Lebanon

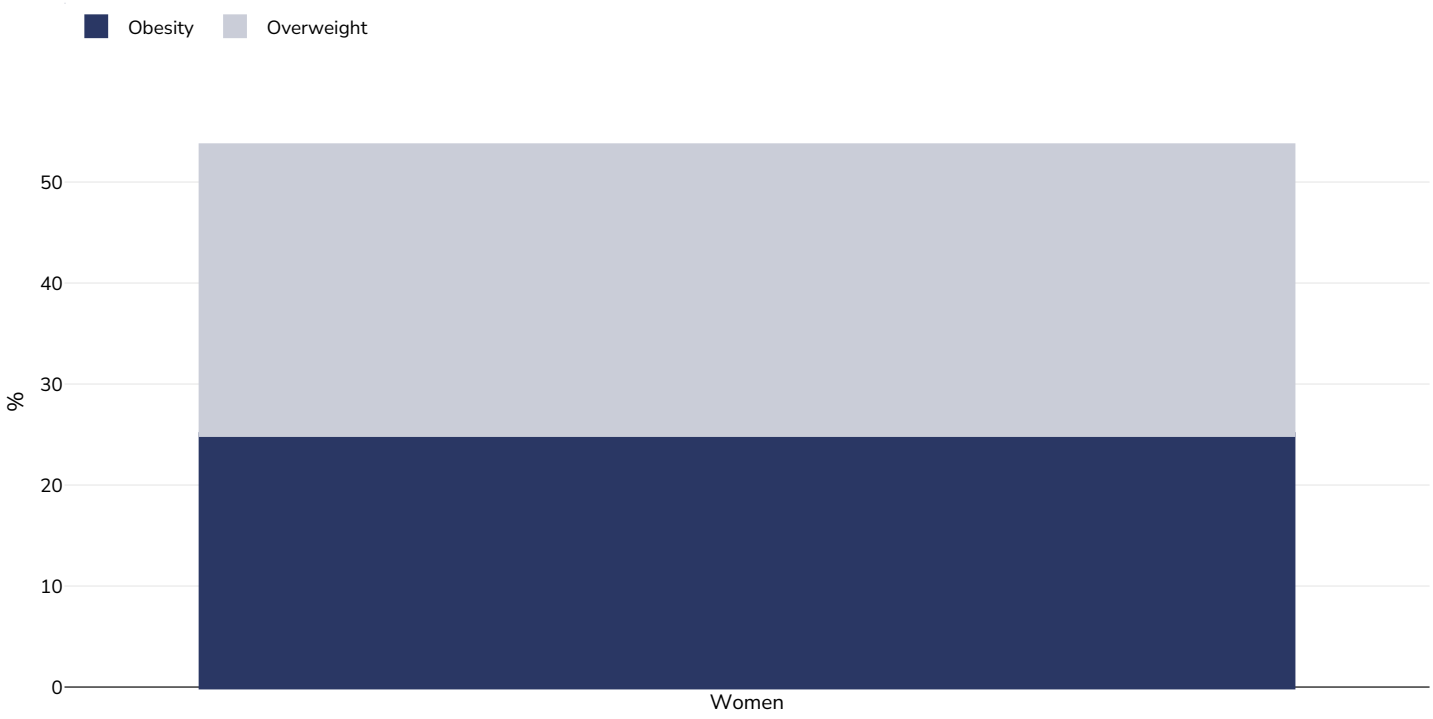
Country report card

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . 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/lebanon-119/.

Obesity prevalence

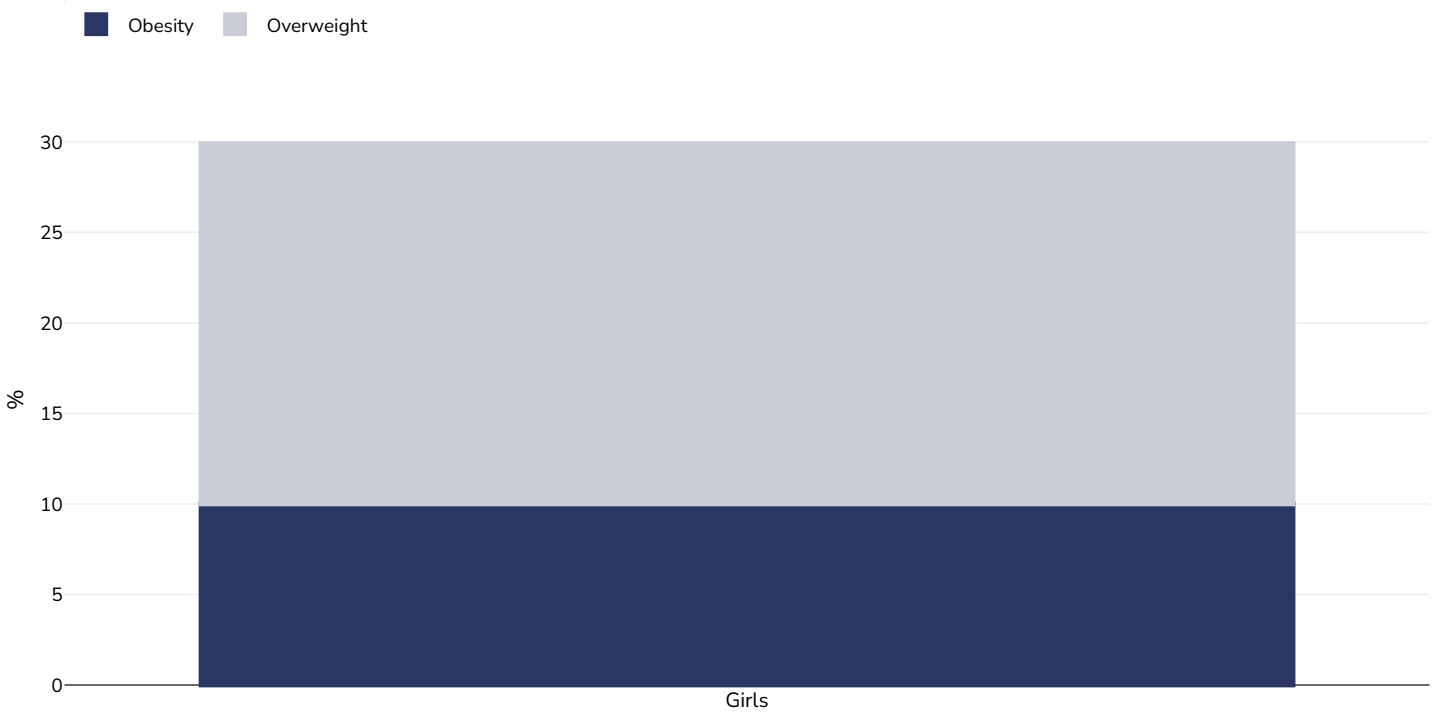
Women, 2023



Survey type:	Measured
Age:	15-49
Sample size:	2815
Area covered:	National
References:	Ministry of Public Health, UNICEF-Lebanon, American University of Beirut, Mercy USA, World Food Programme, Harvard T.H. Chan School of Public Health, and GroundWork. Integrated Micronutrient, Anthropometry and Child Development Survey 2023. Beirut, Lebanon; 2024.

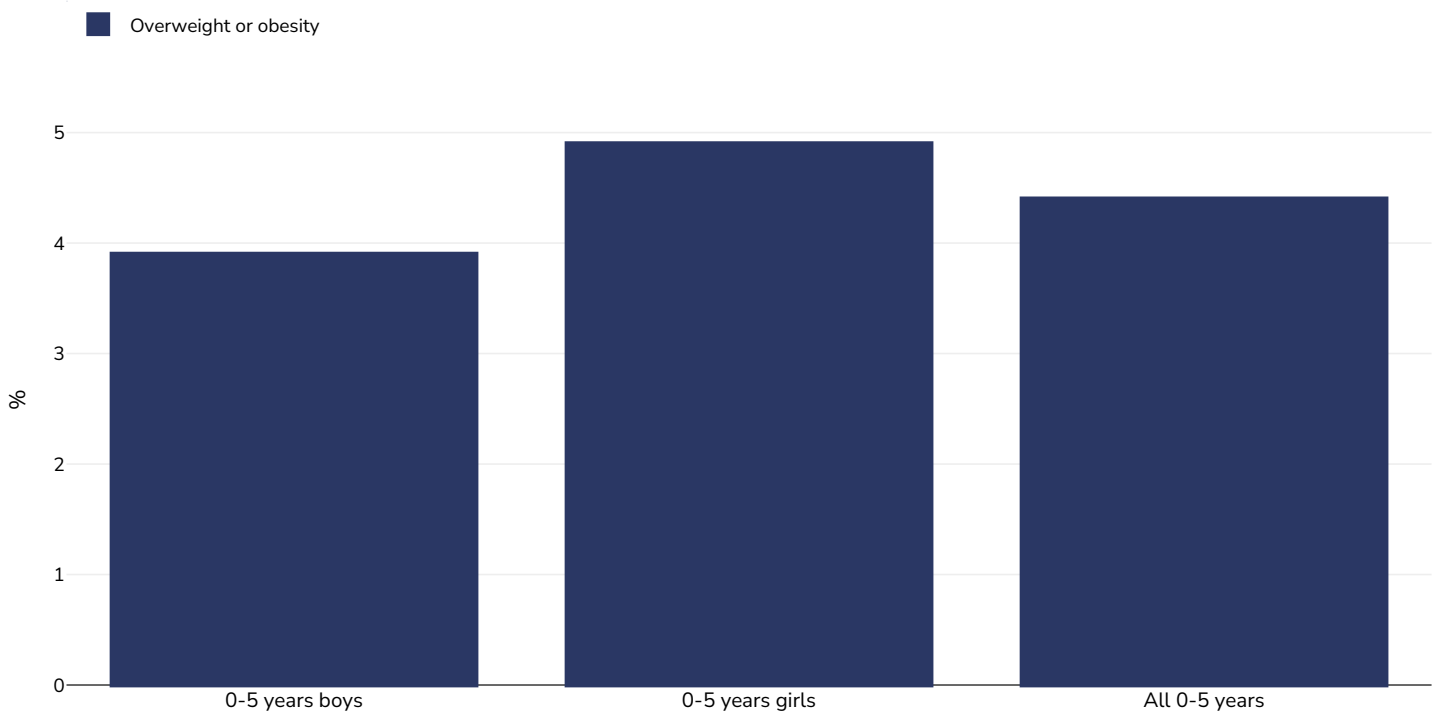
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Girls, 2023



Survey type:	Measured
Age:	10-19
Sample size:	2128
Area covered:	National
References:	Ministry of Public Health, UNICEF-Lebanon, American University of Beirut, Mercy USA, World Food Programme, Harvard T.H. Chan School of Public Health, and GroundWork. Integrated Micronutrient, Anthropometry and Child Development Survey 2023. Beirut, Lebanon; 2024.
Definitions:	Overweight was defined as a BMI-for-age z-score of greater than +1.0, while obesity was defined as a BMI-for-age z-score of greater than +2.0
Cutoffs:	WHO

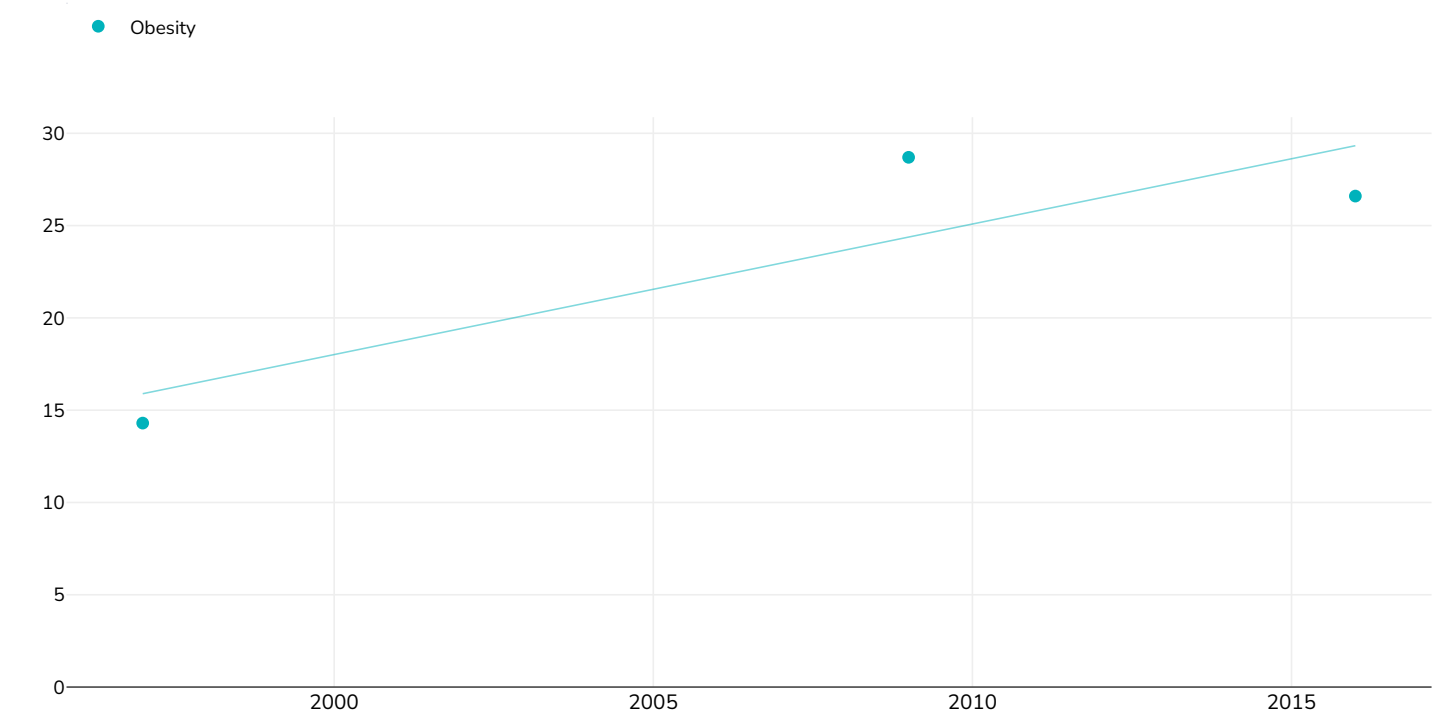
0-5 years, 2023



Survey type:	Measured
Age:	0-5
Area covered:	National
References:	Lebanese Integrated Micronutrient and Anthropometry Survey 2023
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult https://data.unicef.org/resources/jme/.
Definitions:	Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Cutoffs:	=>+2SD

% Adults living with obesity in Lebanon 1997-2016

Men

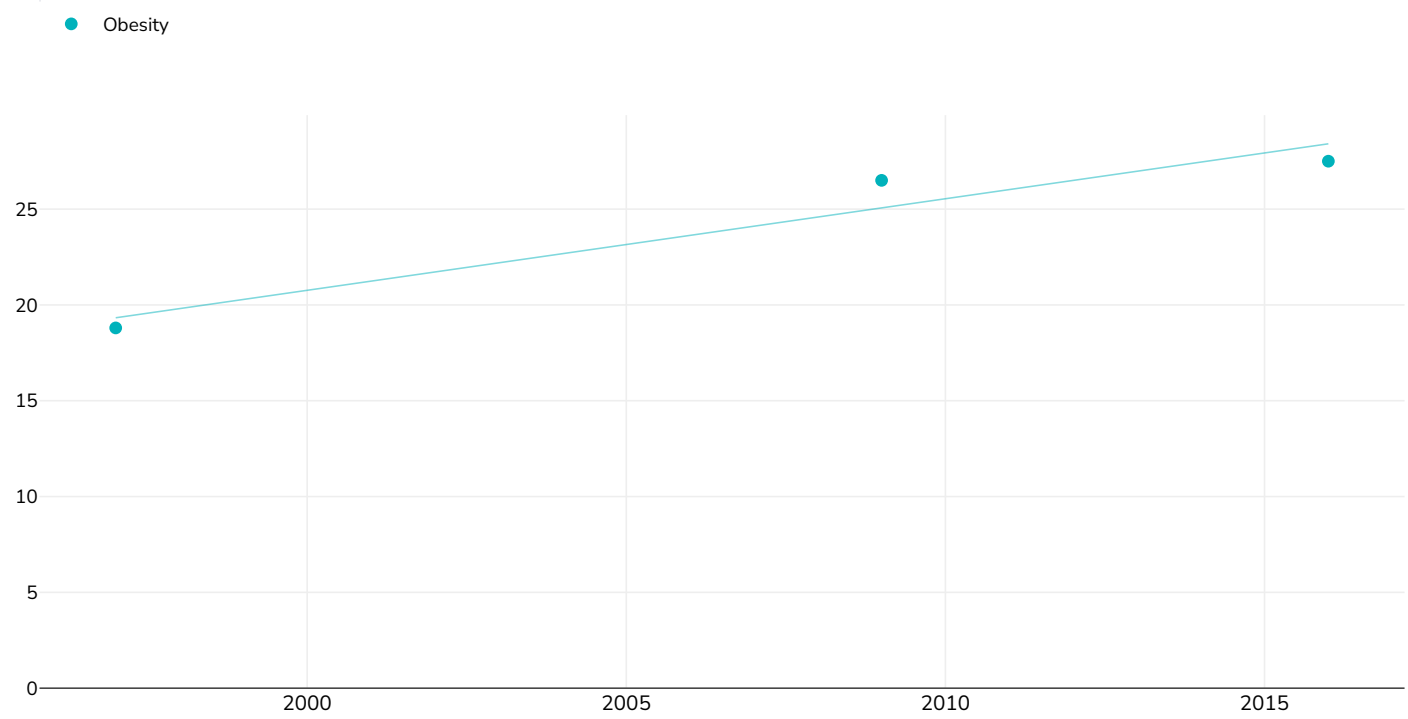


Survey type:	Measured
References:	1997: Sibai AM, Hwalla N, Adra N, Rahal B. Prevalence and Covariates of Obesity in Lebanon: Findings from the First Epidemiolgical Study. Obesity Research 203;11:1353-1361 2009: WHO STEPS Report 2009 Lebanon 2016: WHO STEPWISE APPROACH FOR NON-COMMUNICABLE DISEASESRISK FACTOR SURVEILLANCE, Lebanon, 2016-2017 https://www.who.int/ncds/surveillance/steps/Lebanon_STEPS_report_2016-2017.pdf?ua=1 (last accessed 16.10.19)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women



Survey type:	Measured
References:	1997: Sibai AM, Hwalla N, Adra N, Rahal B. Prevalence and Covariates of Obesity in Lebanon: Findings from the First Epidemiolgical Study. Obesity Research 203;11:1353-1361 2009: WHO STEPS Report 2009 Lebanon 2016: WHO STEPWISE APPROACH FOR NON-COMMUNICABLE DISEASESRISK FACTOR SURVEILLANCE, Lebanon, 2016-2017 https://www.who.int/ncds/surveillance/steps/Lebanon_STEPS_report_2016-2017.pdf?ua=1 (last accessed 16.10.19)

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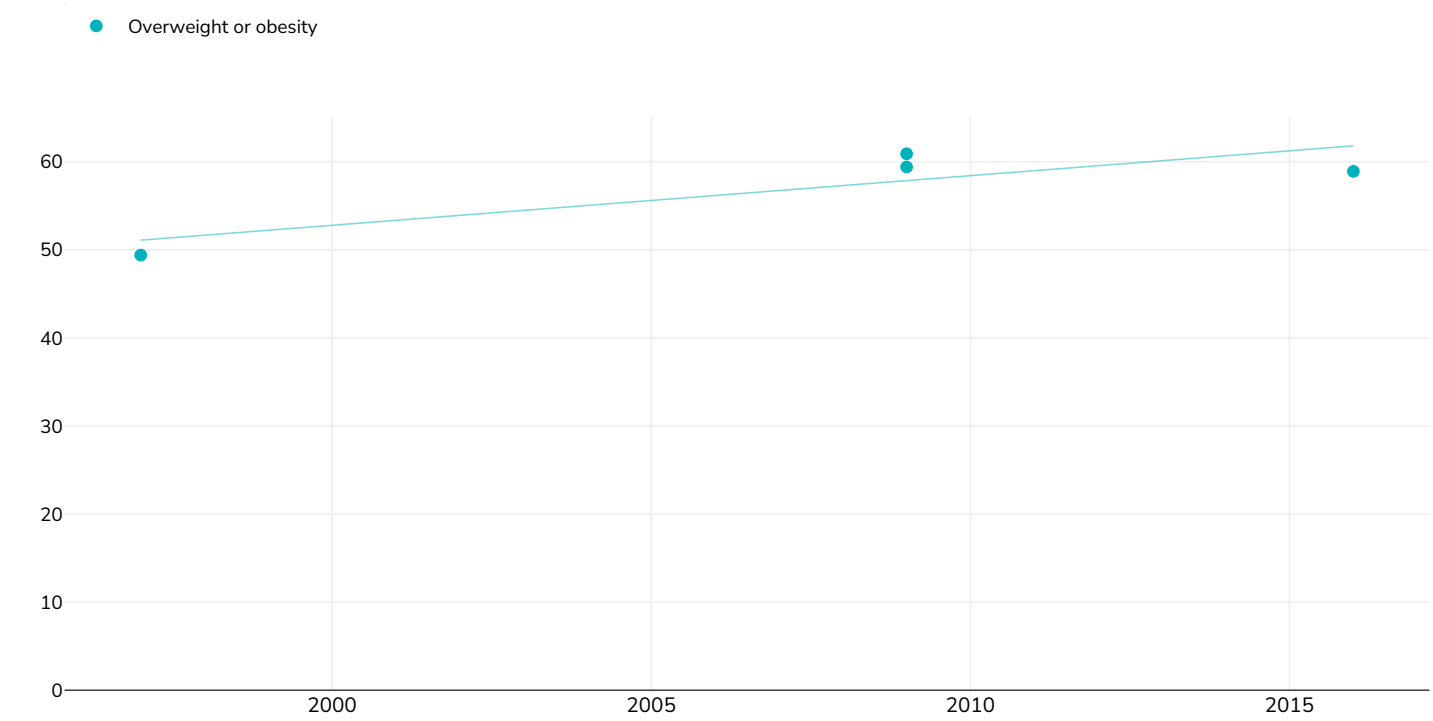
% Adults living with overweight or obesity in Lebanon 1997-2016

Women



Survey type:	Measured
References:	1997: Sibai AM, Hwalla N, Adra N, Rahal B. Prevalence and Covariates of Obesity in Lebanon: Findings from the First Epidemiolgical Study. Obesity Research 203;11:1353-1361 2009: Nasreddine L, Naja F, Chamieh MC et al. Trends in overweight and obesity in Lebanon: evidence from two national cross-sectional surveys (1997 and 2009). BMC Public Health 2012;12:798 2016: WHO STEPWISE APPROACH FOR NON-COMMUNICABLE DISEASESRISK FACTOR SURVEILLANCE, Lebanon, 2016-2017 https://www.who.int/ncds/surveillance/steps/Lebanon_STEPS_report_2016-2017.pdf?ua=1 (last accessed 16.10.19)

