,8	4293
	2023-2024	51,8	12,9	23,0	8,8	3,5	3703

Source: Health Interview Survey, 2023-2024, Belgium

2.14. PERCENTAGE OF THE POPULATION THAT EATS SWEET OR SALTY SNACKS DAILY, FLEMISH REGION

NH08_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	50,8	(48,1-53,5)	50,8	(48,0-53,6)	1775
	Female	52,8	(50,1-55,4)	52,9	(50,1-55,6)	1928
AGE GROUP	0 - 14	62,5	(57,0-68,0)	62,5	(57,0-67,8)	489
	15 - 24	55,3	(48,6-61,9)	55,4	(48,7-61,9)	278
	25 - 34	47,3	(41,3-53,3)	47,3	(41,4-53,3)	379
	35 - 44	47,0	(41,5-52,5)	47,0	(41,6-52,6)	452
	45 - 54	45,1	(40,0-50,2)	45,1	(40,1-50,3)	453
	55 - 64	51,8	(47,4-56,3)	51,8	(47,4-56,3)	584
	65 - 74	50,8	(45,7-55,8)	50,7	(45,7-55,8)	536
	75 +	52,2	(47,3-57,1)	52,1	(47,2-56,9)	532
HIGHEST DIPLOMA	No secondary	48,4	(43,3-53,5)	47,4	(42,0-52,9)	528
	Secondary	48,0	(44,2-51,9)	48,3	(44,3-52,3)	1158
	Higher education	54,7	(51,8-57,5)	54,8	(51,9-57,6)	2017
YEAR	2013	41,4	(39,1-43,8)	41,3	(38,9-43,7)	3509
	2018	40,6	(38,4-42,7)	40,4	(38,3-42,6)	4293
	2023-2024	51,8	(49,7-53,9)	51,9	(49,7-54,0)	3703

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)

2.15. DISTRIBUTION OF THE POPULATION ACCORDING TO THE FREQUENCY OF EATING/DRINKING MILK OR VEGETABLE PRODUCTS ENRICHED IN CALCIUM, FLEMISH REGION

NH09_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	64,0	12,5	15,9	4,0	3,5	1775
	Female	69,3	10,1	13,4	3,1	4,1	1928
AGE GROUP	0 - 14	77,2	9,2	8,8	0,8	4,0	489
	15 - 24	62,6	14,6	17,0	4,1	1,7	278
	25 - 34	63,6	12,2	14,7	5,6	3,9	379
	35 - 44	62,3	15,0	14,7	4,6	3,5	452
	45 - 54	65,3	10,7	17,4	4,6	2,0	453
	55 - 64	69,7	8,3	14,4	3,4	4,2	584
	65 - 74	62,8	10,5	18,4	2,8	5,6	536
	75 +	65,8	10,9	13,9	3,3	6,1	532
HIGHEST DIPLOMA	No secondary	60,5	10,6	19,0	2,3	7,5	528
	Secondary	61,5	13,2	16,4	4,3	4,6	1158
	Higher education	71,1	10,4	12,5	3,5	2,5	2017
YEAR	2013	63,5	11,3	15,4	5,6	4,2	3510
	2018	64,2	13,1	13,8	5,3	3,6	4292
	2023-2024	66,7	11,3	14,6	3,6	3,8	3703

Source: Health Interview Survey, 2023-2024, Belgium

**2.16. PERCENTAGE OF THE POPULATION THAT
EATS/DRINKS MILK OR VEGETABLE PRODUCTS ENRICHED IN CALCIUM DAILY,
FLEMISH REGION**

NH09_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	64,0	(61,4-66,7)	64,2	(61,5-66,8)	1775
	Female	69,3	(66,8-71,7)	69,6	(67,0-72,0)	1928
AGE GROUP	0 - 14	77,2	(72,8-81,6)	77,3	(72,6-81,5)	489
	15 - 24	62,6	(56,5-68,6)	62,8	(56,6-68,6)	278
	25 - 34	63,6	(57,8-69,4)	63,8	(57,9-69,3)	379
	35 - 44	62,3	(56,7-67,8)	62,4	(56,8-67,6)	452
	45 - 54	65,3	(60,3-70,3)	65,5	(60,4-70,2)	453
	55 - 64	69,7	(65,4-73,9)	69,8	(65,4-73,8)	584
	65 - 74	62,8	(57,9-67,8)	62,9	(57,8-67,6)	536
	75 +	65,8	(61,0-70,5)	65,4	(60,5-70,0)	532
HIGHEST DIPLOMA	No secondary	60,5	(55,6-65,4)	59,6	(54,2-64,8)	528
	Secondary	61,5	(57,9-65,0)	62,0	(58,3-65,5)	1158
	Higher education	71,1	(68,5-73,6)	71,4	(68,8-73,8)	2017
YEAR	2013	63,5	(61,2-65,8)	63,6	(61,3-65,9)	3510
	2018	64,2	(62,2-66,2)	64,4	(62,3-66,4)	4292
	2023-2024	66,7	(64,8-68,6)	67,0	(65,1-69,0)	3703

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)

2.17. PERCENTAGE OF THE ADULT POPULATION AGED 6 YEARS AND OVER THAT DRINKS THE RECOMMENDED DAILY AMOUNT OF WATER (MIN. 1 LITRE), FLEMISH REGION

NH10_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	34,8	(32,0-37,5)	33,8	(31,0-36,6)	1699
	Female	34,1	(31,6-36,6)	33,6	(31,0-36,4)	1835
AGE GROUP	6 - 14	17,5	(12,3-22,6)	17,5	(12,9-23,2)	320
	15 - 24	46,8	(40,0-53,5)	46,7	(40,0-53,6)	278
	25 - 34	55,5	(49,7-61,2)	55,5	(49,7-61,1)	379
	35 - 44	43,4	(38,5-48,4)	43,4	(38,6-48,5)	452
	45 - 54	39,4	(34,5-44,3)	39,4	(34,6-44,4)	453
	55 - 64	29,3	(25,2-33,5)	29,3	(25,4-33,6)	584
	65 - 74	20,3	(16,4-24,2)	20,3	(16,7-24,4)	536
	75 +	18,2	(14,4-22,0)	18,2	(14,7-22,3)	532
HIGHEST DIPLOMA	No secondary	29,5	(24,7-34,2)	38,4	(32,5-44,7)	525
	Secondary	35,3	(31,8-38,8)	34,4	(30,8-38,2)	1123
	Higher education	35,3	(32,5-38,0)	32,1	(29,4-34,9)	1886
YEAR	2013	26,4	(24,3-28,4)	25,1	(23,2-27,2)	3277
	2018	30,5	(28,6-32,4)	29,6	(27,7-31,7)	4031
	2023-2024	34,4	(32,5-36,4)	33,9	(31,9-35,9)	3534

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)

2.18. DISTRIBUTION OF THE POPULATION ACCORDING TO THEIR NUTRITIONAL STYLE, FLEMISH REGION

NH11_1		Omnivore	Flexitarian	Pescatarian	Vegetarian	Lacto-vegetarian	Vegan	N
SEX	Male	94,3	4,1	0,3	1,0	0,2	0,0	1774
	Female	92,0	5,2	0,9	1,3	0,3	0,3	1928
AGE GROUP	0 - 14	95,2	3,3	0,0	0,7	0,8	0,0	488
	15 - 24	93,5	5,2	0,0	1,1	0,0	0,2	278
	25 - 34	88,9	4,9	1,5	3,1	0,6	1,1	379
	35 - 44	88,7	7,4	1,1	2,9	0,0	0,0	452
	45 - 54	91,9	6,6	0,7	0,8	0,0	0,0	453
	55 - 64	95,0	4,2	0,4	0,1	0,4	0,0	584
	65 - 74	96,4	1,9	0,9	0,5	0,2	0,0	536
	75 +	95,6	3,6	0,5	0,0	0,0	0,2	532
HIGHEST DIPLOMA	No secondary	94,0	4,3	0,7	0,7	0,0	0,3	528
	Secondary	94,8	3,6	0,5	0,7	0,3	0,2	1158
	Higher education	92,0	5,3	0,7	1,5	0,3	0,1	2016
YEAR	2023-2024	93,1	4,7	0,6	1,2	0,3	0,2	3702

Source: Health Interview Survey, 2023-2024, Belgium

2.19. PERCENTAGE OF THE POPULATION DESCRIBING THEMSELVES AS OMNIVOROUS, FLEMISH REGION

NH11_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	94,3	(93,0-95,6)	94,7	(93,3-95,8)	1774
	Female	92,0	(90,4-93,5)	92,4	(90,7-93,8)	1928
AGE GROUP	0 - 14	95,2	(92,7-97,8)	95,3	(92,0-97,3)	488
	15 - 24	93,5	(90,5-96,6)	93,6	(89,9-96,0)	278
	25 - 34	88,9	(85,3-92,5)	89,0	(84,9-92,1)	379
	35 - 44	88,7	(85,0-92,3)	88,8	(84,5-91,9)	452
	45 - 54	91,9	(89,1-94,7)	92,0	(88,7-94,4)	453
	55 - 64	95,0	(93,0-96,9)	95,0	(92,7-96,6)	584
	65 - 74	96,4	(94,5-98,3)	96,5	(94,1-97,9)	536
	75 +	95,6	(93,6-97,7)	95,8	(93,4-97,4)	532
HIGHEST DIPLOMA	No secondary	94,0	(91,4-96,6)	93,0	(89,0-95,6)	528
	Secondary	94,8	(92,7-96,8)	95,1	(92,8-96,7)	1158
	Higher education	92,0	(90,4-93,7)	93,0	(91,3-94,4)	2016
YEAR	2023-2024	93,1	(92,0-94,3)	.	.	3702

