



TABLES

SUBJECTIVE WELL-BEING

HEALTH INTERVIEW SURVEY
2023-2024

Lydia Gisle, October 2025

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BELGIUM

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Table 1 • Mean life satisfaction score in the population aged 15 years and over, Belgium

VT01_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	7,6	(7,5-7,6)	7,6	(7,5-7,6)	2285
	Female	7,4	(7,4-7,5)	7,4	(7,4-7,5)	2521
AGE GROUP	15 - 24	7,5	(7,3-7,7)	7,5	(7,3-7,7)	368
	25 - 34	7,6	(7,5-7,7)	7,6	(7,5-7,7)	627
	35 - 44	7,3	(7,2-7,5)	7,3	(7,2-7,5)	735
	45 - 54	7,4	(7,2-7,5)	7,4	(7,2-7,5)	725
	55 - 64	7,5	(7,4-7,6)	7,5	(7,4-7,6)	896
	65 - 74	7,7	(7,5-7,8)	7,7	(7,5-7,8)	800
	75 +	7,6	(7,5-7,8)	7,6	(7,5-7,8)	655
HIGHEST DIPLOMA	No secondary	7,2	(7,0-7,4)	7,1	(6,9-7,3)	683
	Secondary	7,4	(7,3-7,5)	7,4	(7,3-7,5)	1450
	Higher education	7,6	(7,6-7,7)	7,7	(7,6-7,7)	2673
REGION	Flemish Region	7,6	(7,6-7,7)	7,6	(7,6-7,7)	2768
	Brussels Region	7,2	(7,0-7,4)	7,2	(7,0-7,4)	663
	Walloon Region	7,3	(7,2-7,4)	7,3	(7,2-7,4)	1375
YEAR	2018	7,4	(7,3-7,5)	7,4	(7,4-7,5)	7828
	2023-2024	7,5	(7,4-7,6)	7,5	(7,4-7,6)	4806

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).

Score range 0 -10: higher scores reflect higher satisfaction.

Table 2 • Distribution (%) of the population aged 15 years and over according to the level of satisfaction with life, Belgium

VT01_2		Low	Medium	High	N
SEX	Male	10,0	64,5	25,5	2285
	Female	11,7	65,7	22,6	2521
AGE GROUP	15 - 24	10,4	67,9	21,8	368
	25 - 34	6,6	68,5	24,9	627
	35 - 44	12,7	65,6	21,7	735
	45 - 54	13,2	65,2	21,6	725
	55 - 64	12,5	61,9	25,6	896
	65 - 74	8,5	64,9	26,5	800
	75 +	11,7	61,6	26,6	655
HIGHEST DIPLOMA	No secondary	18,3	60,0	21,7	683
	Secondary	12,1	64,4	23,5	1450
	Higher education	7,9	67,1	25,0	2673
REGION	Flemish Region	8,7	65,5	25,9	2768
	Brussels Region	15,0	64,7	20,3	663
	Walloon Region	14,4	64,5	21,1	1375
YEAR	2018	12,3	66,0	21,7	7828
	2023-2024	10,9	65,1	24,0	4806

Source: Health Interview Survey, 2023-2024, Belgium

Table 3 • Mean SF-36 Vitality index (indicator of positive mental health) in the population aged 15 years and over, Belgium

VT02_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	60,4	(59,5-61,3)	60,6	(59,7-61,4)	2271
	Female	56,1	(55,2-57,0)	56,0	(55,1-56,9)	2499
AGE GROUP	15 - 24	56,1	(54,2-58,1)	56,0	(54,1-58,0)	370
	25 - 34	56,4	(54,8-58,0)	56,3	(54,7-58,0)	629
	35 - 44	55,3	(53,6-57,0)	55,2	(53,6-56,9)	738
	45 - 54	56,4	(54,8-58,1)	56,4	(54,7-58,1)	719
	55 - 64	59,1	(57,6-60,7)	59,1	(57,6-60,7)	885
	65 - 74	63,8	(62,2-65,3)	63,9	(62,3-65,4)	793
	75 +	62,3	(60,7-64,0)	62,5	(60,9-64,2)	636
HIGHEST DIPLOMA	No secondary	56,3	(54,2-58,3)	54,2	(52,2-56,2)	661
	Secondary	57,3	(56,1-58,5)	57,3	(56,1-58,5)	1429
	Higher education	59,3	(58,4-60,2)	59,9	(59,1-60,8)	2680
REGION	Flemish Region	61,2	(60,4-62,0)	61,1	(60,3-61,8)	2761
	Brussels Region	54,3	(52,5-56,2)	55,0	(53,2-56,8)	659
	Walloon Region	52,8	(51,2-54,3)	52,9	(51,4-54,4)	1350
YEAR	2004	62,6	(62,1-63,2)	62,9	(62,3-63,4)	9331
	2008	62,4	(61,8-63,0)	62,7	(62,0-63,4)	7180
	2013	61,1	(60,5-61,8)	61,3	(60,7-62,0)	5812
	2018	60,1	(59,5-60,7)	60,2	(59,6-60,8)	7611
	2023-2024	58,2	(57,5-58,9)	58,2	(57,5-58,9)	4770

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)

Table 4 • Percentage of the population aged 15 years and over with an optimal energy level (SF-36 VT mean + 1 SD*), Belgium

VT02_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	14,4	(12,6-16,2)	13,9	(12,2-15,8)	2271
	Female	9,1	(7,9-10,4)	8,5	(7,3-9,9)	2499
AGE GROUP	15 - 24	7,4	(4,4-10,4)	7,1	(4,7-10,6)	370
	25 - 34	9,5	(6,6-12,4)	9,2	(6,7-12,5)	629
	35 - 44	8,1	(5,6-10,5)	7,8	(5,7-10,5)	738
	45 - 54	9,2	(7,0-11,5)	8,9	(7,0-11,4)	719
	55 - 64	14,7	(11,9-17,6)	14,4	(11,8-17,4)	885
	65 - 74	18,9	(15,1-22,8)	18,7	(15,3-22,7)	793
	75 +	15,7	(12,5-18,9)	15,7	(12,7-19,3)	636
HIGHEST DIPLOMA	No secondary	13,5	(9,8-17,1)	10,6	(8,0-14,0)	661
	Secondary	11,1	(9,1-13,1)	10,2	(8,4-12,5)	1429
	Higher education	11,5	(10,1-13,0)	11,2	(9,9-12,8)	2680
REGION	Flemish Region	13,9	(12,5-15,4)	12,8	(11,3-14,4)	2761
	Brussels Region	9,5	(6,6-12,4)	9,5	(6,9-12,9)	659
	Walloon Region	7,5	(5,4-9,6)	7,0	(5,3-9,2)	1350
YEAR	2004	18,3	(17,1-19,5)	18,3	(17,1-19,6)	9331
	2008	18,1	(16,8-19,4)	18,2	(16,8-19,5)	7180
	2013	15,6	(14,3-16,8)	15,4	(14,1-16,7)	5812
	2018	14,3	(13,1-15,4)	13,9	(12,8-15,0)	7611
	2023-2024	11,7	(10,6-12,8)	11,2	(10,2-12,4)	4770

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)

* SD = Standard Deviation

Table 5 • Average sleep satisfaction in the population aged 15 years and over, Belgium

VT03_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	6,4	(6,3-6,5)	6,4	(6,3-6,5)	2304
	Female	6,2	(6,1-6,3)	6,2	(6,1-6,3)	2543
AGE GROUP	15 - 24	6,1	(5,9-6,4)	6,1	(5,9-6,4)	370
	25 - 34	6,3	(6,1-6,5)	6,3	(6,1-6,5)	630
	35 - 44	6,0	(5,9-6,2)	6,0	(5,9-6,2)	741
	45 - 54	6,0	(5,9-6,2)	6,0	(5,9-6,2)	728
	55 - 64	6,3	(6,1-6,5)	6,3	(6,1-6,5)	899
	65 - 74	6,5	(6,4-6,7)	6,6	(6,4-6,7)	815
	75 +	6,6	(6,4-6,8)	6,6	(6,4-6,8)	664
HIGHEST DIPLOMA	No secondary	6,2	(6,0-6,4)	6,0	(5,8-6,3)	694
	Secondary	6,2	(6,0-6,3)	6,2	(6,0-6,3)	1460
	Higher education	6,4	(6,3-6,5)	6,4	(6,3-6,5)	2693
REGION	Flemish Region	6,5	(6,4-6,6)	6,5	(6,4-6,6)	2785
	Brussels Region	6,1	(5,9-6,3)	6,1	(5,9-6,3)	676
	Walloon Region	5,8	(5,7-6,0)	5,9	(5,7-6,0)	1386
YEAR	2023-2024	6,3	(6,2-6,3)	-	-	4847

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)

Table 6 • Percentage of the population aged 15 years and over with good sleep quality (score > 7), Belgium