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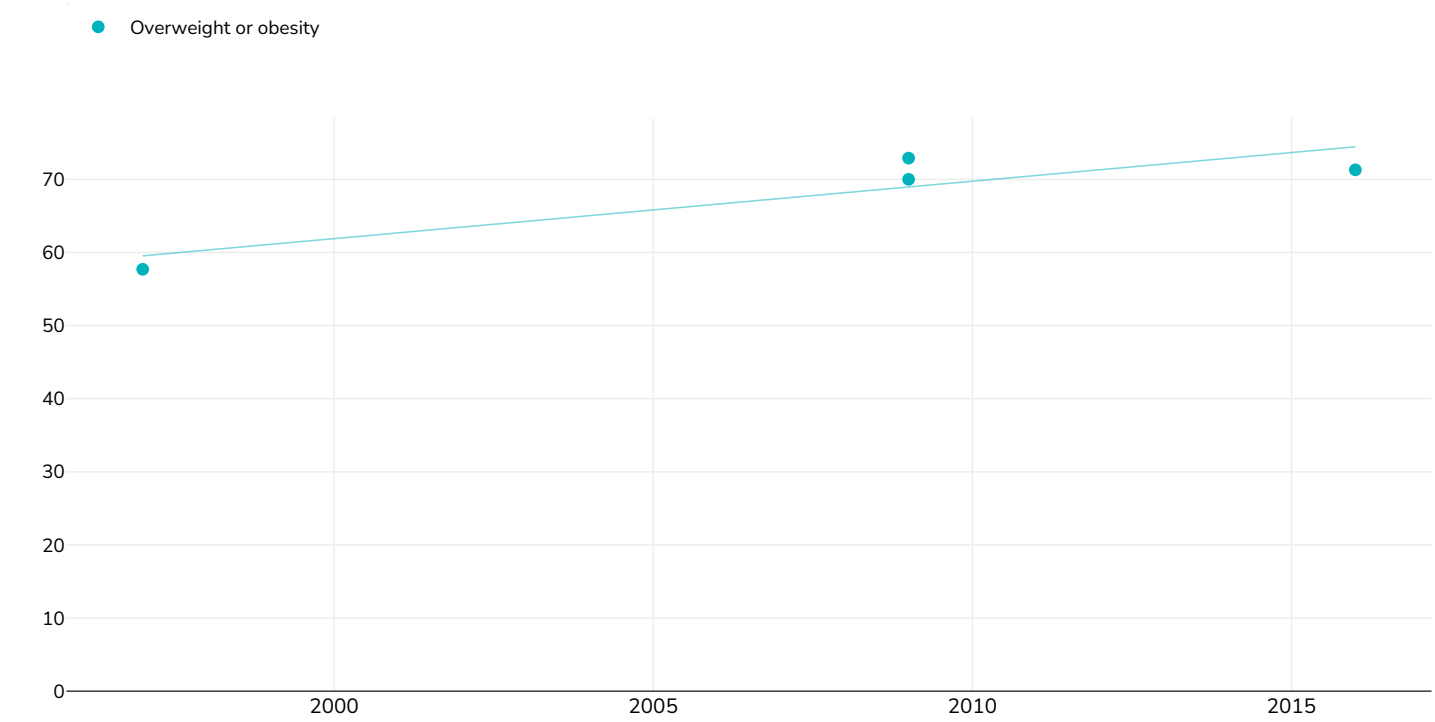
Men



Survey type:	Measured
References:	1997: Sibai AM, Hwalla N, Adra N, Rahal B. Prevalence and Covariates of Obesity in Lebanon: Findings from the First Epidemiolgical Study. Obesity Research 203;11:1353-1361 2009: Nasreddine L, Naja F, Chamieh MC et al. Trends in overweight and obesity in Lebanon: evidence from two national cross-sectional surveys (1997 and 2009). BMC Public Health 2012;12:798 2016: WHO STEPWISE APPROACH FOR NON-COMMUNICABLE DISEASESRISK FACTOR SURVEILLANCE, Lebanon, 2016-2017 https://www.who.int/ncds/surveillance/steps/Lebanon_STEPS_report_2016-2017.pdf?ua=1 (last accessed 16.10.19)

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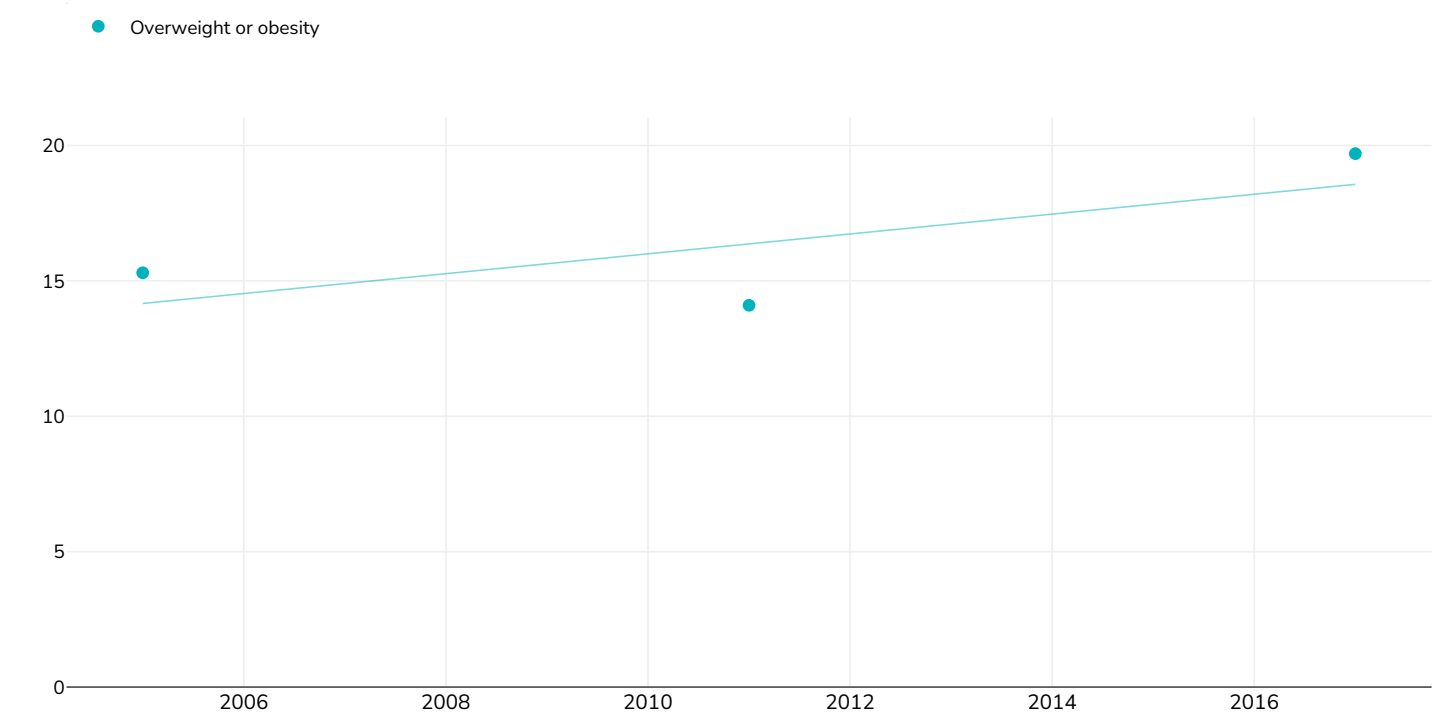
Trends children 2005 2017 overweight or obesity

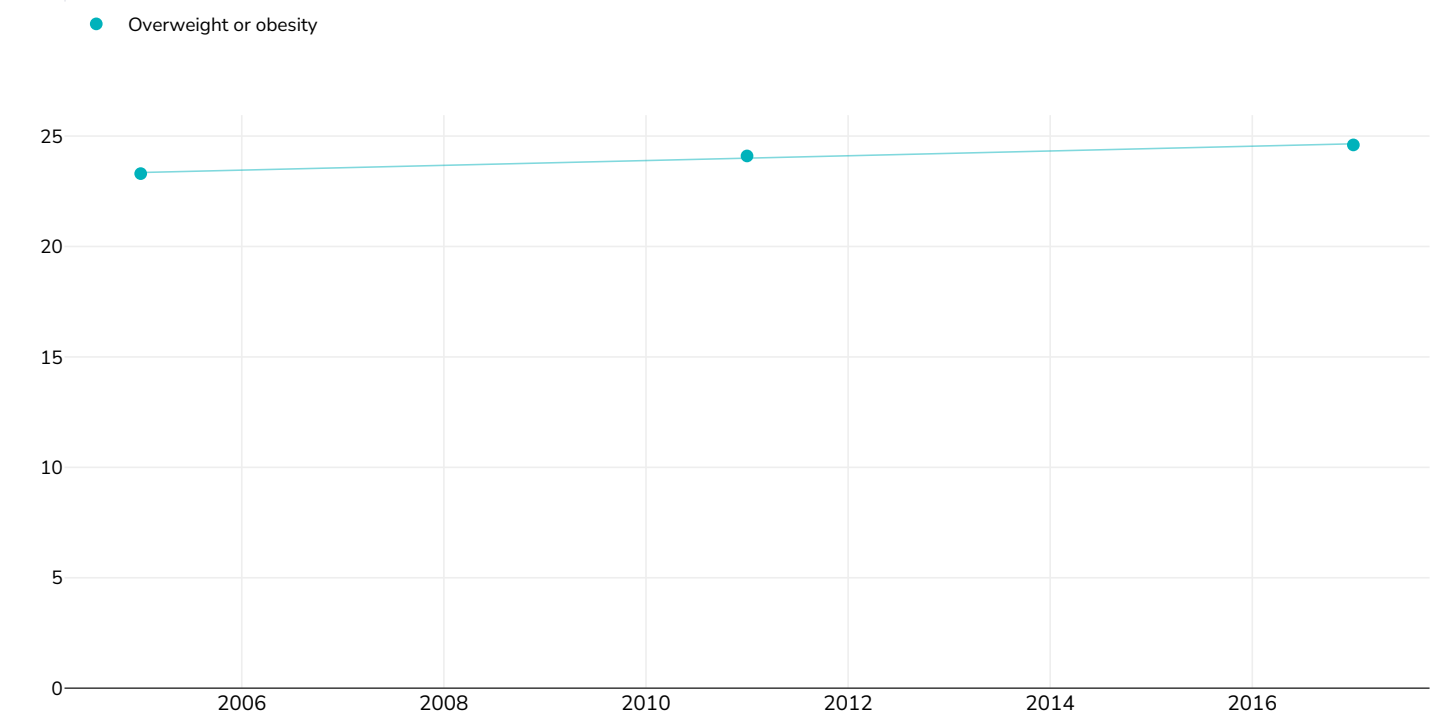
Girls



Survey type:	Self-reported
References:	2005: Global School-based Student Health Survey, Fact Sheet available at https://www.who.int/ncds/surveillance/gshs/2005_Lebanon_Fact_Sheet.pdf?ua=1 (last accessed 25.11.20) 2011: Global School-based Student Health Survey, Fact Sheet available at https://www.who.int/ncds/surveillance/gshs/2011_GSHS_FS_Lebanon.pdf?ua=1 2017: Global School-based Student Health Survey (GSHS), available at https://www.who.int/ncds/surveillance/gshs/Lebanon_2017_GSHS_FS.pdf (last accessed 13.11.20)

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Boys and girls



Survey type:	Self-reported
References:	2005: Global School-based Student Health Survey, Fact Sheet available at https://www.who.int/ncds/surveillance/gshs/2005_Lebanon_Fact_Sheet.pdf?ua=1 (last accessed 25.11.20) 2011: Global School-based Student Health Survey, Fact Sheet available at https://www.who.int/ncds/surveillance/gshs/2011_GSHS_FS_Lebanon.pdf?ua=1 2017: Global School-based Student Health Survey (GSHS), available at https://www.who.int/ncds/surveillance/gshs/Lebanon_2017_GSHS_FS.pdf (last accessed 13.11.20)

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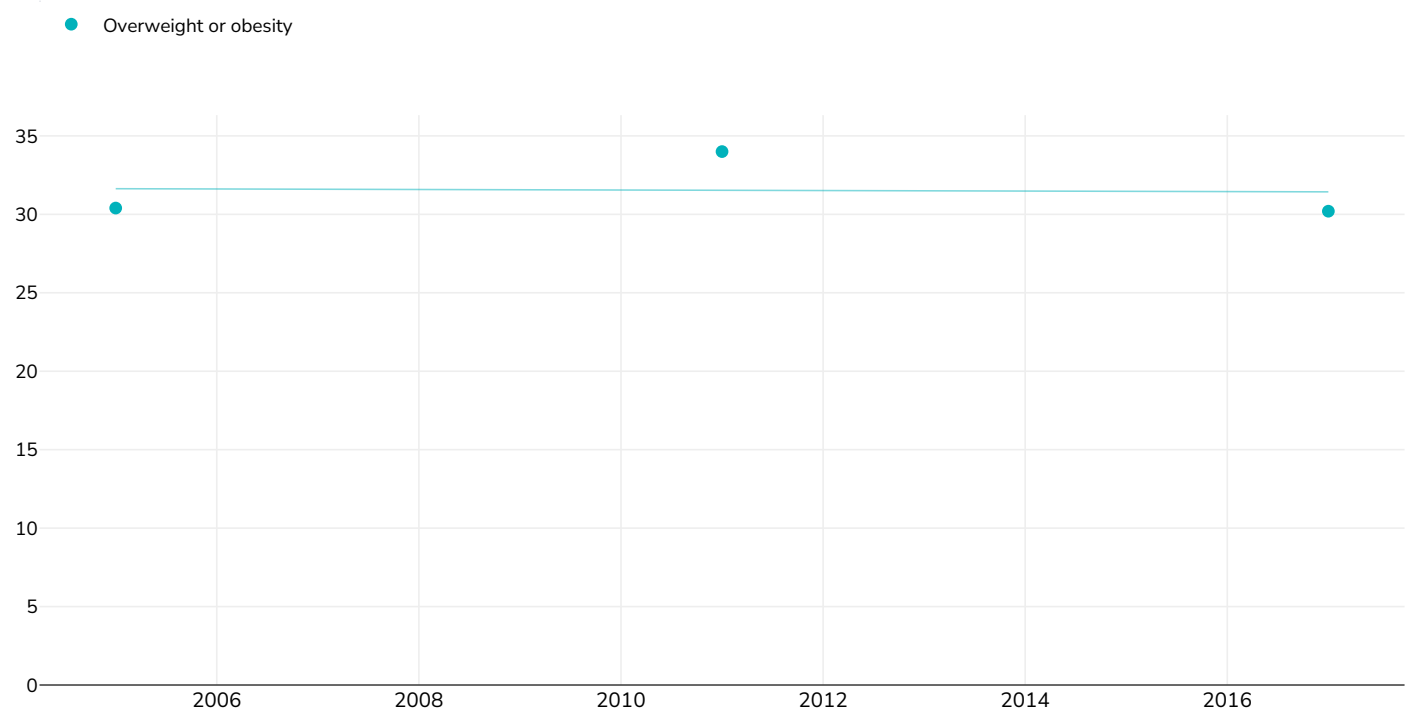
Boys



Survey type:	Self-reported
References:	2005: Global School-based Student Health Survey, Fact Sheet available at https://www.who.int/ncds/surveillance/gshs/2005_Lebanon_Fact_Sheet.pdf?ua=1 (last accessed 25.11.20) 2011: Global School-based Student Health Survey, Fact Sheet available at https://www.who.int/ncds/surveillance/gshs/2011_GSHS_FS_Lebanon.pdf?ua=1 2017: Global School-based Student Health Survey (GSHS), available at https://www.who.int/ncds/surveillance/gshs/Lebanon_2017_GSHS_FS.pdf (last accessed 13.11.20)

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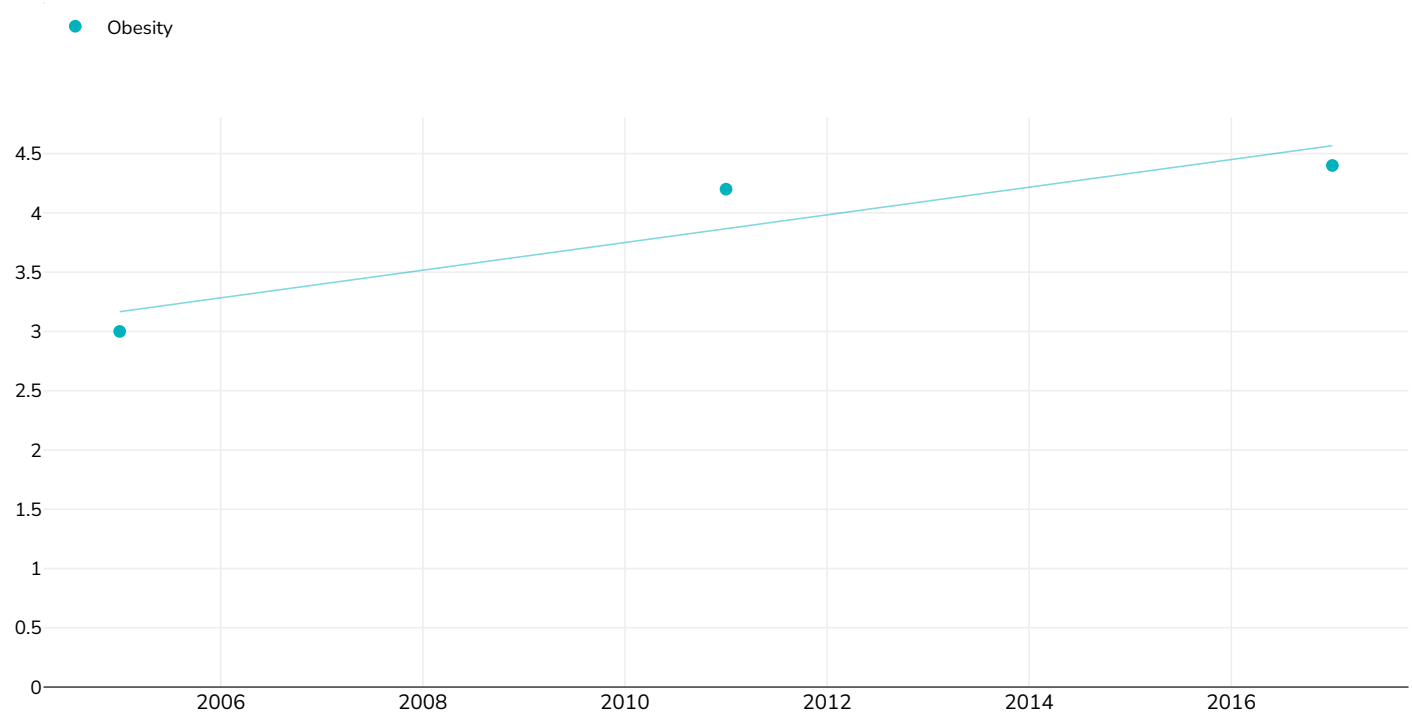
Trends obesity children 2005 2017

Girls



Survey type:	Self-reported
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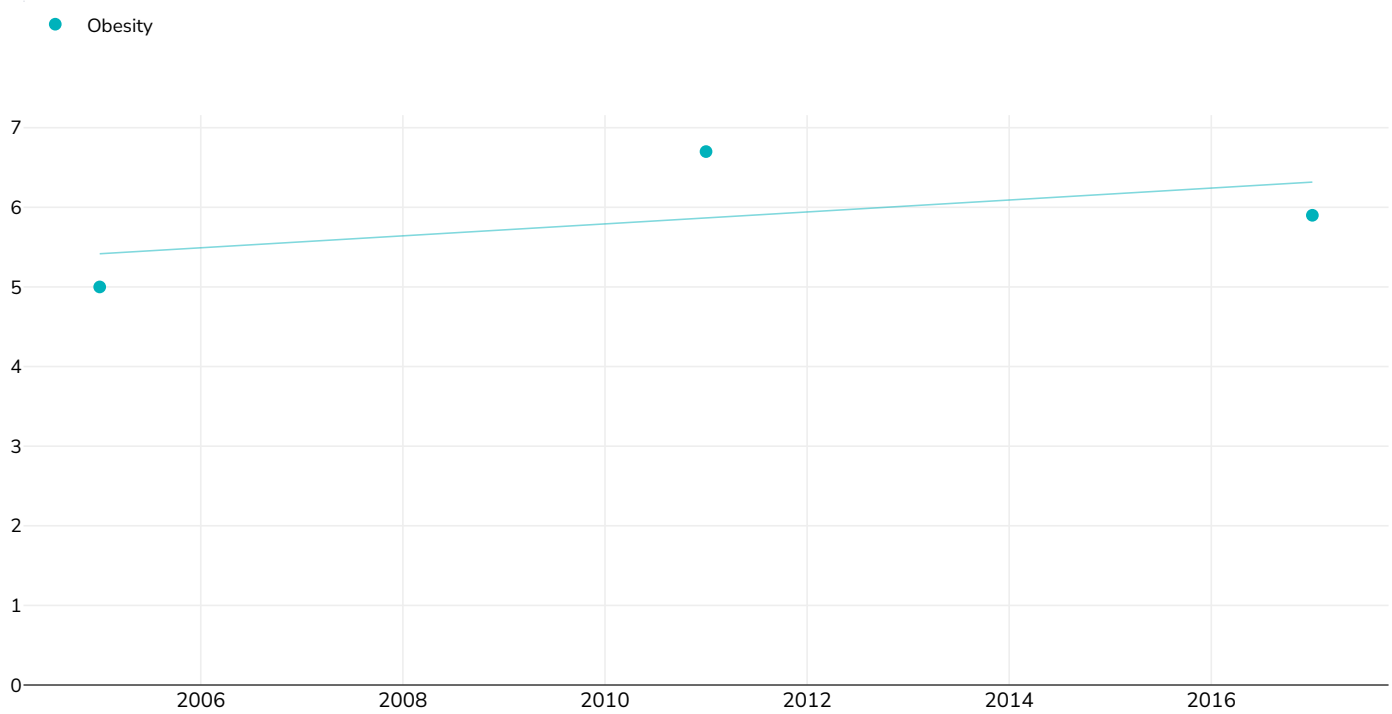
Boys and girls