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)

**2.20. PERCENTAGE OF THE POPULATION AGED 15 AND OLDER THAT
CONSULTED A DIETICIAN DURING THE PAST 12 MONTHS,
FLEMISH REGION**

DI01_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	3,9	(2,8-5,0)	3,7	(2,8-4,9)	1527
	Female	5,3	(4,2-6,5)	5,1	(4,0-6,4)	1686
AGE GROUP	15 - 24	2,8	(0,7-4,8)	2,8	(1,3-5,7)	278
	25 - 34	6,0	(3,4-8,7)	6,0	(3,8-9,2)	379
	35 - 44	4,2	(2,4-6,0)	4,1	(2,7-6,3)	452
	45 - 54	6,7	(4,2-9,3)	6,7	(4,5-9,7)	453
	55 - 64	5,4	(3,4-7,3)	5,3	(3,7-7,6)	584
	65 - 74	3,1	(1,5-4,7)	3,1	(1,8-5,2)	536
	75 +	3,4	(1,6-5,2)	3,3	(1,9-5,6)	531
HIGHEST DIPLOMA	No secondary	6,2	(3,9-8,6)	7,0	(4,6-10,6)	493
	Secondary	2,9	(1,7-4,0)	2,7	(1,8-4,0)	1043
	Higher education	5,2	(4,0-6,4)	4,6	(3,6-5,9)	1677
YEAR	2001	1,3	(0,9-1,7)	1,3	(1,0-1,7)	3486
	2004	2,4	(1,8-3,0)	2,3	(1,7-2,9)	3935
	2008	3,0	(2,2-3,7)	2,8	(2,2-3,6)	3400
	2013	4,0	(3,1-4,8)	3,8	(3,0-4,7)	2991
	2018	4,8	(4,0-5,6)	4,6	(3,8-5,4)	3638
	2023-2024	4,6	(3,8-5,4)	4,4	(3,6-5,3)	3213

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 Region

3.1. DISTRIBUTION OF THE POPULATION ACCORDING TO THE FREQUENCY OF EATING FRUIT, BRUSSELS REGION

NH01_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	58,5	15,7	15,0	7,8	3,0	608
	Female	66,5	13,7	14,4	4,7	0,7	650
AGE GROUP	0 - 14	76,9	9,9	6,2	3,4	3,6	179
	15 - 24	52,8	21,2	22,1	3,0	0,8	85
	25 - 34	49,3	19,3	21,3	9,8	0,4	192
	35 - 44	59,7	18,1	13,9	5,8	2,5	204
	45 - 54	70,9	10,3	10,2	7,4	1,1	169
	55 - 64	60,3	10,8	19,5	6,6	2,8	175
	65 - 74	66,1	13,3	12,6	8,0	0,0	130
	75 +	68,1	11,3	10,3	7,0	3,3	124
HIGHEST DIPLOMA	No secondary	56,2	14,8	15,7	7,4	5,9	185
	Secondary	62,7	15,8	12,9	7,2	1,4	237
	Higher education	64,5	14,1	15,2	5,4	0,8	836
YEAR	2013	62,4	12,3	17,3	5,2	2,8	3097
	2018	59,3	14,8	17,6	5,5	2,7	3099
	2023-2024	62,6	14,7	14,7	6,2	1,8	1258

Source: Health Interview Survey, 2023-2024, Belgium

3.2. PERCENTAGE OF THE POPULATION THAT EATS FRUIT DAILY, BRUSSELS REGION

NH01_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	58,5	(53,5-63,5)	59,4	(54,6-64,1)	608
	Female	66,5	(61,9-71,0)	67,9	(63,2-72,3)	650
AGE GROUP	0 - 14	76,9	(68,6-85,2)	77,3	(68,1-84,4)	179
	15 - 24	52,8	(40,5-65,1)	52,7	(40,8-64,4)	85
	25 - 34	49,3	(40,0-58,5)	49,2	(40,4-58,1)	192
	35 - 44	59,7	(52,3-67,1)	60,0	(52,4-67,0)	204
	45 - 54	70,9	(63,6-78,2)	71,2	(63,3-78,0)	169
	55 - 64	60,3	(52,0-68,6)	60,4	(51,9-68,3)	175
	65 - 74	66,1	(56,5-75,7)	66,0	(56,1-74,6)	130
	75 +	68,1	(58,9-77,3)	67,4	(57,6-75,9)	124
HIGHEST DIPLOMA	No secondary	56,2	(45,4-67,0)	55,0	(44,1-65,5)	185
	Secondary	62,7	(54,4-71,0)	65,4	(57,8-72,4)	237
	Higher education	64,5	(60,3-68,6)	66,1	(61,7-70,2)	836
YEAR	2013	62,4	(59,9-65,0)	63,3	(60,7-65,9)	3097
	2018	59,3	(57,0-61,7)	60,0	(57,6-62,4)	3099
	2023-2024	62,6	(58,8-66,3)	63,6	(60,0-67,1)	1258

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)

3.3. PERCENTAGE OF THE POPULATION AGED 6 YEARS AND OVER THAT EATS THE DAILY RECOMMENDED AMOUNT OF FRUITS (AT LEAST 2 PORTIONS), BRUSSELS REGION

NH_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	32,9	(28,3-37,5)	33,3	(29,0-38,0)	575
	Female	42,5	(37,4-47,5)	43,2	(38,3-48,2)	618
AGE GROUP	6 - 14	43,4	(31,8-55,0)	44,0	(33,1-55,5)	114
	15 - 24	31,7	(20,1-43,4)	31,4	(21,3-43,7)	85
	25 - 34	31,5	(23,7-39,3)	31,3	(24,2-39,4)	192
	35 - 44	37,6	(30,4-44,7)	37,6	(30,8-45,0)	204
	45 - 54	40,7	(32,4-49,0)	40,8	(32,7-49,4)	169
	55 - 64	38,6	(30,7-46,5)	38,5	(31,1-46,6)	175
	65 - 74	43,7	(34,6-52,9)	43,3	(34,8-52,2)	130
	75 +	43,3	(33,6-53,0)	42,2	(33,0-51,9)	124
HIGHEST DIPLOMA	No secondary	36,7	(27,3-46,1)	35,8	(27,3-45,4)	182
	Secondary	36,5	(28,1-44,8)	37,7	(30,0-46,2)	227
	Higher education	38,7	(34,5-42,9)	39,3	(35,0-43,7)	784
YEAR	2018	32,2	(29,8-34,7)	32,8	(30,4-35,3)	2820
	2023-2024	37,8	(34,2-41,4)	38,5	(35,0-42,1)	1193

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)

3.4. DISTRIBUTION OF THE POPULATION ACCORDING TO THE FREQUENCY OF EATING VEGETABLES, BRUSSELS REGION

NH03_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	63,3	16,3	14,2	4,6	1,6	608
	Female	75,3	14,2	9,3	0,9	0,2	650
AGE GROUP	0 - 14	70,6	11,1	9,6	5,1	3,6	179
	15 - 24	56,8	25,3	16,7	1,2	0,0	85
	25 - 34	69,2	16,5	10,3	4,0	0,0	192
	35 - 44	69,8	15,1	11,1	3,4	0,6	204
	45 - 54	71,4	15,7	11,6	1,3	0,0	169
	55 - 64	76,0	12,3	10,6	0,7	0,4	175
	65 - 74	72,0	12,1	15,0	0,9	0,0	130
	75 +	73,3	11,2	11,3	2,2	2,0	124
HIGHEST DIPLOMA	No secondary	48,0	13,0	27,8	6,7	4,6	185
	Secondary	64,4	21,6	9,0	4,9	0,0	237
	Higher education	78,5	13,0	7,9	0,4	0,2	836
YEAR	2013	75,9	11,6	9,5	1,5	1,4	3100
	2018	70,0	16,0	11,0	1,7	1,2	3098
	2023-2024	69,4	15,3	11,7	2,7	0,9	1258

Source: Health Interview Survey, 2023-2024, Belgium

3.5. PERCENTAGE OF THE POPULATION THAT EATS VEGETABLES DAILY, BRUSSELS REGION

NH03_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	63,3	(58,1-68,5)	63,9	(58,8-68,6)	608
	Female	75,3	(71,0-79,6)	75,9	(71,7-79,7)	650
AGE GROUP	0 - 14	70,6	(60,6-80,6)	71,4	(60,7-80,2)	179
	15 - 24	56,8	(44,0-69,5)	56,7	(43,9-68,7)	85
	25 - 34	69,2	(59,7-78,7)	69,5	(59,4-78,1)	192
	35 - 44	69,8	(62,6-77,0)	70,4	(62,8-77,0)	204
	45 - 54	71,4	(63,9-78,8)	71,9	(64,0-78,7)	169
	55 - 64	76,0	(69,0-83,0)	76,4	(68,7-82,7)	175
	65 - 74	72,0	(62,7-81,4)	72,0	(62,0-80,2)	130
	75 +	73,3	(64,2-82,4)	72,5	(62,2-80,8)	124
HIGHEST DIPLOMA	No secondary	48,0	(37,7-58,3)	48,0	(37,8-58,3)	185
	Secondary	64,4	(55,3-73,6)	65,9	(56,8-74,0)	237
	Higher education	78,5	(74,9-82,1)	79,9	(76,1-83,2)	836
YEAR	2013	75,9	(73,7-78,2)	76,8	(74,5-79,0)	3100
	2018	70,0	(67,6-72,4)	70,9	(68,5-73,2)	3098
	2023-2024	69,4	(65,6-73,3)	70,4	(66,6-73,9)	1258

