



TABLES

WEIGHT STATUS

HEALTH INTERVIEW SURVEY
2023-2024

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1. Belgium

1.1. MEAN BMI-SCORE IN THE POPULATION AGED 18 YEARS AND OVER, BELGIUM

NS_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	26,1	(25,9-26,3)	26,1	(25,9-26,3)	2812
	Female	25,5	(25,2-25,7)	25,4	(25,2-25,7)	3009
AGE GROUP	18 - 24	23,1	(22,6-23,6)	23,0	(22,6-23,5)	370
	25 - 34	24,9	(24,5-25,3)	24,9	(24,5-25,3)	754
	35 - 44	25,7	(25,3-26,1)	25,7	(25,3-26,1)	899
	45 - 54	26,5	(26,0-27,0)	26,5	(26,0-26,9)	890
	55 - 64	27,0	(26,6-27,3)	26,9	(26,6-27,3)	1083
	65 - 74	26,4	(26,1-26,8)	26,5	(26,1-26,9)	959
	75 +	25,8	(25,4-26,2)	25,8	(25,4-26,2)	866
HIGHEST DIPLOMA	No secondary	26,8	(26,3-27,2)	26,7	(26,2-27,2)	914
	Secondary	26,3	(26,0-26,6)	26,3	(26,0-26,6)	1745
	Higher education	25,1	(24,9-25,3)	25,1	(24,9-25,3)	3162
REGION	Flemish Region	25,7	(25,5-25,9)	25,7	(25,5-25,9)	3101
	Brussels Region	25,2	(24,8-25,5)	25,3	(25,0-25,6)	1013
	Walloon Region	26,1	(25,7-26,4)	26,0	(25,7-26,4)	1707
YEAR	2001	25,0	(24,9-25,1)	25,1	(25,0-25,2)	9386
	2004	25,1	(25,0-25,2)	25,2	(25,1-25,3)	10313
	2008	25,2	(25,1-25,4)	25,3	(25,2-25,4)	8826
	2013	25,4	(25,2-25,5)	25,4	(25,3-25,6)	8613
	2018	25,6	(25,5-25,8)	25,6	(25,5-25,8)	9290
	2023-2024	25,8	(25,6-25,9)	25,8	(25,6-25,9)	5821

Source: Health Interview Survey, 2023-2024, Belgium

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

**1.2. DISTRIBUTION (%) OF THE POPULATION AGED 18 YEARS AND OVER
ACCORDING TO THEIR BMI,
BELGIUM**

NS_2		Underweight (<18.5)	Healthy (18.5-24.9)	Pre-obesity (25.0-29.9)	Obesity I (30.0-34.9)	Obesity II (35.0-39.9)	Obesity III (40.0+)	N
SEX	Male	1,7	45,2	36,2	12,6	3,3	0,9	2812
	Female	4,2	49,4	29,2	12,4	3,8	1,1	3009
AGE GROUP	25 - 34	8,0	67,7	18,1	4,6	1,0	0,7	370
	35 - 44	3,9	55,5	28,9	8,2	3,2	0,4	754
	45 - 54	1,9	50,0	31,7	11,2	4,2	1,0	899
	55 - 64	2,0	41,9	35,7	13,8	4,5	2,1	890
	65 - 74	5,2	82,9	71,4	32,0	7,2	1,3	884
	75 +	1,9	40,1	38,0	15,4	3,3	1,4	959
	HIGHEST DIPLOMA	No secondary	3,6	37,7	35,0	16,2	5,7	1,8
Secondary		2,6	42,8	34,8	14,2	4,3	1,3	1745
Higher education		2,9	53,3	30,6	10,3	2,3	0,6	3162
REGION	Flemish Region	3,0	47,7	32,7	12,7	3,0	0,9	3101
	Brussels Region	4,4	51,3	30,7	10,1	2,7	0,9	1013
	Walloon Region	2,5	45,3	33,2	12,9	4,8	1,4	1707
YEAR	2001	3,5	52,0	32,4	9,5	2,1	0,5	9386
	2004	3,4	52,6	31,4	9,6	2,2	0,9	10313
	2008	3,1	50,0	33,1	10,4	2,6	0,8	8826
	2013	3,0	48,9	34,4	10,5	2,4	0,9	8613
	2018	2,9	47,9	33,4	11,7	3,1	1,1	9290
	2023-2024	3,0	47,3	32,7	12,5	3,5	1,0	5821

Source: Health Interview Survey, 2023-2024, Belgium

**1.3. PERCENTAGE OF THE POPULATION AGED 18 YEARS AND OVER
WITH OVERWEIGHT (BMI ≥ 25),
BELGIUM**

NS_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	53,1	(50,7-55,5)	53,3	(50,9-55,7)	2812
	Female	46,4	(44,2-48,7)	45,6	(43,2-48,0)	3009
AGE GROUP	18 - 24	24,3	(19,1-29,6)	23,9	(19,1-29,5)	370
	25 - 34	40,6	(35,8-45,5)	40,4	(35,6-45,4)	754
	35 - 44	48,1	(43,8-52,4)	47,9	(43,7-52,2)	899
	45 - 54	56,2	(52,2-60,1)	56,0	(52,1-59,9)	890
	55 - 64	61,2	(57,8-64,6)	61,2	(57,7-64,6)	1083
	65 - 74	58,0	(53,8-62,2)	58,2	(53,9-62,3)	959
	75 +	50,6	(46,4-54,8)	51,3	(47,1-55,5)	866
HIGHEST DIPLOMA	No secondary	58,7	(54,5-62,9)	57,5	(52,9-62,0)	914
	Secondary	54,6	(51,6-57,6)	54,6	(51,3-57,8)	1745
	Higher education	43,7	(41,5-45,9)	43,5	(41,2-45,8)	3162
REGION	Flemish Region	49,4	(47,3-51,4)	48,7	(46,5-50,9)	3101
	Brussels Region	44,4	(40,7-48,1)	45,3	(41,6-49,1)	1013
	Walloon Region	52,2	(48,8-55,7)	52,1	(48,5-55,7)	1707
YEAR	2001	44,5	(43,1-45,9)	44,9	(43,4-46,4)	9386
	2004	44,1	(42,6-45,5)	44,4	(42,9-45,8)	10313
	2008	46,9	(45,4-48,4)	47,0	(45,4-48,6)	8826
	2013	48,1	(46,5-49,7)	48,1	(46,4-49,7)	8613
	2018	49,2	(47,7-50,7)	49,0	(47,4-50,6)	9290
	2023-2024	49,7	(48,1-51,4)	49,2	(47,4-51,0)	5821

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. PERCENTAGE OF THE POPULATION AGED 18 YEARS AND OVER
WITH OBESITY (BMI ≥ 30),
BELGIUM**

