



Belgium



Country report card - children

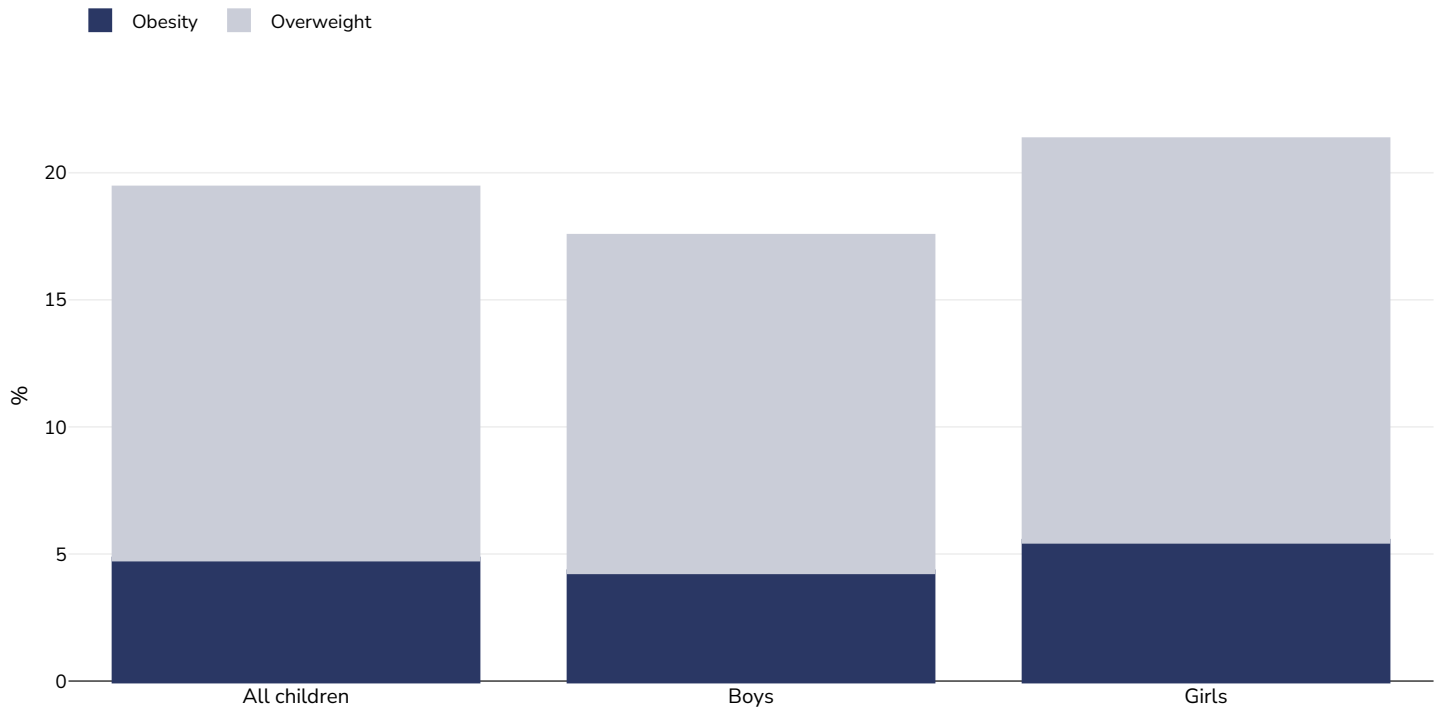
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/belgium-19/>

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Obesity prevalence

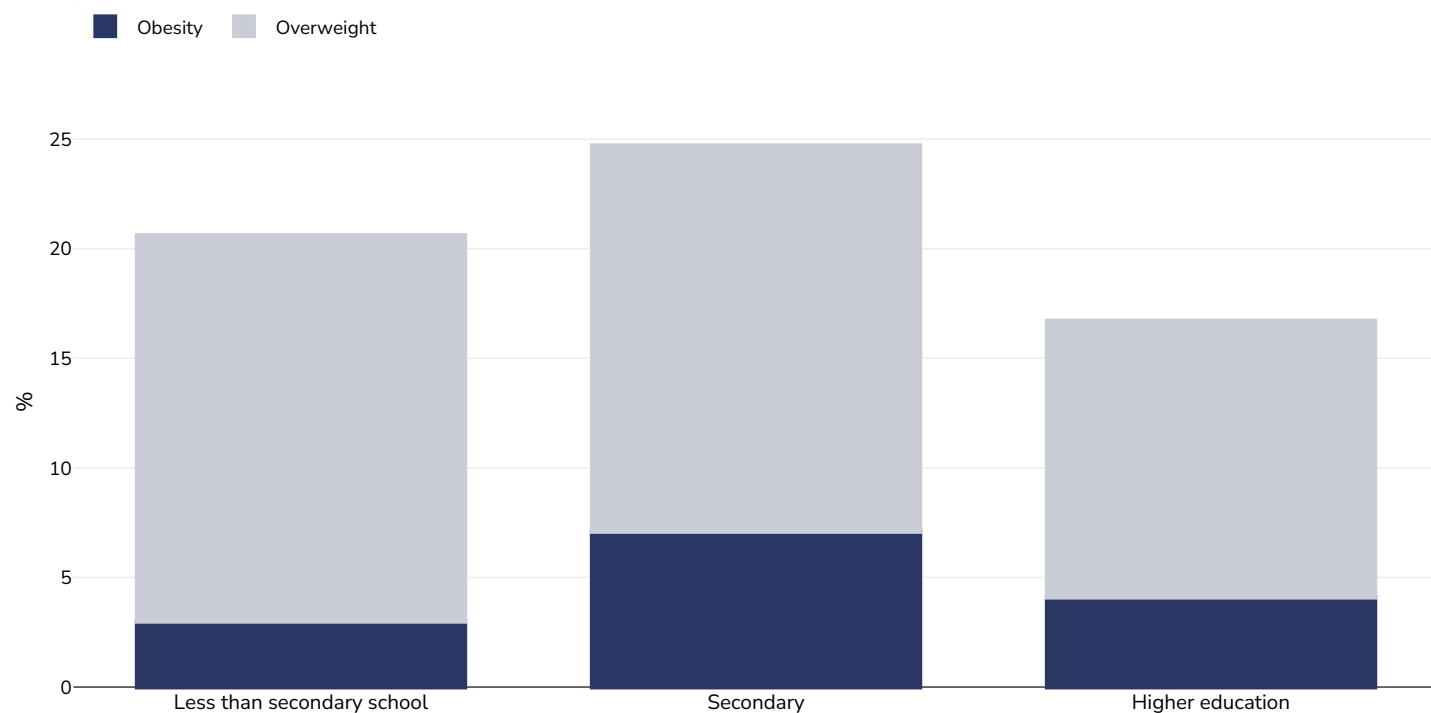
Children, 2023-2024



| | |
|----------------------|--|
| Survey type: | Self-reported |
| Age: | 2-17 |
| Sample size: | 965 |
| Area covered: | National |
| References: | Hermans L, Drieskens S., Berete F, Boone C, Braekman E, Charafeddine R, Demarest S, Gisle L, Janssens M, Van der Heyden J and Verhaegen K. Health Interview Survey, Belgium, 2023-2024: Health Interview Survey Interactive Analysis. Brussels: Sciensano. Available at: https://www.sciensano.be/en/results-health-interview-survey-2023-2024/health-determinants#weight-status [Accessed 06.03.26] |
| Cutoffs: | IOTF |