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)

**3.6. PERCENTAGE OF THE POPULATION AGED 6 YEARS AND OVER
THAT EATS THE DAILY RECOMMENDED AMOUNT OF VEGETABLES (AT LEAST 2 PORTIONS),
BRUSSELS REGION**

NH_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	41,0	(35,8-46,1)	40,4	(35,5-45,4)	575
	Female	51,7	(46,8-56,6)	51,7	(46,9-56,4)	618
AGE GROUP	6 - 14	44,1	(32,0-56,3)	44,8	(33,1-57,1)	114
	15 - 24	36,6	(23,8-49,3)	36,3	(25,0-49,3)	85
	25 - 34	46,3	(36,5-56,2)	46,3	(36,7-56,1)	192
	35 - 44	54,1	(46,3-61,8)	54,3	(46,6-61,9)	204
	45 - 54	49,3	(40,8-57,8)	49,5	(41,0-58,0)	169
	55 - 64	53,7	(45,4-61,9)	53,8	(45,4-61,9)	175
	65 - 74	42,7	(33,1-52,3)	42,2	(33,0-52,0)	130
	75 +	38,2	(28,9-47,4)	36,9	(28,3-46,5)	124
HIGHEST DIPLOMA	No secondary	31,0	(22,2-39,8)	31,0	(23,0-40,4)	182
	Secondary	41,3	(31,8-50,7)	40,7	(31,9-50,2)	227
	Higher education	53,8	(49,1-58,5)	53,7	(48,9-58,4)	784
YEAR	2018	39,8	(37,2-42,4)	39,6	(37,0-42,2)	2820
	2023-2024	46,4	(42,4-50,4)	46,5	(42,6-50,4)	1193

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)

**3.7. DISTRIBUTION OF THE POPULATION ACCORDING TO
THE FREQUENCY OF DRINKING 100% PURE FRUIT JUICE,
BRUSSELS REGION**

NH05_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	17,8	4,6	15,8	29,4	32,4	607
	Female	17,8	3,2	15,8	24,1	39,0	650
AGE GROUP	0 - 14	23,7	5,1	13,1	26,2	31,9	179
	15 - 24	23,5	2,3	16,3	24,9	32,9	85
	25 - 34	11,5	2,9	21,1	34,0	30,5	192
	35 - 44	9,4	5,1	19,7	33,5	32,3	204
	45 - 54	17,4	4,0	15,8	28,9	34,0	169
	55 - 64	17,0	3,4	13,3	19,0	47,3	175
	65 - 74	22,9	6,3	7,3	18,7	44,8	130
	75 +	23,4	2,3	12,0	12,1	50,2	123
HIGHEST DIPLOMA	No secondary	28,4	6,2	6,4	14,3	44,7	184
	Secondary	17,1	2,8	21,1	25,5	33,5	237
	Higher education	14,8	3,8	16,2	31,1	34,0	836
YEAR	2018	19,0	9,0	22,9	19,2	29,9	3099
	2023-2024	17,8	3,9	15,8	26,7	35,8	1257

Source: Health Interview Survey, 2023-2024, Belgium

3.8. PERCENTAGE OF THE POPULATION THAT DRINKS 100% PURE FRUIT JUICE DAILY, BRUSSELS REGION

NH05_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	17,8	(13,7-21,8)	17,8	(14,2-22,0)	607
	Female	17,8	(13,4-22,2)	17,6	(13,8-22,3)	650
AGE GROUP	0 - 14	23,7	(14,2-33,2)	23,7	(15,6-34,4)	179
	15 - 24	23,5	(12,7-34,4)	23,5	(14,6-35,7)	85
	25 - 34	11,5	(5,8-17,1)	11,5	(6,9-18,4)	192
	35 - 44	9,4	(4,8-13,9)	9,4	(5,7-15,0)	204
	45 - 54	17,4	(10,8-23,9)	17,4	(11,8-24,8)	169
	55 - 64	17,0	(10,8-23,2)	17,0	(11,7-24,0)	175
	65 - 74	22,9	(14,6-31,1)	22,9	(15,7-32,1)	130
	75 +	23,4	(14,2-32,5)	23,4	(15,5-33,7)	123
HIGHEST DIPLOMA	No secondary	28,4	(17,6-39,1)	26,8	(18,1-37,8)	184
	Secondary	17,1	(10,4-23,7)	17,0	(11,3-24,7)	237
	Higher education	14,8	(11,4-18,2)	15,0	(11,8-18,8)	836
YEAR	2018	19,0	(17,1-20,9)	19,1	(17,2-21,1)	3099
	2023-2024	17,8	(14,5-21,1)	17,8	(14,9-21,2)	1257

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)

**3.9. PERCENTAGE OF THE POPULATION AGED 6 YEARS AND OVER THAT EATS
THE DAILY RECOMMENDED AMOUNT OF FRUITS AND VEGETABLES (AT LEAST 5 PORTIONS),
BRUSSELS REGION**

NH_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	13,1	(9,7-16,4)	12,9	(10,1-16,4)	575
	Female	20,2	(15,9-24,5)	20,3	(16,3-25,0)	618
AGE GROUP	6 - 14	19,5	(10,0-29,1)	19,7	(11,7-31,2)	114
	15 - 24	11,7	(2,3-21,0)	11,3	(5,1-23,3)	85
	25 - 34	13,2	(7,7-18,8)	12,9	(8,4-19,4)	192
	35 - 44	17,9	(12,4-23,5)	17,7	(12,9-23,9)	204
	45 - 54	20,1	(13,0-27,3)	19,9	(13,7-28,1)	169
	55 - 64	19,2	(13,1-25,2)	18,8	(13,5-25,6)	175
	65 - 74	18,1	(11,1-25,0)	17,5	(11,8-25,2)	130
	75 +	15,2	(8,0-22,4)	14,2	(8,6-22,4)	124
HIGHEST DIPLOMA	No secondary	13,9	(5,9-21,9)	13,3	(7,3-23,0)	182
	Secondary	13,0	(7,0-19,0)	12,9	(8,1-20,0)	227
	Higher education	19,3	(15,6-22,9)	18,9	(15,5-23,0)	784
YEAR	2018	15,8	(14,0-17,7)	15,6	(13,8-17,6)	2820
	2023-2024	16,7	(13,7-19,6)	16,5	(13,9-19,6)	1193

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)

**3.10. DISTRIBUTION OF THE POPULATION ACCORDING TO
THE FREQUENCY OF DRINKING SUGARED SOFT DRINKS (NO "LIGHT"),
BRUSSELS REGION**

NH06_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	18,1	6,5	20,4	22,3	32,8	607
	Female	13,2	5,9	12,7	24,9	43,3	650
AGE GROUP	0 - 14	12,5	3,7	20,6	18,8	44,5	179
	15 - 24	24,9	21,4	13,8	21,5	18,3	85
	25 - 34	16,3	7,0	20,6	25,6	30,5	191
	35 - 44	18,0	2,8	15,8	31,5	31,8	204
	45 - 54	12,7	3,8	16,6	31,3	35,6	169
	55 - 64	14,4	1,8	14,5	18,1	51,1	175
	65 - 74	10,7	3,2	10,3	21,5	54,4	130
	75 +	11,4	3,5	9,4	13,7	61,9	124
HIGHEST DIPLOMA	No secondary	22,3	7,0	14,8	15,4	40,5	185
	Secondary	23,6	7,4	15,7	19,5	33,8	237
	Higher education	9,8	5,3	17,3	28,2	39,5	835
YEAR	2013	22,5	6,8	20,0	15,5	35,2	3100
	2018	16,6	6,3	17,3	18,9	40,9	3099
	2023-2024	15,6	6,2	16,4	23,6	38,1	1257

Source: Health Interview Survey, 2023-2024, Belgium

**3.11. PERCENTAGE OF THE POPULATION THAT
DRINKS SUGARED SOFT DRINKS (NO "LIGHT") DAILY,
BRUSSELS REGION**

NH06_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	18,1	(14,5-21,7)	17,2	(14,0-20,9)	607
	Female	13,2	(9,8-16,6)	12,5	(9,6-16,1)	650
AGE GROUP	0 - 14	12,5	(6,0-19,0)	12,2	(7,1-20,2)	179
	15 - 24	24,9	(14,6-35,3)	24,8	(16,1-36,2)	85
	25 - 34	16,3	(10,0-22,6)	16,2	(10,8-23,4)	191
	35 - 44	18,0	(12,2-23,9)	17,7	(12,8-24,2)	204
	45 - 54	12,7	(7,2-18,1)	12,5	(8,0-18,9)	169
	55 - 64	14,4	(8,1-20,7)	14,2	(9,0-21,8)	175
	65 - 74	10,7	(5,0-16,4)	10,7	(6,2-17,7)	130
	75 +	11,4	(5,6-17,3)	11,7	(7,0-18,9)	124
HIGHEST DIPLOMA	No secondary	22,3	(14,1-30,5)	21,9	(14,9-31,0)	185
	Secondary	23,6	(17,1-30,1)	21,8	(16,1-28,8)	237
	Higher education	9,8	(6,9-12,6)	9,0	(6,6-12,1)	835
YEAR	2013	22,5	(20,4-24,7)	20,9	(18,9-23,1)	3100
	2018	16,6	(14,8-18,4)	15,3	(13,6-17,1)	3099
	2023-2024	15,6	(12,9-18,3)	14,3	(11,9-17,1)	1257