VT03_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	53,6	(51,1-56,2)	53,7	(51,2-56,2)	2304
	Female	49,2	(46,8-51,6)	48,9	(46,5-51,3)	2543
AGE GROUP	15 - 24	46,6	(40,6-52,6)	46,4	(40,5-52,5)	370
	25 - 34	55,4	(50,4-60,4)	55,4	(50,4-60,2)	630
	35 - 44	46,5	(42,1-51,0)	46,5	(42,1-50,9)	741
	45 - 54	46,2	(42,0-50,5)	46,2	(41,9-50,6)	728
	55 - 64	52,6	(48,6-56,6)	52,6	(48,5-56,6)	899
	65 - 74	56,2	(52,1-60,3)	56,3	(52,2-60,4)	815
	75 +	57,5	(52,7-62,2)	57,8	(53,0-62,4)	664
HIGHEST DIPLOMA	No secondary	50,2	(45,3-55,0)	47,6	(42,5-52,8)	694
	Secondary	48,6	(45,1-52,1)	48,5	(45,0-51,9)	1460
	Higher education	53,3	(51,0-55,6)	54,0	(51,7-56,3)	2693
REGION	Flemish Region	55,5	(53,4-57,6)	55,3	(53,1-57,5)	2785
	Brussels Region	49,2	(44,3-54,1)	49,5	(44,7-54,3)	676
	Walloon Region	43,1	(39,2-47,0)	43,1	(39,3-47,0)	1386
YEAR	2023-2024	51,4	(49,6-53,1)	-	-	4847

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)

Table 7 • Mean GHQ_12 score of psychological well-being in the population aged 15 years and over, Belgium

WB_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	1,8	(1,6-1,9)	1,7	(1,6-1,9)	2284
	Female	2,3	(2,1-2,4)	2,3	(2,1-2,4)	2528
AGE GROUP	15 - 24	2,1	(1,8-2,4)	2,1	(1,8-2,4)	368
	25 - 34	2,3	(2,0-2,5)	2,3	(2,0-2,5)	628
	35 - 44	2,5	(2,2-2,8)	2,5	(2,2-2,8)	740
	45 - 54	2,3	(2,0-2,6)	2,3	(2,1-2,6)	726
	55 - 64	1,8	(1,6-2,0)	1,8	(1,6-2,0)	895
	65 - 74	1,3	(1,1-1,5)	1,3	(1,1-1,5)	800
	75 +	1,5	(1,2-1,8)	1,5	(1,2-1,8)	655
HIGHEST DIPLOMA	No secondary	2,0	(1,7-2,3)	2,2	(1,9-2,5)	690
	Secondary	2,1	(1,9-2,3)	2,1	(1,9-2,3)	1447
	Higher education	2,0	(1,9-2,1)	1,9	(1,8-2,0)	2675
REGION	Flemish Region	1,9	(1,8-2,0)	1,9	(1,8-2,0)	2758
	Brussels Region	2,3	(2,0-2,6)	2,2	(1,9-2,5)	675
	Walloon Region	2,2	(2,0-2,4)	2,2	(2,0-2,4)	1379
YEAR	2001	1,3	(1,2-1,4)	1,3	(1,2-1,3)	9211
	2004	1,3	(1,2-1,3)	1,2	(1,2-1,3)	9258
	2008	1,3	(1,3-1,4)	1,3	(1,2-1,4)	7525
	2013	1,7	(1,6-1,8)	1,7	(1,6-1,8)	6324
	2018	1,7	(1,6-1,8)	1,7	(1,6-1,8)	7871
	2023-2024	2,0	(1,9-2,1)	2,0	(1,9-2,1)	4812

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).

Score range 0 – 12, where 0 = well-being to 12 = severe distress.

Table 8 • Percentage of the population aged 15 years and over exhibiting psychological well-being (GHQ score < 2), Belgium

WB_2B		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	67,0	(64,5-69,4)	67,6	(65,2-69,9)	2284
	Female	58,2	(55,8-60,6)	58,1	(55,6-60,6)	2528
AGE GROUP	15 - 24	57,8	(51,8-63,8)	57,7	(51,5-63,6)	368
	25 - 34	57,0	(52,3-61,7)	57,0	(52,2-61,7)	628
	35 - 44	56,9	(52,5-61,3)	56,8	(52,4-61,1)	740
	45 - 54	57,4	(53,1-61,8)	57,4	(53,0-61,8)	726
	55 - 64	66,5	(62,7-70,2)	66,6	(62,8-70,3)	895
	65 - 74	74,8	(71,1-78,5)	75,2	(71,3-78,6)	800
	75 +	70,3	(66,0-74,7)	71,0	(66,5-75,1)	655
HIGHEST DIPLOMA	No secondary	63,4	(58,7-68,0)	59,5	(54,5-64,3)	690
	Secondary	62,5	(59,1-65,8)	62,9	(59,5-66,3)	1447
	Higher education	62,2	(59,9-64,5)	63,9	(61,5-66,2)	2675
REGION	Flemish Region	64,9	(62,8-67,1)	65,1	(62,9-67,3)	2758
	Brussels Region	58,0	(53,4-62,6)	59,9	(55,2-64,4)	675
	Walloon Region	58,5	(54,8-62,1)	59,0	(55,3-62,6)	1379
YEAR	2001	75,2	(73,9-76,4)	76,0	(74,7-77,3)	9211
	2004	75,5	(74,2-76,8)	76,3	(75,0-77,6)	9258
	2008	74,0	(72,5-75,5)	74,8	(73,3-76,3)	7525
	2013	68,2	(66,6-69,8)	68,8	(67,1-70,4)	6324
	2018	67,0	(65,5-68,6)	67,4	(65,9-68,9)	7871
	2023-2024	62,5	(60,7-64,2)	62,7	(60,9-64,5)	4812

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)

Table 9 • Distribution of the population aged 15 years and over according to their psychological status (based on the GHQ-12), Belgium

WB_3B		Psychological well-being (Score 0-1)	Moderate distress (Score 2-3)	Severe distress (Score 4-12)	N
SEX	Male	67,0	14,0	19,1	2284
	Female	58,2	17,3	24,5	2528
AGE GROUP	15 - 24	57,8	20,1	22,0	368
	25 - 34	57,0	17,9	25,1	628
	35 - 44	56,9	14,4	28,7	740
	45 - 54	57,4	17,4	25,1	726
	55 - 64	66,5	14,3	19,2	895
	65 - 74	74,8	11,6	13,7	800
	75 +	70,3	14,0	15,6	655
HIGHEST DIPLOMA	No secondary	63,4	16,2	20,4	690
	Secondary	62,5	15,6	21,9	1447
	Higher education	62,2	15,5	22,3	2675
REGION	Flemish Region	64,9	14,8	20,3	2758
	Brussels Region	58,0	18,1	23,9	675
	Walloon Region	58,5	16,9	24,7	1379
YEAR	2001	75,2	11,7	13,2	9211
	2004	75,5	11,9	12,7	9258
	2008	74,0	12,0	14,0	7525
	2013	68,2	13,9	17,9	6324
	2018	67,0	15,3	17,7	7871
	2023-2024	62,5	15,7	21,9	4812

Source: Health Interview Survey, 2023-2024, Belgium

Table 10 • Percentage of the population aged 15 years and over with severe psychological distress (GHQ score 4+), Belgium

WB_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	19,1	(17,1-21,1)	18,4	(16,5-20,4)	2284
	Female	24,5	(22,4-26,6)	24,1	(22,1-26,3)	2528
AGE GROUP	15 - 24	22,0	(17,2-26,9)	22,0	(17,6-27,3)	368
	25 - 34	25,1	(20,9-29,3)	25,0	(21,0-29,4)	628
	35 - 44	28,7	(24,6-32,7)	28,6	(24,8-32,8)	740
	45 - 54	25,1	(21,3-29,0)	25,1	(21,3-29,2)	726
	55 - 64	19,2	(16,2-22,3)	19,1	(16,2-22,3)	895
	65 - 74	13,7	(10,8-16,5)	13,4	(10,9-16,5)	800
	75 +	15,6	(12,2-19,0)	15,2	(12,2-18,9)	655
HIGHEST DIPLOMA	No secondary	20,4	(16,6-24,2)	22,8	(18,9-27,3)	690
	Secondary	21,9	(19,1-24,7)	21,3	(18,7-24,2)	1447
	Higher education	22,3	(20,3-24,3)	20,6	(18,7-22,6)	2675
REGION	Flemish Region	20,3	(18,5-22,0)	19,8	(18,0-21,6)	2758
	Brussels Region	23,9	(19,9-27,9)	22,1	(18,5-26,3)	675
	Walloon Region	24,7	(21,5-27,9)	23,9	(20,9-27,2)	1379
YEAR	2001	13,2	(12,2-14,2)	12,6	(11,6-13,6)	9211
	2004	12,7	(11,7-13,6)	12,1	(11,2-13,1)	9258
	2008	14,0	(12,8-15,2)	13,4	(12,3-14,6)	7525
	2013	17,9	(16,6-19,2)	17,3	(16,0-18,6)	6324
	2018	17,7	(16,5-18,9)	17,2	(16,1-18,4)	7871
	2023-2024	21,9	(20,4-23,4)	21,5	(20,0-23,0)	4812

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)

Table 11 • Percentage of the population aged 15 years and over feeling optimistic for their future, Belgium