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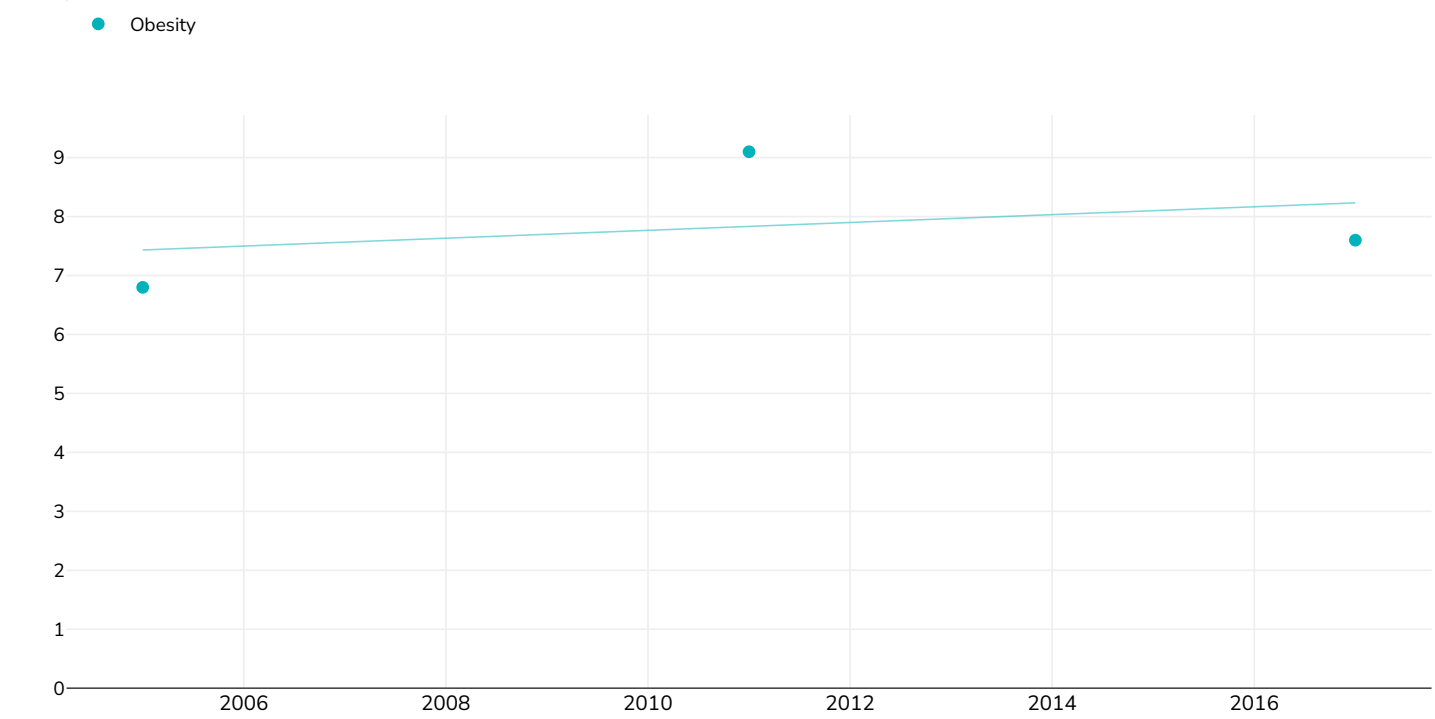
Boys



Survey type:	Self-reported
References:	2005: Global School-based Student Health Survey, Fact Sheet available at https://www.who.int/ncds/surveillance/gshs/2005_Lebanon_Fact_Sheet.pdf?ua=1 (last accessed 25.11.20) 2011: Global School-based Student Health Survey, Fact Sheet available at https://www.who.int/ncds/surveillance/gshs/2011_GSHS_FS_Lebanon.pdf?ua=1 2017: Global School-based Student Health Survey (GSHS), available at https://www.who.int/ncds/surveillance/gshs/Lebanon_2017_GSHS_FS.pdf (last accessed 13.11.20)

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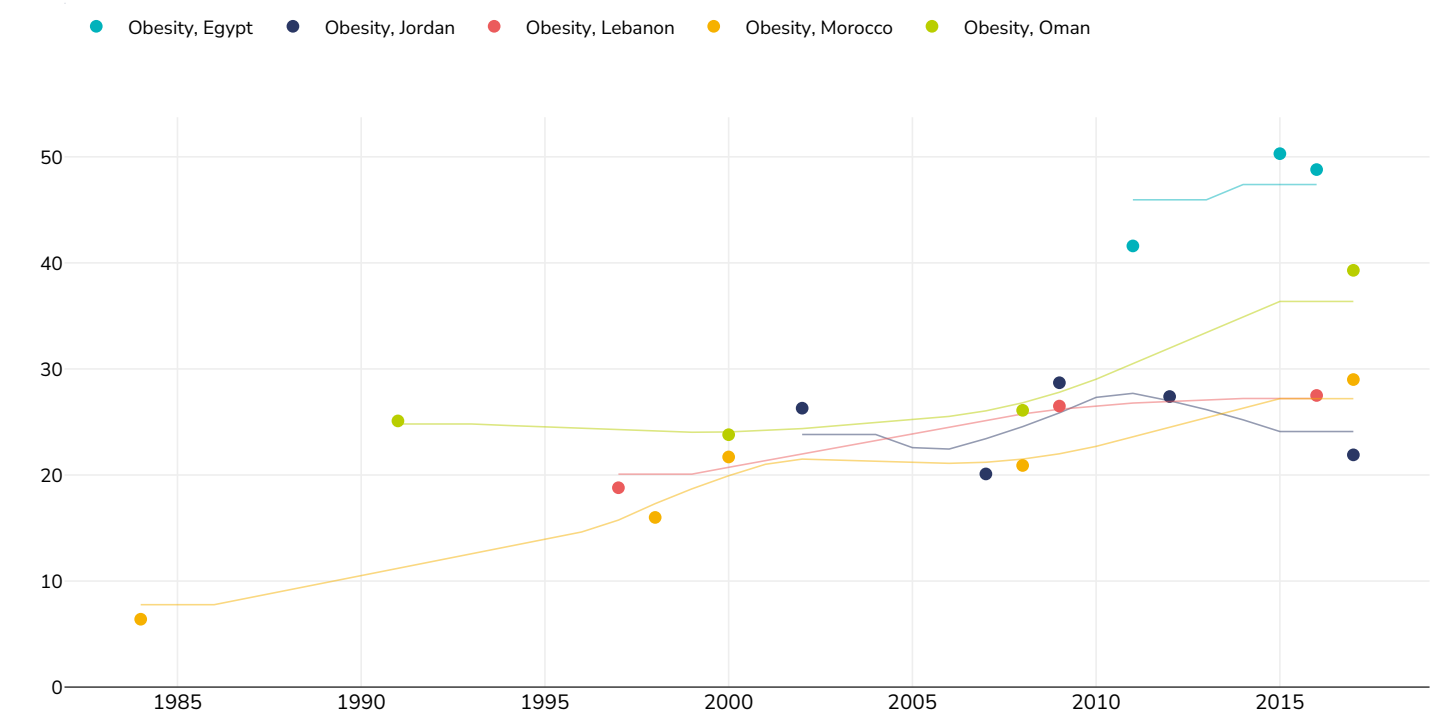
% Adults living with obesity in selected countries in the EMRO Region 1984-2017, selected countries

Women



References:

1984, 1998: Benjelloun S. Nutrition transition in Morocco. Public Health Nutrition. 2002;5(1A):135-140

1991: Al-Lawati JA, Jousilahti PJ. Prevalence and 10year secular trend of obesity in Oman. Saudi Med J 2004;25:346-351

1997: Sibai AM, Hwalla N, Adra N, Rahal B. Prevalence and Covariates of Obesity in Lebanon: Findings from the First Epidemiolgical Study. Obesity Research 203;11:1353-1361

2000: Personal Communication from Morocco Minister of Health. National Survey carried out in 2000. Details in press for Journal of Hypertension (Arpil 03)

2002: WHO Infobase, Macro international data

2007: Department of Statistics [Jordan] and Macro International. 2008. Jordan Population and Family Health Survey 2007: Key Findings. Calverton, Maryland, USA: Department of Statistics and Macro International.

2008: Rhazi K El, Nejjari C, Zidouh A et al. Prevalence of obesity and associated sociodemographic and lifestyle factors in Morocco. Public Health Nutrition 2010:14(1)160-167

2009: WHO STEPS Report 2009 Lebanon

2011: WHO EMRO Egypt STEPS Survey 2011-12

2012: Department of Statistics/Jordan and ICF International. 2013. Jordan Population and Family Health Survey 2012. Calverton, Maryland, USA: Department of Statistics/Jordan and ICF International.

2015: Ministry of Health and Population/Egypt, El-Zanaty and Associates/Egypt, and ICF International. 2015. Egypt Health Issues Survey 2015. Cairo, Egypt: Ministry of Health and Population/Egypt and ICF International. Available at http://dhsprogram.com/publications/publication-FR313-DHS-Final-Reports.cfm#sthash.StgV9s6X.dpuf

2016: WHO STEPWISE APPROACH FOR NON-COMMUNICABLE DISEASESRISK FACTOR SURVEILLANCE, Lebanon, 2016-2017 https://www.who.int/ncds/surveillance/steps/Lebanon_STEPS_report_2016-2017.pdf?ua=1 (last accessed 16.10.19)

2017: Executive Summary. Oman National Non-Communicable Disease & their Risk Factors Survey 2017 https://mohcsr.gov.om/wp-content/uploads/2019/01/Executive-Summary_NCDsurvey2017_En.pdf (last accessed 17.10.19)

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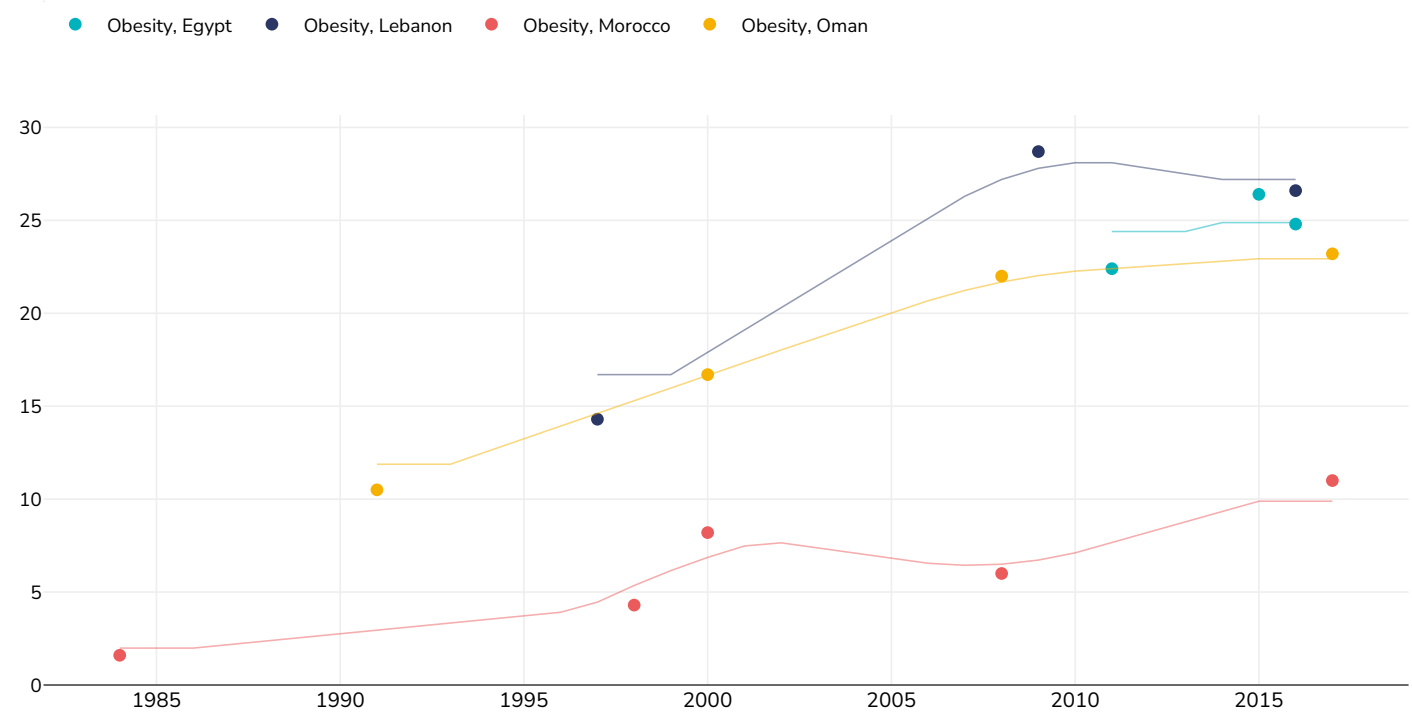
Men



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1984, 1998: Benjelloun S. Nutrition transition in Morocco. Public Health Nutrition. 2002;5(1A):135-140

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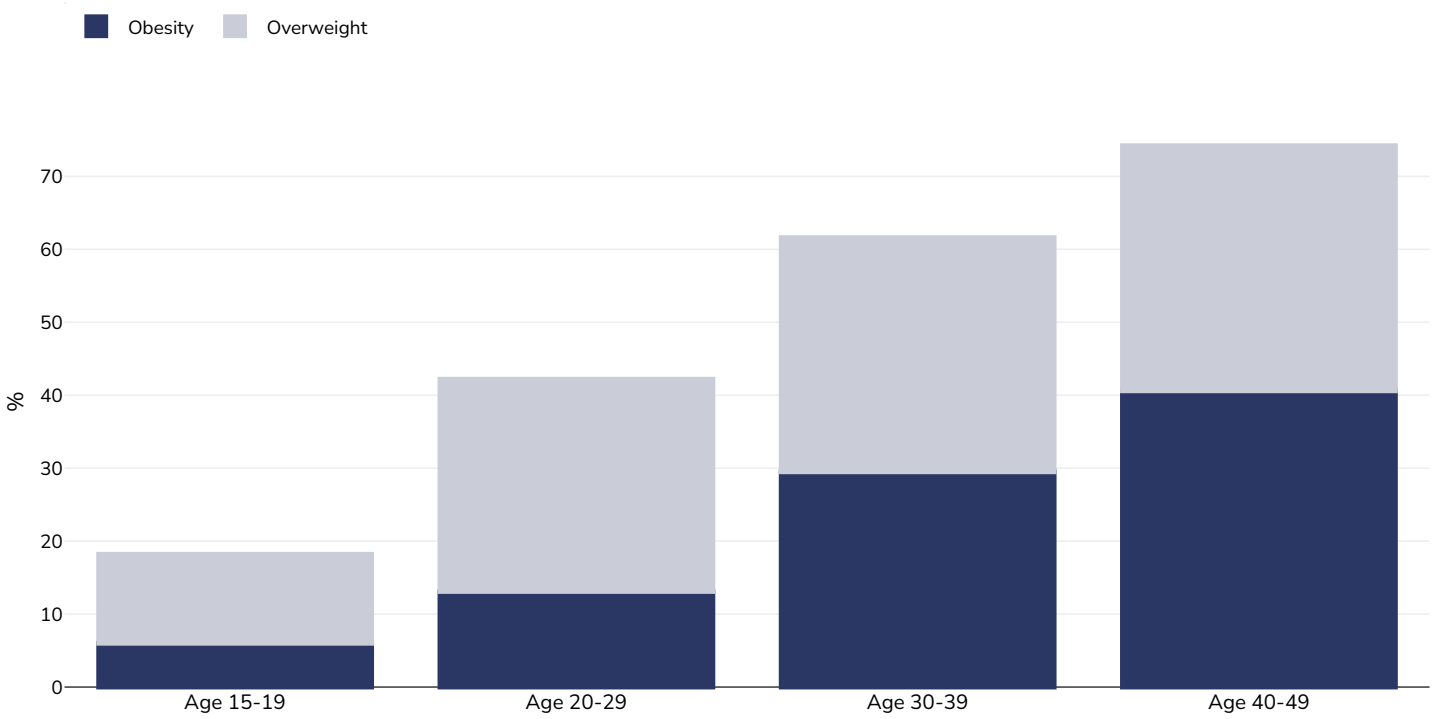
Overweight/obesity by age

Women, 2023



Survey type:	Measured
Sample size:	2815
Area covered:	National
References:	Ministry of Public Health, UNICEF-Lebanon, American University of Beirut, Mercy USA, World Food Programme, Harvard T.H. Chan School of Public Health, and GroundWork. Integrated Micronutrient, Anthropometry and Child Development Survey 2023. Beirut, Lebanon; 2024.

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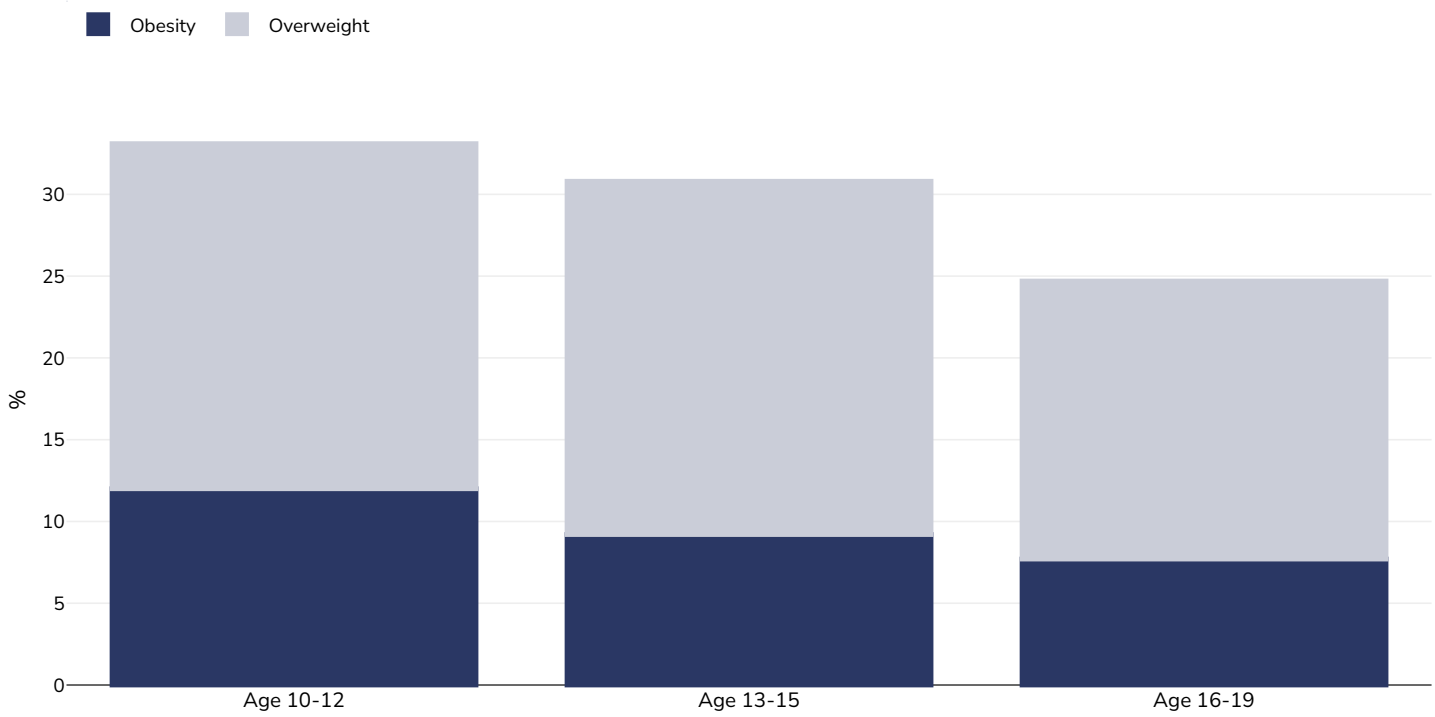
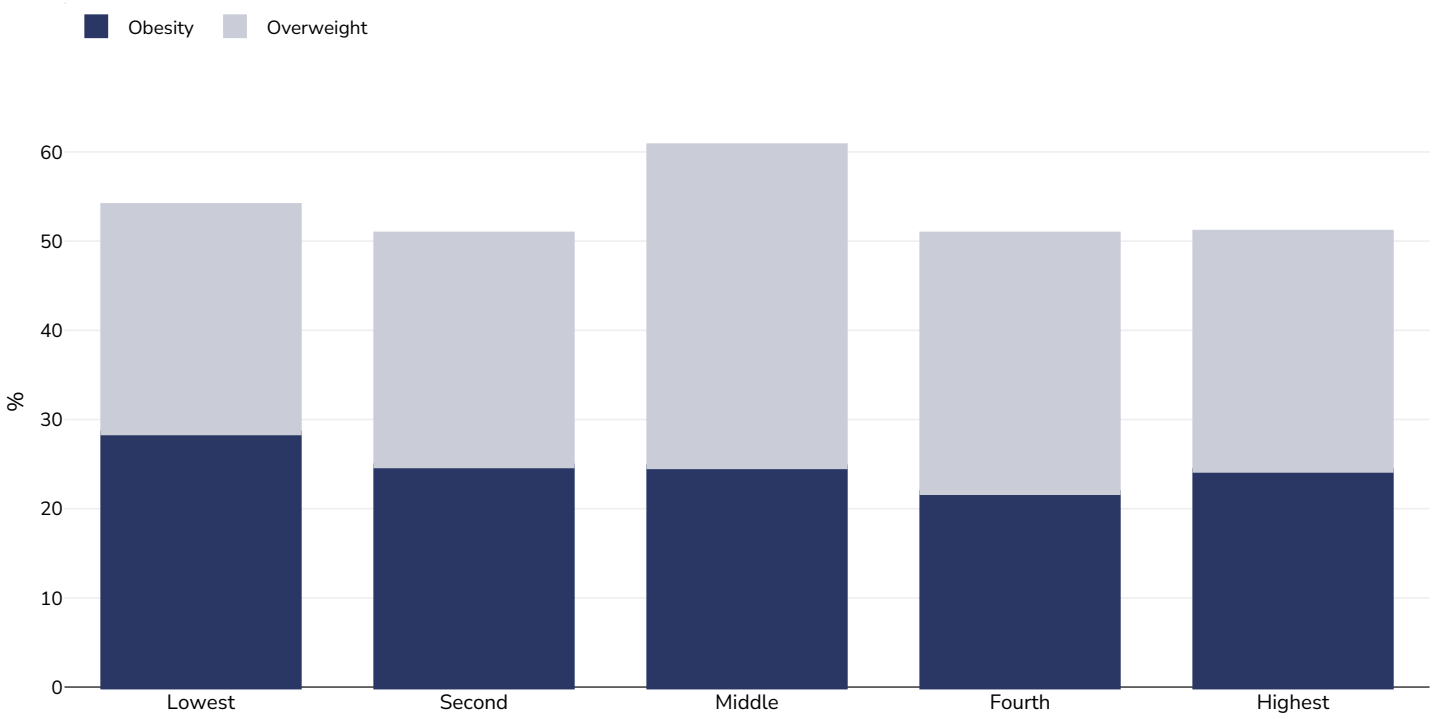
Children, 2023



Survey type:	Measured
Sample size:	2128
Area covered:	National
References:	Ministry of Public Health, UNICEF-Lebanon, American University of Beirut, Mercy USA, World Food Programme, Harvard T.H. Chan School of Public Health, and GroundWork. Integrated Micronutrient, Anthropometry and Child Development Survey 2023. Beirut, Lebanon; 2024.
Definitions:	Overweight was defined as a BMI-for-age z-score of greater than +1.0, while obesity was defined as a BMI-for-age z-score of greater than +2.0
Cutoffs:	WHO

Overweight/obesity by socio-economic group

Women, 2023



Survey type:	Measured
Age:	15-49
Sample size:	2815
Area covered:	National
References:	Ministry of Public Health, UNICEF-Lebanon, American University of Beirut, Mercy USA, World Food Programme, Harvard T.H. Chan School of Public Health, and GroundWork. Integrated Micronutrient, Anthropometry and Child Development Survey 2023. Beirut, Lebanon; 2024.