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)

**3.12. PERCENTAGE OF THE POPULATION THAT
DRINKS AT LEAST 1 LITRE SUGARED SOFT DRINKS (NO "LIGHT") DAILY,
BRUSSELS REGION**

NH_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	3,7	(2,1-5,4)	2,7	(1,6-4,3)	607
	Female	0,8	(0,0-1,5)	0,7	(0,3-1,7)	650
AGE GROUP	0 - 14	0,0	.	0,2	(0,0-1,9)	179
	15 - 24	1,9	(0,0-4,7)	1,6	(0,4-6,1)	85
	25 - 34	3,0	(0,3-5,7)	2,4	(0,9-6,7)	191
	35 - 44	5,0	(1,6-8,4)	4,0	(2,1-7,7)	204
	45 - 54	3,0	(0,4-5,6)	2,4	(1,0-5,7)	169
	55 - 64	2,7	(0,0-5,4)	2,2	(0,8-6,1)	175
	65 - 74	0,4	(0,0-1,3)	0,4	(0,0-2,6)	130
	75 +	0,0	.	0,6	(0,1-4,4)	124
HIGHEST DIPLOMA	No secondary	4,2	(1,4-6,9)	2,9	(1,4-5,6)	185
	Secondary	3,2	(0,9-5,5)	1,8	(0,8-4,1)	237
	Higher education	1,2	(0,3-2,0)	0,7	(0,3-1,7)	835
YEAR	2018	2,2	(1,6-2,9)	1,9	(1,3-2,7)	3099
	2023-2024	2,2	(1,3-3,1)	1,9	(1,3-2,8)	1257

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)

3.13. DISTRIBUTION OF THE POPULATION ACCORDING TO THE FREQUENCY OF EATING SWEET OR SALTY SNACKS, BRUSSELS REGION

NH08_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	32,4	11,4	28,2	16,6	11,4	608
	Female	35,4	16,2	23,8	13,6	11,0	650
AGE GROUP	0 - 14	48,2	12,4	19,4	9,2	10,8	179
	15 - 24	36,3	27,3	24,0	6,3	6,1	85
	25 - 34	28,4	15,1	31,2	15,1	10,2	192
	35 - 44	26,9	15,3	28,4	21,9	7,4	204
	45 - 54	25,0	7,7	32,4	19,0	15,9	169
	55 - 64	31,2	10,0	22,4	20,1	16,2	175
	65 - 74	33,9	10,0	21,7	18,5	15,9	130
	75 +	43,9	6,9	25,8	12,4	11,0	124
HIGHEST DIPLOMA	No secondary	26,8	20,8	17,8	16,3	18,4	185
	Secondary	34,8	11,6	24,5	17,4	11,7	237
	Higher education	35,8	12,7	29,2	13,5	8,7	836
YEAR	2013	35,3	12,4	25,1	14,2	12,9	3100
	2018	29,6	13,9	31,4	15,1	9,9	3098
	2023-2024	33,9	13,8	26,0	15,1	11,2	1258

Source: Health Interview Survey, 2023-2024, Belgium

3.14. PERCENTAGE OF THE POPULATION THAT EATS SWEET OR SALTY SNACKS DAILY, BRUSSELS REGION

NH08_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	32,4	(28,2-36,7)	32,4	(28,1-36,9)	608
	Female	35,4	(30,9-40,0)	35,4	(31,0-40,2)	650
AGE GROUP	0 - 14	48,2	(38,4-57,9)	48,3	(38,8-57,8)	179
	15 - 24	36,3	(24,8-47,9)	36,3	(25,8-48,3)	85
	25 - 34	28,4	(20,9-35,9)	28,3	(21,5-36,4)	192
	35 - 44	26,9	(20,4-33,5)	27,0	(21,0-34,0)	204
	45 - 54	25,0	(18,0-31,9)	25,0	(18,7-32,5)	169
	55 - 64	31,2	(23,5-38,9)	31,2	(24,1-39,3)	175
	65 - 74	33,9	(23,8-44,0)	33,8	(24,6-44,3)	130
	75 +	43,9	(34,4-53,4)	43,5	(34,4-53,1)	124
HIGHEST DIPLOMA	No secondary	26,8	(18,8-34,7)	25,0	(18,0-33,6)	185
	Secondary	34,8	(27,4-42,1)	34,6	(27,5-42,5)	237
	Higher education	35,8	(31,9-39,7)	36,6	(32,6-40,8)	836
YEAR	2013	35,3	(32,8-37,9)	34,8	(32,4-37,4)	3100
	2018	29,6	(27,5-31,8)	29,1	(27,0-31,3)	3098
	2023-2024	33,9	(30,7-37,2)	33,6	(30,4-37,0)	1258

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)

3.15. DISTRIBUTION OF THE POPULATION ACCORDING TO THE FREQUENCY OF EATING/DRINKING MILK OR VEGETABLE PRODUCTS ENRICHED IN CALCIUM, BRUSSELS REGION

NH09_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	58,8	14,5	13,4	8,0	5,3	608
	Female	64,4	13,1	12,5	5,8	4,3	650
AGE GROUP	0 - 14	84,4	4,2	4,5	3,0	4,0	179
	15 - 24	62,4	16,9	12,2	7,8	0,8	85
	25 - 34	50,6	18,6	15,8	12,3	2,7	192
	35 - 44	55,0	17,8	11,2	9,3	6,7	204
	45 - 54	54,1	15,2	16,8	7,9	6,0	169
	55 - 64	54,9	13,3	20,9	3,8	7,1	175
	65 - 74	64,5	11,4	12,1	2,9	9,2	130
	75 +	65,2	12,3	14,3	2,8	5,4	124
HIGHEST DIPLOMA	No secondary	47,6	16,0	13,4	12,3	10,7	185
	Secondary	60,5	14,2	12,1	10,4	2,8	237
	Higher education	66,5	12,9	13,2	3,5	3,9	836
YEAR	2013	67,9	12,6	13,4	2,4	3,8	3100
	2018	62,0	15,0	14,7	5,1	3,3	3099
	2023-2024	61,6	13,8	12,9	6,9	4,8	1258

Source: Health Interview Survey, 2023-2024, Belgium

3.16. PERCENTAGE OF THE POPULATION THAT EATS/DRINKS MILK OR VEGETABLE PRODUCTS ENRICHED IN CALCIUM DAILY, BRUSSELS REGION

NH09_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	58,8	(53,9-63,6)	59,7	(54,6-64,6)	608
	Female	64,4	(59,8-69,0)	66,0	(61,1-70,5)	650
AGE GROUP	0 - 14	84,4	(77,8-91,0)	84,6	(77,0-90,0)	179
	15 - 24	62,4	(49,9-74,9)	62,4	(49,3-73,9)	85
	25 - 34	50,6	(40,9-60,2)	50,5	(41,0-60,0)	192
	35 - 44	55,0	(47,7-62,2)	55,1	(47,8-62,2)	204
	45 - 54	54,1	(46,0-62,2)	54,2	(46,0-62,2)	169
	55 - 64	54,9	(46,6-63,2)	55,0	(46,7-63,0)	175
	65 - 74	64,5	(55,3-73,6)	64,3	(54,8-72,8)	130
	75 +	65,2	(54,9-75,5)	64,6	(53,9-74,1)	124
HIGHEST DIPLOMA	No secondary	47,6	(38,5-56,8)	45,1	(35,7-55,0)	185
	Secondary	60,5	(52,2-68,8)	62,5	(53,8-70,4)	237
	Higher education	66,5	(62,6-70,5)	69,2	(64,8-73,3)	836
YEAR	2013	67,9	(65,4-70,3)	68,3	(65,8-70,8)	3100
	2018	62,0	(59,7-64,3)	62,2	(59,8-64,6)	3099
	2023-2024	61,6	(58,0-65,2)	62,2	(58,5-65,8)	1258

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)

3.17. PERCENTAGE OF THE ADULT POPULATION AGED 6 YEARS AND OVER THAT DRINKS THE RECOMMENDED DAILY AMOUNT OF WATER (MIN. 1 LITRE), BRUSSELS REGION