Overweight/obesity by education

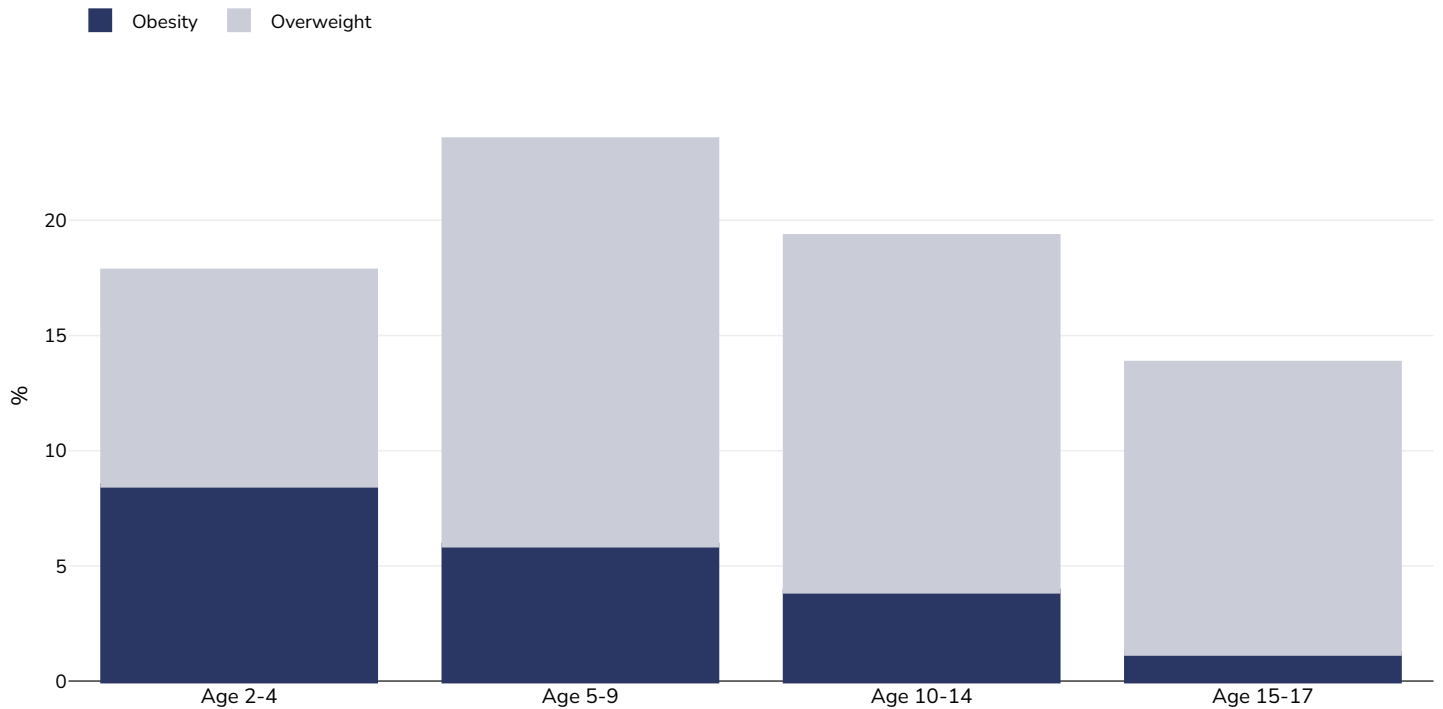
Children, 2023-2024



| | |
|----------------------|--|
| Survey type: | Self-reported |
| Age: | 2-17 |
| Sample size: | 965 |
| Area covered: | National |
| References: | Hermans L, Drieskens S., Berete F, Boone C, Braekman E, Charafeddine R, Demarest S, Gisle L, Janssens M, Van der Heyden J and Verhaegen K. Health Interview Survey, Belgium, 2023-2024: Health Interview Survey Interactive Analysis. Brussels: Sciensano. Available at: https://www.sciensano.be/en/results-health-interview-survey-2023-2024/health-determinants#weight-status [Accessed 06.03.26] |
| Notes: | Highest education level of household reference person or spouse |
| Cutoffs: | IOTF |

Overweight/obesity by age

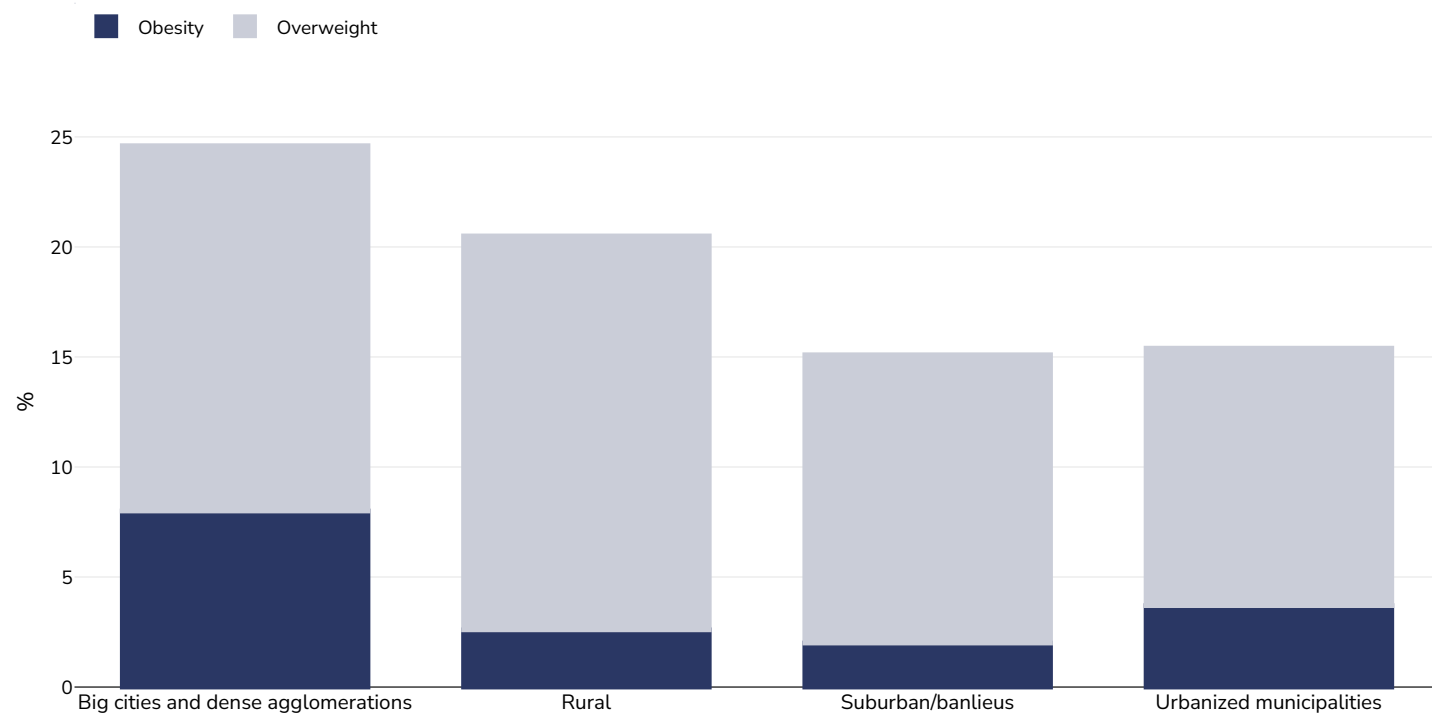
Children, 2023-2024



| | |
|---------------|--|
| Survey type: | Self-reported |
| Sample size: | 965 |
| Area covered: | National |
| References: | Hermans L, Drieskens S., Berete F, Boone C, Braekman E, Charafeddine R, Demarest S, Gisle L, Janssens M, Van der Heyden J and Verhaegen K. Health Interview Survey, Belgium, 2023-2024: Health Interview Survey Interactive Analysis. Brussels: Sciensano. Available at: https://www.sciensano.be/en/results-health-interview-survey-2023-2024/health-determinants#weight-status [Accessed 06.03.26] |
| Cutoffs: | IOTF |