NS_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	16,9	(15,1-18,6)	16,2	(14,5-18,0)	2812
	Female	17,2	(15,6-18,8)	16,2	(14,6-18,0)	3009
AGE GROUP	18 - 24	6,2	(3,5-9,0)	6,2	(4,0-9,6)	370
	25 - 34	11,8	(8,8-14,7)	11,8	(9,1-15,0)	754
	35 - 44	16,4	(13,4-19,4)	16,4	(13,6-19,6)	899
	45 - 54	20,4	(17,2-23,7)	20,4	(17,4-23,8)	890
	55 - 64	23,0	(20,0-26,0)	23,0	(20,2-26,1)	1083
	65 - 74	20,1	(16,5-23,6)	20,0	(16,8-23,8)	959
	75 +	17,5	(14,2-20,8)	17,5	(14,4-21,0)	866
HIGHEST DIPLOMA	No secondary	23,7	(19,8-27,6)	22,4	(18,8-26,6)	914
	Secondary	19,8	(17,5-22,0)	18,9	(16,8-21,3)	1745
	Higher education	13,1	(11,7-14,6)	12,5	(11,1-14,1)	3162
REGION	Flemish Region	16,6	(15,2-18,1)	15,7	(14,2-17,3)	3101
	Brussels Region	13,6	(11,2-16,1)	13,5	(11,2-16,2)	1013
	Walloon Region	19,0	(16,2-21,8)	18,1	(15,5-21,0)	1707
YEAR	2001	12,1	(11,2-13,0)	11,6	(10,7-12,5)	9386
	2004	12,6	(11,7-13,6)	12,1	(11,2-13,0)	10313
	2008	13,8	(12,7-14,8)	13,0	(12,0-14,1)	8826
	2013	13,7	(12,6-14,8)	12,9	(11,8-14,0)	8613
	2018	15,8	(14,8-16,9)	14,8	(13,8-15,9)	9290
	2023-2024	17,0	(15,8-18,3)	16,0	(14,8-17,2)	5821

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. PERCENTAGE OF THE POPULATION AGED 18 YEARS AND OVER
WITH UNDERWEIGHT (BMI < 18,5),
BELGIUM**

NS_5		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	1,7	(1,1-2,3)	1,4	(1,0-1,9)	2812
	Female	4,2	(3,3-5,1)	3,5	(2,8-4,4)	3009
AGE GROUP	18 - 24	8,0	(4,7-11,2)	7,6	(4,9-11,6)	370
	25 - 34	3,9	(2,3-5,6)	3,6	(2,4-5,4)	754
	35 - 44	1,9	(1,0-2,9)	1,7	(1,0-2,9)	899
	45 - 54	2,0	(0,9-3,0)	1,8	(1,1-3,0)	890
	55 - 64	0,9	(0,4-1,5)	0,8	(0,5-1,5)	1083
	65 - 74	1,9	(0,9-3,0)	1,7	(1,0-3,0)	959
	75 +	4,3	(2,2-6,4)	3,6	(2,2-5,9)	866
HIGHEST DIPLOMA	No secondary	3,6	(1,9-5,4)	2,8	(1,7-4,5)	914
	Secondary	2,6	(1,7-3,6)	1,9	(1,3-2,9)	1745
	Higher education	2,9	(2,2-3,6)	2,2	(1,6-2,9)	3162
REGION	Flemish Region	3,0	(2,3-3,7)	2,3	(1,7-2,9)	3101
	Brussels Region	4,4	(2,4-6,4)	3,1	(2,0-4,9)	1013
	Walloon Region	2,5	(1,4-3,5)	1,8	(1,1-2,9)	1707
YEAR	2001	3,5	(2,9-4,0)	2,5	(2,1-3,0)	9386
	2004	3,4	(2,9-3,9)	2,5	(2,1-2,9)	10313
	2008	3,1	(2,6-3,6)	2,3	(1,9-2,7)	8826
	2013	3,0	(2,5-3,4)	2,2	(1,8-2,6)	8613
	2018	2,9	(2,4-3,4)	2,1	(1,8-2,6)	9290
	2023-2024	3,0	(2,4-3,5)	2,2	(1,8-2,7)	5821

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 YOUNGSTERS (2-17 YEARS) WITH OVERWEIGHT, BELGIUM

NS_6		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	17,5	(13,5-21,5)	17,0	(13,4-21,4)	499
	Female	21,3	(15,7-27,0)	21,0	(16,1-26,8)	466
AGE GROUP	2 - 4	17,8	(10,9-24,7)	17,5	(11,8-25,2)	166
	5 - 9	23,5	(16,7-30,3)	23,4	(17,7-30,4)	329
	10 - 14	19,3	(12,9-25,6)	19,4	(13,9-26,4)	312
	15 - 17	13,8	(8,0-19,6)	13,7	(8,9-20,4)	158
HIGHEST DIPLOMA	No secondary	20,6	(12,2-29,0)	20,8	(13,1-31,3)	90
	Secondary	24,7	(16,7-32,8)	24,2	(17,8-32,0)	232
	Higher education	16,7	(12,7-20,7)	16,1	(12,6-20,5)	643
REGION	Flemish Region	16,4	(12,6-20,2)	16,0	(12,6-20,1)	509
	Brussels Region	24,0	(16,0-32,1)	23,9	(16,8-32,9)	176
	Walloon Region	23,0	(15,1-30,9)	22,3	(15,9-30,4)	280
YEAR	2001	16,2	(13,9-18,5)	16,1	(13,9-18,5)	1897
	2004	16,2	(13,5-19,0)	15,9	(13,4-18,7)	1677
	2008	17,3	(14,8-19,8)	17,0	(14,6-19,6)	1507
	2013	18,2	(15,3-21,2)	17,8	(15,1-20,8)	1704
	2018	19,0	(16,5-21,6)	18,5	(16,1-21,1)	1881
	2023-2024	19,4	(15,9-22,8)	18,9	(15,8-22,4)	965

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. PERCENTAGE OF YOUNGSTERS (2-17 YEARS) WITH OBESITY, BELGIUM

NS_7		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	4,3	(2,2-6,3)	3,6	(2,0-6,4)	499
	Female	5,5	(1,5-9,4)	4,5	(2,1-9,2)	466
AGE GROUP	2 - 4	8,5	(3,0-14,0)	8,3	(4,5-15,0)	166
	5 - 9	5,9	(2,4-9,5)	5,9	(3,3-10,4)	329
	10 - 14	3,9	(0,2-7,7)	4,0	(1,5-10,1)	312
	15 - 17	1,2	(0,0-3,0)	1,2	(0,3-5,1)	158
HIGHEST DIPLOMA	No secondary	3,0	(0,0-6,0)	2,9	(1,1-7,6)	90
	Secondary	7,1	(1,3-12,9)	6,0	(2,8-12,5)	232
	Higher education	4,1	(1,8-6,4)	3,3	(1,6-6,5)	643
REGION	Flemish Region	4,2	(2,3-6,1)	3,5	(2,0-6,1)	509
	Brussels Region	5,5	(1,5-9,5)	4,7	(2,3-9,6)	176
	Walloon Region	5,8	(0,0-11,8)	4,6	(1,7-12,3)	280
YEAR	2001	4,9	(3,6-6,1)	4,3	(3,4-5,6)	1897
	2004	5,3	(3,9-6,7)	4,7	(3,6-6,2)	1677
	2008	4,7	(3,3-6,1)	4,0	(3,0-5,4)	1507
	2013	6,3	(4,4-8,1)	5,4	(3,9-7,4)	1704
	2018	5,8	(4,4-7,1)	5,0	(3,9-6,4)	1881
	2023-2024	4,8	(2,6-7,0)	4,2	(2,7-6,6)	965