NH10_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	41,1	(36,2-46,0)	39,6	(34,8-44,7)	573
	Female	38,1	(33,5-42,6)	36,1	(31,8-40,7)	617
AGE GROUP	6 - 14	16,6	(7,5-25,6)	16,4	(9,4-27,2)	113
	15 - 24	42,1	(29,6-54,5)	42,1	(30,6-54,5)	85
	25 - 34	52,0	(43,3-60,6)	52,0	(43,3-60,5)	192
	35 - 44	39,6	(32,1-47,0)	39,5	(32,4-47,0)	204
	45 - 54	48,9	(40,3-57,5)	48,8	(40,4-57,3)	169
	55 - 64	40,3	(32,2-48,3)	40,2	(32,6-48,4)	174
	65 - 74	38,7	(28,6-48,8)	38,8	(29,3-49,1)	130
	75 +	23,0	(15,0-31,0)	23,2	(16,2-32,2)	123
HIGHEST DIPLOMA	No secondary	33,3	(25,4-41,2)	35,0	(27,4-43,4)	180
	Secondary	40,9	(32,6-49,2)	38,1	(30,3-46,6)	227
	Higher education	41,0	(36,6-45,4)	38,6	(34,3-43,2)	783
YEAR	2013	38,1	(35,7-40,5)	35,5	(33,1-38,0)	2811
	2018	40,9	(38,6-43,2)	38,7	(36,4-41,1)	2814
	2023-2024	39,6	(36,0-43,1)	37,6	(34,1-41,2)	1190

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)

3.18. DISTRIBUTION OF THE POPULATION ACCORDING TO THEIR NUTRITIONAL STYLE, BRUSSELS REGION

NH11_1		Omnivore	Flexitarian	Pescatarian	Vegetarian	Lacto-vegetarian	Vegan	N
SEX	Male	89,9	5,6	1,6	1,6	1,1	0,2	608
	Female	85,4	8,1	3,0	3,0	0,2	0,3	650
AGE GROUP	0 - 14	92,6	4,4	1,4	1,2	0,3	0,0	179
	15 - 24	87,6	9,6	0,0	2,8	0,0	0,0	85
	25 - 34	81,4	8,5	2,8	4,3	3,0	0,0	192
	35 - 44	86,0	8,9	3,7	1,4	0,0	0,0	204
	45 - 54	88,7	4,7	3,4	2,4	0,4	0,4	169
	55 - 64	91,1	4,4	1,6	1,7	0,0	1,1	175
	65 - 74	83,5	11,2	4,2	0,4	0,0	0,7	130
	75 +	91,6	2,8	1,9	3,6	0,0	0,0	124
HIGHEST DIPLOMA	No secondary	91,7	4,4	3,0	0,7	0,0	0,3	185
	Secondary	86,9	8,5	1,7	0,5	2,0	0,3	237
	Higher education	86,7	6,9	2,4	3,7	0,2	0,2	836
YEAR	2023-2024	87,6	6,9	2,3	2,3	0,6	0,2	1258

Source: Health Interview Survey, 2023-2024, Belgium

3.19. PERCENTAGE OF THE POPULATION DESCRIBING THEMSELVES AS OMNIVOROUS, BRUSSELS REGION

NH11_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	89,9	(86,7-93,2)	90,6	(87,4-93,1)	608
	Female	85,4	(81,7-89,2)	86,4	(82,2-89,7)	650
AGE GROUP	0 - 14	92,6	(87,5-97,7)	92,6	(85,8-96,3)	179
	15 - 24	87,6	(77,5-97,7)	87,8	(74,7-94,6)	85
	25 - 34	81,4	(74,0-88,7)	81,6	(72,8-88,0)	192
	35 - 44	86,0	(80,8-91,2)	86,1	(80,1-90,5)	204
	45 - 54	88,7	(83,2-94,2)	88,8	(82,0-93,2)	169
	55 - 64	91,1	(86,7-95,5)	91,2	(85,9-94,7)	175
	65 - 74	83,5	(75,5-91,4)	83,9	(74,5-90,2)	130
	75 +	91,6	(86,1-97,1)	92,1	(85,2-95,9)	124
HIGHEST DIPLOMA	No secondary	91,7	(86,1-97,2)	91,9	(84,5-95,9)	185
	Secondary	86,9	(80,3-93,6)	87,9	(80,4-92,8)	237
	Higher education	86,7	(83,4-90,0)	87,9	(84,4-90,8)	836
YEAR	2023-2024	87,6	(84,9-90,4)	.	.	1258

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)

**3.20. PERCENTAGE OF THE POPULATION AGED 15 AND OLDER THAT
CONSULTED A DIETICIAN DURING THE PAST 12 MONTHS,
BRUSSELS REGION**

DI01_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	3,6	(1,9-5,3)	3,5	(2,1-5,9)	510
	Female	5,6	(3,5-7,8)	5,5	(3,8-8,0)	568
AGE GROUP	15 - 24	3,1	(0,0-6,9)	3,1	(0,9-9,6)	85
	25 - 34	4,9	(2,0-7,8)	4,8	(2,6-8,5)	192
	35 - 44	5,5	(2,3-8,7)	5,4	(3,0-9,5)	204
	45 - 54	2,9	(0,0-6,0)	2,8	(0,9-8,2)	169
	55 - 64	6,3	(2,0-10,7)	6,2	(3,1-11,9)	175
	65 - 74	6,3	(0,0-13,2)	6,1	(1,9-17,6)	130
	75 +	4,0	(0,5-7,5)	3,7	(1,5-8,9)	123
HIGHEST DIPLOMA	No secondary	1,0	(0,0-2,3)	0,9	(0,2-3,5)	163
	Secondary	4,1	(1,2-7,0)	4,0	(2,0-7,8)	215
	Higher education	6,0	(3,9-8,1)	5,8	(3,9-8,6)	700
YEAR	2001	2,6	(1,9-3,3)	2,5	(1,9-3,2)	2462
	2004	2,7	(2,0-3,4)	2,6	(2,0-3,4)	2965
	2008	2,9	(2,3-3,6)	2,8	(2,3-3,6)	2813
	2013	4,4	(3,3-5,4)	4,2	(3,3-5,4)	2531
	2018	4,9	(4,0-5,8)	4,7	(3,9-5,7)	2513
	2023-2024	4,7	(3,2-6,1)	4,5	(3,3-6,1)	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)

4. Walloon Region

4.1. DISTRIBUTION OF THE POPULATION ACCORDING TO THE FREQUENCY OF EATING FRUIT, WALLOON REGION

NH01_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	44,6	16,2	23,2	9,4	6,7	997
	Female	55,2	14,9	18,2	6,9	4,8	1036
AGE GROUP	0 - 14	60,9	13,7	16,8	4,8	3,8	254
	15 - 24	34,9	21,3	27,2	10,1	6,5	181
	25 - 34	45,5	15,4	28,0	9,1	1,9	198
	35 - 44	43,3	14,5	28,1	6,7	7,4	256
	45 - 54	40,4	21,5	19,5	13,0	5,6	280
	55 - 64	50,2	13,6	17,9	9,6	8,7	333
	65 - 74	65,8	9,5	13,1	5,3	6,3	305
	75 +	59,5	14,2	14,8	5,9	5,6	226
HIGHEST DIPLOMA	No secondary	46,1	13,7	23,0	7,8	9,5	324
	Secondary	47,9	15,4	18,6	11,3	6,9	636
	Higher education	53,2	16,4	21,1	6,0	3,3	1073
YEAR	2013	54,1	12,3	18,6	9,8	5,2	4212
	2018	52,3	12,5	20,1	10,2	4,9	4210
	2023-2024	50,0	15,5	20,6	8,1	5,7	2033

Source: Health Interview Survey, 2023-2024, Belgium

4.2. PERCENTAGE OF THE POPULATION THAT EATS FRUIT DAILY, WALLOON REGION

NH01_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	44,6	(39,7-49,5)	44,7	(40,1-49,4)	997
	Female	55,2	(50,3-60,1)	54,7	(49,6-59,7)	1036
AGE GROUP	0 - 14	60,9	(51,9-69,9)	61,2	(51,7-69,9)	254
	15 - 24	34,9	(24,7-45,1)	35,3	(26,1-45,7)	181
	25 - 34	45,5	(33,7-57,4)	45,6	(34,2-57,4)	198
	35 - 44	43,3	(34,5-52,1)	43,3	(34,7-52,3)	256
	45 - 54	40,4	(31,5-49,2)	40,5	(32,2-49,3)	280
	55 - 64	50,2	(42,8-57,5)	50,2	(43,1-57,4)	333
	65 - 74	65,8	(58,2-73,4)	65,6	(57,4-73,0)	305
	75 +	59,5	(49,8-69,1)	58,4	(48,0-68,1)	226
HIGHEST DIPLOMA	No secondary	46,1	(37,4-54,7)	42,1	(33,5-51,1)	324
	Secondary	47,9	(40,3-55,5)	47,8	(40,4-55,3)	636
	Higher education	53,2	(48,7-57,7)	54,3	(49,7-58,8)	1073
YEAR	2013	54,1	(51,7-56,5)	54,5	(52,0-57,0)	4212
	2018	52,3	(49,6-55,0)	52,5	(49,7-55,2)	4210
	2023-2024	50,0	(46,3-53,8)	49,7	(45,9-53,4)	2033

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)

**4.3. PERCENTAGE OF THE POPULATION AGED 6 YEARS AND OVER THAT
EATS THE DAILY RECOMMENDED AMOUNT OF FRUITS (AT LEAST 2 PORTIONS),
WALLOON REGION**