Overweight/obesity by region

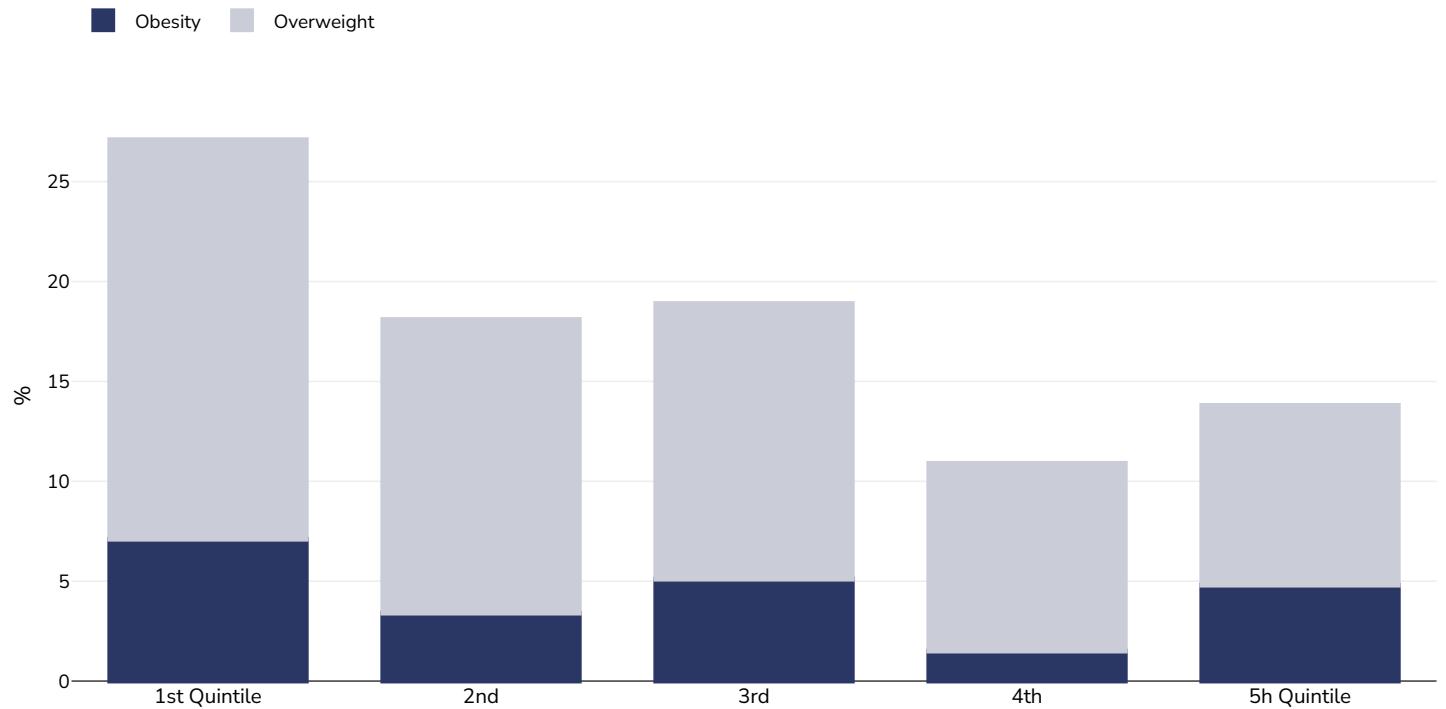
Children, 2023-2024



| | |
|----------------------|--|
| Survey type: | Self-reported |
| Age: | 2-17 |
| Sample size: | 965 |
| Area covered: | National |
| References: | Hermans L, Drieskens S., Berete F, Boone C, Braekman E, Charafeddine R, Demarest S, Gisle L, Janssens M, Van der Heyden J and Verhaegen K. Health Interview Survey, Belgium, 2023-2024: Health Interview Survey Interactive Analysis. Brussels: Sciensano. Available at: https://www.sciensano.be/en/results-health-interview-survey-2023-2024/health-determinants#weight-status [Accessed 06.03.26] |
| Cutoffs: | IOTF |

Overweight/obesity by socio-economic group

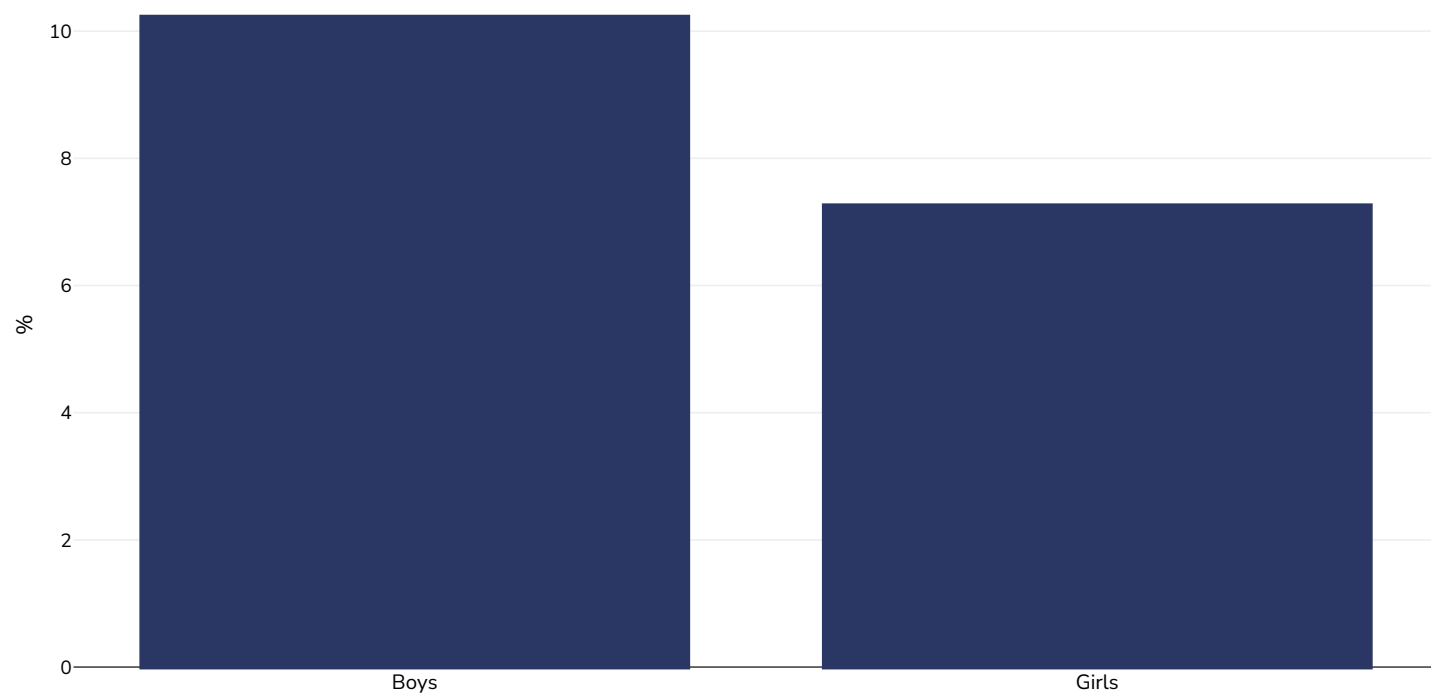
Children, 2023-2024



| | |
|---------------|--|
| Survey type: | Self-reported |
| Age: | 2-17 |
| Sample size: | 965 |
| Area covered: | National |
| References: | Hermans L, Drieskens S., Berete F, Boone C, Braekman E, Charafeddine R, Demarest S, Gisle L, Janssens M, Van der Heyden J and Verhaegen K. Health Interview Survey, Belgium, 2023-2024: Health Interview Survey Interactive Analysis. Brussels: Sciensano. Available at: https://www.sciensano.be/en/results-health-interview-survey-2023-2024/health-determinants#weight-status [Accessed 06.03.26] |
| Cutoffs: | IOTF |

Double burden of underweight & overweight

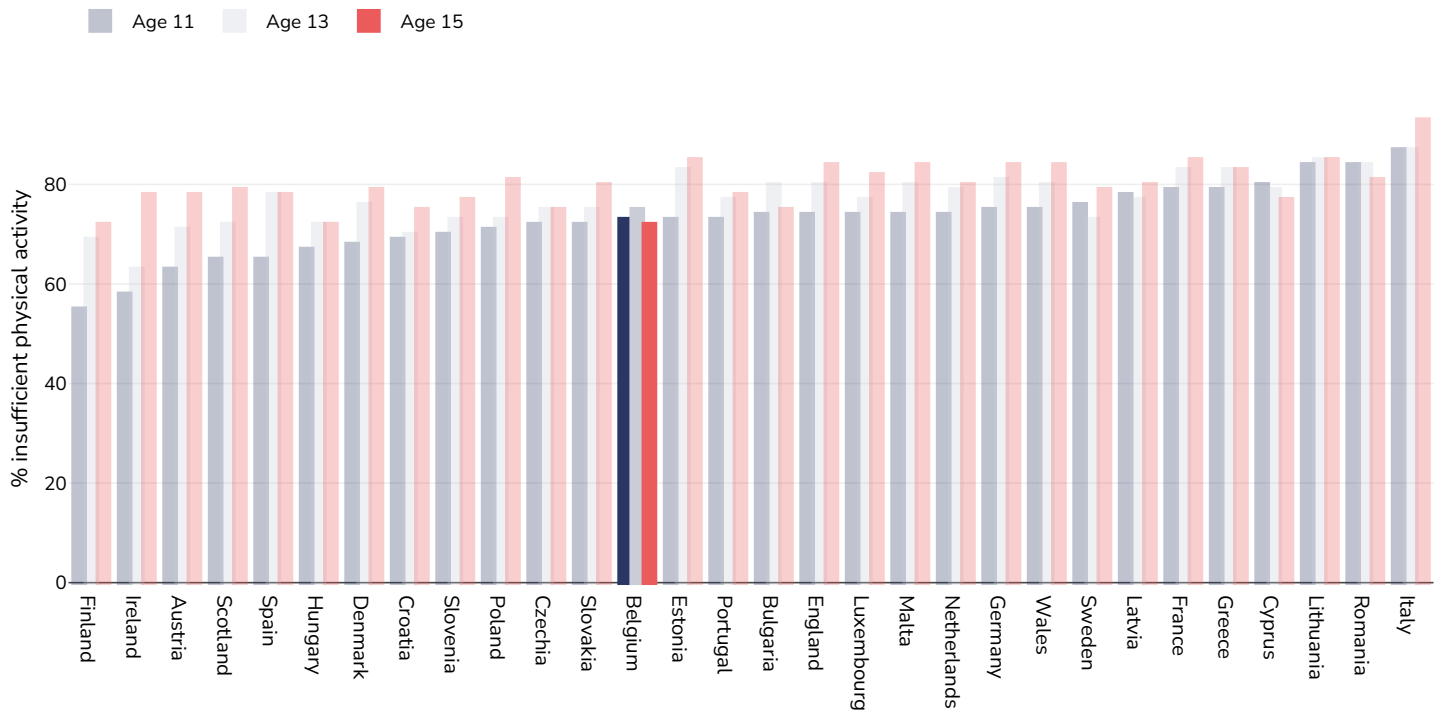
Children, 2022



| | |
|---------------------|--|
| Survey type: | Measured |
| Age: | 5-19 |
| References: | NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2 . |
| Notes: | Age standardised estimates |
| Definitions: | Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity) |
| Cutoffs: | BMI < -2SD and BMI > 2SD |