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)

**1.8. DISTRIBUTION (%) OF THE POPULATION AGED 15 YEARS AND OVER
ACCORDING TO THE ATTENTION TOWARDS THEIR WEIGHT,
BELGIUM**

NS_8		Trying to lose weight	Trying to keep weight stable	Trying to gain weight	Not concerned about weight	N
SEX	Male	27,0	38,3	3,8	30,9	2271
	Female	32,9	41,7	2,2	23,3	2523
AGE GROUP	15 - 24	31,3	32,9	10,0	25,8	368
	25 - 34	36,7	30,4	3,6	29,3	622
	35 - 44	37,3	32,6	2,1	28,0	737
	45 - 54	34,4	39,1	1,1	25,4	724
	55 - 64	30,1	47,0	0,8	22,1	886
	65 - 74	22,7	49,5	1,6	26,2	804
	75 +	9,5	52,5	3,6	34,5	653
HIGHEST DIPLOMA	No secondary	25,2	36,7	3,1	35,0	676
	Secondary	29,2	39,2	4,3	27,3	1451
	Higher education	31,9	41,5	2,2	24,5	2667
REGION	Flemish Region	28,3	43,5	3,0	25,3	2758
	Brussels Region	30,0	33,2	5,9	30,9	659
	Walloon Region	33,7	34,6	2,2	29,6	1377
YEAR	2023-2024	30,0	40,0	3,0	27,0	4794

Source: Health Interview Survey, 2023-2024, Belgium

2. Flemish Region

2.1. MEAN BMI-SCORE IN THE POPULATION AGED 18 YEARS AND OVER, FLEMISH REGION

NS_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	26,0	(25,7-26,3)	26,0	(25,7-26,2)	1477
	Female	25,4	(25,2-25,7)	25,4	(25,1-25,6)	1624
AGE GROUP	18 - 24	23,0	(22,4-23,6)	23,0	(22,4-23,6)	186
	25 - 34	24,8	(24,3-25,3)	24,8	(24,3-25,3)	375
	35 - 44	25,5	(25,0-26,0)	25,5	(25,0-26,0)	450
	45 - 54	26,4	(25,9-26,9)	26,4	(25,9-26,8)	449
	55 - 64	27,0	(26,5-27,4)	26,9	(26,5-27,4)	580
	65 - 74	26,5	(26,0-26,9)	26,5	(26,0-26,9)	534
	75 +	25,6	(25,2-26,0)	25,7	(25,3-26,1)	527
HIGHEST DIPLOMA	No secondary	26,6	(26,1-27,1)	26,6	(26,0-27,1)	480
	Secondary	26,4	(26,1-26,8)	26,4	(26,0-26,7)	1001
	Higher education	25,0	(24,8-25,3)	25,0	(24,8-25,3)	1620
YEAR	2001	24,8	(24,7-25,0)	24,9	(24,7-25,1)	3244
	2004	24,9	(24,7-25,1)	25,0	(24,8-25,1)	3665
	2008	25,3	(25,0-25,5)	25,3	(25,1-25,5)	3157
	2013	25,3	(25,1-25,5)	25,3	(25,1-25,5)	2862
	2018	25,5	(25,3-25,7)	25,4	(25,2-25,6)	3475
	2023-2024	25,7	(25,5-25,9)	25,7	(25,5-25,9)	3101

Source: Health Interview Survey, 2023-2024, Belgium

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

**2.2. DISTRIBUTION (%) OF THE POPULATION AGED 18 YEARS AND OVER
ACCORDING TO THEIR BMI,
FLEMISH REGION**

NS_2		Underweight (<18.5)	Healthy (18.5-24.9)	Pre-obesity (25.0-29.9)	Obesity I (30.0-34.9)	Obesity II (35.0-39.9)	Obesity III (40.0+)	N
SEX	Male	1,6	45,9	35,7	13,2	2,9	0,8	1477
	Female	4,3	49,4	29,8	12,3	3,2	1,0	1624
AGE GROUP	25 - 34	9,0	65,5	19,9	5,1	0,6	0,0	186
	35 - 44	4,2	54,3	30,0	9,0	2,2	0,2	375
	45 - 54	2,0	53,2	28,8	11,8	3,2	0,9	450
	55 - 64	2,4	39,3	37,8	15,5	4,2	0,8	449
	65 - 74	4,6	85,7	71,3	30,6	6,1	1,7	531
	75 +	1,3	43,9	35,8	13,4	3,6	1,9	534
	HIGHEST DIPLOMA	No secondary	3,4	39,5	35,2	14,9	5,2	1,8
	Secondary	2,4	40,9	34,6	16,7	4,2	1,1	1001
	Higher education	3,2	54,0	30,9	9,7	1,7	0,4	1620
YEAR	2001	3,4	53,4	32,3	8,7	1,8	0,4	3244
	2004	2,8	54,5	31,3	9,4	1,5	0,6	3665
	2008	2,7	50,2	33,4	10,5	2,5	0,7	3157
	2013	2,6	49,7	35,1	10,0	1,9	0,7	2862
	2018	2,9	48,9	33,3	11,3	2,8	0,8	3475
	2023-2024	3,0	47,7	32,7	12,7	3,0	0,9	3101

Source: Health Interview Survey, 2023-2024, Belgium

**2.3. PERCENTAGE OF THE POPULATION AGED 18 YEARS AND OVER
WITH OVERWEIGHT (BMI ≥ 25),
FLEMISH REGION**

NS_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	52,5	(49,6-55,4)	52,3	(49,3-55,3)	1477
	Female	46,3	(43,6-48,9)	45,4	(42,6-48,4)	1624
AGE GROUP	18 - 24	25,5	(17,9-33,1)	25,2	(18,4-33,4)	186
	25 - 34	41,4	(35,5-47,4)	41,3	(35,5-47,3)	375
	35 - 44	44,8	(39,4-50,1)	44,7	(39,4-50,1)	450
	45 - 54	58,4	(53,6-63,1)	58,3	(53,4-63,0)	449
	55 - 64	61,6	(57,3-66,0)	61,6	(57,2-65,9)	580
	65 - 74	54,8	(50,1-59,4)	54,8	(50,1-59,5)	534
	75 +	48,1	(43,4-52,8)	48,6	(43,9-53,3)	527
HIGHEST DIPLOMA	No secondary	57,1	(52,1-62,2)	56,9	(51,4-62,3)	480
	Secondary	56,7	(53,2-60,3)	56,3	(52,4-60,0)	1001
	Higher education	42,8	(39,9-45,6)	42,2	(39,3-45,3)	1620
YEAR	2001	43,3	(41,2-45,4)	43,4	(41,3-45,6)	3244
	2004	42,7	(40,7-44,8)	42,4	(40,4-44,5)	3665
	2008	47,1	(44,8-49,3)	46,7	(44,4-49,0)	3157
	2013	47,7	(45,4-50,1)	47,0	(44,6-49,5)	2862
	2018	48,2	(46,1-50,3)	47,1	(44,9-49,4)	3475
	2023-2024	49,4	(47,3-51,4)	48,4	(46,1-50,7)	3101