WB_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	81,2	(79,4-83,1)	81,4	(79,5-83,2)	2310
	Female	75,3	(73,2-77,5)	75,8	(73,5-77,9)	2547
AGE GROUP	15 - 24	83,8	(79,4-88,2)	83,8	(78,9-87,7)	370
	25 - 34	81,5	(77,4-85,5)	81,5	(77,2-85,3)	630
	35 - 44	78,5	(74,7-82,3)	78,6	(74,6-82,1)	743
	45 - 54	75,2	(71,2-79,1)	75,3	(71,2-78,9)	728
	55 - 64	76,7	(73,4-79,9)	76,8	(73,4-79,9)	905
	65 - 74	79,8	(76,4-83,1)	80,0	(76,5-83,1)	814
	75 +	72,2	(68,0-76,3)	72,7	(68,4-76,7)	667
HIGHEST DIPLOMA	No secondary	76,7	(72,6-80,8)	78,5	(74,1-82,3)	695
	Secondary	76,3	(73,6-79,0)	76,7	(73,8-79,3)	1466
	Higher education	79,8	(77,9-81,7)	80,0	(77,9-81,8)	2696
REGION	Flemish Region	79,8	(78,1-81,5)	80,4	(78,6-82,1)	2792
	Brussels Region	80,4	(76,9-83,9)	80,4	(76,8-83,6)	674
	Walloon Region	74,3	(70,9-77,6)	74,6	(71,2-77,9)	1391
YEAR	2018	80,6	(79,4-81,9)	81,2	(79,9-82,4)	7928
	2023-2024	78,2	(76,7-79,7)	78,8	(77,2-80,2)	4857

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)

Table 12 • Distribution of the population aged 15 years and over according to the optimism level for their future, Belgium

WB_4B		More so than usual	About the same as usual	Less so than usual	Much less than usual	N
SEX	Male	12,6	68,7	15,3	3,5	2310
	Female	10,3	65,1	19,7	4,9	2547
AGE GROUP	15 - 24	23,8	60,0	13,8	2,4	370
	25 - 34	20,9	60,6	15,6	2,9	630
	35 - 44	11,9	66,6	17,3	4,2	743
	45 - 54	8,0	67,1	17,3	7,5	728
	55 - 64	7,1	69,5	19,7	3,6	905
	65 - 74	4,6	75,1	16,3	4,0	814
	75 +	3,3	68,9	23,1	4,8	667
HIGHEST DIPLOMA	No secondary	9,5	67,2	17,0	6,4	695
	Secondary	13,0	63,3	18,6	5,1	1466
	Higher education	11,0	68,7	17,1	3,1	2696
REGION	Flemish Region	10,9	68,9	17,0	3,2	2792
	Brussels Region	17,4	62,9	14,3	5,4	674
	Walloon Region	10,7	63,6	19,7	6,0	1391
YEAR	2018	10,9	69,7	15,6	3,8	7928
	2023-2024	11,4	66,8	17,5	4,2	4857

Source: Health Interview Survey, 2023-2024, Belgium

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Table 13 • Mean life satisfaction score in the population aged 15 years and over, Flemish Region

VT01_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	7,7	(7,6-7,8)	7,7	(7,6-7,8)	1303
	Female	7,6	(7,5-7,7)	7,6	(7,5-7,7)	1465
AGE GROUP	15 - 24	7,5	(7,3-7,8)	7,5	(7,3-7,8)	193
	25 - 34	7,7	(7,6-7,9)	7,7	(7,6-7,9)	337
	35 - 44	7,3	(7,1-7,5)	7,3	(7,1-7,5)	400
	45 - 54	7,6	(7,4-7,7)	7,6	(7,4-7,7)	399
	55 - 64	7,7	(7,5-7,8)	7,7	(7,5-7,8)	526
	65 - 74	7,9	(7,8-8,1)	7,9	(7,8-8,1)	479
	75 +	7,8	(7,6-7,9)	7,8	(7,6-7,9)	434
HIGHEST DIPLOMA	No secondary	7,4	(7,2-7,6)	7,3	(7,0-7,5)	381
	Secondary	7,6	(7,5-7,8)	7,6	(7,5-7,8)	894
	Higher education	7,7	(7,6-7,8)	7,7	(7,6-7,8)	1493
YEAR	2018	7,6	(7,5-7,7)	7,6	(7,5-7,7)	3134
	2023-2024	7,6	(7,6-7,7)	7,6	(7,6-7,7)	2768

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).

Score range 0 -10: higher scores reflect higher satisfaction.

Table 14 • Distribution (%) of the population aged 15 years and over according to the level of satisfaction with life, Flemish Region

VT01_2		Low	Medium	High	N
SEX	Male	7,5	64,8	27,6	1303
	Female	9,8	66,1	24,2	1465
AGE GROUP	15 - 24	8,7	71,9	19,4	193
	25 - 34	4,5	67,5	28,0	337
	35 - 44	11,5	67,7	20,8	400
	45 - 54	9,4	68,7	21,9	399
	55 - 64	9,8	60,9	29,3	526
	65 - 74	4,8	63,8	31,3	479
	75 +	11,9	58,4	29,7	434
HIGHEST DIPLOMA	No secondary	15,7	57,4	26,9	381
	Secondary	8,6	66,3	25,0	894
	Higher education	7,0	67,0	26,1	1493
YEAR	2018	9,0	66,4	24,7	3134
	2023-2024	8,7	65,5	25,9	2768

Source: Health Interview Survey, 2023-2024, Belgium

Table 15 • Mean SF-36 Vitality index (indicator of positive mental health) in the population aged 15 years and over, Flemish Region

VT02_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	63,4	(62,4-64,4)	63,3	(62,3-64,3)	1306
	Female	59,1	(58,1-60,1)	58,8	(57,8-59,8)	1455
AGE GROUP	15 - 24	57,6	(55,2-60,1)	57,5	(55,1-59,9)	195
	25 - 34	58,9	(56,9-61,0)	58,9	(56,9-60,9)	339
	35 - 44	58,3	(56,5-60,1)	58,2	(56,4-60,0)	399
	45 - 54	60,6	(58,8-62,3)	60,5	(58,7-62,3)	393
	55 - 64	62,7	(60,8-64,5)	62,6	(60,8-64,4)	525
	65 - 74	67,0	(65,4-68,5)	67,0	(65,4-68,5)	482
	75 +	63,5	(61,5-65,5)	63,7	(61,8-65,7)	428
HIGHEST DIPLOMA	No secondary	59,9	(57,8-62,0)	57,2	(55,0-59,4)	375
	Secondary	60,5	(59,1-61,9)	60,2	(58,9-61,6)	885
	Higher education	61,9	(60,9-62,9)	62,3	(61,3-63,3)	1501
YEAR	2004	67,4	(66,6-68,1)	67,5	(66,8-68,2)	3599
	2008	66,2	(65,3-67,1)	66,4	(65,5-67,3)	2889
	2013	64,6	(63,8-65,5)	64,7	(63,9-65,6)	2337
	2018	63,4	(62,6-64,1)	63,4	(62,6-64,1)	3142
	2023-2024	61,2	(60,4-62,0)	61,1	(60,4-61,9)	2761

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)

Table 16 • Percentage of the population aged 15 years and over with an optimal energy level (SF-36 VT mean + 1 SD*), Flemish Region

VT02_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	16,7	(14,5-18,9)	15,6	(13,4-18,1)	1306
	Female	11,2	(9,5-13,0)	10,2	(8,6-12,1)	1455
AGE GROUP	15 - 24	6,8	(3,3-10,3)	6,6	(3,9-10,9)	195
	25 - 34	10,2	(6,4-14,0)	10,0	(6,8-14,4)	339
	35 - 44	10,4	(6,8-14,1)	10,1	(7,1-14,3)	399
	45 - 54	12,0	(8,7-15,2)	11,7	(8,9-15,2)	393
	55 - 64	18,2	(14,3-22,1)	17,8	(14,3-22,1)	525
	65 - 74	21,0	(17,2-24,9)	20,7	(17,2-24,9)	482
	75 +	18,2	(14,1-22,4)	18,4	(14,5-22,9)	428
HIGHEST DIPLOMA	No secondary	14,8	(10,9-18,6)	10,6	(7,5-14,6)	375
	Secondary	12,7	(10,1-15,2)	11,2	(9,0-13,9)	885
	Higher education	14,4	(12,4-16,5)	13,9	(11,9-16,1)	1501
YEAR	2004	25,2	(23,4-27,1)	25,1	(23,3-27,1)	3599
	2008	22,9	(20,9-24,9)	22,8	(20,9-24,8)	2889
	2013	19,1	(17,3-21,0)	18,7	(16,9-20,6)	2337
	2018	17,0	(15,4-18,7)	16,4	(14,9-18,1)	3142
	2023-2024	13,9	(12,5-15,4)	13,2	(11,9-14,7)	2761

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)

* SD = Standard Deviation

Table 17 • Average sleep satisfaction in the population aged 15 years and over, Flemish Region

VT03_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	6,6	(6,5-6,8)	6,6	(6,5-6,7)	1314
	Female	6,3	(6,2-6,5)	6,3	(6,2-6,4)	1471
AGE GROUP	15 - 24	6,2	(5,9-6,5)	6,2	(5,9-6,5)	196
	25 - 34	6,4	(6,2-6,7)	6,4	(6,2-6,7)	339
	35 - 44	6,2	(6,0-6,4)	6,2	(6,0-6,4)	401
	45 - 54	6,4	(6,1-6,6)	6,4	(6,1-6,6)	397
	55 - 64	6,6	(6,4-6,8)	6,6	(6,4-6,8)	527
	65 - 74	7,0	(6,8-7,2)	7,0	(6,8-7,2)	489
	75 +	6,6	(6,4-6,9)	6,7	(6,4-6,9)	436
HIGHEST DIPLOMA	No secondary	6,5	(6,2-6,8)	6,3	(6,0-6,6)	386
	Secondary	6,4	(6,2-6,5)	6,4	(6,2-6,5)	895
	Higher education	6,5	(6,4-6,7)	6,6	(6,4-6,7)	1504
YEAR	2023-2024	6,5	(6,4-6,6)	-	-	2785