Insufficient physical activity

Boys, 2021-2022



Survey type: Self-reported

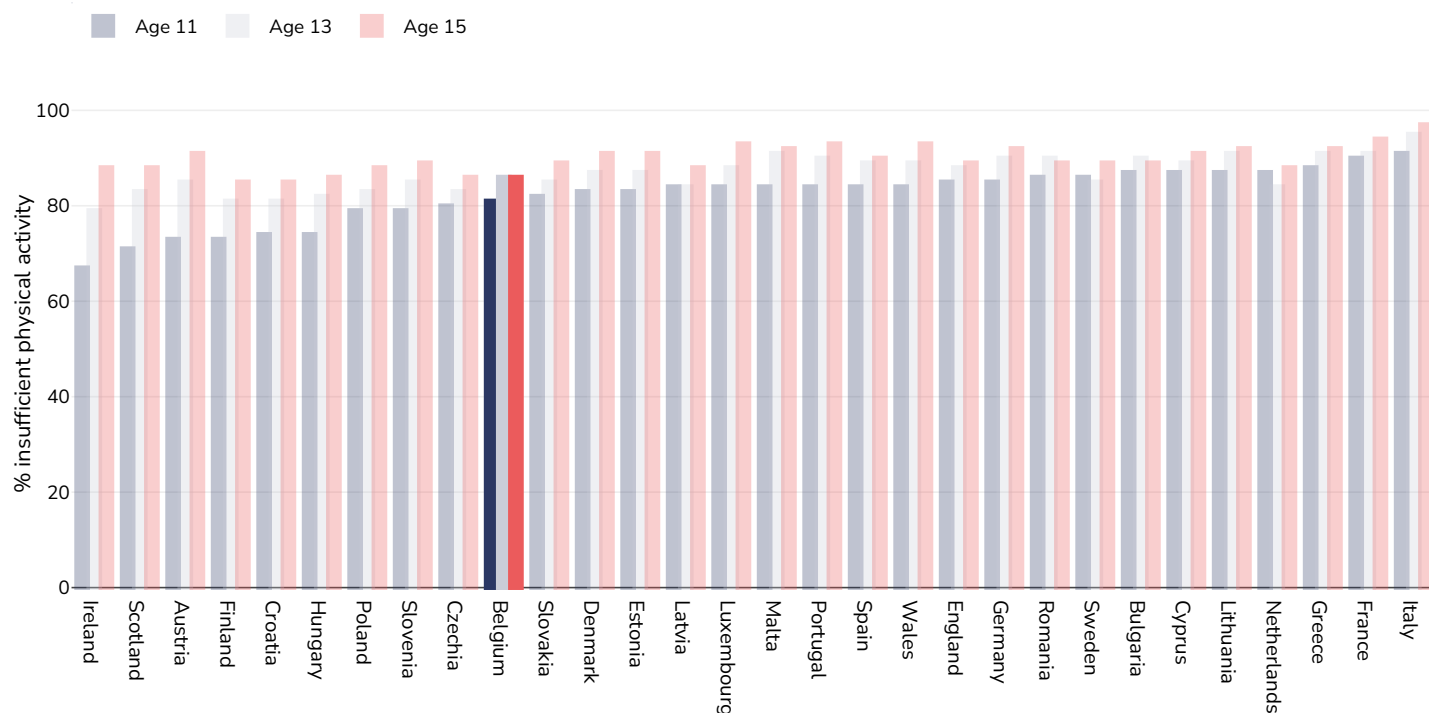
Area covered: Flemish region

References: Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

Notes: Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily. NB. National except Belgium (Flemish speaking region only)

Definitions: % reporting less than 60 minutes of MVPA daily

Girls, 2021-2022



Survey type: Self-reported

Area covered: Flemish region

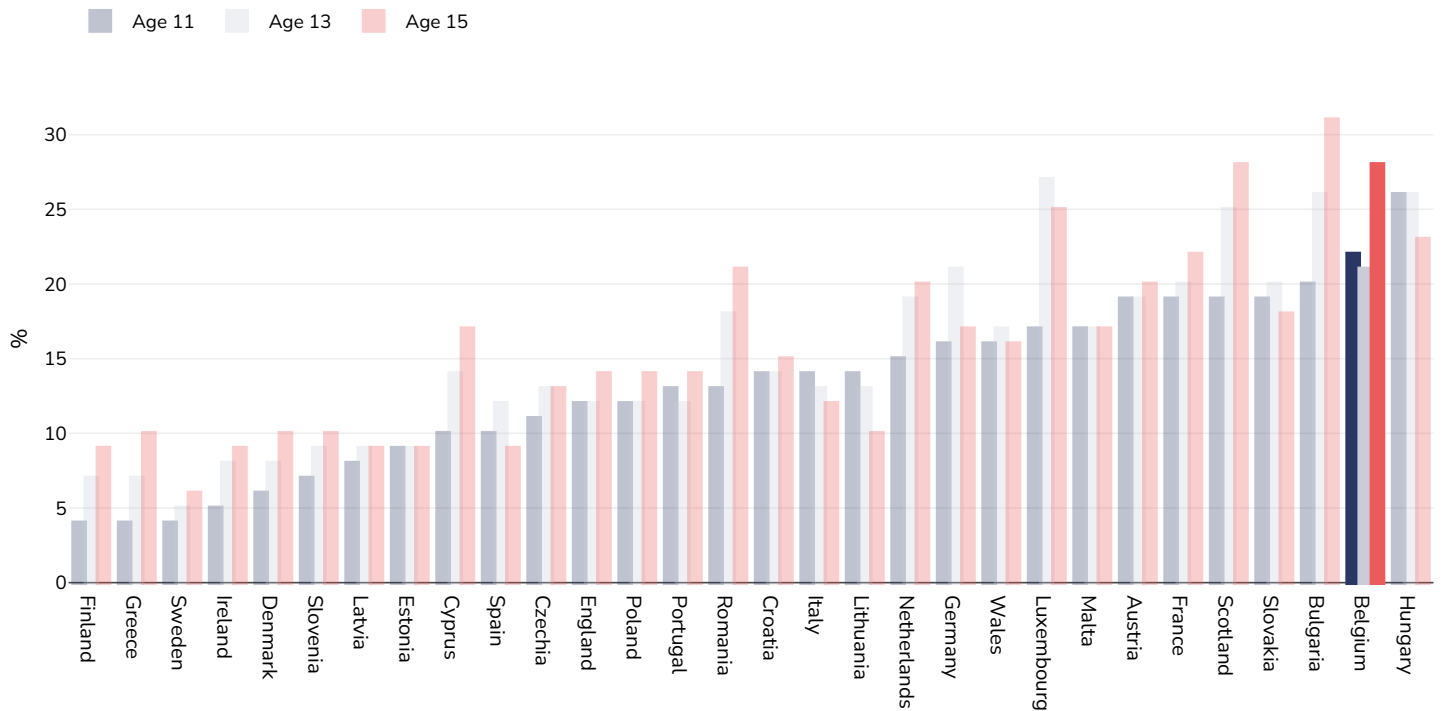
References: Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

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Definitions: % reporting less than 60 minutes of MVPA daily

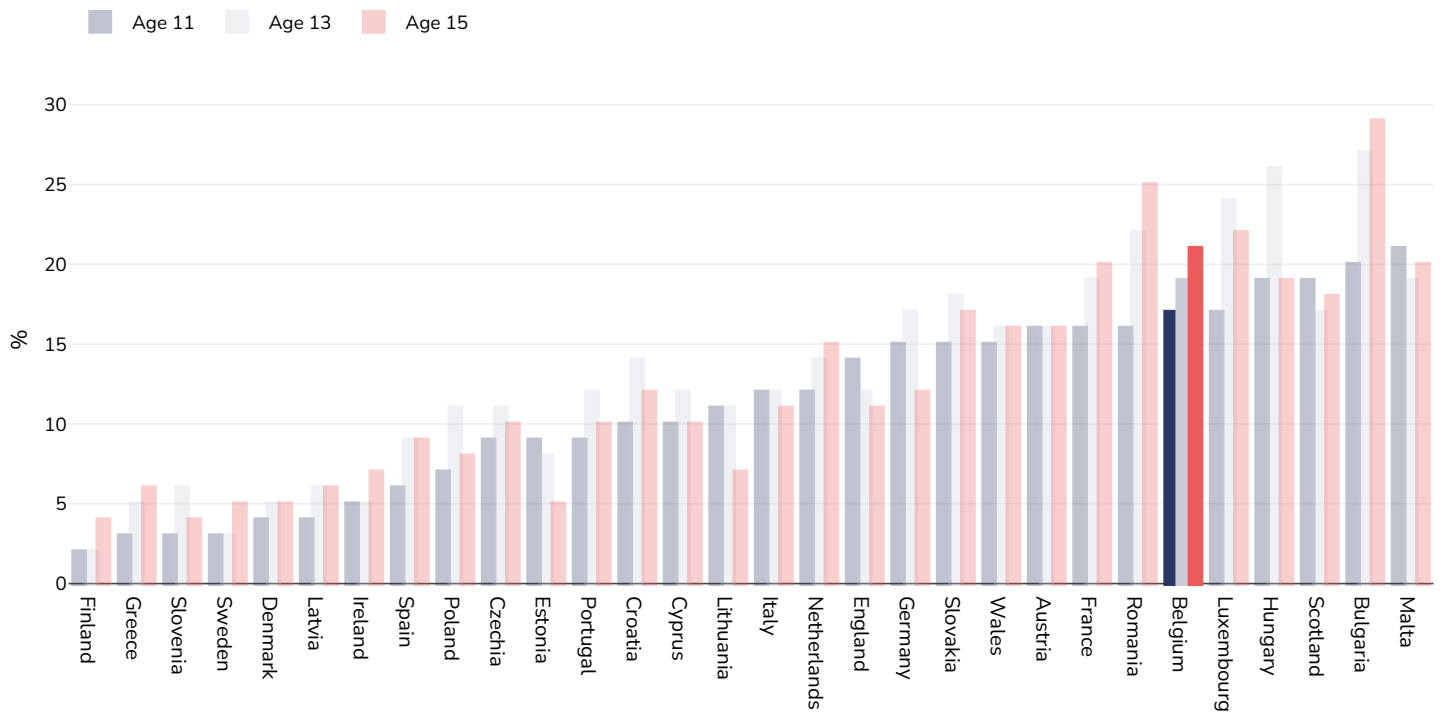
Prevalence of at least daily soft drink consumption