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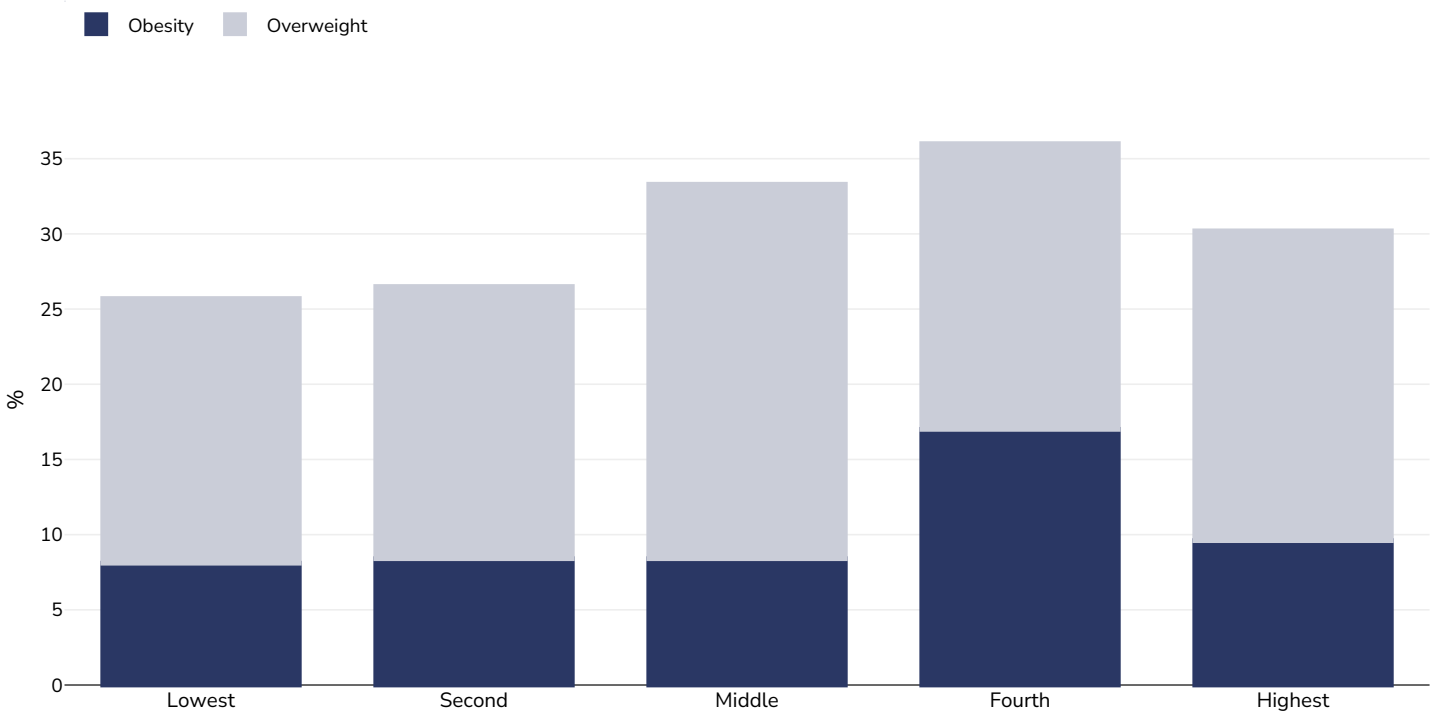
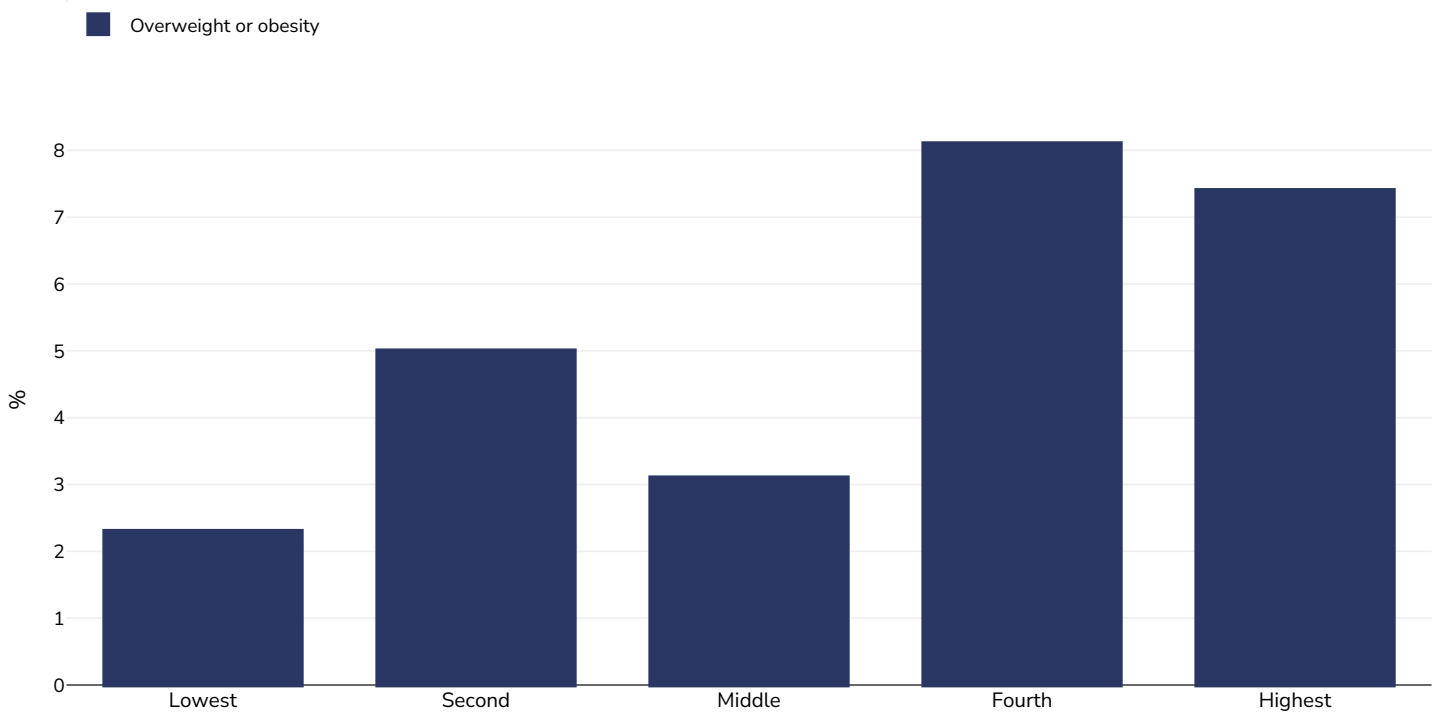
Girls, 2023



Survey type:	Measured
Age:	10-19
Sample size:	2128
Area covered:	National
References:	Ministry of Public Health, UNICEF-Lebanon, American University of Beirut, Mercy USA, World Food Programme, Harvard T.H. Chan School of Public Health, and GroundWork. Integrated Micronutrient, Anthropometry and Child Development Survey 2023. Beirut, Lebanon; 2024.
Definitions:	Overweight was defined as a BMI-for-age z-score of greater than +1.0, while obesity was defined as a BMI-for-age z-score of greater than +2.0
Cutoffs:	WHO

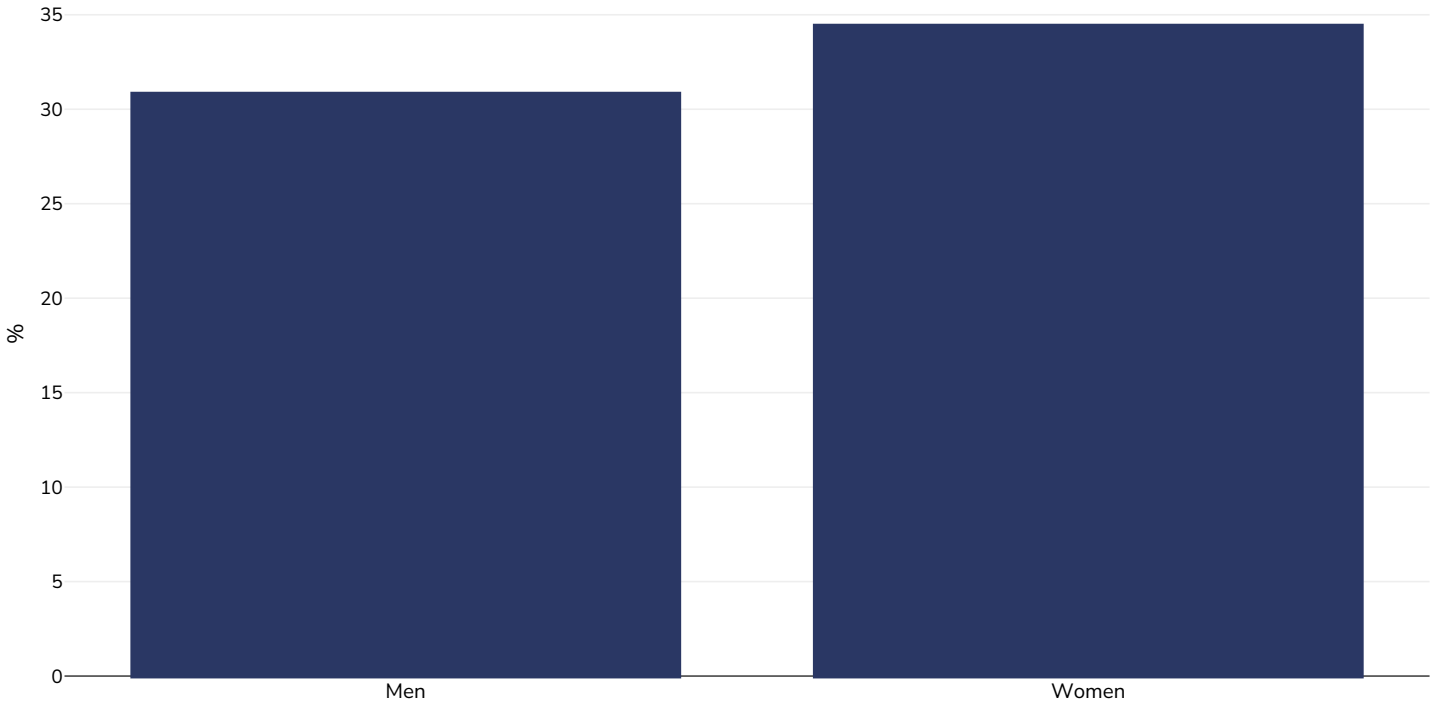
0-5 years, 2023



Survey type:	Measured
Sample size:	1899
Area covered:	National
References:	Ministry of Public Health, UNICEF-Lebanon, American University of Beirut, Mercy USA, World Food Programme, Harvard T.H. Chan School of Public Health, and GroundWork. Integrated Micronutrient, Anthropometry and Child Development Survey 2023. Beirut, Lebanon; 2024.
Definitions:	Overweight is a weight-for-height z-score greater than +2.0 but less than or equal to +3.0. Obesity is defined as a weight-for-height z-score greater than +3.0.
Cutoffs:	WHO

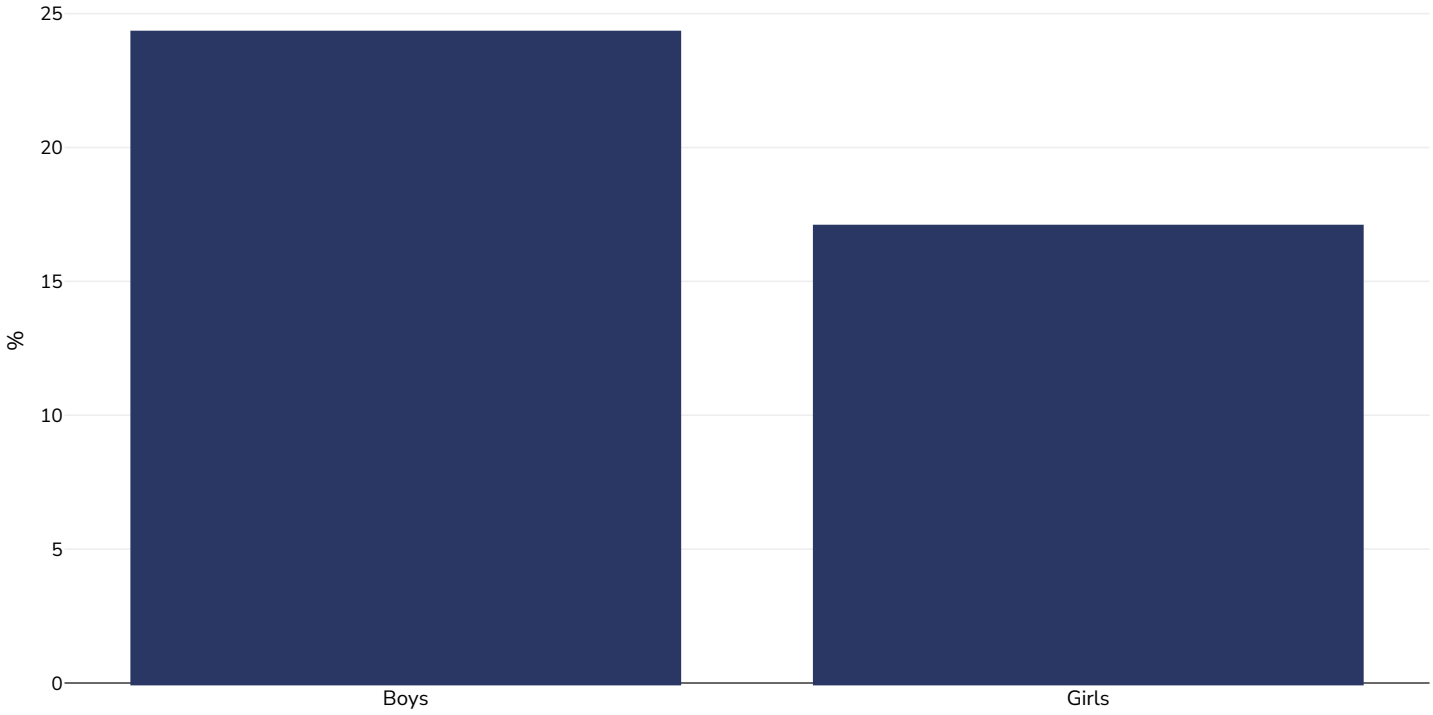
Double burden of underweight & overweight

Adults, 2022



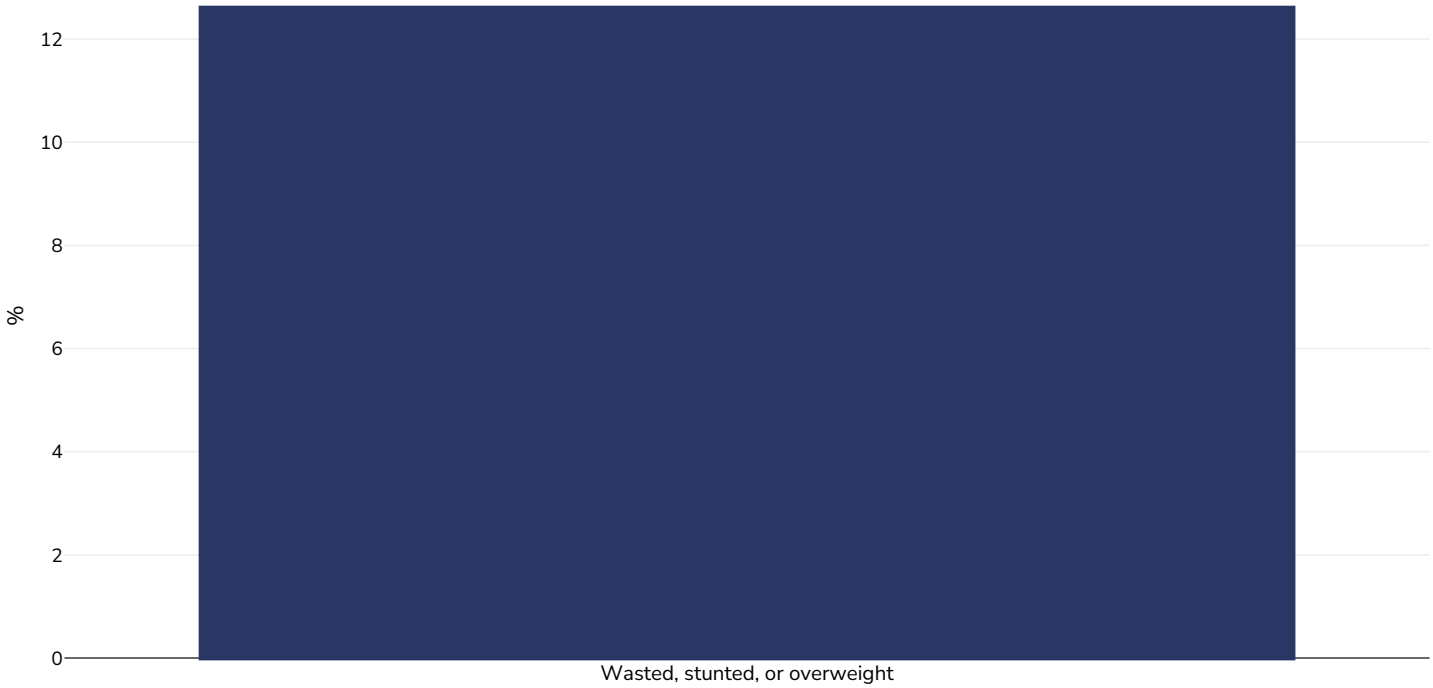
Survey type:	Measured
Age:	20+
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age Standardised estimates
Definitions:	Combined prevalence of BMI<18.5 kg/m² and BMI>=30 kg/m² (double burden of underweight and obesity)

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

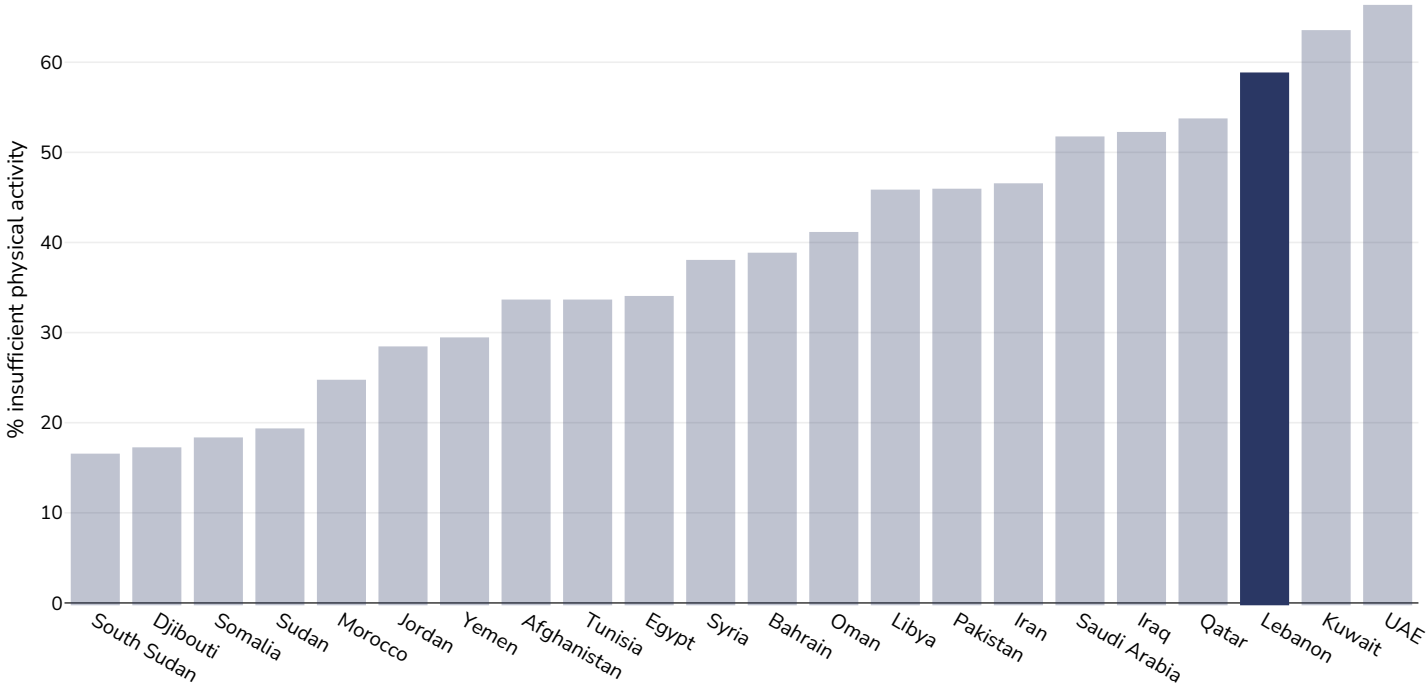
0-5 years, 2021



Survey type:	Measured
Age:	0-5
References:	United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2025). Global UNICEF Global Databases: Overlapping Stunting, Wasting and Overweight (Survey Estimates), 2025, New York. For more information, visit: https://data.unicef.org/topic/nutrition/malnutrition/ [Accessed 06.08.25]
Notes:	Lebanon National Nutrition SMART Survey
Definitions:	Combined percentage of children under 5 years of age who are either wasted, stunted, or overweight (falling below -2 standard deviations from the median weight-for-height, falling below -2 standard deviations from the median height for age, or falling at or above +2 standard deviations from the median weight-for-height of the reference population)
Cutoffs:	WHZ <-2, HAZ <-2 and WHZ >+2