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)

Table 18 • Percentage of the population aged 15 years and over with good sleep quality (score > 7), Flemish Region

VT03_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	58,8	(55,7-61,8)	58,5	(55,4-61,6)	1314
	Female	52,4	(49,5-55,2)	51,8	(48,9-54,7)	1471
AGE GROUP	15 - 24	46,0	(38,2-53,7)	45,8	(38,1-53,6)	196
	25 - 34	57,2	(51,4-63,0)	57,2	(51,4-62,8)	339
	35 - 44	49,5	(44,0-55,0)	49,4	(44,0-54,9)	401
	45 - 54	54,0	(48,5-59,5)	54,0	(48,5-59,4)	397
	55 - 64	59,1	(54,2-64,0)	59,1	(54,1-63,8)	527
	65 - 74	63,5	(58,9-68,2)	63,6	(58,8-68,2)	489
	75 +	57,3	(51,9-62,7)	57,7	(52,3-62,9)	436
HIGHEST DIPLOMA	No secondary	56,5	(50,8-62,2)	53,3	(47,1-59,4)	386
	Secondary	52,3	(48,3-56,2)	51,9	(47,9-55,8)	895
	Higher education	57,1	(54,2-59,9)	57,4	(54,5-60,3)	1504
YEAR	2023-2024	55,5	(53,4-57,6)	.	.	2785

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)

Table 19 • Mean GHQ_12 score of psychological well-being in the population aged 15 years and over, Flemish Region

WB_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	1,7	(1,5-1,9)	1,7	(1,5-1,9)	1298
	Female	2,1	(1,9-2,3)	2,1	(1,9-2,3)	1460
AGE GROUP	15 - 24	2,1	(1,6-2,5)	2,1	(1,6-2,5)	194
	25 - 34	2,2	(1,8-2,5)	2,2	(1,9-2,5)	339
	35 - 44	2,4	(2,0-2,7)	2,4	(2,1-2,7)	398
	45 - 54	2,0	(1,7-2,3)	2,0	(1,7-2,4)	397
	55 - 64	1,8	(1,5-2,0)	1,8	(1,5-2,0)	522
	65 - 74	1,1	(0,8-1,3)	1,1	(0,8-1,3)	476
	75 +	1,6	(1,3-2,0)	1,6	(1,2-1,9)	432
HIGHEST DIPLOMA	No secondary	1,9	(1,5-2,3)	2,2	(1,8-2,6)	381
	Secondary	1,9	(1,7-2,1)	1,9	(1,7-2,1)	884
	Higher education	1,9	(1,7-2,1)	1,8	(1,7-2,0)	1493
YEAR	2001	1,1	(1,0-1,2)	1,1	(1,0-1,2)	3273
	2004	1,1	(1,0-1,2)	1,1	(1,0-1,2)	3565
	2008	1,2	(1,1-1,4)	1,2	(1,1-1,3)	2979
	2013	1,5	(1,4-1,7)	1,5	(1,4-1,6)	2467
	2018	1,5	(1,4-1,6)	1,5	(1,4-1,6)	3176
	2023-2024	1,9	(1,8-2,0)	1,9	(1,8-2,0)	2758

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).

Score range 0 – 12, where 0 = well-being to 12 = severe distress.

Table 20 • Percentage of the population aged 15 years and over exhibiting psychological well-being (GHQ score < 2), Flemish Region

WB_2B		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	68,7	(65,8-71,6)	69,0	(66,1-71,9)	1298
	Female	61,3	(58,5-64,1)	61,2	(58,2-64,0)	1460
AGE GROUP	15 - 24	59,9	(52,0-67,8)	59,7	(51,8-67,2)	194
	25 - 34	59,2	(53,2-65,2)	59,2	(53,1-65,1)	339
	35 - 44	58,6	(53,0-64,2)	58,5	(52,9-64,0)	398
	45 - 54	62,5	(57,3-67,7)	62,5	(57,1-67,6)	397
	55 - 64	67,7	(63,0-72,4)	67,8	(63,0-72,3)	522
	65 - 74	78,3	(74,1-82,5)	78,5	(74,1-82,4)	476
	75 +	69,6	(64,5-74,6)	70,1	(64,9-74,8)	432
HIGHEST DIPLOMA	No secondary	66,3	(60,9-71,7)	61,3	(55,1-67,2)	381
	Secondary	65,3	(61,4-69,2)	65,4	(61,3-69,3)	884
	Higher education	64,4	(61,4-67,4)	65,9	(62,8-68,8)	1493
YEAR	2001	77,9	(76,1-79,7)	78,5	(76,6-80,2)	3273
	2004	79,1	(77,3-80,9)	79,6	(77,8-81,3)	3565
	2008	76,5	(74,3-78,6)	77,0	(74,9-79,1)	2979
	2013	70,7	(68,5-72,9)	71,2	(68,9-73,4)	2467
	2018	70,2	(68,2-72,2)	70,4	(68,4-72,4)	3176
	2023-2024	64,9	(62,8-67,1)	65,0	(62,8-67,2)	2758

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)

Table 21 • Distribution of the population aged 15 years and over according to their psychological status (based on the GHQ-12), Flemish Region

WB_3B		Psychological well-being (Score 0-1)	Moderate distress (Score 2-3)	Severe distress (Score 4-12)	N
SEX	Male	68,7	13,4	17,9	1298
	Female	61,3	16,2	22,5	1460
AGE GROUP	15 - 24	59,9	21,4	18,8	194
	25 - 34	59,2	16,6	24,2	339
	35 - 44	58,6	14,1	27,3	398
	45 - 54	62,5	16,9	20,6	397
	55 - 64	67,7	13,0	19,3	522
	65 - 74	78,3	10,3	11,3	476
	75 +	69,6	12,5	18,0	432
HIGHEST DIPLOMA	No secondary	66,3	13,2	20,5	381
	Secondary	65,3	14,7	20,0	884
	Higher education	64,4	15,2	20,4	1493
YEAR	2001	77,9	10,6	11,5	3273
	2004	79,1	9,7	11,2	3565
	2008	76,5	10,8	12,7	2979
	2013	70,7	13,3	16,0	2467
	2018	70,2	14,8	15,0	3176
	2023-2024	64,9	14,8	20,3	2758

Source: Health Interview Survey, 2023-2024, Belgium

Table 22 • Percentage of the population aged 15 years and over with severe psychological distress (GHQ score 4+), Flemish Region

WB_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	17,9	(15,6-20,3)	17,4	(15,2-19,8)	1298
	Female	22,5	(20,1-24,9)	22,1	(19,7-24,7)	1460
AGE GROUP	15 - 24	18,8	(13,1-24,4)	18,8	(13,8-25,0)	194
	25 - 34	24,2	(19,1-29,3)	24,2	(19,4-29,6)	339
	35 - 44	27,3	(22,4-32,2)	27,3	(22,7-32,4)	398
	45 - 54	20,6	(16,2-24,9)	20,5	(16,5-25,3)	397
	55 - 64	19,3	(15,5-23,0)	19,2	(15,7-23,2)	522
	65 - 74	11,3	(8,2-14,5)	11,2	(8,5-14,7)	476
	75 +	18,0	(13,5-22,4)	17,6	(13,7-22,4)	432
HIGHEST DIPLOMA	No secondary	20,5	(15,7-25,3)	23,4	(18,3-29,4)	381
	Secondary	20,0	(16,8-23,1)	19,5	(16,6-22,8)	884
	Higher education	20,4	(18,0-22,8)	18,9	(16,7-21,4)	1493
YEAR	2001	11,5	(10,1-12,9)	11,2	(9,8-12,7)	3273
	2004	11,2	(9,8-12,6)	10,9	(9,6-12,3)	3565
	2008	12,7	(11,0-14,4)	12,3	(10,8-14,1)	2979
	2013	16,0	(14,3-17,7)	15,5	(13,9-17,3)	2467
	2018	15,0	(13,5-16,4)	14,7	(13,3-16,2)	3176
	2023-2024	20,3	(18,5-22,0)	20,0	(18,3-21,8)	2758

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)

Table 23 • Percentage of the population aged 15 years and over feeling optimistic for their future, Flemish Region

WB_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	82,2	(79,9-84,4)	82,4	(80,0-84,6)	1316
	Female	77,5	(75,2-79,8)	78,0	(75,5-80,3)	1476
AGE GROUP	15 - 24	83,5	(77,9-89,1)	83,5	(77,0-88,4)	196
	25 - 34	81,9	(77,6-86,3)	82,0	(77,2-86,0)	340
	35 - 44	80,7	(76,5-84,9)	80,7	(76,2-84,5)	402
	45 - 54	80,5	(76,2-84,9)	80,6	(75,9-84,6)	396
	55 - 64	77,7	(73,7-81,7)	77,8	(73,6-81,5)	529
	65 - 74	81,8	(78,1-85,4)	81,9	(78,0-85,2)	487
	75 +	72,4	(67,7-77,1)	72,8	(67,9-77,3)	442
HIGHEST DIPLOMA	No secondary	75,3	(70,3-80,3)	77,6	(72,2-82,3)	387
	Secondary	78,8	(75,7-81,8)	79,2	(76,0-82,1)	897
	Higher education	81,5	(79,3-83,7)	81,4	(79,0-83,6)	1508
YEAR	2018	82,2	(80,6-83,8)	82,9	(81,2-84,4)	3198
	2023-2024	79,8	(78,1-81,5)	80,5	(78,7-82,2)	2792