Boys, 2021-2022



| | |
|----------------------|--|
| Area covered: | Regional |
| References: | Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org.. |
| Notes: | Flemish region |
| Definitions: | Proportion who reported drinking sugary soft drinks daily (at least once) |

Girls, 2021-2022



Area covered:

Regional

References:

Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org..>

Notes:

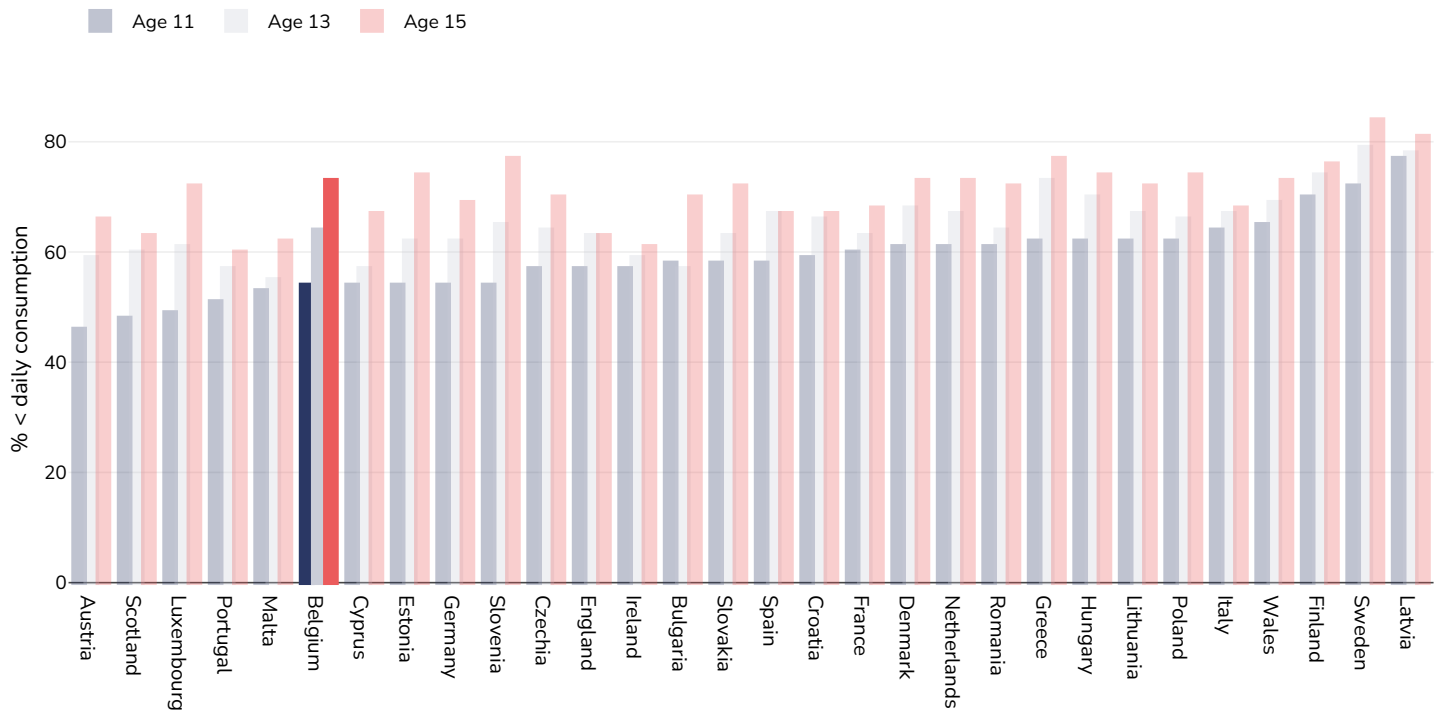
Flemish region

Definitions:

Proportion who reported drinking sugary soft drinks daily (at least once)

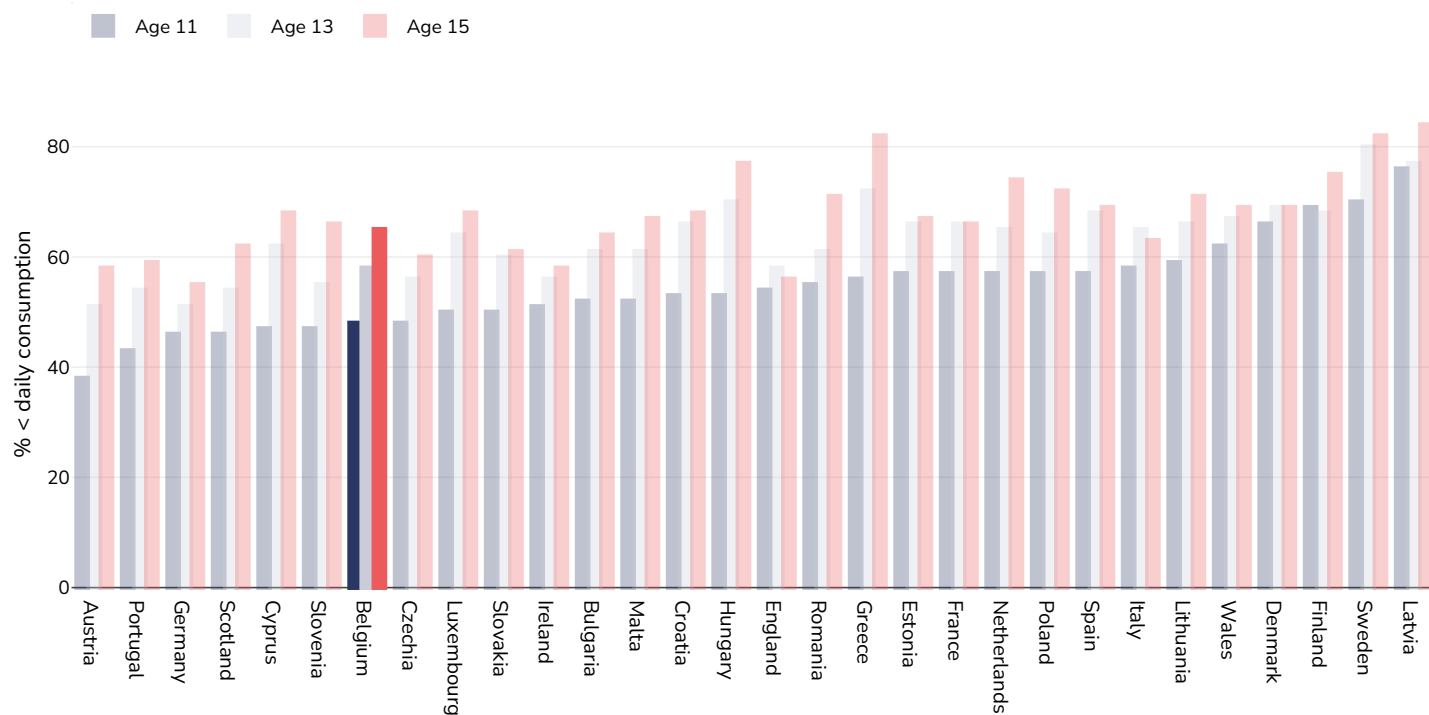
Prevalence of less than daily fruit consumption

Boys, 2021-2022



| | |
|----------------------|---|
| Survey type: | Self-reported |
| Area covered: | Flemish region |
| References: | Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO |
| Notes: | Flemish region only |
| Definitions: | Proportion who reported eating fruit less than daily |