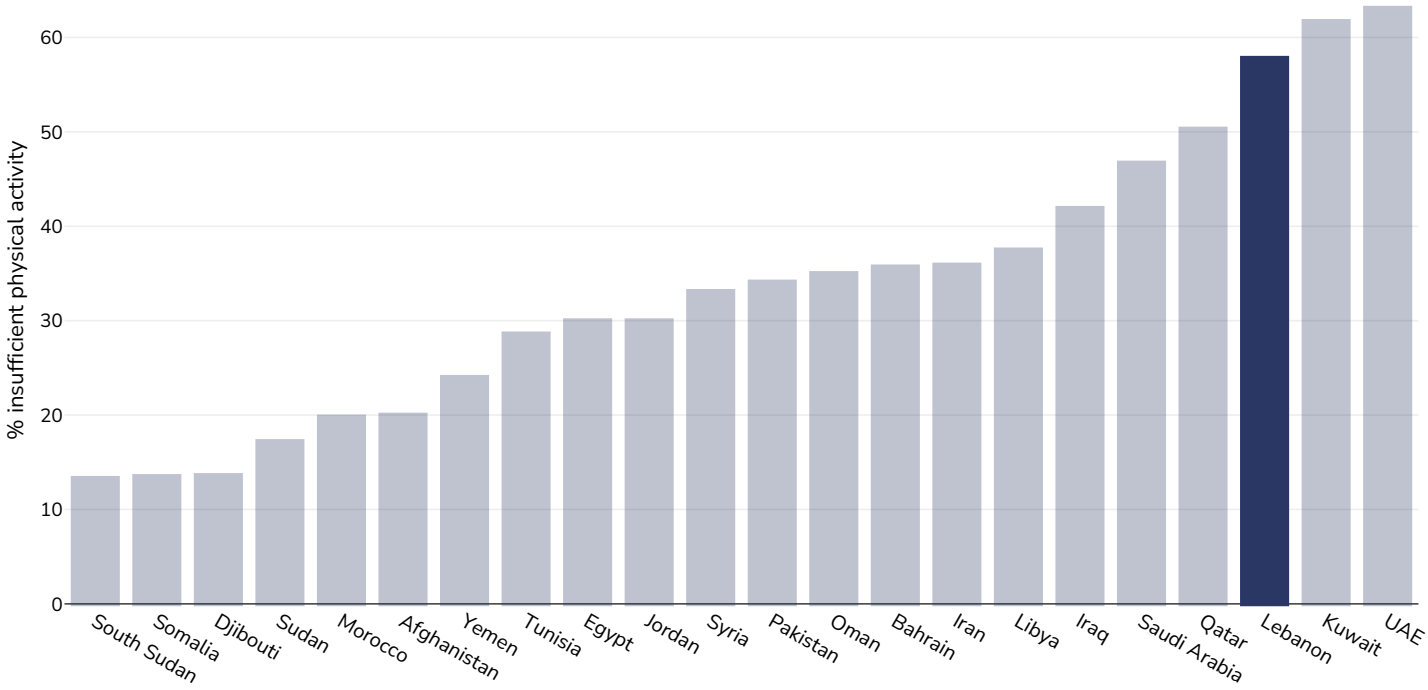
Insufficient physical activity

Adults, 2022



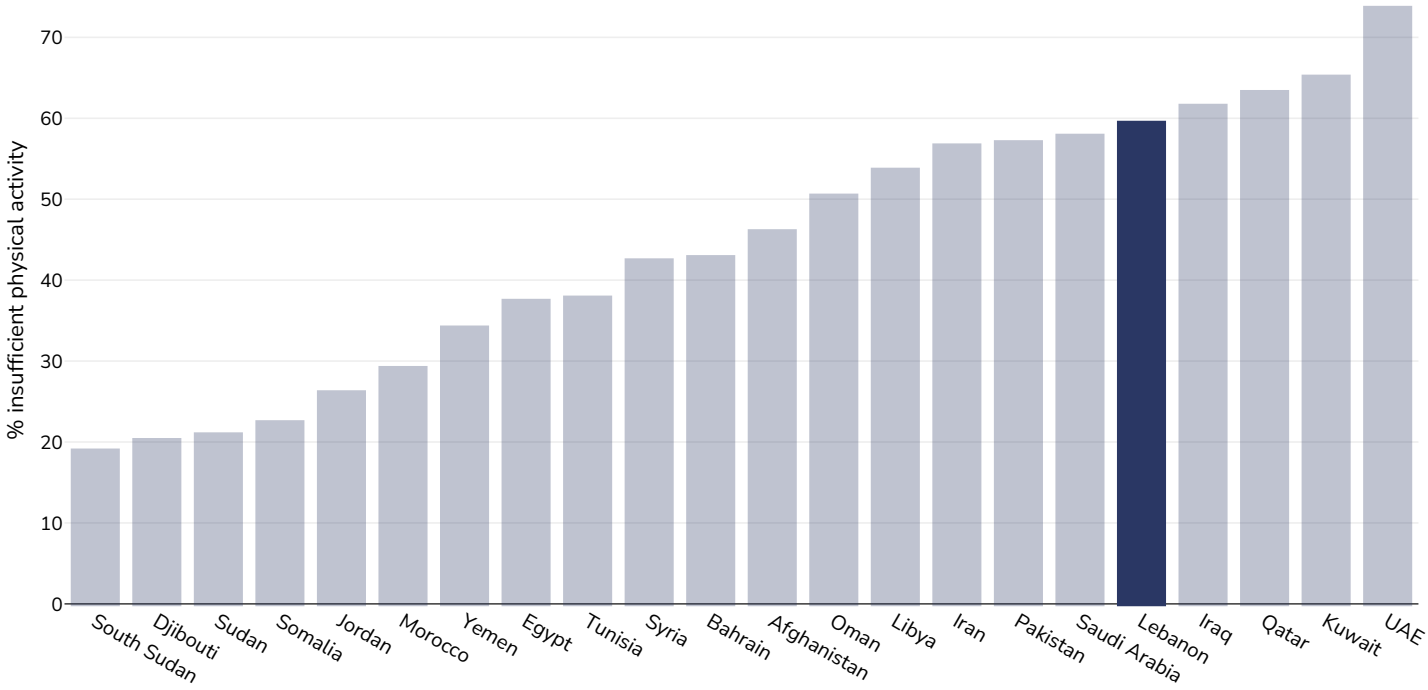
Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Men, 2022



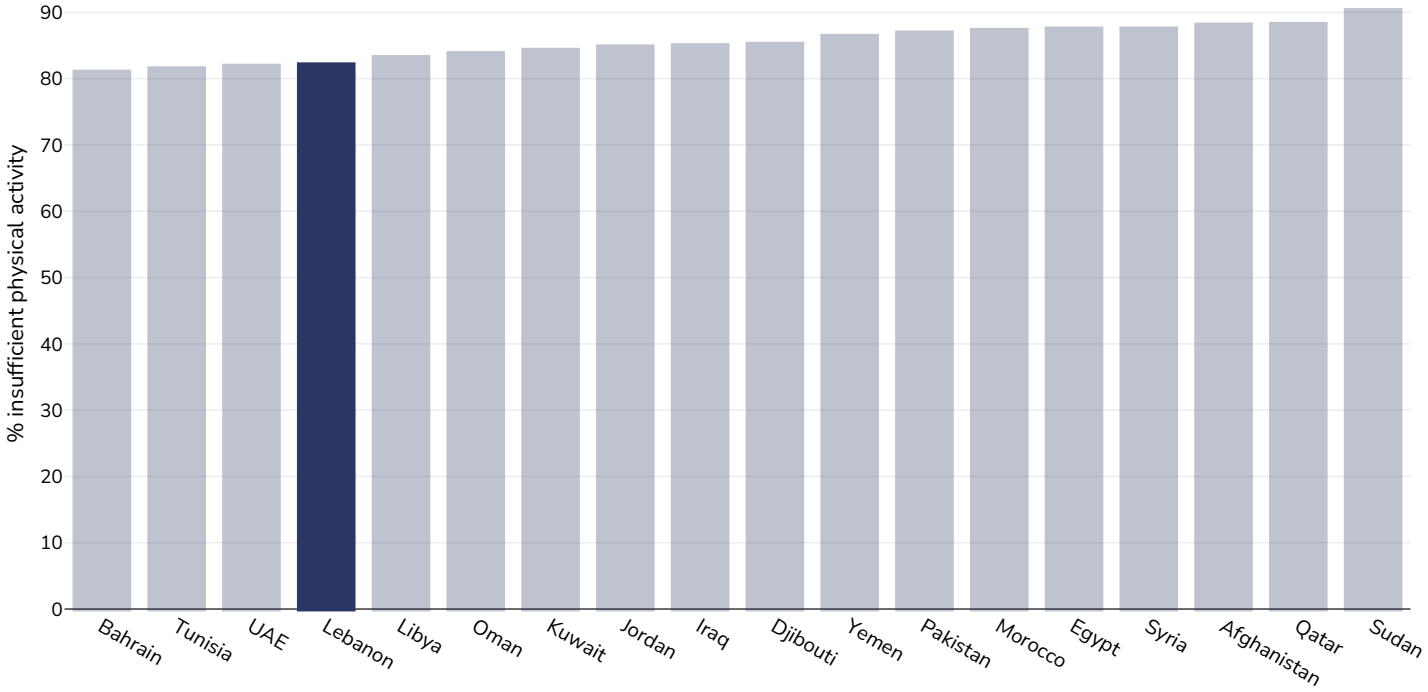
Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Women, 2022



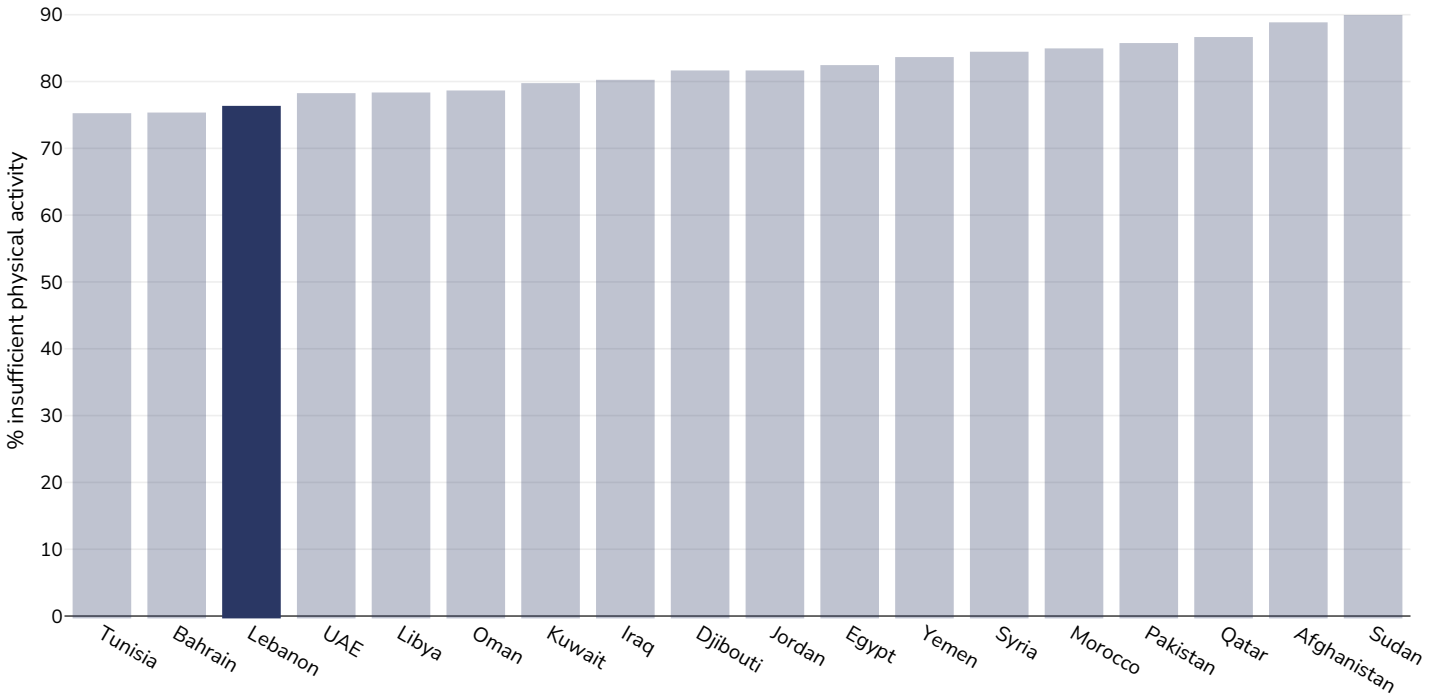
Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Children, 2016



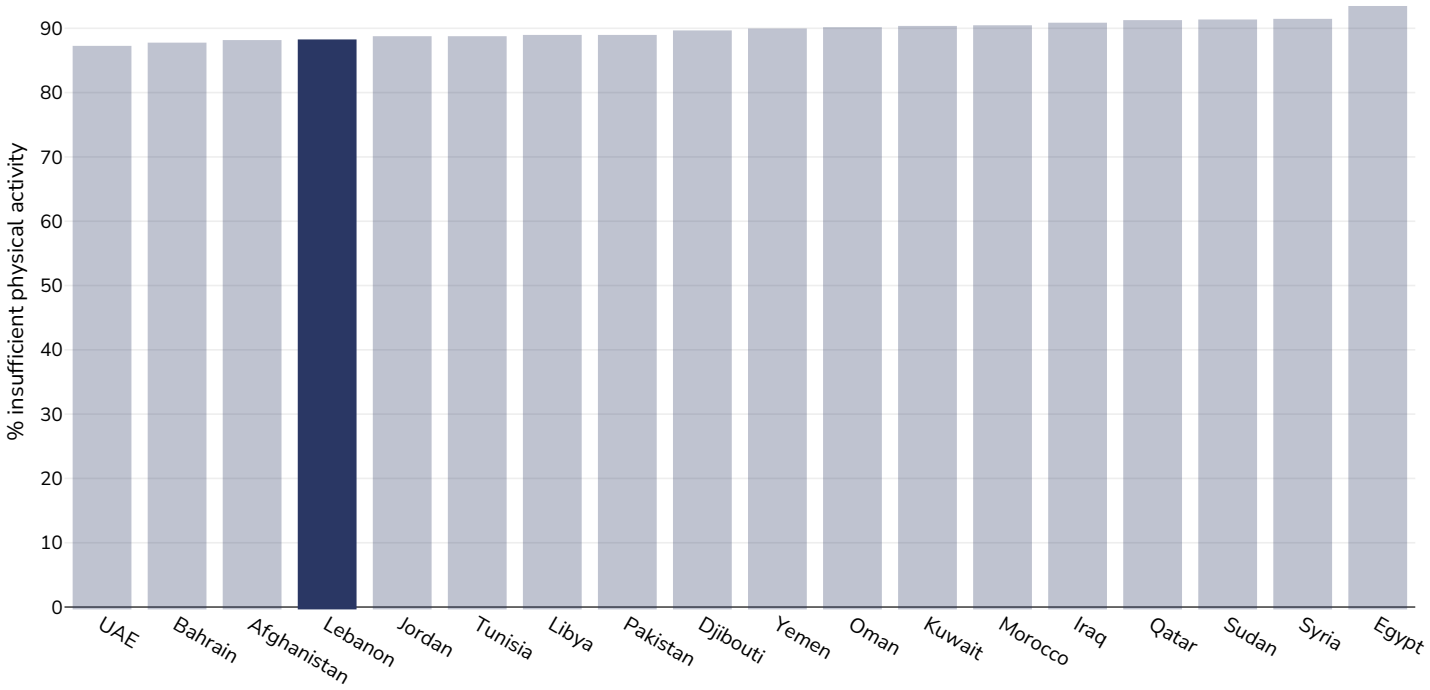
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Boys, 2016



Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

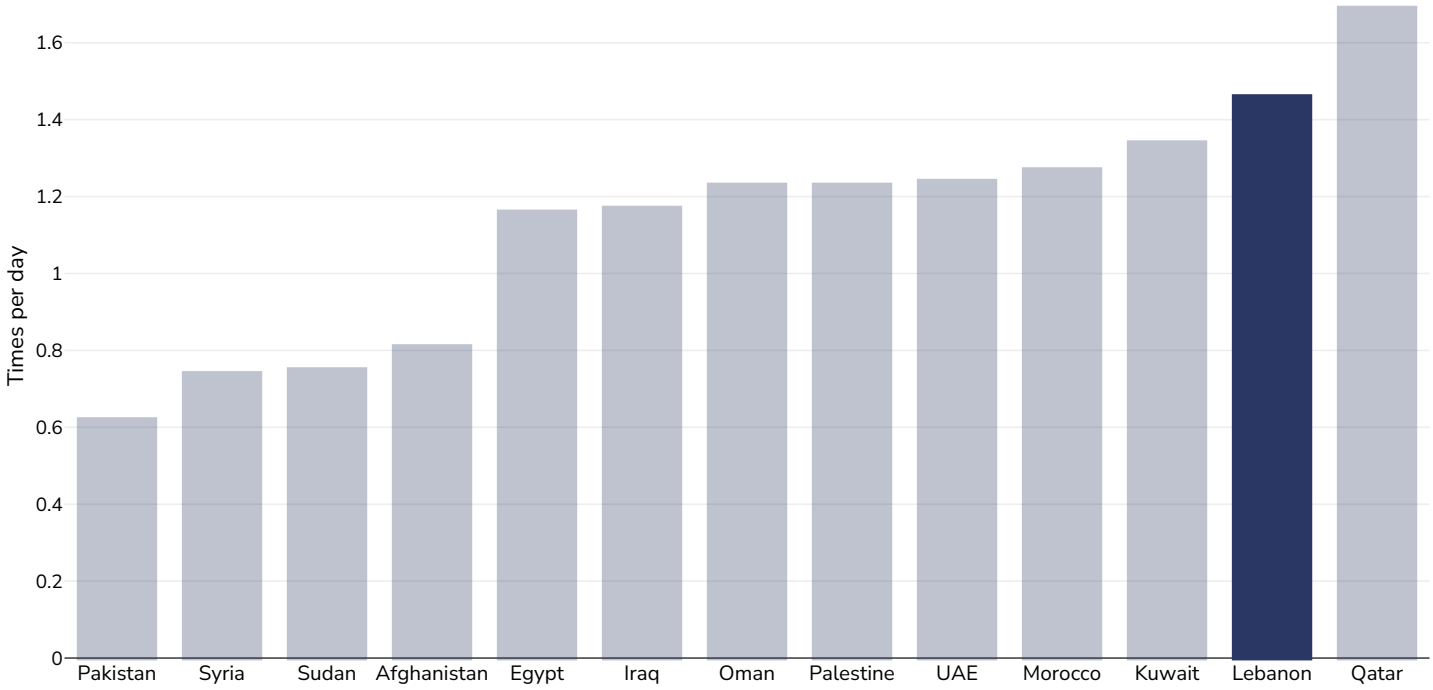
Girls, 2016



Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Average daily frequency of carbonated soft drink consumption

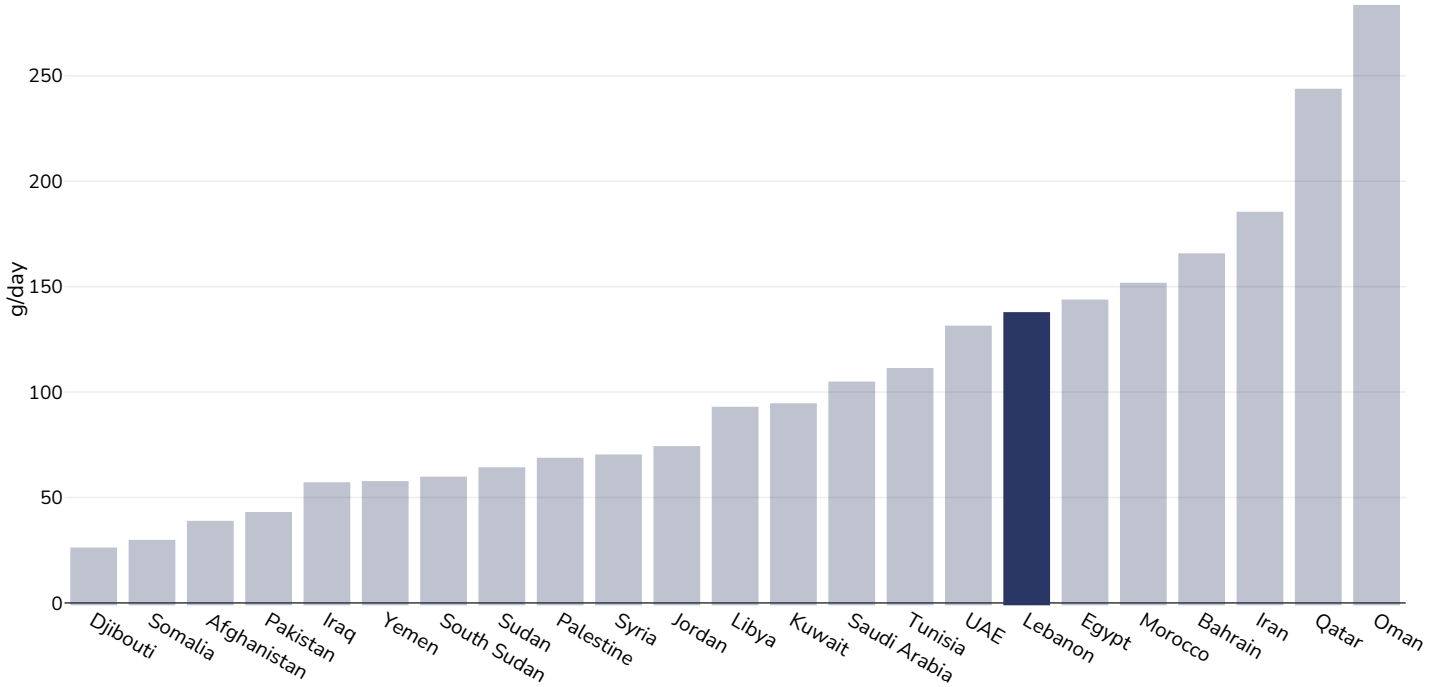
Children, 2009-2015



Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

Estimated per capita fruit intake

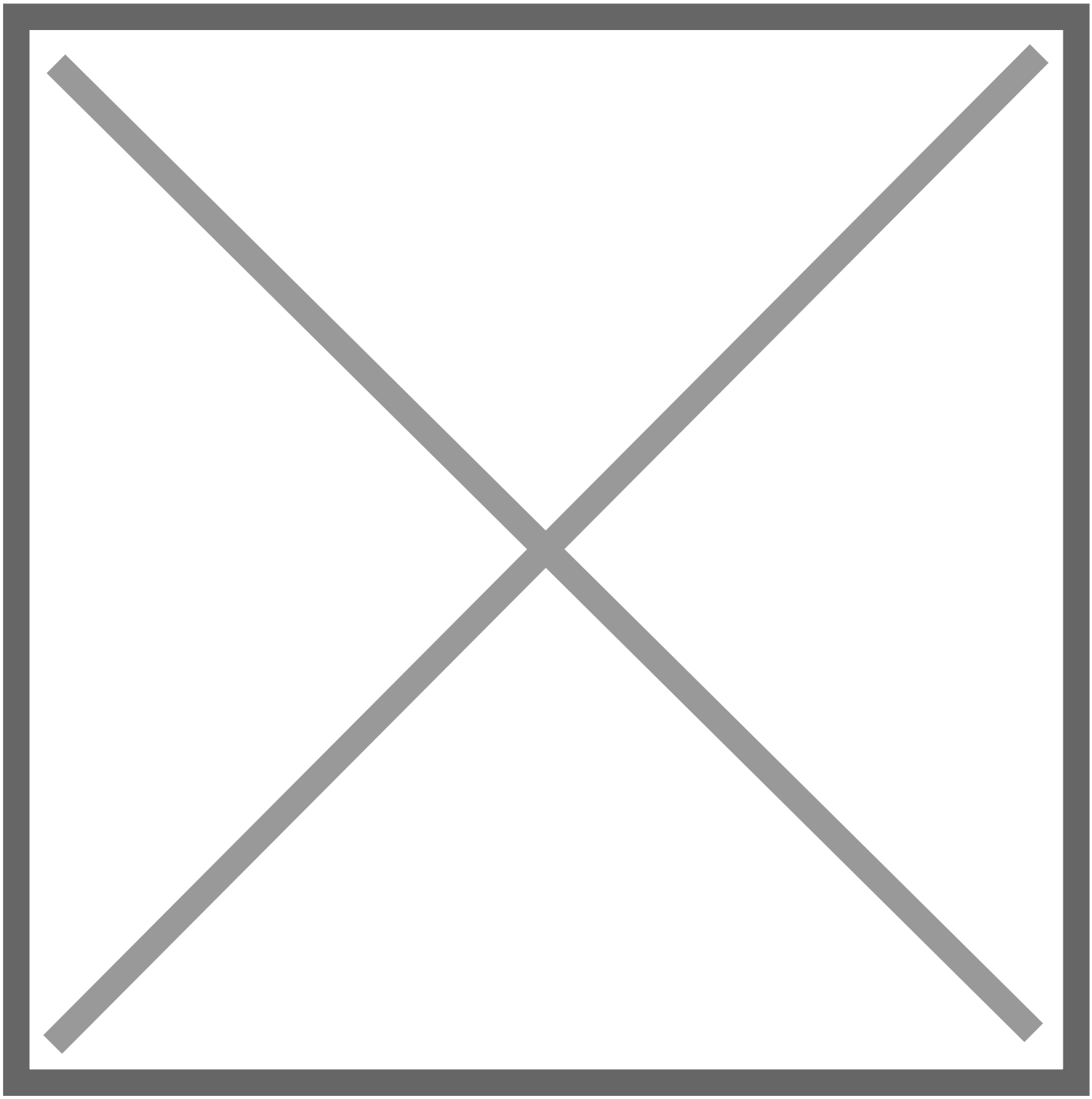
Adults, 2017



Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita fruit intake (g/day)