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)

Table 24 • Distribution of the population aged 15 years and over according to the optimism level for their future, Flemish Region

WB_4B		More so than usual	About the same as usual	Less so than usual	Much less than usual	N
SEX	Male	12,0	70,2	14,4	3,5	1316
	Female	9,9	67,6	19,5	3,0	1476
AGE GROUP	15 - 24	22,1	61,3	14,6	1,9	196
	25 - 34	19,7	62,2	14,8	3,3	340
	35 - 44	12,6	68,1	16,0	3,4	402
	45 - 54	9,2	71,4	15,7	3,8	396
	55 - 64	6,3	71,4	19,1	3,2	529
	65 - 74	5,3	76,5	16,1	2,2	487
	75 +	3,0	69,4	22,9	4,7	442
HIGHEST DIPLOMA	No secondary	8,1	67,2	19,1	5,6	387
	Secondary	11,0	67,8	17,5	3,8	897
	Higher education	11,6	69,9	16,2	2,4	1508
YEAR	2018	11,4	70,8	14,9	2,9	3198
	2023-2024	10,9	68,9	17,0	3,2	2792

Source: Health Interview Survey, 2023-2024, Belgium

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Table 25 • Mean life satisfaction score in the population aged 15 years and over, Brussels Region

VT01_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	7,2	(7,0-7,5)	7,2	(7,0-7,5)	314
	Female	7,1	(6,9-7,4)	7,1	(6,9-7,4)	349
AGE GROUP	15 - 24	7,0	(6,3-7,6)	7,0	(6,3-7,6)	46
	25 - 34	7,3	(7,0-7,7)	7,3	(7,0-7,6)	122
	35 - 44	7,1	(6,7-7,4)	7,1	(6,8-7,4)	127
	45 - 54	7,1	(6,6-7,6)	7,1	(6,6-7,6)	100
	55 - 64	6,9	(6,5-7,3)	6,9	(6,5-7,3)	114
	65 - 74	7,7	(7,3-8,1)	7,7	(7,3-8,1)	79
	75 +	7,3	(6,8-7,8)	7,3	(6,8-7,8)	75
HIGHEST DIPLOMA	No secondary	6,8	(6,3-7,3)	6,8	(6,3-7,3)	102
	Secondary	6,7	(6,1-7,3)	6,7	(6,2-7,3)	123
	Higher education	7,5	(7,3-7,7)	7,5	(7,3-7,7)	438
YEAR	2018	7,0	(6,9-7,1)	7,0	(6,9-7,2)	1804
	2023-2024	7,2	(7,0-7,4)	7,2	(7,0-7,4)	663

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).

Score range 0 -10: higher scores reflect higher satisfaction.

Table 26 • Distribution (%) of the population aged 15 years and over according to the level of satisfaction with life, Brussels Region

VT01_2		Low	Medium	High	N
SEX	Male	14,1	65,2	20,7	314
	Female	15,9	64,2	19,9	349
AGE GROUP	15 - 24	17,9	61,3	20,8	46
	25 - 34	9,8	71,3	18,9	122
	35 - 44	14,3	70,0	15,6	127
	45 - 54	17,3	61,0	21,7	100
	55 - 64	20,0	66,1	13,9	114
	65 - 74	10,0	55,0	35,0	79
	75 +	18,2	53,0	28,8	75
HIGHEST DIPLOMA	No secondary	23,6	60,6	15,8	102
	Secondary	24,2	59,8	16,0	123
	Higher education	8,5	68,0	23,5	438
YEAR	2018	18,4	64,5	17,1	1804
	2023-2024	15,0	64,7	20,3	663

Source: Health Interview Survey, 2023-2024, Belgium

Table 27 • Mean SF-36 Vitality index (indicator of positive mental health) in the population aged 15 years and over, Brussels Region

VT02_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	56,4	(53,5-59,3)	57,3	(54,5-60,1)	310
	Female	52,4	(50,2-54,5)	53,0	(50,8-55,1)	349
AGE GROUP	15 - 24	54,1	(48,6-59,7)	54,1	(48,9-59,4)	46
	25 - 34	53,6	(49,2-58,0)	53,5	(49,4-57,6)	121
	35 - 44	52,5	(49,5-55,5)	52,6	(49,6-55,6)	134
	45 - 54	52,8	(48,8-56,9)	52,5	(48,5-56,5)	98
	55 - 64	52,6	(48,8-56,5)	52,8	(48,9-56,7)	112
	65 - 74	64,1	(58,9-69,3)	64,4	(59,4-69,4)	77
	75 +	57,7	(51,9-63,5)	58,0	(52,4-63,6)	71
HIGHEST DIPLOMA	No secondary	50,5	(45,9-55,2)	51,0	(46,3-55,6)	99
	Secondary	51,4	(45,9-56,9)	52,9	(47,8-57,9)	117
	Higher education	56,6	(54,8-58,5)	57,2	(55,3-59,0)	443
YEAR	2004	56,1	(55,1-57,1)	56,5	(55,5-57,5)	2121
	2008	54,6	(53,5-55,7)	54,9	(53,8-56,0)	1823
	2013	55,0	(53,5-56,4)	55,3	(53,9-56,8)	1190
	2018	55,7	(54,7-56,8)	56,0	(55,0-57,0)	1726
	2023-2024	54,3	(52,5-56,2)	54,6	(52,8-56,3)	659

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)

Table 28 • Percentage of the population aged 15 years and over with an optimal energy level (SF-36 VT mean + 1 SD*), Brussels Region

VT02_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	11,5	(6,6-16,5)	11,7	(7,6-17,6)	310
	Female	7,6	(4,6-10,5)	7,3	(4,9-10,8)	349
AGE GROUP	15 - 24	7,6	(0,0-16,4)	7,4	(2,4-20,8)	46
	25 - 34	10,7	(3,3-18,0)	10,3	(5,2-19,4)	121
	35 - 44	5,7	(1,7-9,6)	5,5	(2,8-10,7)	134
	45 - 54	7,1	(1,8-12,4)	6,7	(3,1-13,9)	98
	55 - 64	7,3	(2,4-12,2)	7,2	(3,7-13,8)	112
	65 - 74	23,2	(11,8-34,6)	23,4	(13,9-36,6)	77
	75 +	13,8	(5,0-22,6)	13,9	(7,2-25,3)	71
HIGHEST DIPLOMA	No secondary	12,8	(4,2-21,4)	12,4	(5,9-24,3)	99
	Secondary	8,5	(0,3-16,7)	9,0	(3,8-19,9)	117
	Higher education	9,0	(6,3-11,8)	8,4	(5,9-11,7)	443
YEAR	2004	8,8	(7,2-10,5)	9,1	(7,5-10,9)	2121
	2008	9,0	(7,4-10,5)	9,3	(7,8-11,1)	1823
	2013	9,6	(7,5-11,6)	9,9	(8,0-12,3)	1190
	2018	9,9	(8,3-11,5)	10,2	(8,6-11,9)	1726
	2023-2024	9,5	(6,6-12,4)	9,7	(7,1-13,0)	659

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)

* SD = Standard Deviation

Table 29 • Average sleep satisfaction in the population aged 15 years and over, Brussels Region

VT03_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	6,1	(5,8-6,4)	6,1	(5,8-6,4)	318
	Female	6,1	(5,9-6,3)	6,1	(5,8-6,3)	358
AGE GROUP	15 - 24	6,2	(5,6-6,8)	6,2	(5,6-6,7)	46
	25 - 34	6,5	(6,0-6,9)	6,5	(6,0-6,9)	121
	35 - 44	5,9	(5,6-6,3)	5,9	(5,6-6,3)	132
	45 - 54	5,9	(5,4-6,3)	5,9	(5,4-6,3)	104
	55 - 64	5,8	(5,3-6,2)	5,8	(5,3-6,2)	115
	65 - 74	6,3	(5,8-6,8)	6,3	(5,8-6,8)	81
	75 +	6,4	(5,7-7,2)	6,4	(5,7-7,1)	77
HIGHEST DIPLOMA	No secondary	6,1	(5,6-6,6)	6,2	(5,7-6,6)	103
	Secondary	5,8	(5,2-6,3)	5,7	(5,2-6,2)	126
	Higher education	6,3	(6,1-6,5)	6,3	(6,0-6,5)	447
YEAR	2023-2024	6,1	(5,9-6,3)	-	-	676

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)

Table 30 • Percentage of the population aged 15 years and over with good sleep quality (score > 7), Brussels Region