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. PERCENTAGE OF THE POPULATION AGED 18 YEARS AND OVER
WITH OBESITY (BMI ≥ 30),
FLEMISH REGION**

NS_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	16,8	(14,7-19,0)	15,8	(13,8-18,1)	1477
	Female	16,5	(14,5-18,4)	15,4	(13,4-17,6)	1624
AGE GROUP	18 - 24	5,7	(2,1-9,3)	5,7	(3,0-10,5)	186
	25 - 34	11,5	(7,8-15,2)	11,5	(8,3-15,7)	375
	35 - 44	16,0	(12,1-19,8)	16,0	(12,5-20,1)	450
	45 - 54	20,5	(16,6-24,5)	20,5	(16,9-24,7)	449
	55 - 64	23,5	(19,5-27,4)	23,4	(19,7-27,6)	580
	65 - 74	19,0	(15,2-22,7)	19,0	(15,5-23,0)	534
	75 +	15,0	(11,7-18,3)	15,0	(12,0-18,7)	527
HIGHEST DIPLOMA	No secondary	21,9	(17,9-25,9)	21,3	(17,3-26,0)	480
	Secondary	22,1	(19,1-25,0)	20,8	(17,9-23,9)	1001
	Higher education	11,9	(10,2-13,7)	11,1	(9,5-13,0)	1620
YEAR	2001	10,9	(9,7-12,2)	10,4	(9,2-11,7)	3244
	2004	11,5	(10,1-12,8)	10,8	(9,6-12,1)	3665
	2008	13,6	(12,1-15,2)	12,7	(11,3-14,3)	3157
	2013	12,6	(11,0-14,2)	11,6	(10,1-13,3)	2862
	2018	14,9	(13,5-16,4)	13,7	(12,3-15,2)	3475
	2023-2024	16,6	(15,2-18,1)	15,3	(13,9-16,8)	3101

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. PERCENTAGE OF THE POPULATION AGED 18 YEARS AND OVER
WITH UNDERWEIGHT (BMI < 18,5),
FLEMISH REGION**

NS_5		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	1,6	(0,8-2,4)	1,2	(0,8-1,9)	1477
	Female	4,3	(3,2-5,4)	3,5	(2,6-4,7)	1624
AGE GROUP	18 - 24	9,0	(4,4-13,6)	8,5	(4,9-14,5)	186
	25 - 34	4,2	(2,0-6,4)	3,8	(2,2-6,5)	375
	35 - 44	2,0	(0,7-3,3)	1,8	(1,0-3,4)	450
	45 - 54	2,4	(0,8-4,0)	2,1	(1,0-4,2)	449
	55 - 64	0,8	(0,1-1,4)	0,7	(0,3-1,6)	580
	65 - 74	1,3	(0,3-2,3)	1,1	(0,5-2,4)	534
	75 +	3,8	(1,9-5,6)	3,1	(1,9-5,2)	527
HIGHEST DIPLOMA	No secondary	3,4	(1,7-5,0)	2,7	(1,6-4,7)	480
	Secondary	2,4	(1,3-3,5)	1,7	(1,0-2,9)	1001
	Higher education	3,2	(2,2-4,2)	2,1	(1,5-3,0)	1620
YEAR	2001	3,4	(2,5-4,2)	2,4	(1,9-3,2)	3244
	2004	2,8	(2,2-3,4)	2,1	(1,6-2,6)	3665
	2008	2,7	(2,0-3,5)	2,0	(1,5-2,6)	3157
	2013	2,6	(1,9-3,3)	1,9	(1,5-2,5)	2862
	2018	2,9	(2,1-3,7)	2,2	(1,6-2,9)	3475
	2023-2024	3,0	(2,3-3,7)	2,2	(1,7-2,8)	3101

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 YOUNGSTERS (2-17 YEARS) WITH OVERWEIGHT, FLEMISH REGION

NS_6		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	16,7	(11,3-22,2)	16,3	(11,5-22,6)	265
	Female	16,1	(10,5-21,7)	15,7	(11,2-21,6)	244
AGE GROUP	2 - 4	15,6	(6,9-24,3)	15,6	(8,8-26,1)	82
	5 - 9	20,4	(13,0-27,8)	20,4	(14,0-28,7)	178
	10 - 14	16,1	(8,9-23,3)	16,0	(10,1-24,5)	163
	15 - 17	11,0	(4,0-18,1)	11,0	(5,8-19,9)	86
HIGHEST DIPLOMA	No secondary	22,0	(7,7-36,2)	22,2	(10,9-39,9)	36
	Secondary	18,6	(11,5-25,7)	18,5	(12,6-26,2)	133
	Higher education	15,0	(10,2-19,8)	14,4	(10,3-19,7)	340
YEAR	2001	14,4	(11,0-17,8)	14,2	(11,1-18,0)	605
	2004	15,7	(11,6-19,8)	15,3	(11,7-19,8)	578
	2008	15,8	(11,9-19,6)	15,3	(11,9-19,5)	477
	2013	14,8	(10,8-18,8)	14,3	(10,8-18,6)	529
	2018	16,2	(12,8-19,7)	15,7	(12,6-19,4)	677
	2023-2024	16,4	(12,6-20,2)	16,0	(12,6-20,0)	509

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. PERCENTAGE OF YOUNGSTERS (2-17 YEARS) WITH OBESITY, FLEMISH REGION

NS_7		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	5,5	(2,4-8,7)	4,8	(2,5-9,3)	265
	Female	2,7	(0,8-4,7)	2,2	(1,1-4,4)	244
AGE GROUP	2 - 4	6,6	(1,0-12,1)	6,5	(2,7-14,6)	82
	5 - 9	6,5	(2,2-10,7)	6,0	(3,1-11,6)	178
	10 - 14	2,1	(0,0-4,5)	1,9	(0,6-5,7)	163
	15 - 17	2,0	(0,0-4,9)	1,9	(0,4-7,4)	86
HIGHEST DIPLOMA	No secondary	3,6	(0,0-9,1)	3,9	(0,9-14,9)	36
	Secondary	6,4	(1,7-11,0)	5,3	(2,5-10,9)	133
	Higher education	3,4	(1,3-5,5)	2,4	(1,1-5,1)	340
YEAR	2001	4,1	(2,2-6,1)	3,6	(2,2-5,7)	605
	2004	4,8	(2,7-6,9)	4,3	(2,8-6,6)	578
	2008	3,6	(1,5-5,7)	2,9	(1,6-5,1)	477
	2013	4,8	(2,3-7,3)	4,0	(2,3-6,9)	529
	2018	4,6	(2,8-6,4)	3,9	(2,5-5,8)	677
	2023-2024	4,2	(2,3-6,1)	3,6	(2,2-5,7)	509

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)