Prevalence of less than daily fruit consumption

Children, 2011

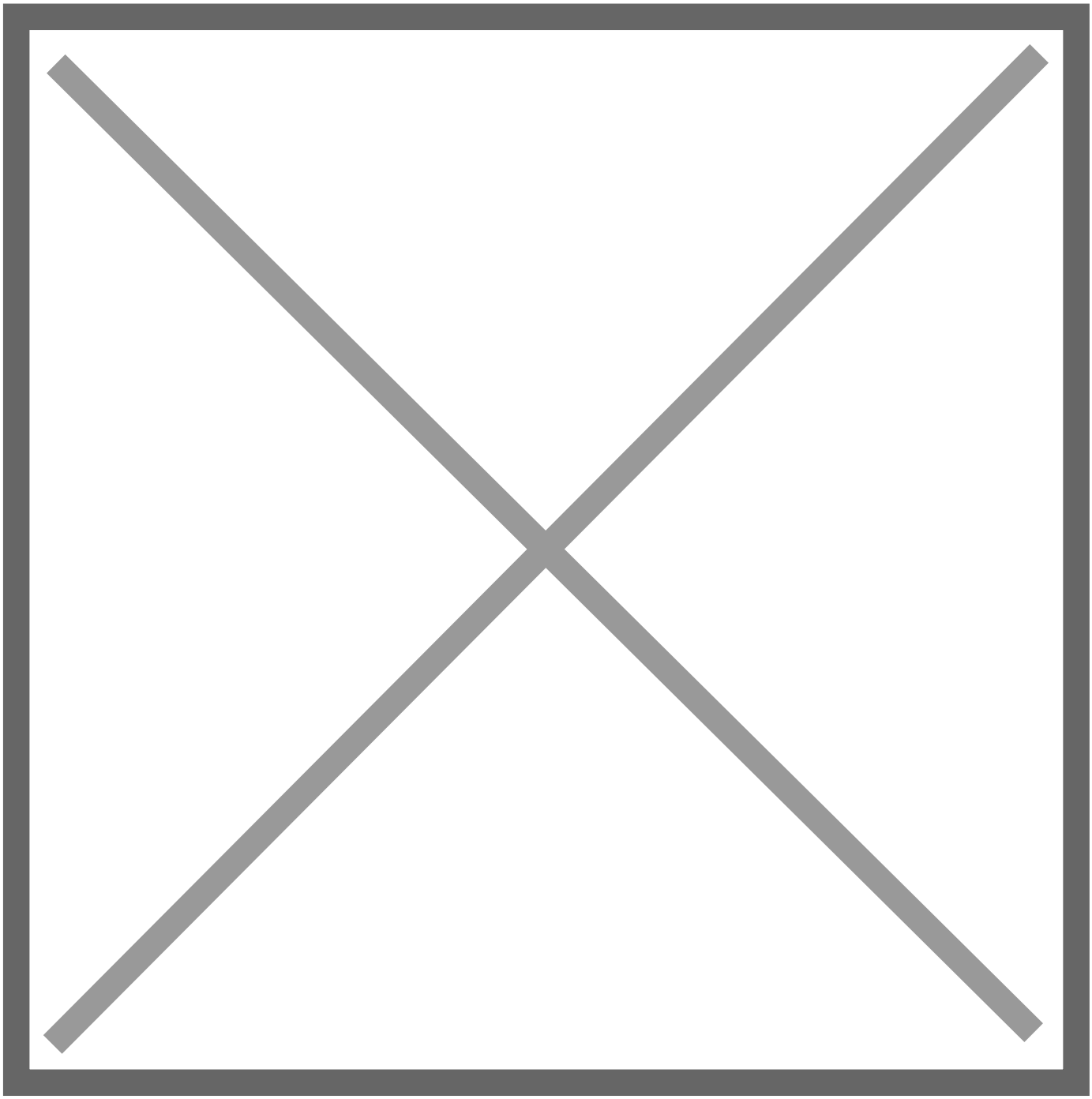


Survey type:	Self-reported
Age:	12-17
Area covered:	National
References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

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

Prevalence of less than daily vegetable consumption

Children, 2011

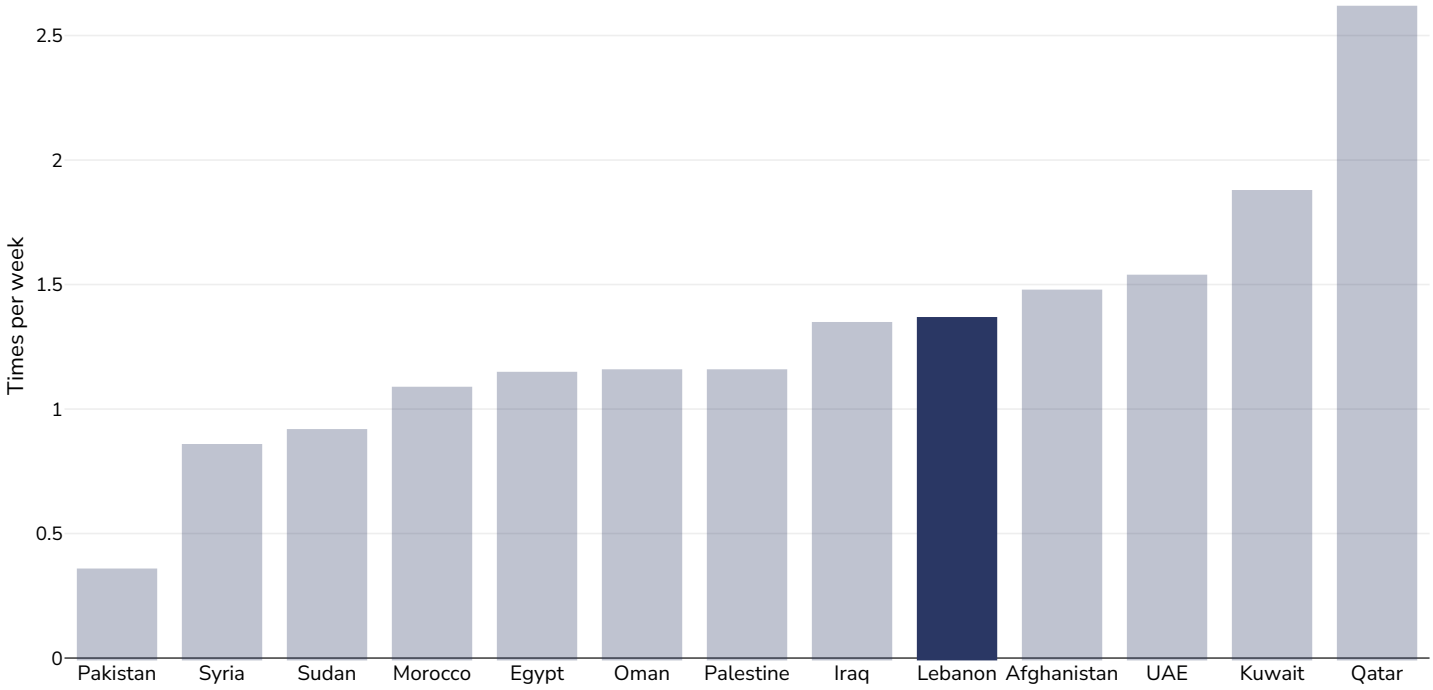


Survey type:	Self-reported
Age:	12-17
Area covered:	National
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

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

Average weekly frequency of fast food consumption

Children, 2009-2015

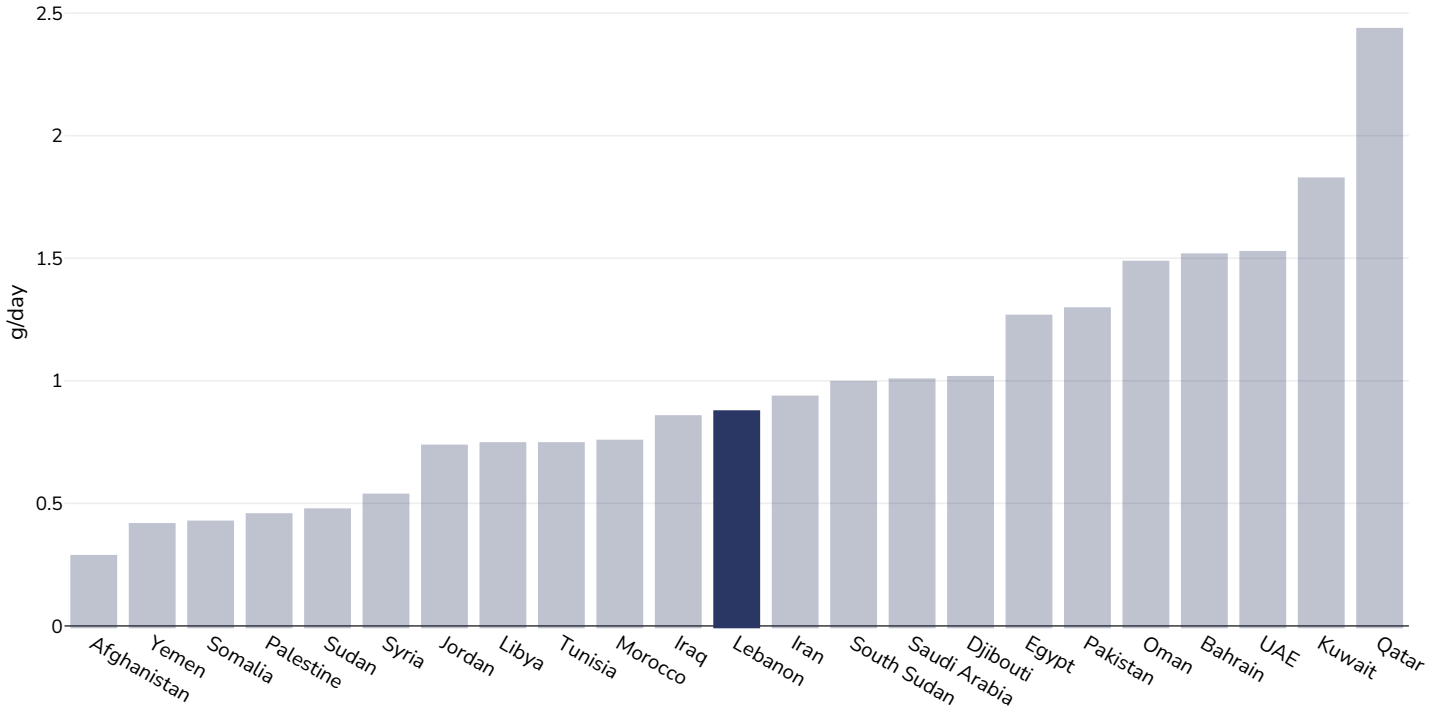


Age: 12-17

References: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

Estimated per-capita processed meat intake

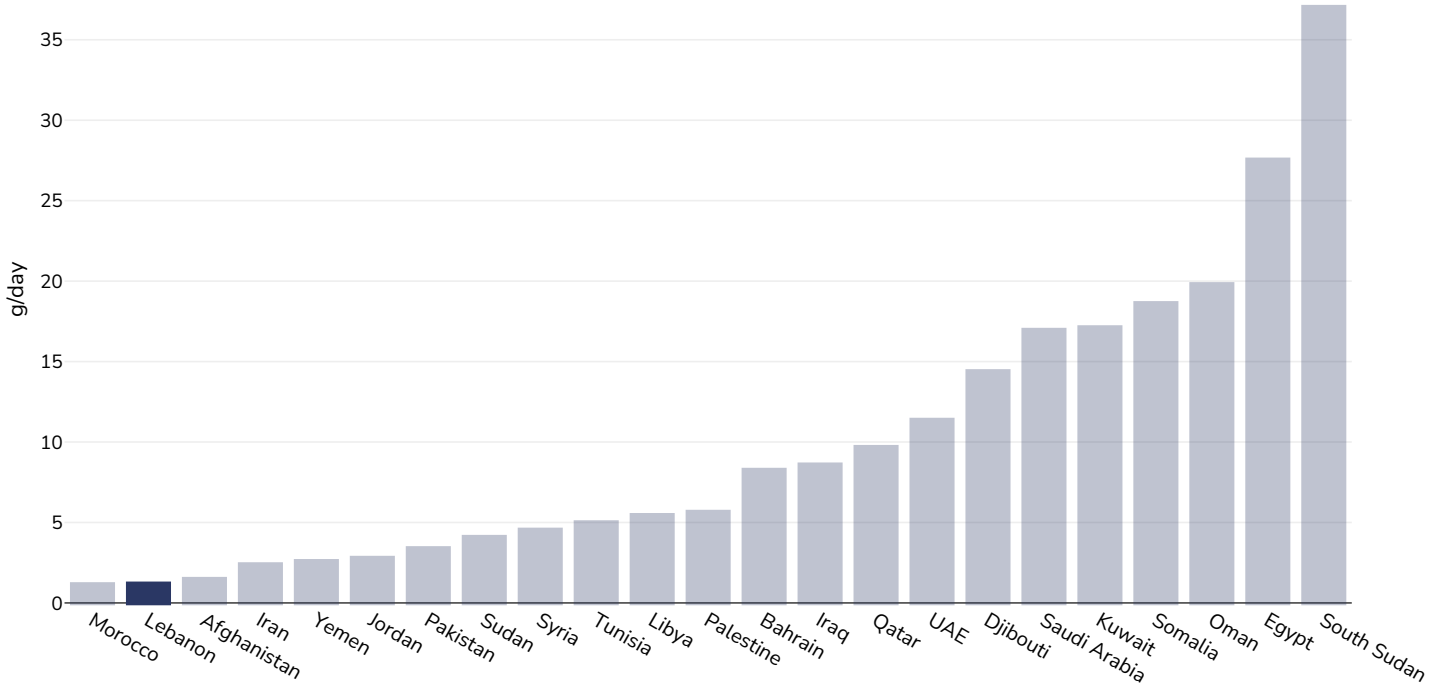
Adults, 2017



Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

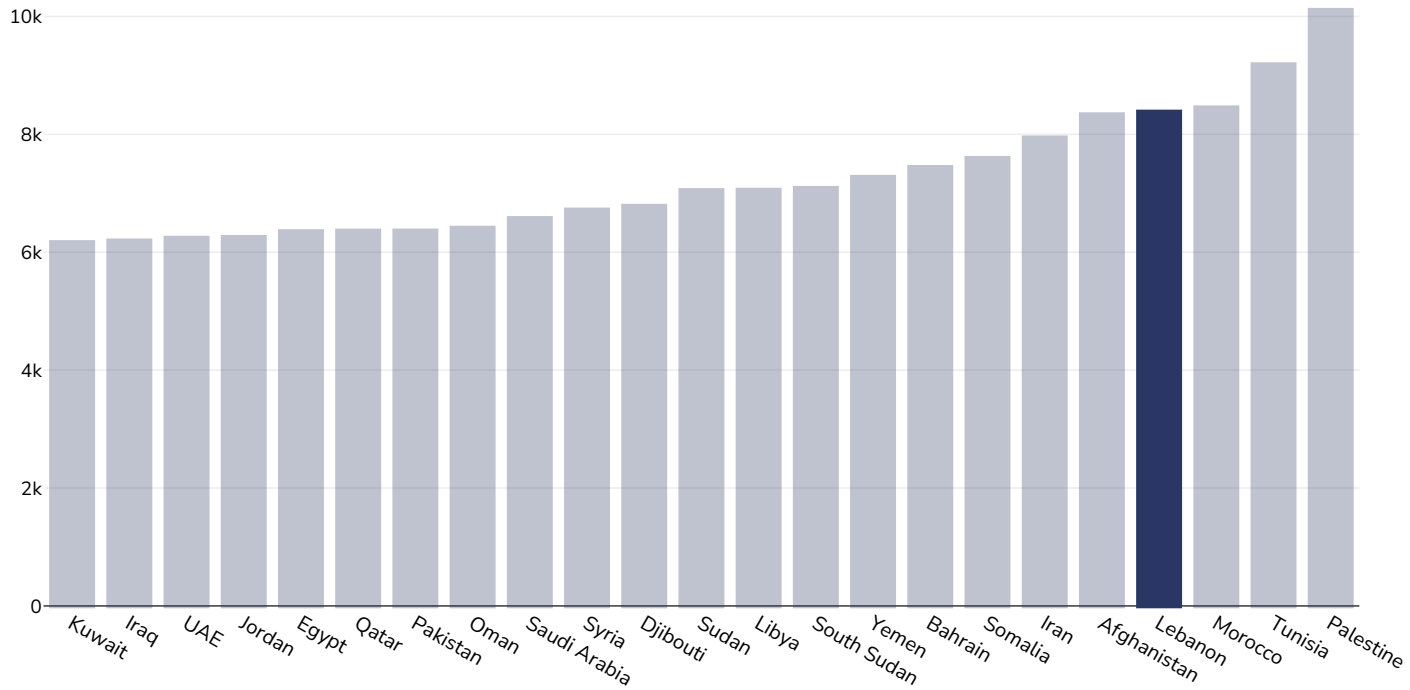
Adults, 2017



Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita whole grains intake (g/day)