VT03_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	49,3	(41,8-56,8)	48,9	(42,1-55,8)	318
	Female	49,1	(43,1-55,1)	48,7	(42,7-54,8)	358
AGE GROUP	15 - 24	51,6	(35,2-68,0)	51,6	(36,2-66,7)	46
	25 - 34	61,2	(49,8-72,7)	61,2	(49,5-71,8)	121
	35 - 44	42,0	(33,4-50,5)	42,0	(33,8-50,6)	132
	45 - 54	43,8	(33,5-54,1)	43,8	(34,0-54,1)	104
	55 - 64	40,1	(30,3-49,8)	40,1	(30,9-50,0)	115
	65 - 74	50,8	(38,3-63,3)	50,8	(38,7-62,8)	81
	75 +	55,5	(41,8-69,3)	55,6	(42,0-68,4)	77
HIGHEST DIPLOMA	No secondary	49,9	(38,2-61,5)	50,6	(38,9-62,2)	103
	Secondary	45,9	(31,7-60,0)	44,3	(32,3-56,9)	126
	Higher education	50,6	(45,6-55,5)	50,3	(45,1-55,4)	447
YEAR	2023-2024	49,2	(44,3-54,1)	.	.	676

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)

Table 31 • Mean GHQ_12 score of psychological well-being in the population aged 15 years and over, Brussels Region

WB_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	2,1	(1,7-2,5)	2,0	(1,7-2,4)	317
	Female	2,5	(2,1-2,9)	2,5	(2,1-2,8)	358
AGE GROUP	15 - 24	2,9	(1,9-4,0)	2,9	(2,0-3,9)	46
	25 - 34	2,2	(1,6-2,7)	2,2	(1,6-2,7)	121
	35 - 44	2,5	(1,9-3,0)	2,5	(1,9-3,0)	134
	45 - 54	2,6	(1,9-3,3)	2,6	(1,9-3,3)	104
	55 - 64	2,1	(1,5-2,7)	2,1	(1,5-2,7)	116
	65 - 74	1,6	(0,9-2,3)	1,5	(0,9-2,2)	80
	75 +	1,6	(1,0-2,3)	1,6	(0,9-2,2)	74
HIGHEST DIPLOMA	No secondary	2,2	(1,6-2,9)	2,2	(1,6-2,8)	103
	Secondary	2,8	(2,0-3,7)	2,7	(1,9-3,5)	128
	Higher education	2,1	(1,8-2,4)	2,0	(1,8-2,3)	444
YEAR	2001	1,6	(1,5-1,7)	1,6	(1,4-1,7)	2205
	2004	1,6	(1,4-1,7)	1,5	(1,4-1,6)	2114
	2008	1,8	(1,7-2,0)	1,8	(1,6-1,9)	1905
	2013	2,2	(2,0-2,5)	2,2	(2,0-2,4)	1323
	2018	2,1	(1,9-2,2)	2,0	(1,9-2,2)	1806
	2023-2024	2,3	(2,0-2,6)	2,3	(2,0-2,5)	675

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).

Score range 0 – 12, where 0 = well-being to 12 = severe distress.

Table 32 • Percentage of the population aged 15 years and over exhibiting psychological well-being (GHQ score < 2), Brussels Region

WB_2B		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	59,8	(53,4-66,3)	61,6	(55,2-67,7)	317
	Female	56,3	(50,2-62,4)	57,5	(51,3-63,5)	358
AGE GROUP	15 - 24	46,1	(28,5-63,8)	46,2	(30,3-62,9)	46
	25 - 34	55,3	(44,4-66,2)	55,2	(44,4-65,5)	121
	35 - 44	56,1	(47,6-64,5)	56,1	(47,6-64,2)	134
	45 - 54	58,2	(48,1-68,2)	58,0	(47,8-67,5)	104
	55 - 64	62,2	(52,6-71,9)	62,4	(52,4-71,4)	116
	65 - 74	70,4	(59,6-81,3)	70,6	(58,9-80,1)	80
	75 +	69,8	(57,8-81,7)	70,1	(57,4-80,3)	74
HIGHEST DIPLOMA	No secondary	56,2	(45,4-67,0)	56,2	(44,9-66,8)	103
	Secondary	55,6	(43,5-67,6)	58,7	(46,8-69,6)	128
	Higher education	59,6	(54,5-64,8)	60,9	(55,6-66,0)	444
YEAR	2001	69,4	(67,2-71,7)	70,3	(68,0-72,6)	2205
	2004	69,3	(66,9-71,7)	70,5	(68,0-72,8)	2114
	2008	65,7	(63,2-68,2)	66,9	(64,4-69,4)	1905
	2013	60,2	(56,8-63,6)	61,1	(57,6-64,5)	1323
	2018	60,9	(58,2-63,7)	61,8	(59,0-64,5)	1806
	2023-2024	58,0	(53,4-62,6)	59,0	(54,4-63,4)	675

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)

Table 33 • Distribution of the population aged 15 years and over according to their psychological status (based on the GHQ-12), Brussels Region

WB_3B		Psychological well-being (Score 0-1)	Moderate distress (Score 2-3)	Severe distress (Score 4-12)	N
SEX	Male	59,8	17,0	23,2	317
	Female	56,3	19,2	24,6	358
AGE GROUP	15 - 24	46,1	19,7	34,2	46
	25 - 34	55,3	24,4	20,3	121
	35 - 44	56,1	17,9	26,0	134
	45 - 54	58,2	14,9	26,9	104
	55 - 64	62,2	14,8	22,9	116
	65 - 74	70,4	14,7	14,9	80
	75 +	69,8	13,8	16,4	74
HIGHEST DIPLOMA	No secondary	56,2	20,2	23,6	103
	Secondary	55,6	15,0	29,5	128
	Higher education	59,6	19,0	21,4	444
YEAR	2001	69,4	13,8	16,8	2205
	2004	69,3	14,8	15,9	2114
	2008	65,7	15,0	19,3	1905
	2013	60,2	14,9	24,9	1323
	2018	60,9	17,4	21,6	1806
	2023-2024	58,0	18,1	23,9	675

Source: Health Interview Survey, 2023-2024, Belgium

Table 34 • Percentage of the population aged 15 years and over with severe psychological distress (GHQ score 4+), Brussels Region

WB_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	23,2	(17,8-28,5)	22,0	(17,3-27,6)	317
	Female	24,6	(19,2-30,0)	23,7	(18,9-29,3)	358
AGE GROUP	15 - 24	34,2	(17,0-51,3)	34,2	(20,0-51,9)	46
	25 - 34	20,3	(12,4-28,2)	20,3	(13,6-29,2)	121
	35 - 44	26,0	(18,5-33,5)	26,0	(19,2-34,1)	134
	45 - 54	26,9	(17,6-36,1)	27,0	(18,8-37,1)	104
	55 - 64	22,9	(15,1-30,7)	22,9	(16,1-31,5)	116
	65 - 74	14,9	(6,2-23,6)	14,8	(8,1-25,6)	80
	75 +	16,4	(7,1-25,7)	16,3	(9,1-27,4)	74
HIGHEST DIPLOMA	No secondary	23,6	(14,3-32,9)	23,1	(15,3-33,4)	103
	Secondary	29,5	(18,0-40,9)	27,7	(18,6-39,2)	128
	Higher education	21,4	(17,3-25,5)	20,7	(16,9-25,1)	444
YEAR	2001	16,8	(15,0-18,6)	16,3	(14,6-18,1)	2205
	2004	15,9	(14,1-17,7)	15,2	(13,5-17,1)	2114
	2008	19,3	(17,2-21,3)	18,5	(16,6-20,6)	1905
	2013	24,9	(21,8-27,9)	24,1	(21,2-27,2)	1323
	2018	21,6	(19,5-23,8)	21,0	(18,9-23,2)	1806
	2023-2024	23,9	(19,9-27,9)	23,1	(19,5-27,2)	675

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)

Table 35 • Percentage of the population aged 15 years and over feeling optimistic for their future, Brussels Region

WB_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	82,9	(78,1-87,7)	83,4	(77,9-87,7)	318
	Female	77,9	(73,0-82,8)	78,1	(72,8-82,6)	356
AGE GROUP	15 - 24	88,6	(79,5-97,6)	88,7	(76,5-95,0)	45
	25 - 34	86,9	(80,4-93,4)	86,9	(79,2-92,1)	121
	35 - 44	85,4	(79,2-91,6)	85,6	(78,3-90,7)	133
	45 - 54	66,0	(55,9-76,1)	65,8	(55,1-75,0)	104
	55 - 64	79,0	(70,9-87,0)	79,3	(70,1-86,2)	117
	65 - 74	80,9	(71,3-90,4)	81,2	(70,2-88,8)	80
	75 +	66,0	(54,1-77,9)	66,6	(54,4-76,9)	74
HIGHEST DIPLOMA	No secondary	79,7	(70,5-88,8)	82,0	(72,4-88,8)	102
	Secondary	75,3	(65,8-84,7)	74,0	(64,0-82,0)	128
	Higher education	82,9	(79,0-86,7)	83,4	(78,6-87,2)	444
YEAR	2018	79,8	(77,7-81,9)	80,0	(77,7-82,1)	1820
	2023-2024	80,4	(76,9-83,9)	80,4	(76,7-83,5)	674

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)

Table 36 • Distribution of the population aged 15 years and over according to the optimism level for their future, Brussels Region