**2.8. DISTRIBUTION (%) OF THE POPULATION AGED 15 YEARS AND OVER
ACCORDING TO THE ATTENTION TOWARDS THEIR WEIGHT,
FLEMISH REGION**

NS_8		Trying to lose weight	Trying to keep weight stable	Trying to gain weight	Not concerned about weight	N
SEX	Male	26,2	42,1	3,6	28,0	1300
	Female	30,3	44,7	2,3	22,7	1458
AGE GROUP	15 - 24	31,8	33,5	10,1	24,6	192
	25 - 34	35,3	33,0	4,1	27,6	337
	35 - 44	33,7	36,6	2,9	26,8	401
	45 - 54	35,1	42,3	0,9	21,7	396
	55 - 64	29,3	50,7	0,3	19,7	519
	65 - 74	20,0	54,4	1,5	24,2	481
	75 +	7,6	53,6	3,6	35,2	432
HIGHEST DIPLOMA	No secondary	20,1	43,9	3,2	32,7	377
	Secondary	27,7	42,9	4,5	25,0	892
	Higher education	30,7	43,7	2,0	23,7	1489
YEAR	2023-2024	28,3	43,5	3,0	25,3	2758

Source: Health Interview Survey, 2023-2024, Belgium

3. Brussels Region

3.1. MEAN BMI-SCORE IN THE POPULATION AGED 18 YEARS AND OVER, BRUSSELS REGION

NS_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	25,4	(25,0-25,8)	25,6	(25,2-25,9)	483
	Female	24,9	(24,4-25,4)	25,2	(24,7-25,6)	530
AGE GROUP	18 - 24	22,5	(21,1-23,8)	22,5	(21,2-23,8)	51
	25 - 34	23,9	(23,2-24,6)	23,9	(23,2-24,6)	186
	35 - 44	25,5	(24,8-26,2)	25,5	(24,8-26,1)	197
	45 - 54	26,0	(25,3-26,7)	26,0	(25,3-26,7)	165
	55 - 64	27,0	(26,2-27,9)	27,0	(26,2-27,9)	172
	65 - 74	25,8	(24,8-26,9)	25,9	(24,8-26,9)	126
	75 +	25,7	(25,0-26,5)	25,8	(25,0-26,5)	116
HIGHEST DIPLOMA	No secondary	26,4	(25,3-27,4)	26,2	(25,2-27,2)	152
	Secondary	25,8	(25,0-26,6)	26,3	(25,6-26,9)	201
	Higher education	24,5	(24,2-24,9)	24,7	(24,3-25,1)	660
YEAR	2001	24,7	(24,5-24,9)	24,9	(24,7-25,1)	2357
	2004	24,7	(24,4-24,9)	24,9	(24,7-25,1)	2751
	2008	24,7	(24,5-24,9)	25,0	(24,7-25,2)	2579
	2013	25,1	(24,8-25,3)	25,3	(25,1-25,5)	2360
	2018	25,3	(25,1-25,6)	25,5	(25,3-25,8)	2400
	2023-2024	25,2	(24,8-25,5)	25,3	(25,0-25,7)	1013

Source: Health Interview Survey, 2023-2024, Belgium

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

**3.2. DISTRIBUTION (%) OF THE POPULATION AGED 18 YEARS AND OVER
ACCORDING TO THEIR BMI,
BRUSSELS REGION**

NS_2		Underweight (<18.5)	Healthy (18.5-24.9)	Pre-obesity (25.0-29.9)	Obesity I (30.0-34.9)	Obesity II (35.0-39.9)	Obesity III (40.0+)	N
SEX	Male	2,4	51,1	36,1	7,3	2,1	1,0	483
	Female	6,2	51,4	25,7	12,7	3,3	0,7	530
AGE GROUP	25 - 34	16,4	62,6	16,2	2,7	2,0	0,0	51
	35 - 44	5,1	66,7	21,9	3,5	2,4	0,4	186
	45 - 54	2,2	49,1	35,6	8,1	4,1	0,8	197
	55 - 64	2,0	46,4	35,7	12,8	1,0	2,1	165
	65 - 74	2,6	81,6	75,7	33,0	6,4	0,7	121
	75 +	4,8	41,5	32,9	17,3	1,7	1,8	126
	HIGHEST DIPLOMA	No secondary	6,0	34,2	36,8	18,3	3,1	1,5
	Secondary	3,9	48,9	31,1	10,5	4,3	1,3	201
	Higher education	4,1	57,2	28,8	7,5	1,9	0,5	660
YEAR	2001	3,5	55,9	28,8	9,1	1,9	0,7	2357
	2004	5,0	56,0	27,8	8,1	2,1	0,9	2751
	2008	4,1	56,2	27,9	8,3	2,6	1,0	2579
	2013	4,1	52,0	31,1	9,2	2,5	1,2	2360
	2018	3,4	50,2	32,7	9,9	2,7	1,2	2400
	2023-2024	4,4	51,3	30,7	10,1	2,7	0,9	1013

Source: Health Interview Survey, 2023-2024, Belgium

**3.3. PERCENTAGE OF THE POPULATION AGED 18 YEARS AND OVER
WITH OVERWEIGHT (BMI ≥ 25),
BRUSSELS REGION**

NS_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	46,4	(41,2-51,7)	47,8	(42,3-53,2)	483
	Female	42,4	(37,5-47,3)	44,4	(39,5-49,5)	530
AGE GROUP	18 - 24	21,0	(8,3-33,6)	21,1	(11,4-35,8)	51
	25 - 34	28,2	(20,8-35,6)	28,2	(21,5-36,1)	186
	35 - 44	48,7	(41,2-56,1)	48,6	(41,2-56,0)	197
	45 - 54	51,6	(43,2-60,1)	51,6	(43,1-59,9)	165
	55 - 64	61,8	(53,9-69,7)	61,7	(53,6-69,3)	172
	65 - 74	53,7	(43,2-64,2)	53,8	(43,4-63,9)	126
	75 +	54,1	(44,0-64,2)	54,4	(44,3-64,0)	116
HIGHEST DIPLOMA	No secondary	59,7	(50,2-69,3)	58,6	(47,7-68,7)	152
	Secondary	47,2	(38,9-55,6)	52,3	(44,5-60,0)	201
	Higher education	38,7	(34,4-43,0)	39,4	(34,7-44,4)	660
YEAR	2001	40,6	(38,3-42,8)	41,9	(39,5-44,3)	2357
	2004	39,0	(36,7-41,2)	40,8	(38,4-43,2)	2751
	2008	39,7	(37,4-42,0)	41,8	(39,4-44,2)	2579
	2013	43,9	(41,4-46,5)	46,1	(43,5-48,8)	2360
	2018	46,4	(44,0-48,8)	48,4	(45,9-50,9)	2400
	2023-2024	44,4	(40,7-48,1)	45,9	(42,1-49,7)	1013

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. PERCENTAGE OF THE POPULATION AGED 18 YEARS AND OVER
WITH OBESITY (BMI ≥ 30),
BRUSSELS REGION**