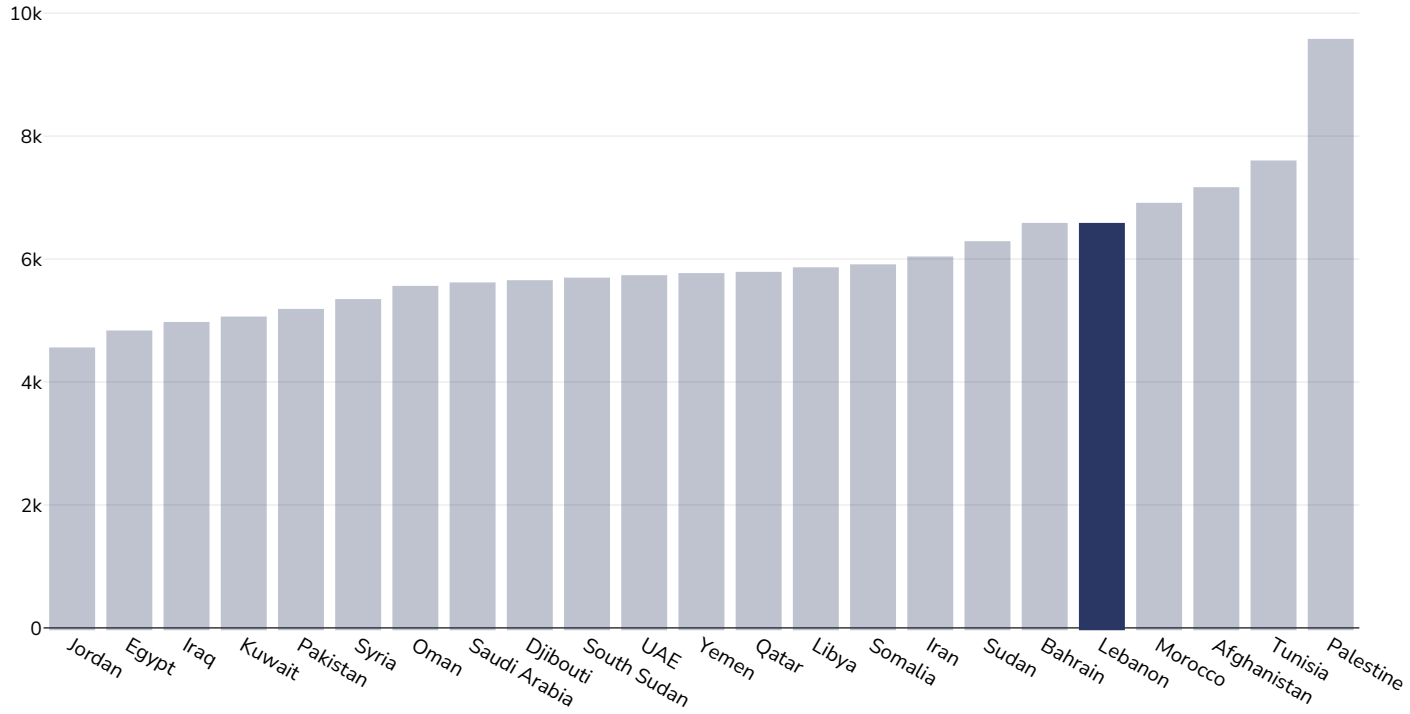
Mental health - depression disorders

Adults, 2021



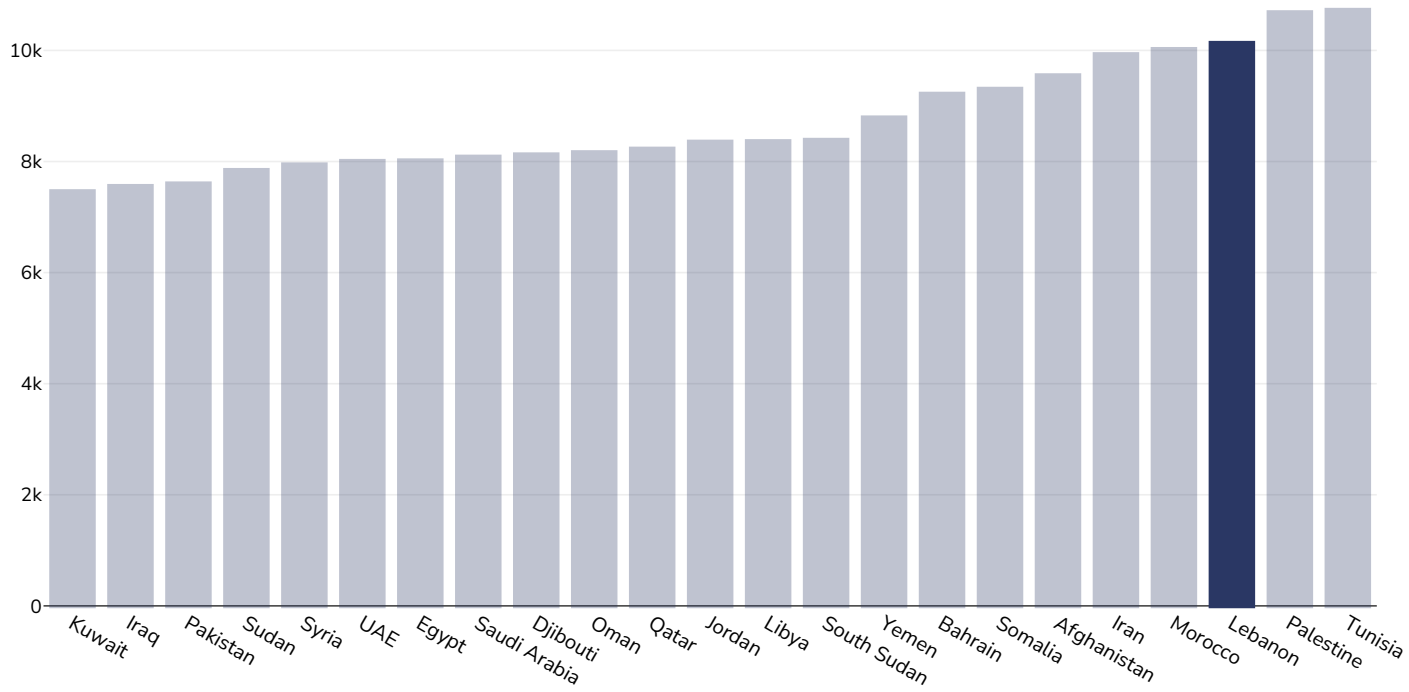
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Men, 2021



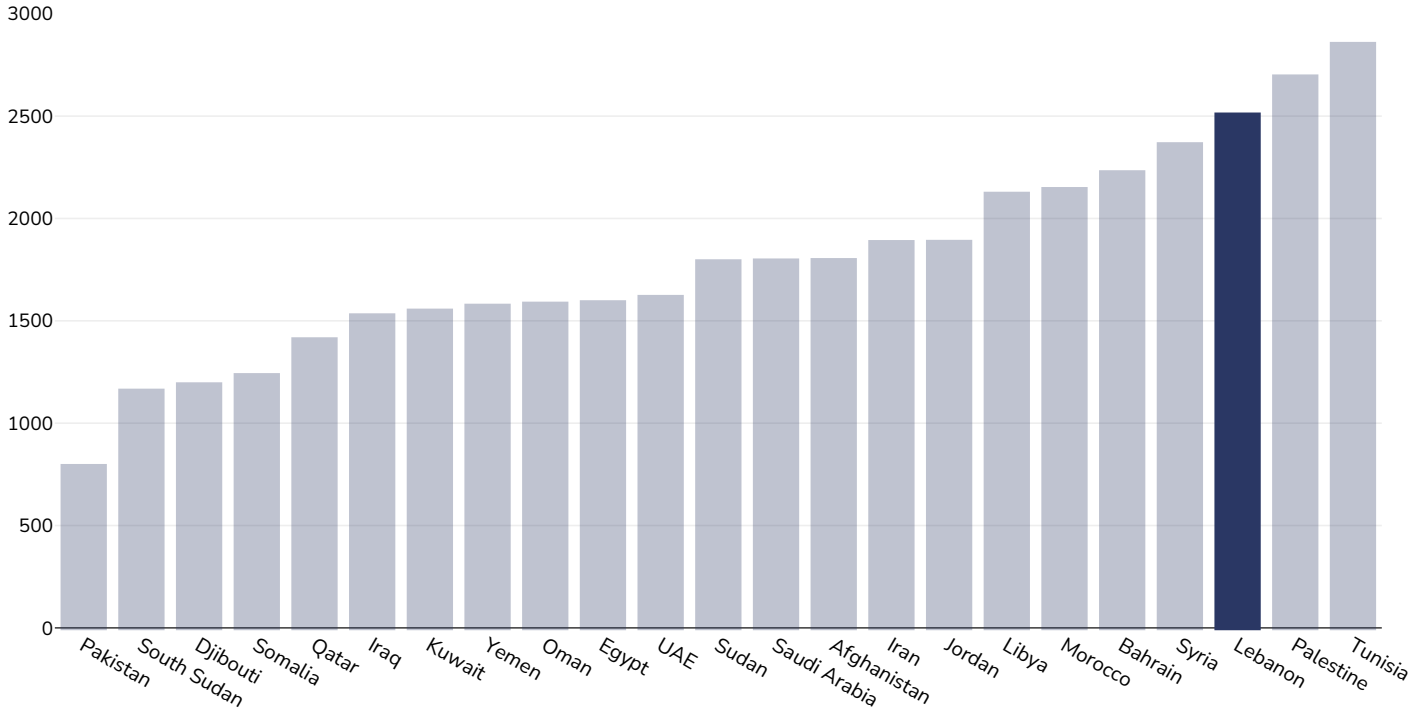
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Women, 2021



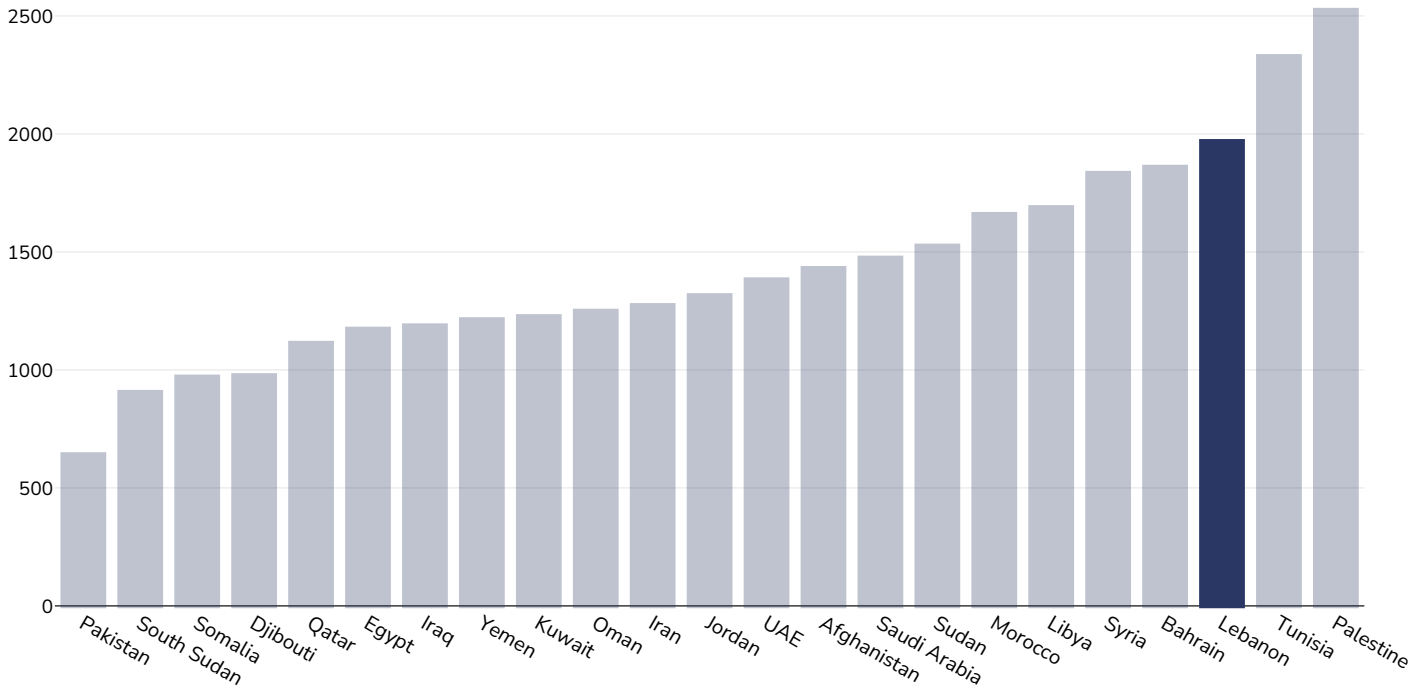
Age:	20+
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depression per 100,000 population (adults 20+ years)

Children, 2021



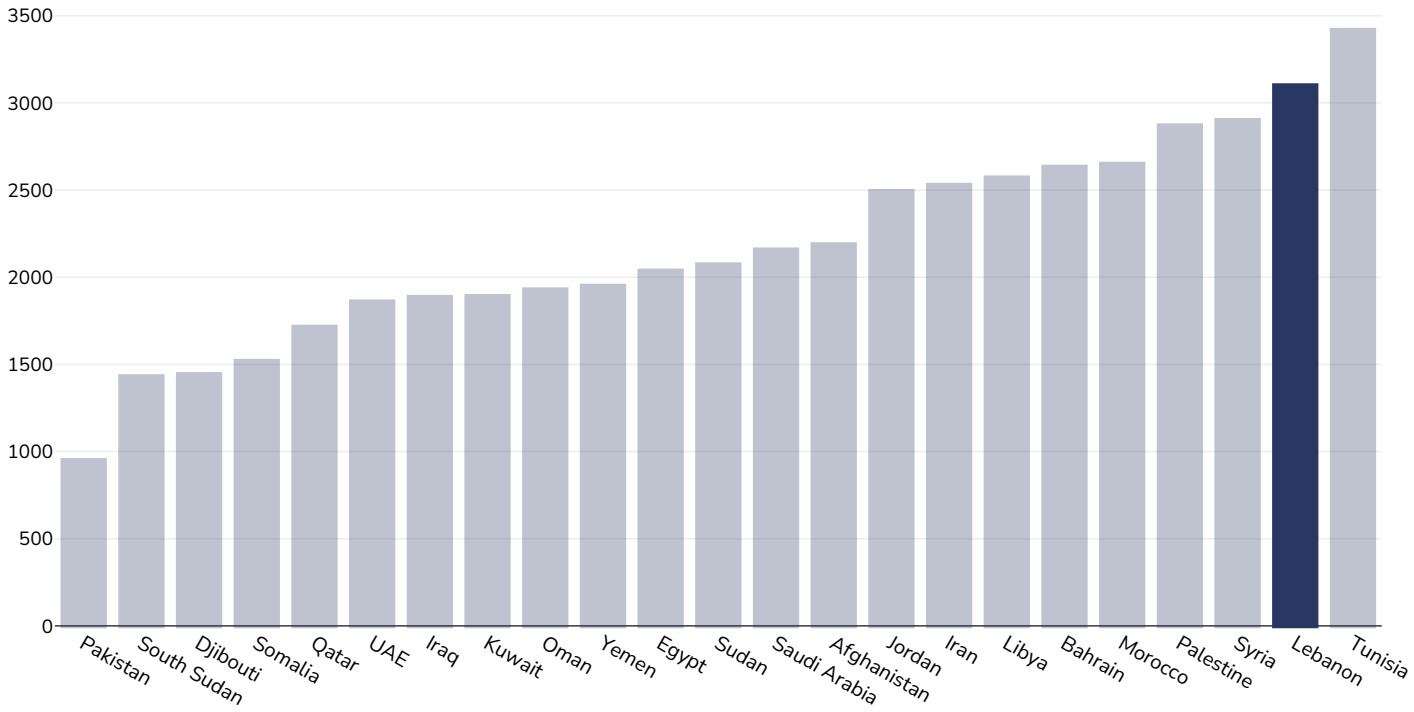
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

Boys, 2021



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

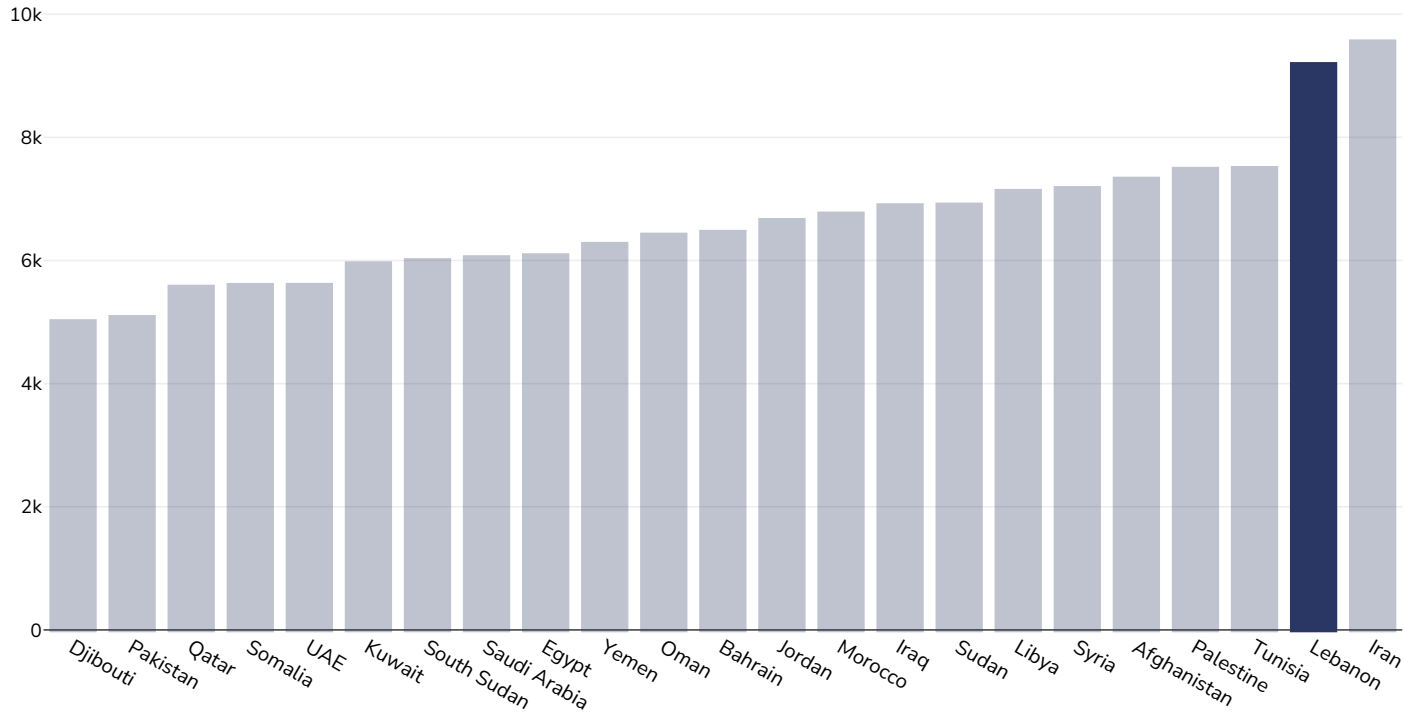
Girls, 2021



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

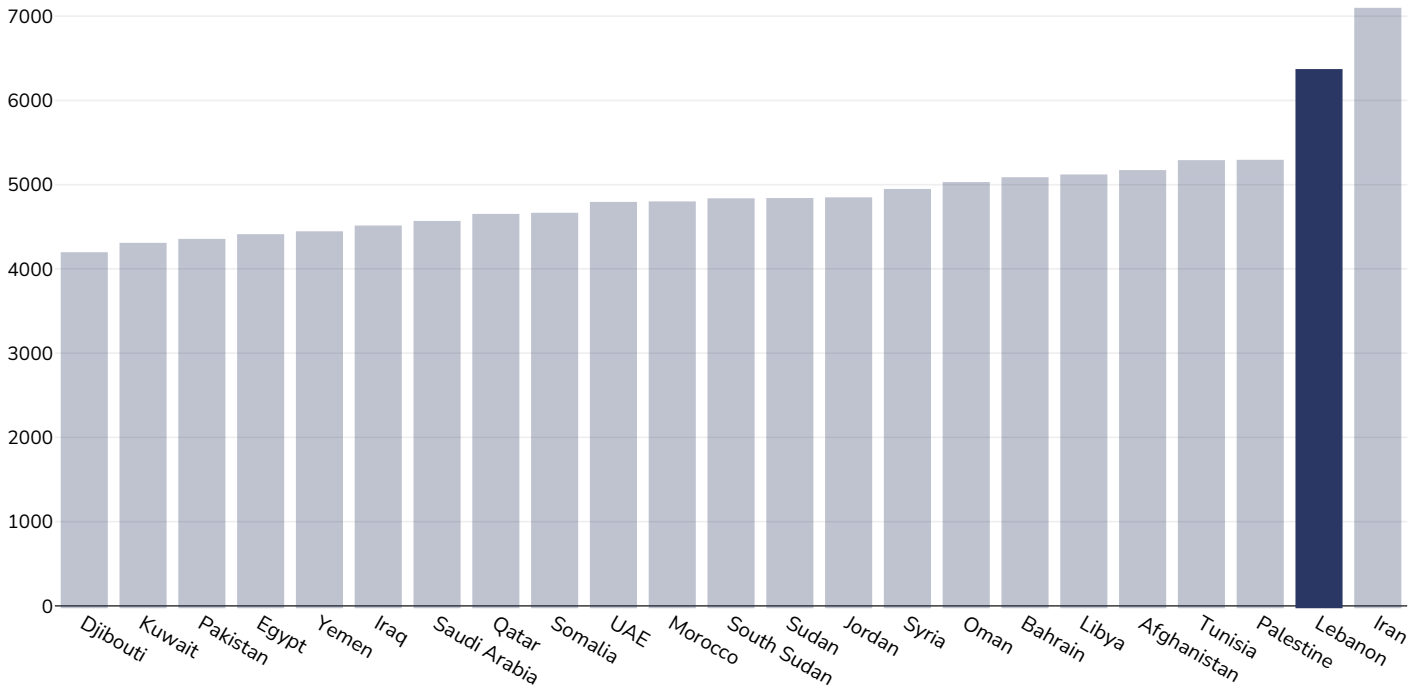
Mental health - anxiety disorders

Adults, 2021



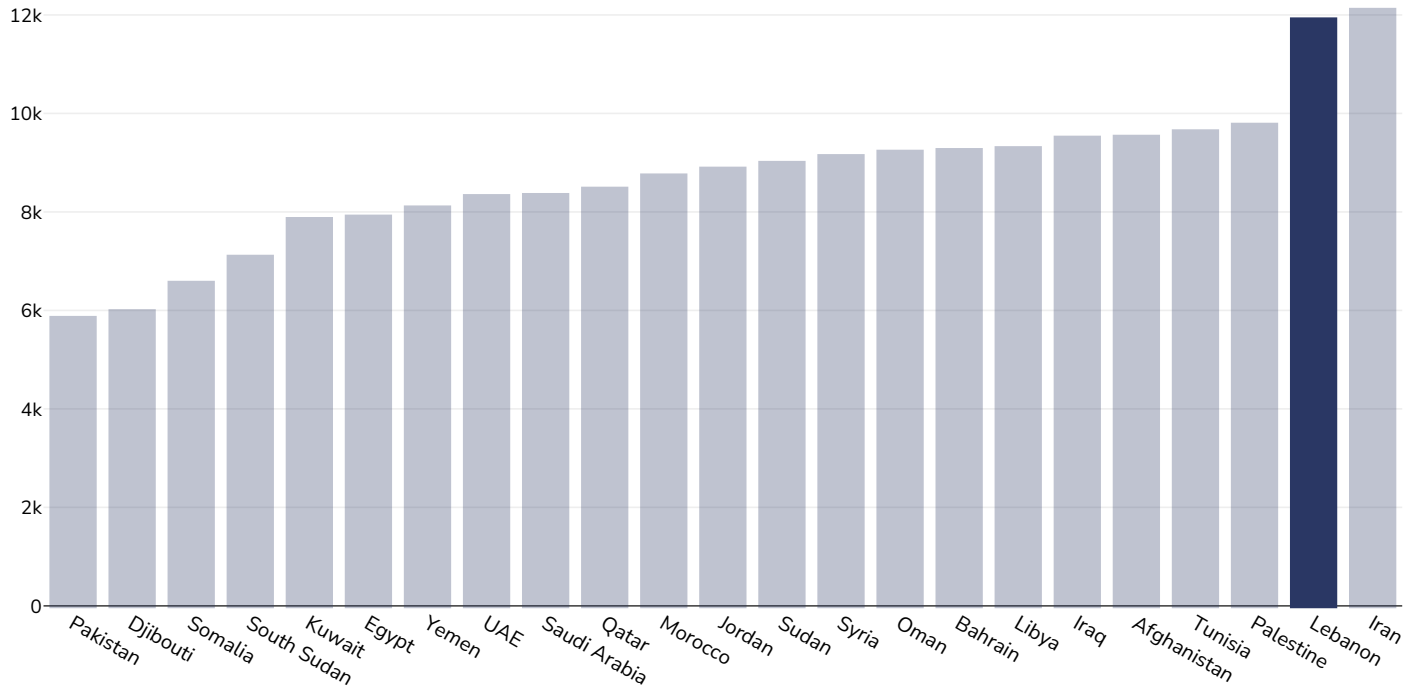
Age:	20+
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).
Definitions:	Number living with anxiety per 100,000 population