WB_4B		More so than usual	About the same as usual	Less so than usual	Much less than usual	N
SEX	Male	18,1	64,9	12,2	4,9	318
	Female	16,8	61,1	16,2	5,9	356
AGE GROUP	15 - 24	23,2	65,4	6,2	5,2	45
	25 - 34	27,6	59,3	9,0	4,1	121
	35 - 44	19,3	66,1	10,3	4,3	133
	45 - 54	11,6	54,4	23,5	10,5	104
	55 - 64	14,2	64,8	16,9	4,1	117
	65 - 74	7,0	73,8	13,8	5,3	80
	75 +	2,1	63,9	30,1	3,9	74
HIGHEST DIPLOMA	No secondary	19,4	60,2	15,3	5,0	102
	Secondary	23,8	51,5	14,8	9,9	128
	Higher education	13,9	69,0	13,7	3,4	444
YEAR	2018	13,0	66,8	15,7	4,5	1820
	2023-2024	17,4	62,9	14,3	5,4	674

Source: Health Interview Survey, 2023-2024, Belgium

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Table 37 • Mean life satisfaction score in the population aged 15 years and over, Walloon Region

VT01_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	7,3	(7,1-7,5)	7,3	(7,2-7,5)	668
	Female	7,2	(7,1-7,4)	7,2	(7,1-7,4)	707
AGE GROUP	15 - 24	7,6	(7,2-7,9)	7,5	(7,2-7,9)	129
	25 - 34	7,4	(7,1-7,8)	7,4	(7,1-7,7)	168
	35 - 44	7,3	(7,0-7,7)	7,3	(7,0-7,7)	208
	45 - 54	7,0	(6,6-7,3)	7,0	(6,6-7,3)	226
	55 - 64	7,2	(6,9-7,5)	7,2	(6,9-7,5)	256
	65 - 74	7,2	(6,9-7,4)	7,2	(6,9-7,4)	242
	75 +	7,4	(7,1-7,7)	7,4	(7,1-7,7)	146
HIGHEST DIPLOMA	No secondary	7,0	(6,7-7,3)	7,0	(6,6-7,3)	200
	Secondary	7,1	(6,9-7,4)	7,1	(6,9-7,4)	433
	Higher education	7,5	(7,3-7,7)	7,5	(7,4-7,7)	742
YEAR	2018	7,1	(7,0-7,2)	7,1	(7,0-7,2)	2890
	2023-2024	7,3	(7,2-7,4)	7,3	(7,2-7,4)	1375

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).

Score range 0 -10: higher scores reflect higher satisfaction.

Table 38 • Distribution (%) of the population aged 15 years and over according to the level of satisfaction with life, Walloon Region

VT01_2		Low	Medium	High	N
SEX	Male	14,3	63,7	22,0	668
	Female	14,5	65,2	20,2	707
AGE GROUP	15 - 24	11,0	63,0	26,0	129
	25 - 34	9,8	69,4	20,9	168
	35 - 44	14,6	59,7	25,7	208
	45 - 54	20,3	58,9	20,8	226
	55 - 64	16,8	63,1	20,1	256
	65 - 74	16,3	69,1	14,6	242
	75 +	10,1	71,9	18,0	146
HIGHEST DIPLOMA	No secondary	21,0	63,4	15,6	200
	Secondary	16,9	61,1	21,9	433
	Higher education	10,1	67,0	22,9	742
YEAR	2018	16,5	65,9	17,6	2890
	2023-2024	14,4	64,5	21,1	1375

Source: Health Interview Survey, 2023-2024, Belgium

Table 39 • Mean SF-36 Vitality index (indicator of positive mental health) in the population aged 15 years and over, Walloon Region

VT02_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	55,0	(52,9-57,0)	55,3	(53,3-57,3)	655
	Female	50,7	(48,6-52,7)	50,9	(48,9-52,8)	695
AGE GROUP	15 - 24	54,1	(50,2-58,0)	54,0	(50,1-57,8)	129
	25 - 34	52,2	(49,1-55,3)	52,2	(49,1-55,3)	169
	35 - 44	49,8	(45,8-53,8)	49,7	(45,9-53,6)	205
	45 - 54	48,8	(44,9-52,7)	48,8	(45,0-52,7)	228
	55 - 64	52,5	(49,0-56,0)	52,6	(49,1-56,1)	248
	65 - 74	56,4	(52,2-60,6)	56,6	(52,5-60,7)	234
	75 +	59,9	(56,3-63,4)	60,0	(56,5-63,5)	137
HIGHEST DIPLOMA	No secondary	52,2	(47,7-56,7)	51,1	(47,0-55,1)	187
	Secondary	51,5	(48,9-54,0)	51,8	(49,2-54,4)	427
	Higher education	53,7	(51,7-55,8)	54,7	(52,8-56,5)	736
YEAR	2004	55,5	(54,6-56,3)	55,7	(54,9-56,5)	3611
	2008	56,6	(55,6-57,6)	56,9	(55,9-57,9)	2468
	2013	55,2	(54,1-56,4)	55,5	(54,3-56,6)	2285
	2018	55,1	(53,9-56,4)	55,3	(54,1-56,5)	2743
	2023-2024	52,8	(51,2-54,3)	52,8	(51,3-54,3)	1350

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)

Table 40 • Percentage of the population aged 15 years and over with an optimal energy level (SF-36 VT mean + 1 SD*), Walloon Region

VT02_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	10,1	(6,3-13,9)	9,6	(6,8-13,4)	655
	Female	5,0	(3,0-7,0)	4,6	(2,9-7,1)	695
AGE GROUP	15 - 24	8,4	(2,1-14,7)	7,8	(3,4-16,8)	129
	25 - 34	7,6	(1,8-13,4)	7,1	(3,3-14,8)	169
	35 - 44	3,7	(0,9-6,6)	3,5	(1,6-7,3)	205
	45 - 54	4,1	(1,2-7,0)	3,9	(1,9-7,9)	228
	55 - 64	8,3	(4,2-12,5)	8,0	(4,8-12,9)	248
	65 - 74	13,4	(3,5-23,4)	13,2	(6,4-25,1)	234
	75 +	8,7	(3,9-13,5)	8,3	(4,5-14,7)	137
HIGHEST DIPLOMA	No secondary	11,7	(4,0-19,3)	9,7	(5,2-17,5)	187
	Secondary	8,3	(4,4-12,1)	7,3	(4,4-11,7)	427
	Higher education	5,3	(3,5-7,1)	5,0	(3,4-7,1)	736
YEAR	2004	7,8	(6,6-9,0)	7,8	(6,7-9,0)	3611
	2008	10,5	(9,0-11,9)	10,5	(9,1-12,1)	2468
	2013	9,5	(7,8-11,2)	9,4	(7,8-11,3)	2285
	2018	10,2	(8,5-11,9)	9,9	(8,3-11,8)	2743
	2023-2024	7,5	(5,4-9,6)	7,2	(5,4-9,4)	1350

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)

* SD = Standard Deviation

Table 41 • Average sleep satisfaction in the population aged 15 years and over, Walloon Region

VT03_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	5,9	(5,6-6,1)	5,9	(5,7-6,1)	672
	Female	5,8	(5,6-6,1)	5,8	(5,6-6,1)	714
AGE GROUP	15 - 24	6,0	(5,5-6,6)	6,0	(5,5-6,5)	128
	25 - 34	6,0	(5,5-6,5)	6,0	(5,5-6,4)	170
	35 - 44	5,8	(5,3-6,2)	5,8	(5,3-6,2)	208
	45 - 54	5,4	(5,1-5,8)	5,4	(5,1-5,8)	227
	55 - 64	5,8	(5,4-6,2)	5,8	(5,4-6,2)	257
	65 - 74	5,7	(5,3-6,0)	5,7	(5,3-6,0)	245
	75 +	6,5	(6,1-6,9)	6,5	(6,1-6,9)	151
HIGHEST DIPLOMA	No secondary	5,8	(5,3-6,2)	5,7	(5,3-6,1)	205
	Secondary	5,8	(5,4-6,1)	5,8	(5,4-6,1)	439
	Higher education	5,9	(5,7-6,2)	6,0	(5,8-6,2)	742
YEAR	2023-2024	5,8	(5,7-6,0)	-	-	1386

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)

Table 42 • Percentage of the population aged 15 years and over with good sleep quality (score > 7), Walloon Region

VT03_2		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	43,7	(38,3-49,0)	43,9	(38,7-49,3)	672
	Female	42,6	(37,2-47,9)	42,6	(37,4-48,0)	714
AGE GROUP	15 - 24	46,2	(34,8-57,5)	46,1	(35,3-57,3)	128
	25 - 34	49,3	(37,2-61,5)	49,3	(37,8-61,0)	170
	35 - 44	41,8	(32,2-51,3)	41,8	(32,8-51,3)	208
	45 - 54	30,5	(22,8-38,2)	30,5	(23,3-38,7)	227
	55 - 64	40,9	(32,3-49,5)	41,0	(32,7-49,8)	257
	65 - 74	40,8	(31,3-50,3)	40,9	(32,0-50,4)	245
	75 +	58,3	(47,0-69,7)	58,4	(47,3-68,7)	151
HIGHEST DIPLOMA	No secondary	41,5	(31,3-51,6)	39,5	(30,1-49,8)	205
	Secondary	41,1	(33,2-49,0)	40,9	(33,8-48,5)	439
	Higher education	45,1	(40,3-49,9)	46,4	(41,7-51,1)	742
YEAR	2023-2024	43,1	(39,2-47,0)	.	.	1386

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)

Table 43 • Mean GHQ_12 score of psychological well-being in the population aged 15 years and over, Walloon Region