NS_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	10,4	(7,3-13,5)	9,8	(6,9-13,9)	483
	Female	16,7	(13,4-20,0)	16,6	(13,1-20,8)	530
AGE GROUP	18 - 24	4,7	(0,0-11,5)	4,3	(1,0-16,8)	51
	25 - 34	6,3	(0,9-11,7)	6,0	(2,5-13,8)	186
	35 - 44	13,1	(8,1-18,0)	12,9	(8,8-18,6)	197
	45 - 54	15,9	(9,8-22,1)	15,7	(10,6-22,7)	165
	55 - 64	24,2	(17,0-31,4)	23,9	(17,3-32,0)	172
	65 - 74	20,8	(12,6-29,0)	20,1	(13,3-29,3)	126
	75 +	15,9	(8,9-22,9)	14,9	(9,5-22,8)	116
HIGHEST DIPLOMA	No secondary	22,9	(14,8-31,1)	19,8	(12,2-30,4)	152
	Secondary	16,1	(10,5-21,8)	16,6	(11,8-22,7)	201
	Higher education	9,9	(7,4-12,4)	9,2	(6,5-12,9)	660
YEAR	2001	11,8	(10,2-13,3)	11,5	(10,0-13,1)	2357
	2004	11,2	(9,8-12,5)	11,1	(9,8-12,5)	2751
	2008	11,9	(10,3-13,4)	11,9	(10,4-13,6)	2579
	2013	12,8	(11,2-14,4)	12,8	(11,2-14,6)	2360
	2018	13,7	(12,2-15,3)	13,6	(12,1-15,2)	2400
	2023-2024	13,6	(11,2-16,1)	13,3	(11,0-16,0)	1013

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. PERCENTAGE OF THE POPULATION AGED 18 YEARS AND OVER
WITH UNDERWEIGHT (BMI < 18,5),
BRUSSELS REGION**

NS_5		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	2,4	(0,8-4,0)	1,7	(0,8-3,7)	483
	Female	6,2	(2,7-9,7)	4,1	(2,5-6,6)	530
AGE GROUP	18 - 24	16,4	(1,1-31,8)	14,6	(5,8-32,0)	51
	25 - 34	5,1	(1,7-8,4)	4,6	(2,4-8,8)	186
	35 - 44	2,2	(0,3-4,2)	2,1	(0,9-5,0)	197
	45 - 54	2,0	(0,0-4,0)	1,9	(0,7-5,0)	165
	55 - 64	1,7	(0,0-3,7)	1,5	(0,4-5,3)	172
	65 - 74	4,8	(0,0-10,2)	4,3	(1,2-14,2)	126
	75 +	0,9	(0,0-2,7)	0,8	(0,1-5,3)	116
HIGHEST DIPLOMA	No secondary	6,0	(0,0-12,3)	4,1	(1,4-11,0)	152
	Secondary	3,9	(0,0-9,2)	1,8	(0,6-5,6)	201
	Higher education	4,1	(2,4-5,9)	2,6	(1,4-4,9)	660
YEAR	2001	3,5	(2,7-4,3)	2,7	(2,1-3,5)	2357
	2004	5,0	(3,9-6,1)	3,8	(3,0-4,8)	2751
	2008	4,1	(3,3-5,0)	3,1	(2,4-3,9)	2579
	2013	4,1	(3,1-5,2)	3,1	(2,4-4,2)	2360
	2018	3,4	(2,6-4,2)	2,6	(2,0-3,4)	2400
	2023-2024	4,4	(2,4-6,4)	3,4	(2,2-5,1)	1013

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 YOUNGSTERS (2-17 YEARS) WITH OVERWEIGHT, BRUSSELS REGION

NS_6		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	25,5	(14,3-36,7)	24,8	(15,4-37,3)	102
	Female	22,1	(9,3-34,9)	21,1	(11,6-35,4)	74
AGE GROUP	2 - 4	32,1	(11,4-52,9)	32,0	(15,4-54,8)	32
	5 - 9	27,0	(11,5-42,6)	26,5	(14,2-44,0)	55
	10 - 14	24,0	(8,0-40,1)	24,0	(11,7-42,9)	63
	15 - 17	12,3	(0,0-24,9)	12,0	(4,3-29,6)	26
HIGHEST DIPLOMA	No secondary	31,2	(12,5-50,0)	31,6	(17,3-50,6)	24
	Secondary	32,9	(8,6-57,2)	30,0	(13,3-54,4)	19
	Higher education	17,3	(9,0-25,6)	16,6	(9,8-26,5)	133
YEAR	2001	25,1	(20,2-30,0)	24,6	(20,1-29,7)	472
	2004	19,6	(15,1-24,2)	18,6	(14,6-23,3)	408
	2008	25,5	(20,7-30,3)	24,1	(19,8-29,1)	445
	2013	22,3	(17,6-27,0)	20,6	(16,3-25,6)	515
	2018	27,3	(23,0-31,7)	25,5	(21,6-29,9)	551
	2023-2024	24,0	(16,0-32,1)	23,2	(16,3-31,9)	176

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. PERCENTAGE OF YOUNGSTERS (2-17 YEARS) WITH OBESITY, BRUSSELS REGION

NS_7		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	4,5	(0,1-8,9)	0,4	(0,1-1,7)	102
	Female	6,8	(0,1-13,4)	0,6	(0,3-1,3)	74
AGE GROUP	2 - 4	21,2	(2,5-39,8)	21,1	(8,7-42,8)	32
	5 - 9	3,9	(0,0-9,5)	4,0	(0,9-15,7)	55
	10 - 14	2,1	(0,0-5,3)	2,1	(0,4-9,4)	63
	15 - 17	0,0	.	0,0	(0,0-0,0)	26
HIGHEST DIPLOMA	No secondary	3,0	(0,0-9,5)	0,5	(0,1-3,9)	24
	Secondary	5,5	(0,0-17,6)	0,3	(0,0-2,2)	19
	Higher education	6,6	(1,3-11,8)	0,6	(0,2-2,0)	133
YEAR	2001	11,2	(7,6-14,9)	9,2	(6,5-13,0)	472
	2004	7,2	(4,0-10,5)	5,3	(3,4-8,2)	408
	2008	8,5	(5,4-11,6)	6,5	(4,3-9,7)	445
	2013	7,2	(4,1-10,3)	5,1	(3,2-8,0)	515
	2018	10,5	(7,7-13,3)	7,7	(5,7-10,5)	551
	2023-2024	5,5	(1,5-9,5)	4,5	(2,2-8,8)	176

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)

**3.8. DISTRIBUTION (%) OF THE POPULATION AGED 15 YEARS AND OVER
ACCORDING TO THE ATTENTION TOWARDS THEIR WEIGHT,
BRUSSELS REGION**