Girls, 2021-2022



Survey type: Self-reported

Area covered: Flemish region

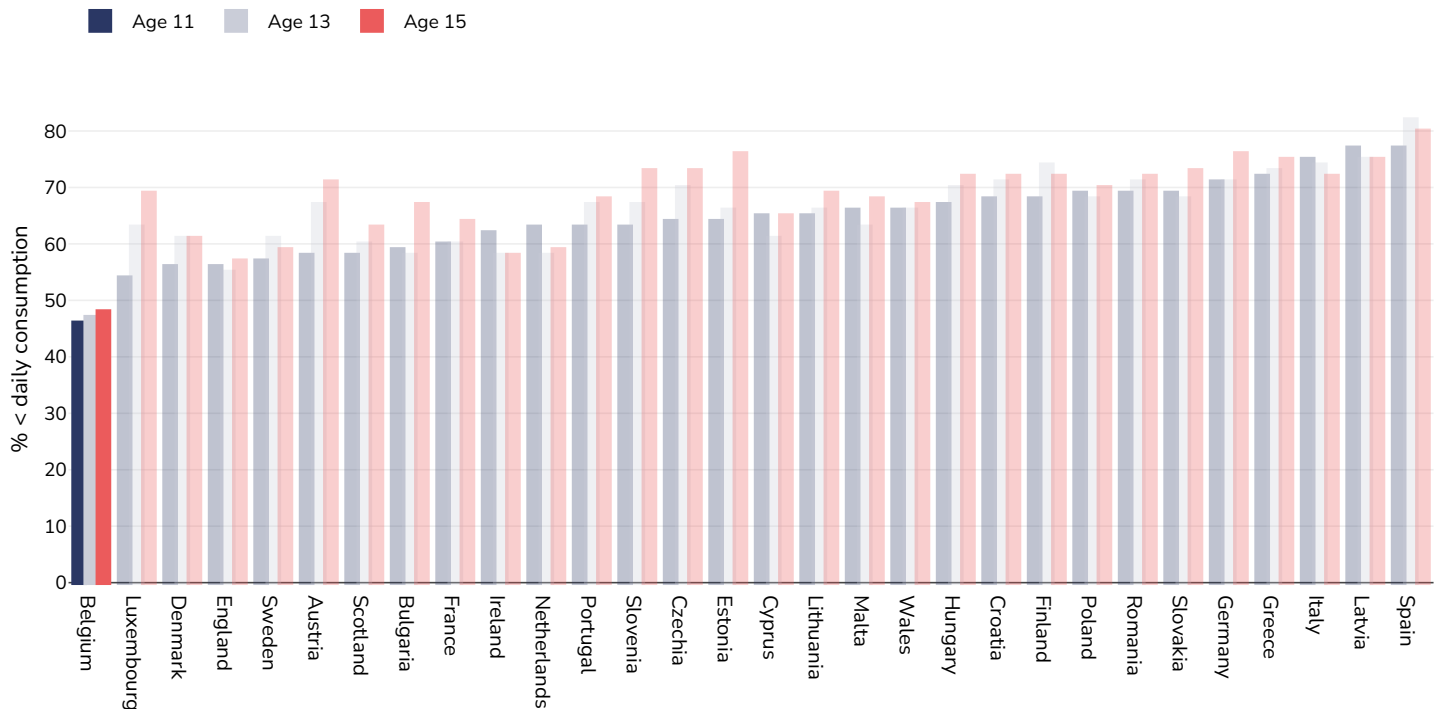
References: Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO

Notes: Flemish region only

Definitions: Proportion who reported eating fruit less than daily

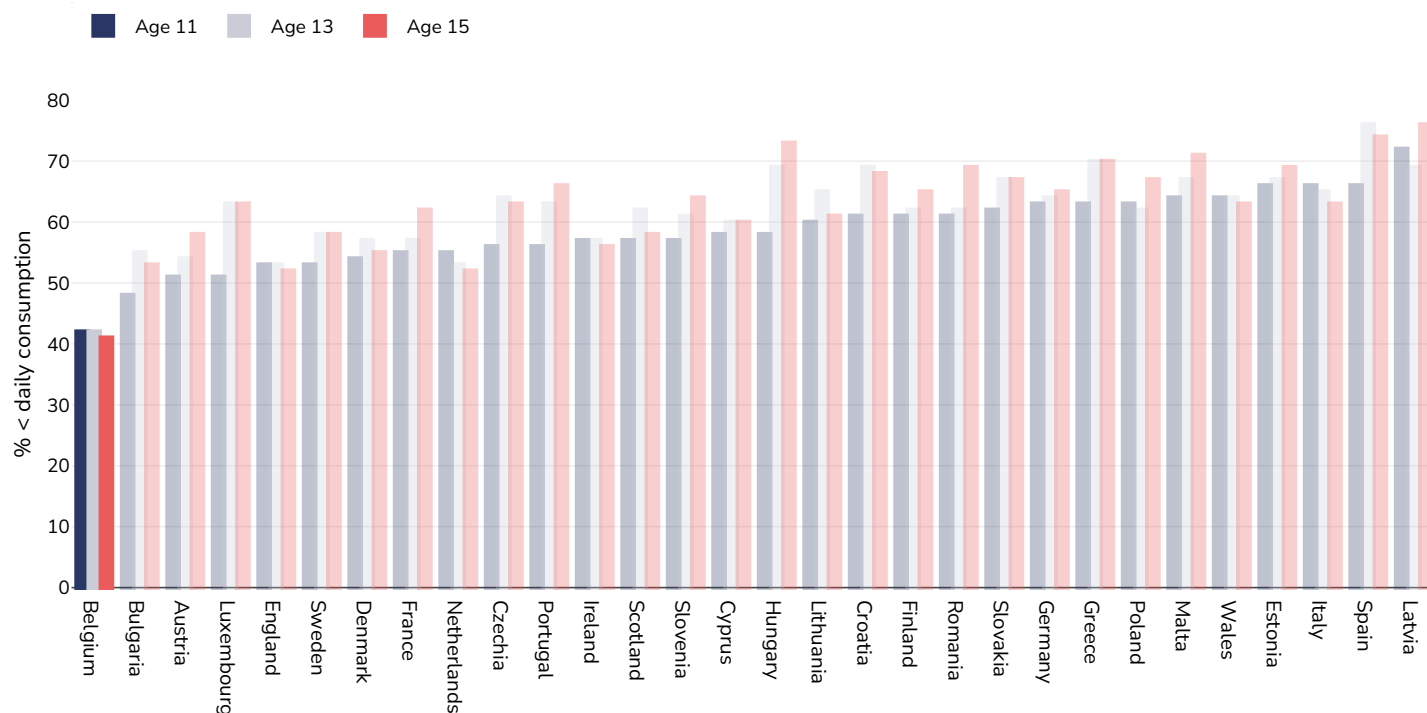
Prevalence of less than daily vegetable consumption

Boys, 2021-2022



| | |
|----------------------|---|
| Survey type: | Self-reported |
| Area covered: | Flemish region |
| References: | Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO |
| Notes: | Flemish region only |
| Definitions: | Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption) |

Girls, 2021-2022



Survey type: Self-reported

Area covered: Flemish region

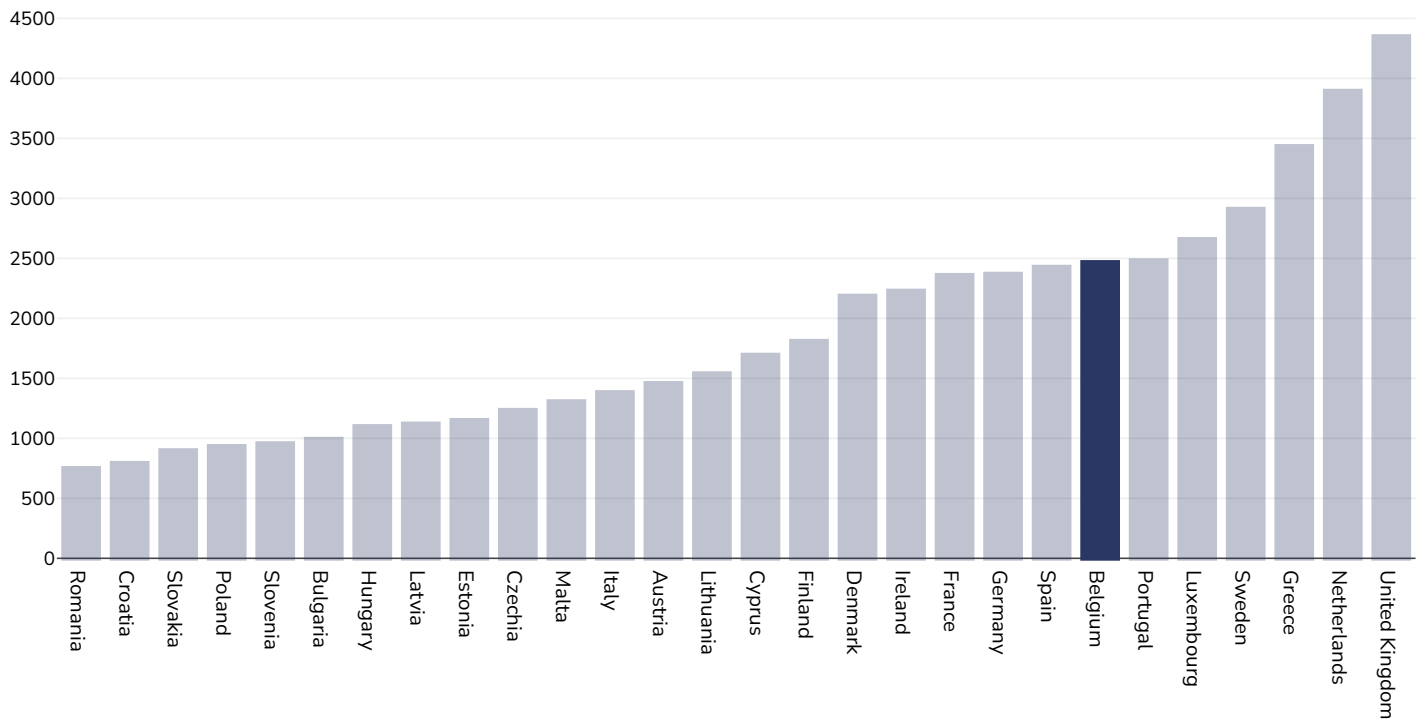
References: Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO

Notes: Flemish region only

Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Mental health - depression disorders

Children, 2023

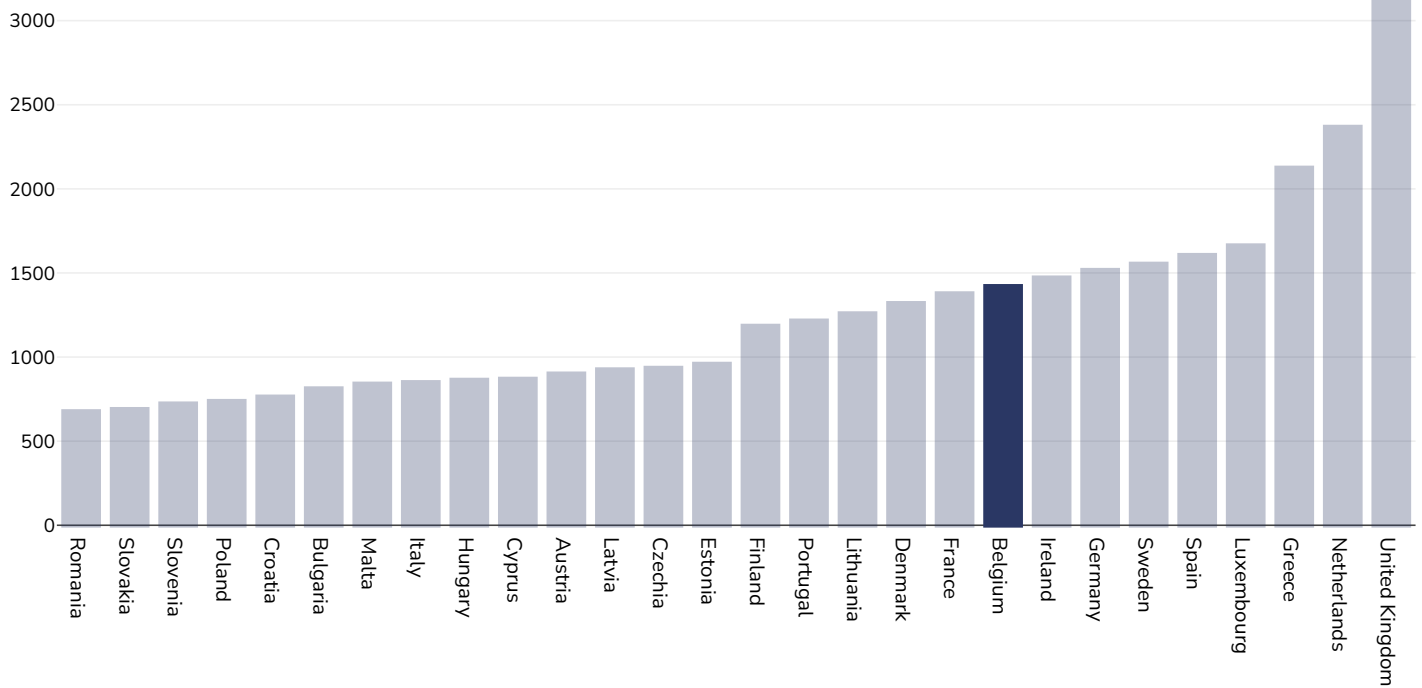


Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions: Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:

National

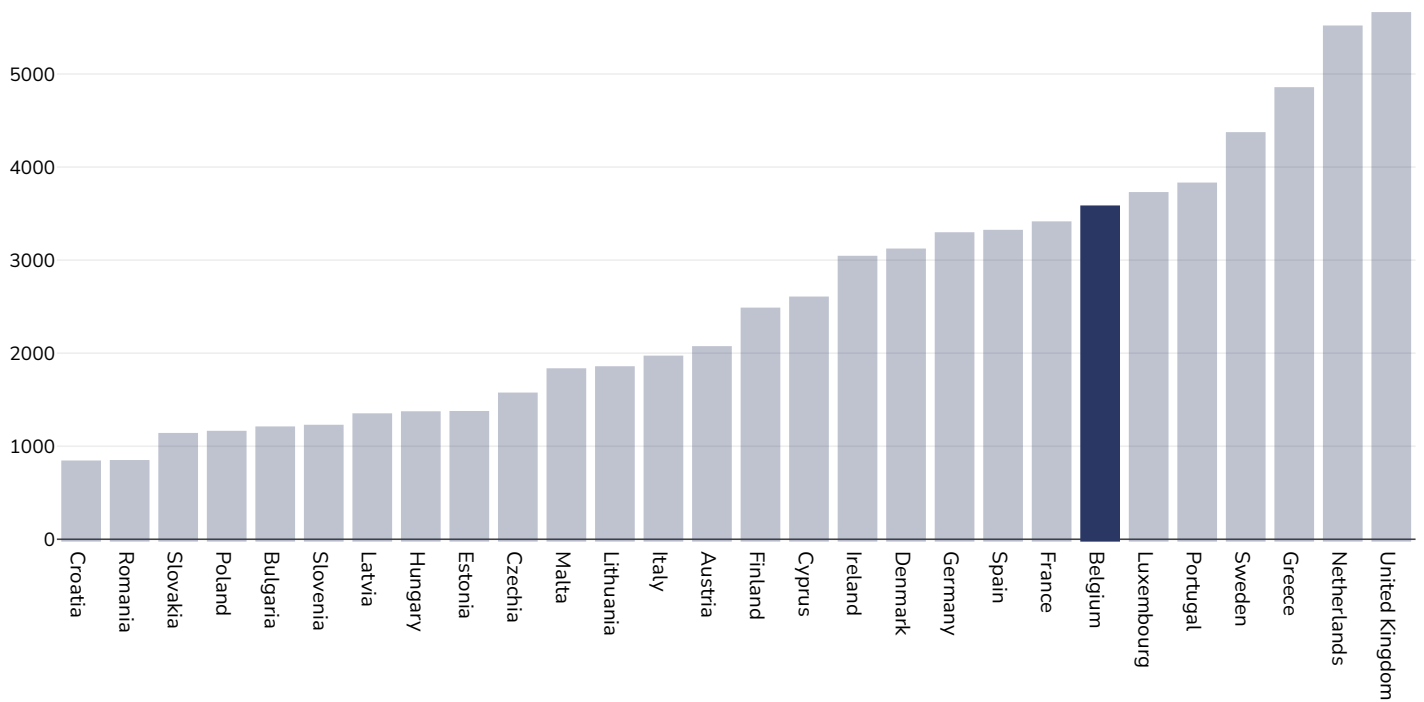
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Girls, 2023



Area covered:

National

References:

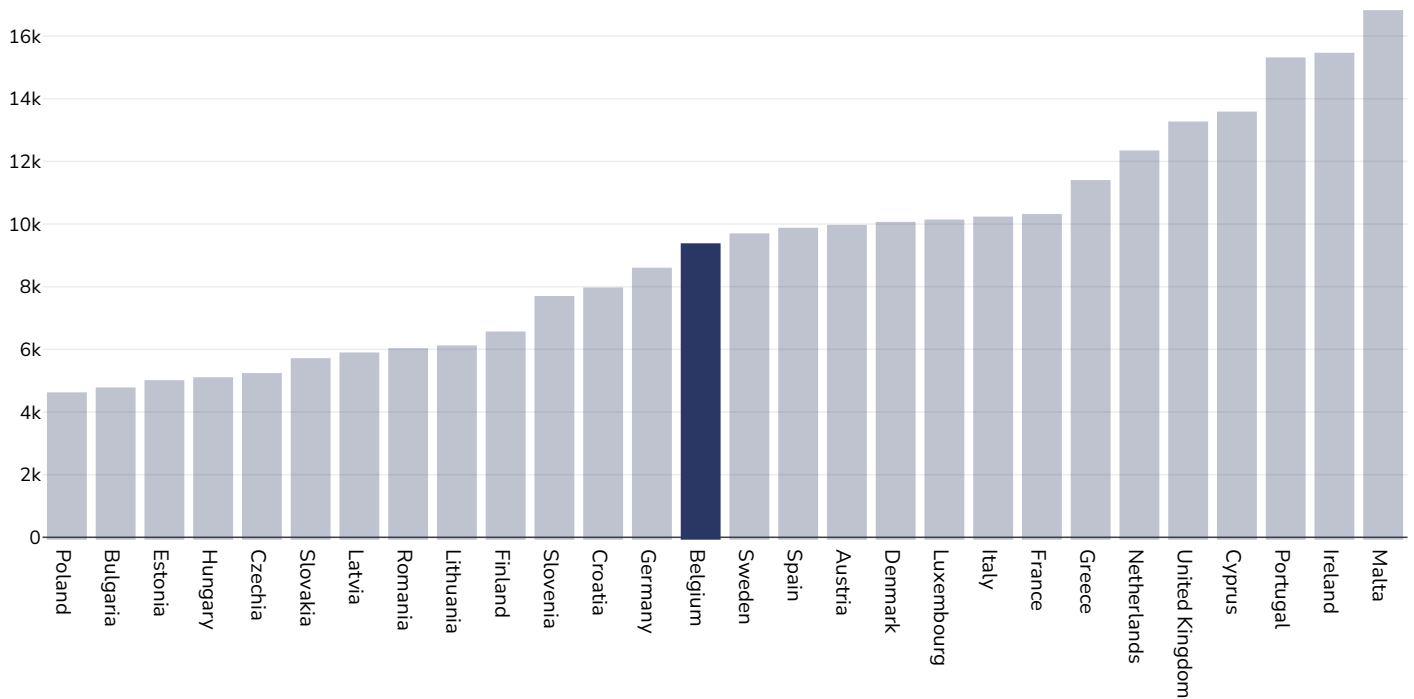
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Mental health - anxiety disorders

Children, 2023



Area covered:

National

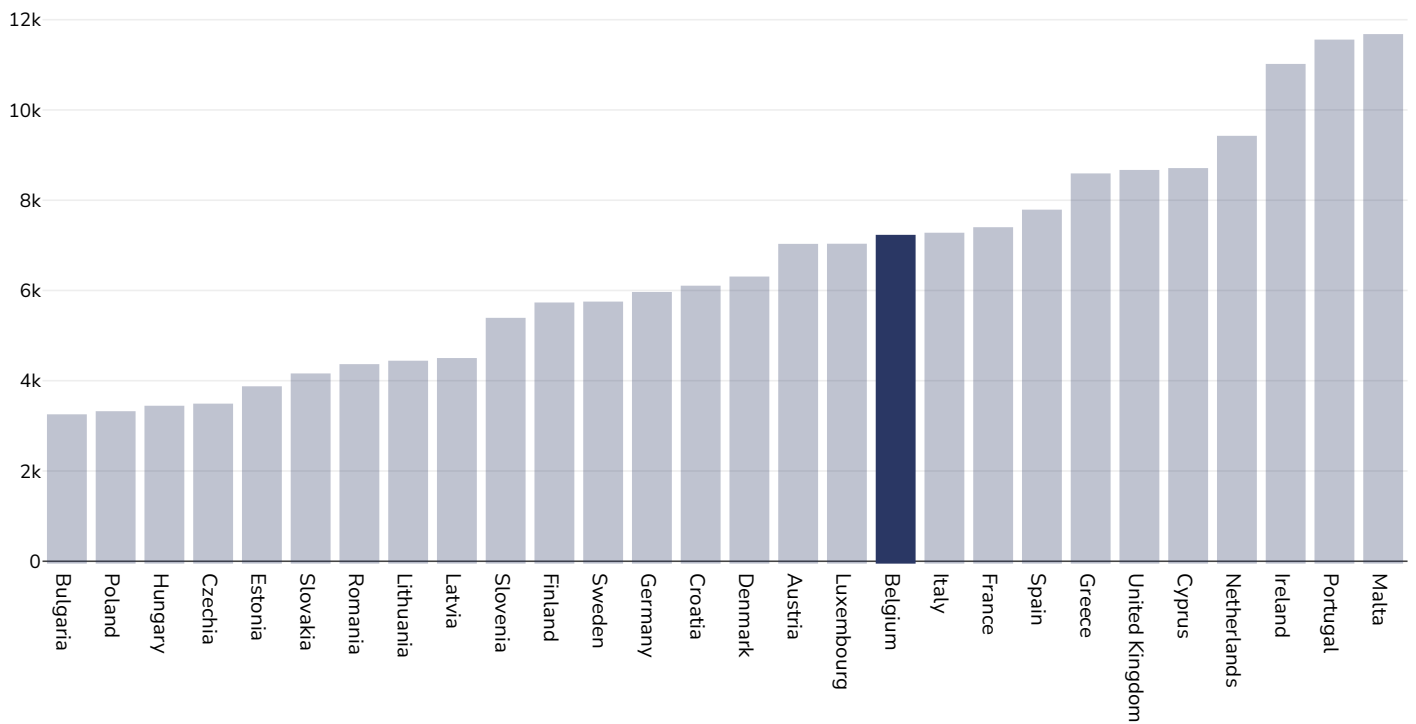
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:

National

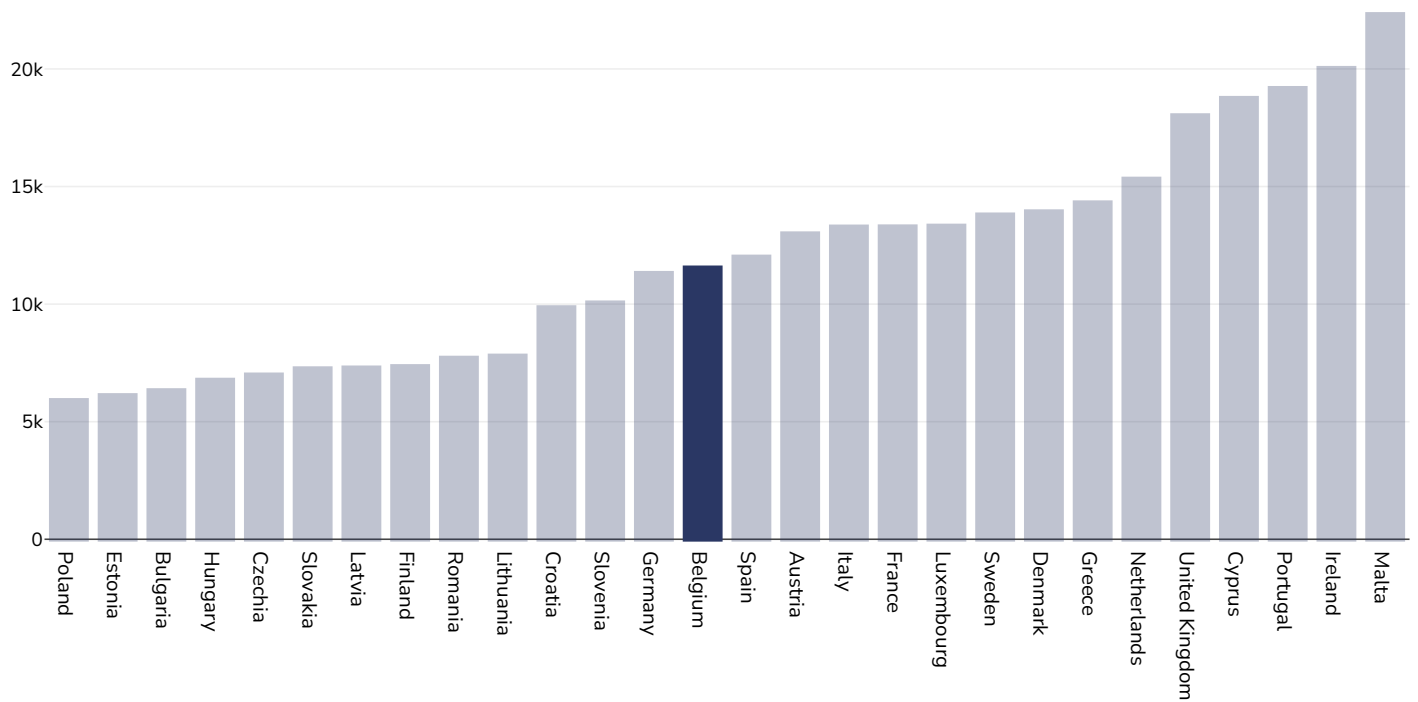
References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from <https://vizhub.healthdata.org/gbd-compare/> [Accessed 17.03.26]

Definitions:

Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Girls, 2023



| | |
|----------------------|--|
| Area covered: | National |
| References: | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26] |
| Definitions: | Estimated number living with anxiety disorders per 100,000 population (under 20 years of age) |

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