NH_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	26,0	(21,7-30,3)	25,8	(21,8-30,2)	962
	Female	32,8	(28,3-37,4)	32,1	(27,6-36,9)	994
AGE GROUP	6 - 14	35,0	(24,4-45,5)	35,3	(25,8-46,1)	178
	15 - 24	20,2	(12,4-28,0)	20,4	(13,8-29,1)	180
	25 - 34	29,8	(17,5-42,1)	29,7	(18,7-43,7)	198
	35 - 44	25,5	(17,0-34,1)	25,5	(17,8-35,0)	256
	45 - 54	23,1	(16,3-30,0)	23,1	(17,0-30,6)	280
	55 - 64	30,0	(23,3-36,7)	29,9	(23,7-36,9)	333
	65 - 74	40,6	(32,2-49,0)	40,3	(32,3-48,7)	305
	75 +	34,5	(25,7-43,3)	33,6	(25,5-42,8)	226
HIGHEST DIPLOMA	No secondary	21,2	(15,2-27,2)	18,0	(13,0-24,2)	316
	Secondary	29,5	(23,0-36,0)	29,0	(22,9-36,0)	615
	Higher education	33,0	(28,1-38,0)	33,6	(29,0-38,7)	1025
YEAR	2018	28,9	(26,4-31,3)	28,6	(26,2-31,0)	4011
	2023-2024	29,5	(26,0-32,9)	28,8	(25,3-32,5)	1956

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)

4.4. DISTRIBUTION OF THE POPULATION ACCORDING TO THE FREQUENCY OF EATING VEGETABLES, WALLOON REGION

NH03_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	64,8	19,5	11,5	1,7	2,6	999
	Female	72,7	14,7	9,8	2,0	0,8	1036
AGE GROUP	0 - 14	65,1	18,8	9,6	3,0	3,5	254
	15 - 24	58,2	21,3	14,6	3,0	2,8	182
	25 - 34	69,3	18,6	10,7	0,8	0,5	198
	35 - 44	67,2	17,5	13,1	1,1	1,1	256
	45 - 54	66,7	21,0	10,0	0,0	2,3	280
	55 - 64	71,3	12,0	12,4	2,5	1,8	334
	65 - 74	80,6	11,9	6,7	0,9	0,0	305
	75 +	75,6	13,4	7,5	3,3	0,2	226
HIGHEST DIPLOMA	No secondary	65,0	13,3	15,3	2,1	4,3	324
	Secondary	61,5	19,8	14,1	3,1	1,4	638
	Higher education	75,5	16,6	6,3	0,9	0,8	1073
YEAR	2013	76,2	11,6	8,9	2,0	1,2	4211
	2018	71,7	14,4	10,1	2,2	1,5	4213
	2023-2024	68,8	17,0	10,7	1,8	1,7	2035

Source: Health Interview Survey, 2023-2024, Belgium

4.5. PERCENTAGE OF THE POPULATION THAT EATS VEGETABLES DAILY, WALLOON REGION

NH03_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	64,8	(59,5-70,0)	65,3	(60,3-70,1)	999
	Female	72,7	(68,2-77,2)	72,6	(67,8-76,9)	1036
AGE GROUP	0 - 14	65,1	(55,2-75,1)	65,4	(54,9-74,6)	254
	15 - 24	58,2	(45,5-71,0)	58,8	(46,2-70,2)	182
	25 - 34	69,3	(58,6-79,9)	69,4	(58,3-78,7)	198
	35 - 44	67,2	(57,9-76,5)	67,4	(57,5-75,9)	256
	45 - 54	66,7	(57,2-76,3)	67,0	(57,2-75,5)	280
	55 - 64	71,3	(65,2-77,4)	71,5	(64,9-77,3)	334
	65 - 74	80,6	(73,4-87,7)	80,5	(72,3-86,7)	305
	75 +	75,6	(65,8-85,4)	75,0	(63,7-83,6)	226
HIGHEST DIPLOMA	No secondary	65,0	(56,5-73,6)	61,9	(52,8-70,2)	324
	Secondary	61,5	(53,6-69,5)	61,9	(54,0-69,3)	638
	Higher education	75,5	(71,3-79,6)	77,1	(72,7-80,9)	1073
YEAR	2013	76,2	(74,0-78,4)	77,0	(74,8-79,1)	4211
	2018	71,7	(69,1-74,3)	72,4	(69,8-74,9)	4213
	2023-2024	68,8	(65,0-72,6)	69,1	(65,3-72,7)	2035

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)

**4.6. PERCENTAGE OF THE POPULATION AGED 6 YEARS AND OVER
THAT EATS THE DAILY RECOMMENDED AMOUNT OF VEGETABLES (AT LEAST 2 PORTIONS),
WALLOON REGION**

NH_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	35,8	(31,0-40,5)	36,1	(31,5-40,9)	964
	Female	42,6	(38,0-47,1)	42,7	(38,1-47,4)	994
AGE GROUP	6 - 14	30,2	(19,8-40,5)	30,4	(21,4-41,2)	178
	15 - 24	34,2	(23,7-44,6)	34,4	(24,8-45,6)	181
	25 - 34	47,9	(35,8-59,9)	47,9	(36,3-59,7)	198
	35 - 44	46,9	(37,9-56,0)	47,0	(38,2-55,9)	256
	45 - 54	37,1	(29,3-44,8)	37,1	(29,6-45,3)	280
	55 - 64	38,7	(31,9-45,5)	38,7	(32,0-45,9)	334
	65 - 74	38,7	(29,1-48,3)	38,4	(29,5-48,1)	305
	75 +	40,0	(30,1-49,9)	39,2	(29,9-49,4)	226
HIGHEST DIPLOMA	No secondary	25,1	(18,0-32,3)	23,5	(17,3-31,0)	316
	Secondary	33,8	(26,5-41,1)	33,8	(27,1-41,2)	617
	Higher education	49,1	(44,4-53,9)	50,2	(45,3-55,2)	1025
YEAR	2018	38,7	(36,0-41,4)	38,8	(36,2-41,6)	4011
	2023-2024	39,2	(35,5-43,0)	39,2	(35,5-43,1)	1958

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)

**4.7. DISTRIBUTION OF THE POPULATION ACCORDING TO
THE FREQUENCY OF DRINKING 100% PURE FRUIT JUICE,
WALLOON REGION**

NH05_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	10,7	5,2	17,7	23,1	43,3	999
	Female	16,9	4,6	13,7	18,1	46,7	1036
AGE GROUP	0 - 14	22,9	6,6	14,4	18,7	37,5	254
	15 - 24	13,9	8,3	27,2	21,9	28,6	182
	25 - 34	10,3	4,9	23,5	21,8	39,6	198
	35 - 44	11,9	3,8	16,6	24,1	43,7	256
	45 - 54	8,8	2,9	10,4	25,4	52,4	280
	55 - 64	11,9	4,1	12,4	22,9	48,8	334
	65 - 74	14,6	4,8	12,0	15,6	53,1	305
	75 +	14,5	3,4	9,1	11,6	61,4	226
HIGHEST DIPLOMA	No secondary	14,1	5,7	11,1	10,9	58,2	324
	Secondary	16,2	5,4	14,1	25,0	39,2	638
	Higher education	12,2	4,2	18,6	21,5	43,6	1073
YEAR	2018	16,8	5,7	15,6	21,1	40,8	4209
	2023-2024	13,9	4,9	15,6	20,6	45,1	2035

Source: Health Interview Survey, 2023-2024, Belgium

4.8. PERCENTAGE OF THE POPULATION THAT DRINKS 100% PURE FRUIT JUICE DAILY, WALLOON REGION

NH05_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	10,7	(7,7-13,7)	10,2	(7,8-13,2)	999
	Female	16,9	(12,9-20,9)	16,3	(12,7-20,6)	1036
AGE GROUP	0 - 14	22,9	(14,3-31,4)	22,7	(14,9-33,0)	254
	15 - 24	13,9	(6,4-21,4)	13,9	(8,1-23,0)	182
	25 - 34	10,3	(4,6-15,9)	10,0	(5,7-17,1)	198
	35 - 44	11,9	(5,0-18,8)	11,6	(6,4-20,1)	256
	45 - 54	8,8	(5,0-12,6)	8,7	(5,5-13,3)	280
	55 - 64	11,9	(6,5-17,2)	11,6	(7,3-18,0)	334
	65 - 74	14,6	(7,5-21,6)	14,0	(8,7-21,8)	305
	75 +	14,5	(7,4-21,6)	13,4	(8,2-21,4)	226
HIGHEST DIPLOMA	No secondary	14,1	(7,0-21,1)	13,8	(7,8-23,4)	324
	Secondary	16,2	(10,5-21,8)	15,2	(10,8-21,0)	638
	Higher education	12,2	(8,8-15,6)	11,2	(8,1-15,1)	1073
YEAR	2018	16,8	(14,7-18,8)	16,3	(14,4-18,4)	4209
	2023-2024	13,9	(11,0-16,7)	13,5	(11,0-16,4)	2035

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)

**4.9. PERCENTAGE OF THE POPULATION AGED 6 YEARS AND OVER THAT EATS
THE DAILY RECOMMENDED AMOUNT OF FRUITS AND VEGETABLES (AT LEAST 5 PORTIONS),
WALLOON REGION**