NS_8		Trying to lose weight	Trying to keep weight stable	Trying to gain weight	Not concerned about weight	N
SEX	Male	25,8	34,4	5,0	34,7	308
	Female	33,9	32,0	6,8	27,4	351
AGE GROUP	15 - 24	27,4	28,6	18,9	25,1	46
	25 - 34	25,2	30,4	8,1	36,3	117
	35 - 44	37,4	31,7	2,8	28,1	131
	45 - 54	35,8	32,7	0,8	30,6	100
	55 - 64	30,5	39,7	3,7	26,2	113
	65 - 74	25,5	37,2	4,8	32,5	78
	75 +	21,1	37,1	0,0	41,8	74
HIGHEST DIPLOMA	No secondary	26,8	26,8	4,3	42,1	97
	Secondary	24,6	32,8	8,9	33,6	123
	Higher education	33,2	35,0	5,0	26,8	439
YEAR	2023-2024	30,0	33,2	5,9	30,9	659

Source: Health Interview Survey, 2023-2024, Belgium

4. Walloon Region

4.1. MEAN BMI-SCORE IN THE POPULATION AGED 18 YEARS AND OVER, WALLOON REGION

NS_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	26,4	(25,9-26,9)	26,5	(26,0-27,0)	852
	Female	25,7	(25,2-26,3)	25,7	(25,1-26,2)	855
AGE GROUP	18 - 24	23,4	(22,4-24,3)	23,3	(22,3-24,2)	133
	25 - 34	25,5	(24,6-26,4)	25,5	(24,5-26,4)	193
	35 - 44	26,3	(25,4-27,2)	26,2	(25,4-27,1)	252
	45 - 54	26,8	(25,6-28,0)	26,8	(25,6-28,0)	276
	55 - 64	26,9	(26,3-27,5)	26,9	(26,3-27,5)	331
	65 - 74	26,5	(25,6-27,4)	26,5	(25,7-27,4)	299
	75 +	26,1	(25,0-27,2)	26,2	(25,1-27,2)	223
HIGHEST DIPLOMA	No secondary	27,0	(26,0-28,0)	27,0	(26,1-28,0)	282
	Secondary	26,1	(25,4-26,7)	26,1	(25,5-26,7)	543
	Higher education	25,6	(25,1-26,0)	25,6	(25,1-26,0)	882
YEAR	2001	25,4	(25,2-25,6)	25,4	(25,2-25,6)	3785
	2004	25,6	(25,3-25,9)	25,7	(25,4-25,9)	3897
	2008	25,4	(25,2-25,6)	25,5	(25,3-25,7)	3090
	2013	25,6	(25,4-25,9)	25,7	(25,4-25,9)	3391
	2018	26,0	(25,7-26,2)	26,0	(25,7-26,3)	3415
	2023-2024	26,1	(25,7-26,4)	26,0	(25,7-26,4)	1707

Source: Health Interview Survey, 2023-2024, Belgium

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

**4.2. DISTRIBUTION (%) OF THE POPULATION AGED 18 YEARS AND OVER
ACCORDING TO THEIR BMI,
WALLOON REGION**

NS_2		Underweight (<18.5)	Healthy (18.5-24.9)	Pre-obesity (25.0-29.9)	Obesity I (30.0-34.9)	Obesity II (35.0-39.9)	Obesity III (40.0+)	N
SEX	Male	1,6	41,9	37,4	13,3	4,5	1,3	852
	Female	3,2	48,7	29,2	12,4	5,0	1,4	855
AGE GROUP	25 - 34	3,4	73,1	15,8	4,4	1,2	2,1	133
	35 - 44	2,7	52,0	30,2	9,1	5,5	0,6	193
	45 - 54	1,5	43,7	36,1	11,3	6,1	1,3	252
	55 - 64	1,3	45,1	31,9	11,1	6,4	4,3	276
	65 - 74	7,1	77,3	70,7	34,8	9,4	0,6	232
	75 +	2,6	32,0	43,4	18,9	3,0	0,2	299
	HIGHEST DIPLOMA	No secondary	3,4	36,0	34,2	17,4	7,2	1,9
	Secondary	2,7	44,6	36,2	10,3	4,5	1,6	543
	Higher education	1,9	50,2	30,7	12,5	3,8	0,9	882
YEAR	2001	3,6	48,4	33,7	10,9	2,6	0,8	3785
	2004	3,9	47,9	32,8	10,4	3,4	1,5	3897
	2008	3,5	47,6	34,3	11,0	2,7	0,9	3090
	2013	3,2	46,6	34,1	11,7	3,2	1,1	3391
	2018	2,8	45,4	33,9	12,8	3,7	1,5	3415
	2023-2024	2,5	45,3	33,2	12,9	4,8	1,4	1707

Source: Health Interview Survey, 2023-2024, Belgium

**4.3. PERCENTAGE OF THE POPULATION AGED 18 YEARS AND OVER
WITH OVERWEIGHT (BMI ≥ 25),
WALLOON REGION**

NS_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	56,5	(51,5-61,6)	57,6	(52,5-62,6)	852
	Female	48,1	(43,1-53,1)	46,8	(41,6-52,1)	855
AGE GROUP	18 - 24	23,5	(14,9-32,1)	22,5	(15,4-31,7)	133
	25 - 34	45,4	(34,0-56,7)	45,1	(34,0-56,8)	193
	35 - 44	54,8	(45,3-64,3)	54,6	(45,1-63,8)	252
	45 - 54	53,6	(45,4-61,9)	53,4	(45,3-61,4)	276
	55 - 64	60,3	(53,6-67,0)	60,3	(53,5-66,7)	331
	65 - 74	65,4	(56,0-74,9)	66,0	(56,2-74,6)	299
	75 +	55,3	(45,5-65,1)	56,5	(46,8-65,8)	223
HIGHEST DIPLOMA	No secondary	60,6	(52,4-68,8)	59,3	(50,4-67,6)	282
	Secondary	52,7	(46,3-59,1)	53,1	(46,4-59,7)	543
	Higher education	48,0	(43,5-52,5)	48,1	(43,4-52,8)	882
YEAR	2001	48,0	(45,9-50,2)	48,6	(46,3-50,8)	3785
	2004	48,1	(45,8-50,5)	49,0	(46,5-51,5)	3897
	2008	48,9	(46,6-51,2)	49,3	(46,9-51,7)	3090
	2013	50,2	(47,8-52,6)	50,5	(48,1-53,0)	3391
	2018	51,8	(49,3-54,3)	52,4	(49,7-55,0)	3415
	2023-2024	52,2	(48,8-55,7)	52,0	(48,3-55,7)	1707

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. PERCENTAGE OF THE POPULATION AGED 18 YEARS AND OVER
WITH OBESITY (BMI ≥ 30),
WALLOON REGION**