WB_1		Crude mean	95% CI cru	Adj* mean	95% CI adj	N
SEX	Male	1,8	(1,5-2,1)	1,8	(1,5-2,0)	669
	Female	2,6	(2,3-2,9)	2,6	(2,3-2,9)	710
AGE GROUP	15 - 24	2,0	(1,4-2,5)	2,0	(1,4-2,6)	128
	25 - 34	2,5	(2,0-3,0)	2,5	(2,0-3,1)	168
	35 - 44	2,8	(2,1-3,4)	2,8	(2,2-3,4)	208
	45 - 54	2,9	(2,3-3,4)	2,8	(2,3-3,4)	225
	55 - 64	1,8	(1,4-2,2)	1,8	(1,4-2,2)	257
	65 - 74	1,9	(1,3-2,4)	1,8	(1,3-2,4)	244
	75 +	1,3	(0,8-1,7)	1,2	(0,8-1,6)	149
HIGHEST DIPLOMA	No secondary	2,1	(1,6-2,6)	2,3	(1,8-2,8)	206
	Secondary	2,3	(1,9-2,8)	2,3	(1,9-2,7)	435
	Higher education	2,2	(1,9-2,5)	2,1	(1,8-2,3)	738
YEAR	2001	1,5	(1,4-1,6)	1,4	(1,3-1,5)	3733
	2004	1,5	(1,4-1,6)	1,4	(1,3-1,5)	3579
	2008	1,5	(1,3-1,6)	1,4	(1,3-1,5)	2641
	2013	1,8	(1,7-2,0)	1,8	(1,7-2,0)	2534
	2018	2,0	(1,8-2,2)	2,0	(1,8-2,1)	2889
	2023-2024	2,2	(2,0-2,4)	2,2	(2,0-2,4)	1379

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).

Score range 0 – 12, where 0 = well-being to 12 = severe distress.

Table 44 • Percentage of the population aged 15 years and over exhibiting psychological well-being (GHQ score < 2), Walloon Region

WB_2B		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	65,3	(60,1-70,5)	66,3	(61,1-71,1)	669
	Female	52,1	(46,8-57,5)	52,2	(46,8-57,7)	710
AGE GROUP	15 - 24	57,6	(46,8-68,4)	57,4	(45,6-68,3)	128
	25 - 34	53,1	(43,4-62,9)	53,2	(43,2-62,9)	168
	35 - 44	53,5	(44,4-62,6)	53,6	(44,8-62,1)	208
	45 - 54	46,5	(37,3-55,7)	46,5	(37,4-55,9)	225
	55 - 64	64,8	(57,2-72,3)	65,1	(57,1-72,4)	257
	65 - 74	67,8	(59,4-76,2)	68,8	(60,4-76,0)	244
	75 +	72,4	(62,5-82,3)	73,4	(62,8-81,8)	149
HIGHEST DIPLOMA	No secondary	60,9	(51,8-69,9)	58,4	(49,0-67,2)	206
	Secondary	57,9	(50,8-65,1)	58,7	(51,3-65,7)	435
	Higher education	57,7	(53,2-62,3)	60,1	(55,3-64,7)	738
YEAR	2001	71,8	(69,8-73,7)	73,1	(71,0-75,0)	3733
	2004	70,3	(68,0-72,5)	71,7	(69,4-73,9)	3579
	2008	71,3	(69,1-73,5)	72,5	(70,3-74,6)	2641
	2013	65,1	(62,4-67,9)	66,0	(63,1-68,7)	2534
	2018	62,9	(60,1-65,8)	63,6	(60,7-66,4)	2889
	2023-2024	58,5	(54,8-62,1)	58,9	(55,2-62,5)	1379

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)

Table 45 • Distribution of the population aged 15 years and over according to their psychological status (based on the GHQ-12), Walloon Region

WB_3B		Psychological well-being (Score 0-1)	Moderate distress (Score 2-3)	Severe distress (Score 4-12)	N
SEX	Male	65,3	14,4	20,4	669
	Female	52,1	19,2	28,7	710
AGE GROUP	15 - 24	57,6	18,2	24,2	128
	25 - 34	53,1	18,2	28,7	168
	35 - 44	53,5	14,0	32,4	208
	45 - 54	46,5	19,2	34,3	225
	55 - 64	64,8	16,9	18,3	257
	65 - 74	67,8	13,7	18,5	244
	75 +	72,4	18,1	9,5	149
HIGHEST DIPLOMA	No secondary	60,9	19,5	19,6	206
	Secondary	57,9	17,8	24,3	435
	Higher education	57,7	15,1	27,1	738
YEAR	2001	71,8	13,0	15,2	3733
	2004	70,3	15,1	14,6	3579
	2008	71,3	13,6	15,1	2641
	2013	65,1	15,0	19,9	2534
	2018	62,9	15,5	21,6	2889
	2023-2024	58,5	16,9	24,7	1379

Source: Health Interview Survey, 2023-2024, Belgium

Table 46 • Percentage of the population aged 15 years and over with severe psychological distress (GHQ score 4+), Walloon Region

WB_3		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	20,4	(16,2-24,6)	18,8	(15,1-23,1)	669
	Female	28,7	(24,0-33,4)	27,5	(23,1-32,4)	710
AGE GROUP	15 - 24	24,2	(14,4-34,1)	24,2	(15,7-35,4)	128
	25 - 34	28,7	(18,7-38,7)	28,5	(19,6-39,4)	168
	35 - 44	32,4	(23,4-41,5)	32,2	(24,1-41,6)	208
	45 - 54	34,3	(25,6-43,1)	34,0	(25,7-43,4)	225
	55 - 64	18,3	(12,2-24,5)	18,0	(12,6-25,0)	257
	65 - 74	18,5	(11,7-25,3)	17,8	(12,2-25,3)	244
	75 +	9,5	(4,0-14,9)	9,1	(5,1-15,8)	149
HIGHEST DIPLOMA	No secondary	19,6	(12,6-26,6)	21,0	(14,9-28,8)	206
	Secondary	24,3	(18,3-30,3)	22,7	(17,3-29,2)	435
	Higher education	27,1	(22,7-31,6)	24,0	(19,9-28,7)	738
YEAR	2001	15,2	(13,6-16,7)	14,0	(12,6-15,6)	3733
	2004	14,6	(13,0-16,1)	13,4	(11,9-14,9)	3579
	2008	15,1	(13,3-16,8)	13,9	(12,3-15,7)	2641
	2013	19,9	(17,5-22,2)	18,8	(16,6-21,2)	2534
	2018	21,6	(19,3-24,0)	20,7	(18,5-23,1)	2889
	2023-2024	24,7	(21,5-27,9)	23,9	(20,9-27,1)	1379

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)

Table 47 • Percentage of the population aged 15 years and over feeling optimistic for their future, Walloon Region

WB_4		Crude %	95% CI cru	Adj* %	95% CI adj	N
SEX	Male	78,7	(74,8-82,6)	79,0	(74,8-82,7)	676
	Female	70,1	(65,0-75,3)	70,7	(65,2-75,6)	715
AGE GROUP	15 - 24	83,0	(74,2-91,7)	83,0	(72,5-90,1)	129
	25 - 34	78,3	(68,2-88,5)	78,5	(66,8-86,9)	169
	35 - 44	71,6	(62,1-81,2)	71,8	(61,8-80,0)	208
	45 - 54	66,5	(57,3-75,7)	66,8	(57,8-74,7)	228
	55 - 64	73,8	(66,9-80,6)	74,1	(66,7-80,3)	259
	65 - 74	75,1	(67,4-82,8)	75,7	(67,6-82,3)	247
	75 +	72,8	(62,9-82,7)	73,5	(62,7-82,1)	151
HIGHEST DIPLOMA	No secondary	78,0	(70,0-85,9)	79,2	(70,5-85,9)	206
	Secondary	71,2	(65,1-77,3)	71,1	(64,6-76,9)	441
	Higher education	74,6	(70,1-79,1)	75,6	(70,7-79,9)	744
YEAR	2018	77,9	(75,4-80,4)	78,6	(75,9-81,1)	2910
	2023-2024	74,3	(70,9-77,6)	74,7	(71,3-77,9)	1391

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)

Table 48 • Distribution of the population aged 15 years and over according to the optimism level for their future, Brussels Region

WB_4B		More so than usual	About the same as usual	Less so than usual	Much less than usual	N
SEX	Male	18,1	64,9	12,2	4,9	318
	Female	16,8	61,1	16,2	5,9	356
AGE GROUP	15 - 24	23,2	65,4	6,2	5,2	45
	25 - 34	27,6	59,3	9,0	4,1	121
	35 - 44	19,3	66,1	10,3	4,3	133
	45 - 54	11,6	54,4	23,5	10,5	104
	55 - 64	14,2	64,8	16,9	4,1	117
	65 - 74	7,0	73,8	13,8	5,3	80
	75 +	2,1	63,9	30,1	3,9	74
HIGHEST DIPLOMA	No secondary	19,4	60,2	15,3	5,0	102
	Secondary	23,8	51,5	14,8	9,9	128
	Higher education	13,9	69,0	13,7	3,4	444
YEAR	2018	13,0	66,8	15,7	4,5	1820
	2023-2024	17,4	62,9	14,3	5,4	674

Source: Health Interview Survey, 2023-2024, Belgium

Gisle L. Health Interview Survey 2023-2024. Mental health: subjective well-being - Tables. Sciensano, Belgium; 2025.

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