NH_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	8,5	(6,1-10,9)	8,4	(6,3-11,0)	964
	Female	12,4	(9,7-15,1)	12,1	(9,6-15,1)	994
AGE GROUP	6 - 14	9,2	(2,9-15,6)	9,2	(4,6-17,6)	178
	15 - 24	11,1	(5,1-17,2)	11,2	(6,5-18,6)	181
	25 - 34	8,4	(3,0-13,7)	8,3	(4,3-15,2)	198
	35 - 44	7,9	(4,5-11,3)	7,8	(4,9-12,1)	256
	45 - 54	10,4	(6,4-14,5)	10,4	(6,9-15,2)	280
	55 - 64	11,6	(6,8-16,4)	11,5	(7,5-17,1)	334
	65 - 74	13,0	(7,3-18,6)	12,6	(8,0-19,3)	305
	75 +	12,6	(6,8-18,3)	11,9	(7,4-18,6)	226
HIGHEST DIPLOMA	No secondary	6,7	(3,4-10,0)	5,5	(3,4-8,9)	316
	Secondary	9,6	(6,1-13,1)	9,2	(6,3-13,4)	617
	Higher education	12,7	(9,8-15,6)	12,8	(10,1-16,1)	1025
YEAR	2018	14,0	(12,1-15,9)	13,5	(11,8-15,4)	4006
	2023-2024	10,5	(8,5-12,4)	9,9	(8,1-12,0)	1958

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)

**4.10. DISTRIBUTION OF THE POPULATION ACCORDING TO
THE FREQUENCY OF DRINKING SUGARED SOFT DRINKS (NO "LIGHT"),
WALLOON REGION**

NH06_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	20,3	7,9	18,9	18,3	34,6	999
	Female	16,7	5,9	15,0	21,4	41,1	1035
AGE GROUP	0 - 14	17,3	3,4	18,3	24,9	36,1	254
	15 - 24	25,6	12,9	27,2	14,5	19,7	182
	25 - 34	18,3	12,8	18,3	23,4	27,2	198
	35 - 44	20,3	11,7	16,2	27,6	24,1	256
	45 - 54	24,2	5,1	24,1	15,0	31,6	280
	55 - 64	19,2	4,1	14,0	14,7	48,0	334
	65 - 74	12,0	3,9	7,3	20,9	56,0	305
	75 +	7,6	2,2	5,8	16,8	67,6	225
HIGHEST DIPLOMA	No secondary	25,8	3,0	10,2	15,6	45,4	323
	Secondary	22,8	9,4	18,1	18,4	31,2	638
	Higher education	12,3	6,8	18,8	22,7	39,4	1073
YEAR	2013	29,6	6,0	16,3	14,6	33,5	4211
	2018	23,2	6,2	16,1	17,0	37,5	4213
	2023-2024	18,4	6,9	16,9	19,9	37,9	2034

Source: Health Interview Survey, 2023-2024, Belgium

**4.11. PERCENTAGE OF THE POPULATION THAT
DRINKS SUGARED SOFT DRINKS (NO "LIGHT") DAILY,
WALLOON REGION**

NH06_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	20,3	(16,5-24,1)	19,1	(15,8-22,9)	999
	Female	16,7	(13,1-20,3)	16,4	(13,1-20,3)	1035
AGE GROUP	0 - 14	17,3	(9,8-24,9)	17,2	(10,9-26,1)	254
	15 - 24	25,6	(15,7-35,5)	25,4	(17,0-36,0)	182
	25 - 34	18,3	(10,9-25,7)	18,2	(11,9-26,8)	198
	35 - 44	20,3	(13,2-27,5)	20,3	(14,0-28,4)	256
	45 - 54	24,2	(16,2-32,1)	24,1	(17,2-32,5)	280
	55 - 64	19,2	(13,5-24,9)	19,1	(14,1-25,4)	334
	65 - 74	12,0	(6,1-17,9)	12,0	(7,3-19,2)	305
	75 +	7,6	(3,2-12,0)	7,7	(4,3-13,5)	225
HIGHEST DIPLOMA	No secondary	25,8	(18,4-33,3)	29,3	(21,1-39,1)	323
	Secondary	22,8	(17,2-28,4)	21,3	(16,2-27,4)	638
	Higher education	12,3	(9,3-15,3)	10,7	(8,2-13,8)	1073
YEAR	2013	29,6	(27,1-32,0)	27,8	(25,5-30,2)	4211
	2018	23,2	(20,7-25,6)	21,5	(19,3-23,9)	4213
	2023-2024	18,4	(15,7-21,2)	17,4	(14,8-20,3)	2034

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)

**4.12. PERCENTAGE OF THE POPULATION THAT
DRINKS AT LEAST 1 LITRE SUGARED SOFT DRINKS (NO "LIGHT") DAILY,
WALLOON REGION**

NH_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	5,5	(3,5-7,4)	3,8	(2,5-5,7)	999
	Female	1,8	(0,9-2,6)	1,3	(0,7-2,2)	1035
AGE GROUP	0 - 14	1,8	(0,0-3,8)	1,6	(0,5-4,6)	254
	15 - 24	4,3	(1,2-7,5)	3,6	(1,7-7,5)	182
	25 - 34	4,4	(1,2-7,6)	3,8	(1,7-8,3)	198
	35 - 44	6,7	(2,9-10,4)	5,8	(3,2-10,5)	256
	45 - 54	5,8	(1,0-10,7)	5,0	(2,3-10,5)	280
	55 - 64	4,2	(1,6-6,9)	3,7	(1,9-7,1)	334
	65 - 74	0,0	.	0,2	(0,0-1,2)	305
	75 +	0,4	(0,0-1,3)	0,4	(0,1-3,0)	225
HIGHEST DIPLOMA	No secondary	5,4	(1,9-8,8)	4,0	(2,0-7,9)	323
	Secondary	4,7	(2,5-6,8)	2,7	(1,6-4,7)	638
	Higher education	2,1	(0,9-3,2)	1,1	(0,6-2,0)	1073
YEAR	2018	4,4	(3,3-5,6)	3,0	(2,1-4,1)	4213
	2023-2024	3,6	(2,4-4,7)	2,4	(1,7-3,5)	2034

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)

**4.13. DISTRIBUTION OF THE POPULATION ACCORDING TO
THE FREQUENCY OF EATING SWEET OR SALTY SNACKS,
WALLOON REGION**

NH08_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	40,0	16,2	22,2	12,1	9,5	999
	Female	43,7	17,6	20,4	9,8	8,5	1035
AGE GROUP	0 - 14	60,8	16,7	14,4	2,1	6,1	254
	15 - 24	41,9	28,6	18,5	6,3	4,7	182
	25 - 34	30,5	23,6	26,5	8,7	10,7	198
	35 - 44	31,8	17,4	28,1	16,0	6,8	256
	45 - 54	38,6	15,8	25,6	12,4	7,5	280
	55 - 64	40,5	12,6	23,3	14,4	9,1	334
	65 - 74	39,2	8,6	18,6	19,2	14,4	305
	75 +	46,0	11,2	15,6	11,4	15,9	225
HIGHEST DIPLOMA	No secondary	39,9	10,7	17,8	14,0	17,5	323
	Secondary	45,5	18,4	18,1	10,0	8,0	638
	Higher education	40,2	18,4	25,0	10,2	6,2	1073
YEAR	2013	44,0	12,2	22,1	12,9	8,8	4212
	2018	37,2	10,8	28,1	14,1	9,8	4211
	2023-2024	41,9	16,9	21,3	10,9	9,0	2034

Source: Health Interview Survey, 2023-2024, Belgium

4.14. PERCENTAGE OF THE POPULATION THAT EATS SWEET OR SALTY SNACKS DAILY, WALLOON REGION

NH08_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	40,0	(35,3-44,6)	39,4	(34,8-44,2)	999
	Female	43,7	(39,1-48,4)	43,4	(38,7-48,1)	1035
AGE GROUP	0 - 14	60,8	(51,3-70,3)	60,9	(51,2-69,8)	254
	15 - 24	41,9	(32,5-51,3)	42,1	(33,1-51,6)	182
	25 - 34	30,5	(20,7-40,4)	30,5	(21,8-40,9)	198
	35 - 44	31,8	(23,9-39,6)	31,8	(24,5-40,0)	256
	45 - 54	38,6	(29,9-47,3)	38,7	(30,7-47,4)	280
	55 - 64	40,5	(33,2-47,9)	40,5	(33,5-48,0)	334
	65 - 74	39,2	(29,8-48,6)	39,0	(30,3-48,6)	305
	75 +	46,0	(35,6-56,3)	45,5	(35,8-55,5)	225
HIGHEST DIPLOMA	No secondary	39,9	(32,1-47,8)	39,4	(31,3-48,2)	323
	Secondary	45,5	(38,9-52,1)	45,4	(39,1-51,9)	638
	Higher education	40,2	(35,5-44,9)	39,5	(34,6-44,6)	1073
YEAR	2013	44,0	(41,6-46,5)	43,5	(41,1-45,9)	4212
	2018	37,2	(34,5-39,9)	36,6	(33,9-39,3)	4211
	2023-2024	41,9	(38,4-45,4)	41,7	(38,2-45,3)	2034

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)

4.15. DISTRIBUTION OF THE POPULATION ACCORDING TO THE FREQUENCY OF EATING/DRINKING MILK OR VEGETABLE PRODUCTS ENRICHED IN CALCIUM, WALLOON REGION