NS_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	19,1	(15,3-23,0)	18,9	(15,3-23,1)	852
	Female	18,8	(15,2-22,5)	17,9	(14,5-21,8)	855
AGE GROUP	18 - 24	7,6	(2,3-12,9)	7,6	(3,7-14,8)	133
	25 - 34	15,2	(8,3-22,0)	15,1	(9,5-23,3)	193
	35 - 44	18,7	(12,1-25,4)	18,7	(13,0-26,2)	252
	45 - 54	21,7	(14,7-28,7)	21,7	(15,5-29,4)	276
	55 - 64	21,8	(16,4-27,2)	21,8	(16,9-27,6)	331
	65 - 74	22,0	(13,6-30,5)	22,1	(14,9-31,4)	299
	75 +	23,0	(14,7-31,3)	23,2	(15,9-32,4)	223
HIGHEST DIPLOMA	No secondary	26,4	(17,9-34,9)	24,9	(17,9-33,7)	282
	Secondary	16,5	(12,3-20,7)	16,2	(12,4-20,8)	543
	Higher education	17,3	(13,9-20,6)	16,9	(13,8-20,5)	882
YEAR	2001	14,3	(12,8-15,8)	13,7	(12,2-15,2)	3785
	2004	15,3	(13,6-16,9)	14,7	(13,1-16,3)	3897
	2008	14,6	(13,1-16,2)	13,8	(12,4-15,4)	3090
	2013	16,0	(14,3-17,7)	15,2	(13,6-16,9)	3391
	2018	17,9	(16,0-19,9)	17,1	(15,2-19,2)	3415
	2023-2024	19,0	(16,2-21,8)	18,0	(15,4-20,8)	1707

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. PERCENTAGE OF THE POPULATION AGED 18 YEARS AND OVER
WITH UNDERWEIGHT (BMI < 18,5),
WALLOON REGION**

NS_5		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	1,6	(0,5-2,7)	1,4	(0,7-2,8)	852
	Female	3,2	(1,5-5,0)	2,7	(1,6-4,5)	855
AGE GROUP	18 - 24	3,4	(0,1-6,8)	3,5	(1,3-9,4)	133
	25 - 34	2,7	(0,0-6,1)	2,6	(0,8-8,5)	193
	35 - 44	1,5	(0,0-3,3)	1,4	(0,4-4,9)	252
	45 - 54	1,3	(0,0-2,5)	1,2	(0,5-3,2)	276
	55 - 64	1,0	(0,0-2,0)	1,0	(0,3-2,6)	331
	65 - 74	2,6	(0,1-5,0)	2,4	(0,8-6,5)	299
	75 +	6,1	(0,4-11,9)	5,5	(2,3-12,9)	223
HIGHEST DIPLOMA	No secondary	3,4	(0,0-7,2)	2,2	(0,7-6,4)	282
	Secondary	2,7	(1,1-4,3)	2,3	(1,2-4,3)	543
	Higher education	1,9	(0,8-2,9)	1,7	(0,9-3,2)	882
YEAR	2001	3,6	(2,9-4,4)	2,6	(2,1-3,2)	3785
	2004	3,9	(2,9-4,9)	2,8	(2,1-3,6)	3897
	2008	3,5	(2,7-4,3)	2,5	(1,9-3,2)	3090
	2013	3,2	(2,4-4,0)	2,3	(1,7-2,9)	3391
	2018	2,8	(2,0-3,5)	1,9	(1,4-2,6)	3415
	2023-2024	2,5	(1,4-3,5)	1,8	(1,1-2,8)	1707

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 YOUNGSTERS (2-17 YEARS) WITH OVERWEIGHT, WALLOON REGION

NS_6		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	15,6	(9,0-22,2)	15,1	(9,4-23,3)	132
	Female	30,0	(16,7-43,2)	29,9	(19,1-43,5)	148
AGE GROUP	2 - 4	16,4	(3,2-29,7)	14,9	(6,4-30,9)	52
	5 - 9	28,2	(12,4-44,1)	26,3	(15,5-41,1)	96
	10 - 14	23,2	(8,7-37,7)	23,3	(12,6-38,9)	86
	15 - 17	20,4	(6,3-34,5)	18,3	(8,7-34,5)	46
HIGHEST DIPLOMA	No secondary	10,6	(0,0-21,6)	11,6	(3,4-33,2)	30
	Secondary	31,1	(13,7-48,6)	28,5	(16,8-44,1)	80
	Higher education	20,4	(11,2-29,6)	19,2	(12,3-28,8)	170
YEAR	2001	16,6	(13,2-20,0)	16,6	(13,4-20,3)	820
	2004	16,3	(12,4-20,2)	16,0	(12,6-20,3)	691
	2008	17,3	(13,7-20,9)	17,3	(13,9-21,3)	585
	2013	22,5	(17,0-28,0)	22,4	(17,4-28,3)	660
	2018	20,7	(15,8-25,7)	20,3	(15,9-25,5)	653
	2023-2024	23,0	(15,1-30,9)	22,5	(16,0-30,6)	280

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. PERCENTAGE OF YOUNGSTERS (2-17 YEARS) WITH OBESITY, WALLOON REGION

NS_7		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	1,6	(0,0-4,3)	0,2	(0,0-0,9)	132
	Female	9,6	(0,0-20,8)	1,3	(0,5-3,6)	148
AGE GROUP	2 - 4	7,2	(0,0-19,2)	4,6	(0,9-19,8)	52
	5 - 9	5,6	(0,0-13,7)	3,5	(0,9-12,9)	96
	10 - 14	7,9	(0,0-19,1)	6,2	(1,4-23,3)	86
	15 - 17	0,0	.	0,0	(0,0-0,0)	46
HIGHEST DIPLOMA	No secondary	2,2	(0,0-6,4)	0,3	(0,1-2,0)	30
	Secondary	8,5	(0,0-21,9)	0,7	(0,1-3,2)	80
	Higher education	4,8	(0,0-11,4)	0,4	(0,1-1,6)	170
YEAR	2001	4,2	(2,8-5,6)	3,9	(2,8-5,6)	820
	2004	5,5	(3,5-7,6)	5,1	(3,4-7,5)	691
	2008	5,3	(3,2-7,5)	4,9	(3,2-7,4)	585
	2013	8,2	(4,5-11,9)	7,6	(4,7-12,1)	660
	2018	6,0	(3,4-8,7)	5,4	(3,5-8,4)	653
	2023-2024	5,8	(0,0-11,8)	5,1	(1,9-13,2)	280

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)

**4.8. DISTRIBUTION (%) OF THE POPULATION AGED 15 YEARS AND OVER
ACCORDING TO THE ATTENTION TOWARDS THEIR WEIGHT,
WALLOON REGION**

NS_8		Trying to lose weight	Trying to keep weight stable	Trying to gain weight	Not concerned about weight	N
SEX	Male	29,0	31,0	3,7	36,3	663
	Female	38,0	37,8	0,8	23,3	714
AGE GROUP	15 - 24	31,6	33,1	7,3	27,9	130
	25 - 34	43,7	24,9	1,1	30,3	168
	35 - 44	45,1	24,3	0,2	30,4	205
	45 - 54	32,6	34,2	1,6	31,6	228
	55 - 64	32,0	40,4	1,0	26,5	254
	65 - 74	28,2	40,9	1,3	29,6	245
	75 +	12,0	52,7	4,4	31,0	147
HIGHEST DIPLOMA	No secondary	32,0	28,6	2,6	36,8	202
	Secondary	33,6	32,6	2,9	30,9	436
	Higher education	34,5	38,3	1,6	25,7	739
YEAR	2023-2024	33,7	34,6	2,2	29,6	1377

Source: Health Interview Survey, 2023-2024, Belgium

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

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