NH09_1		Once or more a day	4 to 6 times a week	1 to 3 times a week	Less than once a week	Never	N
SEX	Male	52,7	19,5	16,8	6,1	4,9	999
	Female	61,1	16,4	12,9	4,4	5,2	1036
AGE GROUP	0 - 14	67,0	15,0	14,9	1,6	1,6	254
	15 - 24	50,4	23,9	12,9	8,1	4,7	182
	25 - 34	52,9	23,0	14,7	4,6	4,9	198
	35 - 44	47,9	18,3	22,4	6,8	4,6	256
	45 - 54	53,5	15,8	14,8	12,1	3,8	280
	55 - 64	57,2	16,3	13,8	5,2	7,6	334
	65 - 74	56,7	20,7	15,1	1,3	6,3	305
	75 +	69,6	11,4	8,7	1,8	8,5	226
HIGHEST DIPLOMA	No secondary	56,1	13,2	15,3	8,5	6,8	324
	Secondary	53,0	18,5	16,7	6,4	5,5	638
	Higher education	60,2	19,5	13,3	3,1	4,0	1073
YEAR	2013	66,3	11,0	12,4	4,4	5,9	4212
	2018	59,5	12,9	16,9	5,1	5,6	4213
	2023-2024	57,0	17,9	14,8	5,3	5,0	2035

Source: Health Interview Survey, 2023-2024, Belgium

**4.16. PERCENTAGE OF THE POPULATION THAT EATS/DRINKS
MILK OR VEGETABLE PRODUCTS ENRICHED IN CALCIUM DAILY,
WALLOON REGION**

NH09_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	52,7	(47,9-57,6)	53,0	(48,1-57,9)	999
	Female	61,1	(56,2-66,0)	60,9	(55,8-65,8)	1036
AGE GROUP	0 - 14	67,0	(56,9-77,0)	67,2	(56,5-76,3)	254
	15 - 24	50,4	(40,1-60,6)	50,8	(40,7-60,8)	182
	25 - 34	52,9	(43,1-62,6)	52,9	(43,2-62,5)	198
	35 - 44	47,9	(38,5-57,3)	47,9	(38,9-57,1)	256
	45 - 54	53,5	(44,0-63,1)	53,7	(44,3-62,9)	280
	55 - 64	57,2	(49,5-64,8)	57,3	(49,4-64,7)	334
	65 - 74	56,7	(47,8-65,6)	56,4	(47,2-65,2)	305
	75 +	69,6	(61,0-78,2)	68,9	(59,8-76,7)	226
HIGHEST DIPLOMA	No secondary	56,1	(47,0-65,2)	53,7	(44,1-63,1)	324
	Secondary	53,0	(46,0-59,9)	53,1	(46,0-60,2)	638
	Higher education	60,2	(55,7-64,6)	61,2	(56,6-65,7)	1073
YEAR	2013	66,3	(64,0-68,5)	66,6	(64,3-68,9)	4212
	2018	59,5	(56,9-62,1)	59,6	(57,0-62,2)	4213
	2023-2024	57,0	(53,4-60,6)	57,1	(53,3-60,8)	2035

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)

4.17. PERCENTAGE OF THE ADULT POPULATION AGED 6 YEARS AND OVER THAT DRINKS THE RECOMMENDED DAILY AMOUNT OF WATER (MIN. 1 LITRE), WALLOON REGION

NH10_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	45,7	(40,7-50,7)	45,6	(40,5-50,7)	964
	Female	41,5	(36,9-46,0)	41,9	(37,3-46,6)	991
AGE GROUP	6 - 14	23,6	(13,2-34,1)	23,5	(15,0-34,8)	176
	15 - 24	53,2	(42,1-64,3)	53,0	(42,0-63,7)	182
	25 - 34	65,1	(56,5-73,7)	65,1	(56,0-73,2)	197
	35 - 44	51,7	(43,3-60,2)	51,7	(43,4-59,9)	256
	45 - 54	48,4	(39,9-56,8)	48,3	(39,4-57,3)	280
	55 - 64	39,2	(32,7-45,7)	39,1	(32,7-46,0)	333
	65 - 74	35,2	(26,0-44,5)	35,4	(26,9-44,8)	305
	75 +	27,2	(18,2-36,2)	27,6	(19,6-37,2)	226
HIGHEST DIPLOMA	No secondary	46,2	(37,0-55,3)	51,1	(41,6-60,6)	314
	Secondary	40,8	(34,0-47,5)	39,5	(33,0-46,3)	616
	Higher education	44,4	(39,9-48,8)	43,5	(38,7-48,3)	1025
YEAR	2013	33,7	(31,4-36,1)	32,6	(30,3-35,0)	3939
	2018	38,6	(36,3-41,0)	38,2	(35,8-40,6)	4008
	2023-2024	43,5	(40,0-47,1)	43,5	(39,9-47,2)	1955

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)

4.18. DISTRIBUTION OF THE POPULATION ACCORDING TO THEIR NUTRITIONAL STYLE, WALLOON REGION

NH11_1		Omnivore	Flexitarian	Pescatarian	Vegetarian	Lacto-vegetarian	Vegan	N
SEX	Male	93,0	5,3	0,2	1,2	0,3	0,1	999
	Female	91,4	5,7	1,0	1,4	0,5	0,0	1035
AGE GROUP	0 - 14	94,0	1,5	0,0	2,3	2,2	0,0	253
	15 - 24	88,3	8,8	1,0	1,9	0,0	0,0	182
	25 - 34	86,8	11,9	1,0	0,3	0,0	0,0	198
	35 - 44	94,9	3,4	0,4	0,9	0,0	0,3	256
	45 - 54	91,8	5,9	0,3	2,0	0,0	0,0	280
	55 - 64	90,5	5,8	1,9	1,6	0,1	0,0	334
	65 - 74	95,9	3,5	0,2	0,4	0,0	0,0	305
	75 +	95,6	4,4	0,0	0,0	0,0	0,0	226
HIGHEST DIPLOMA	No secondary	90,1	5,6	0,7	3,0	0,7	0,0	324
	Secondary	93,0	5,6	0,5	0,8	0,0	0,0	637
	Higher education	92,5	5,4	0,6	0,9	0,5	0,1	1073
YEAR	2023-2024	92,2	5,5	0,6	1,3	0,4	0,0	2034

Source: Health Interview Survey, 2023-2024, Belgium

4.19. PERCENTAGE OF THE POPULATION DESCRIBING THEMSELVES AS OMNIVOROUS, WALLOON REGION

NH11_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	93,0	(90,1-95,9)	93,6	(90,3-95,8)	999
	Female	91,4	(89,0-93,8)	91,8	(89,1-93,8)	1035
AGE GROUP	0 - 14	94,0	(88,7-99,3)	94,0	(86,0-97,6)	253
	15 - 24	88,3	(82,1-94,4)	88,2	(80,7-93,0)	182
	25 - 34	86,8	(79,5-94,1)	86,9	(78,0-92,5)	198
	35 - 44	94,9	(90,8-99,0)	94,9	(89,2-97,7)	256
	45 - 54	91,8	(86,8-96,8)	91,8	(85,2-95,7)	280
	55 - 64	90,5	(86,2-94,9)	90,6	(85,2-94,2)	334
	65 - 74	95,9	(93,2-98,5)	95,9	(92,4-97,9)	305
	75 +	95,6	(92,1-99,0)	95,7	(90,8-98,1)	226
HIGHEST DIPLOMA	No secondary	90,1	(83,7-96,4)	89,5	(79,5-94,9)	324
	Secondary	93,0	(89,2-96,8)	94,0	(89,5-96,6)	637
	Higher education	92,5	(90,2-94,7)	93,2	(90,8-95,0)	1073
YEAR	2023-2024	92,2	(90,1-94,3)	.	.	2034

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)

**4.20. PERCENTAGE OF THE POPULATION AGED 15 AND OLDER THAT
CONSULTED A DIETICIAN DURING THE PAST 12 MONTHS,
WALLOON REGION**

DI01_1		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	5,0	(2,9-7,1)	4,8	(3,1-7,3)	874
	Female	11,1	(7,2-14,9)	10,5	(7,2-14,9)	905
AGE GROUP	15 - 24	3,2	(0,0-6,5)	3,1	(1,2-8,2)	182
	25 - 34	9,8	(0,9-18,7)	9,3	(3,8-21,0)	198
	35 - 44	9,2	(4,5-13,8)	8,6	(4,9-14,6)	256
	45 - 54	7,0	(3,1-10,9)	6,6	(3,9-11,1)	280
	55 - 64	7,5	(3,9-11,2)	7,1	(4,3-11,4)	334
	65 - 74	12,6	(4,7-20,5)	11,6	(5,8-21,8)	305
	75 +	8,0	(1,5-14,5)	6,9	(2,9-15,2)	224
HIGHEST DIPLOMA	No secondary	7,0	(2,6-11,4)	5,6	(3,0-10,5)	294
	Secondary	6,6	(1,9-11,2)	5,8	(3,2-10,5)	568
	Higher education	9,7	(6,7-12,8)	8,9	(6,2-12,5)	917
YEAR	2001	2,9	(2,2-3,7)	2,6	(2,0-3,4)	4130
	2004	3,2	(2,4-4,0)	2,8	(2,2-3,7)	4237
	2008	4,1	(3,3-4,9)	3,7	(3,0-4,5)	3398
	2013	3,5	(2,7-4,4)	3,2	(2,5-4,1)	3588
	2018	6,4	(5,0-7,7)	5,8	(4,6-7,3)	3601
	2023-2024	8,1	(5,9-10,4)	7,5	(5,7-9,9)	1779

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)

Drieskens S. Health Interview Survey 2023-2024: Nutritional habits Tables. Sciensano, Belgium; 2025.

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