Men, 2021



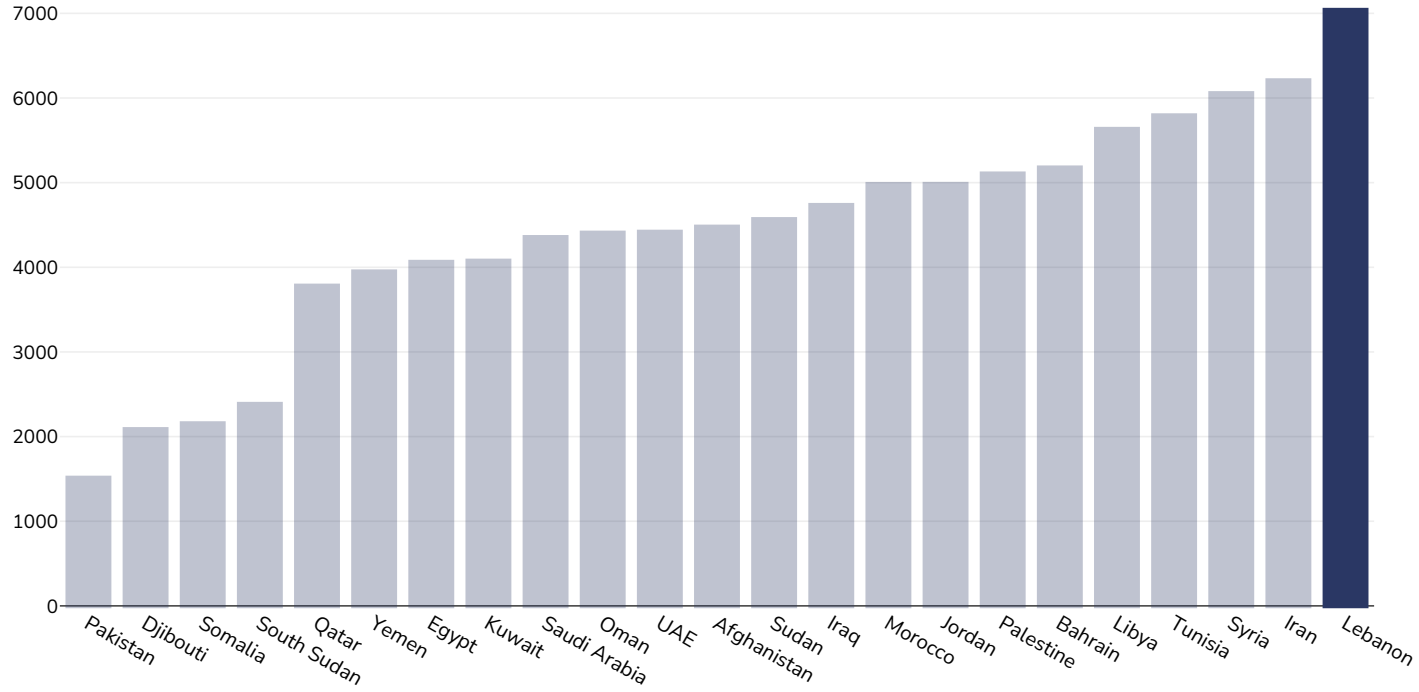
Age:	20+
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).
Definitions:	Number living with anxiety per 100,000 population

Women, 2021



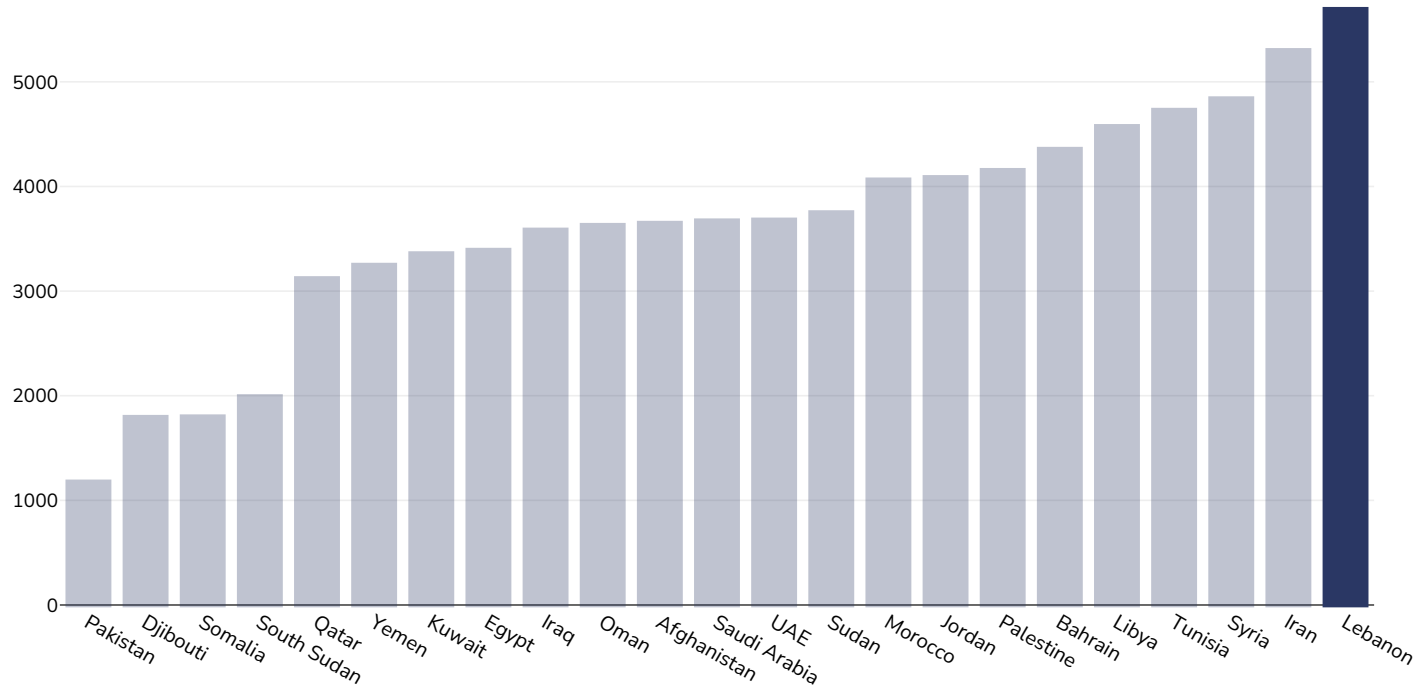
Age:	20+
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).
Definitions:	Number living with anxiety per 100,000 population

Children, 2021



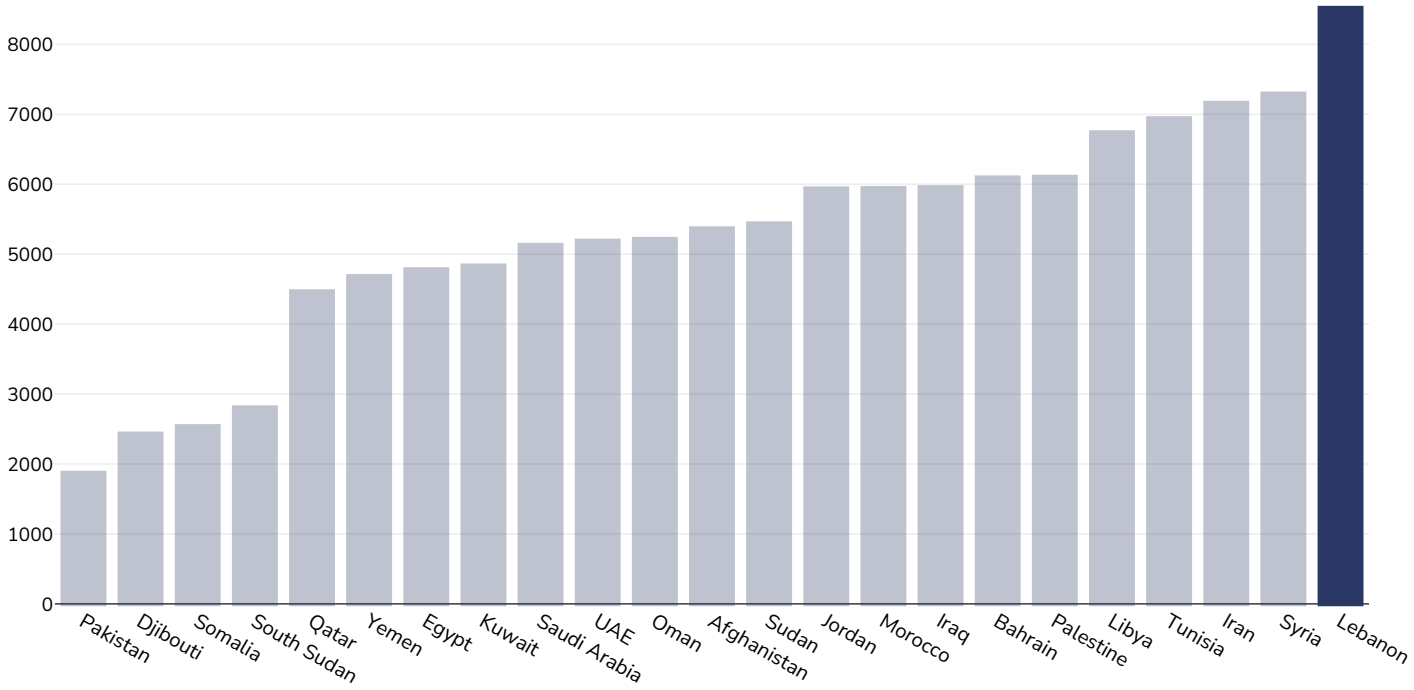
References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

Boys, 2021



References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

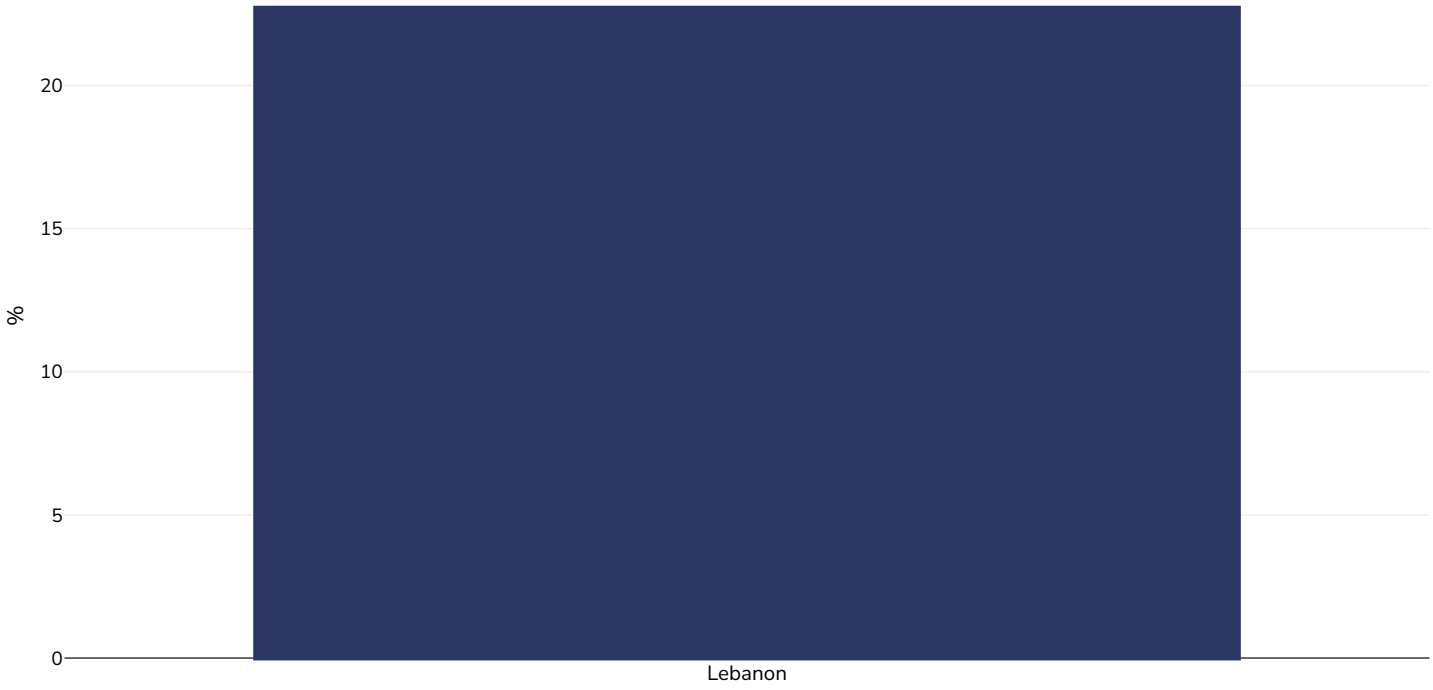
Girls, 2021



References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)

% Infants exclusively breastfed 0-5 months

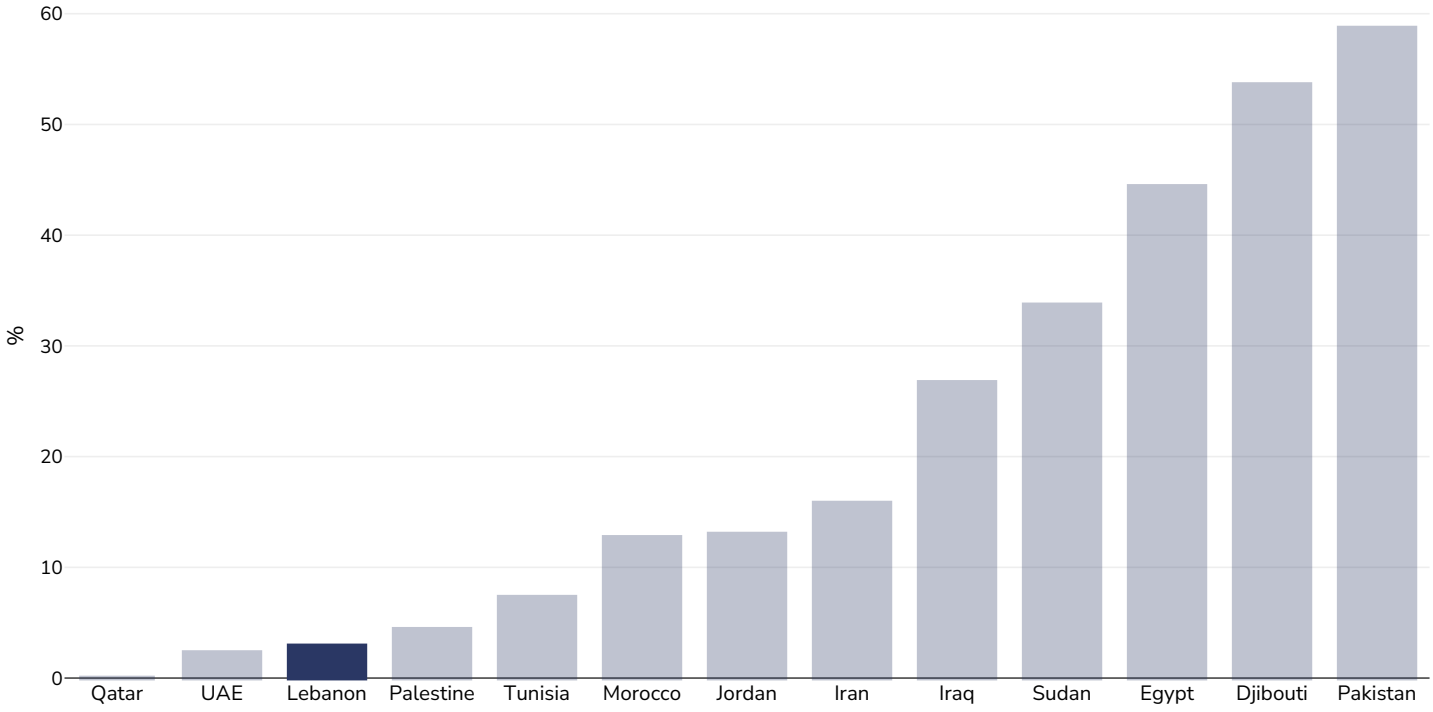
0-5 years, 2010-2023



References:	Lebanese Integrated Micronutrient and Anthropometry Survey 2023
Notes:	Full details are available. Original citation: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2024). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, December 2024.

Percent of population who cannot afford a healthy diet

Adults, 2022

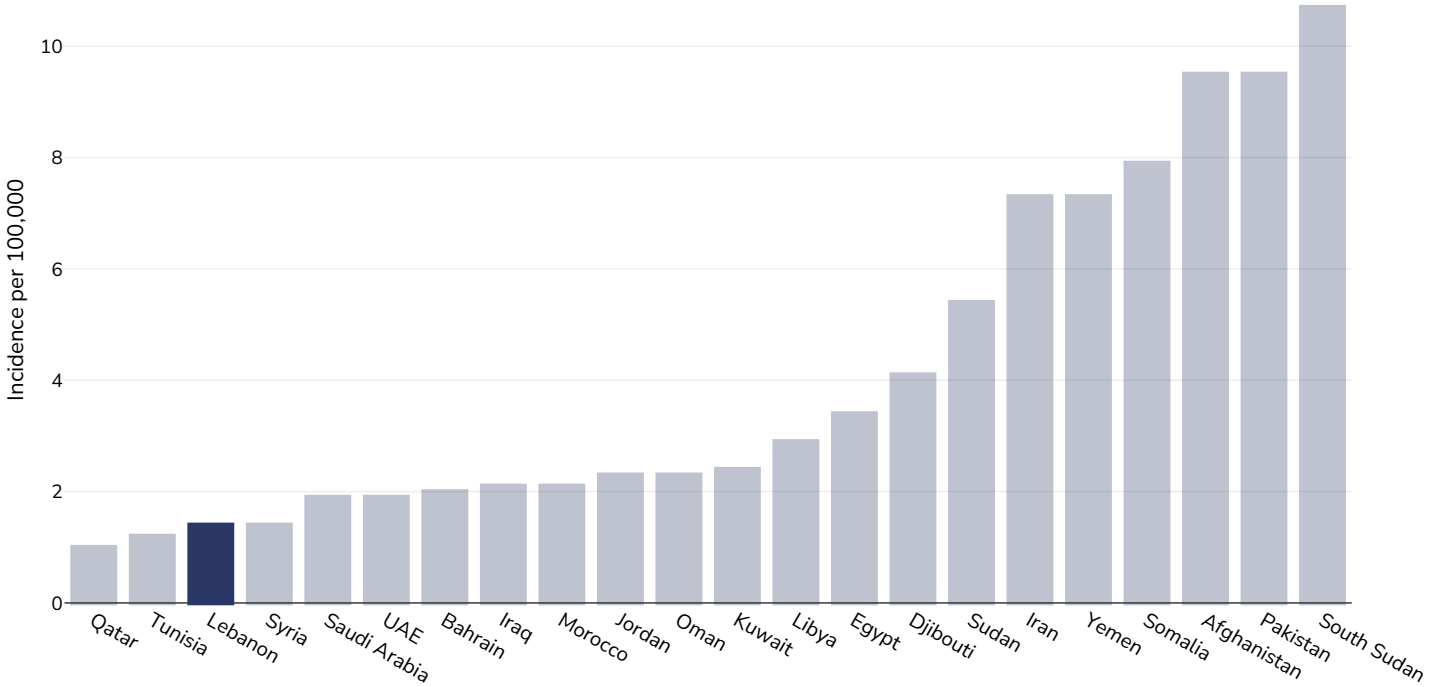


Area covered: National

References: The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University College of Agriculture and Life Sciences. 2024. Geneva, Switzerland. https://www.foodsystemsdashboard.org. DOI: https://doi.org/10.36072/db.

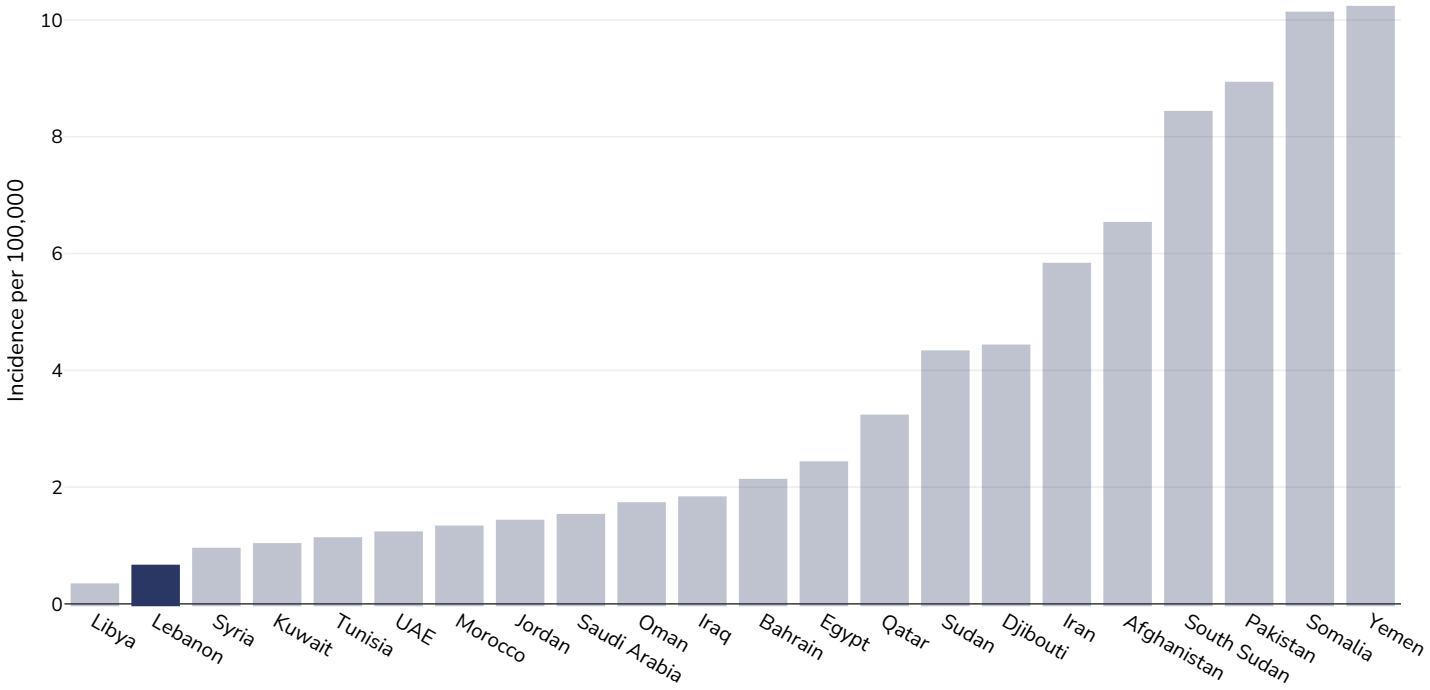
Oesophageal cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

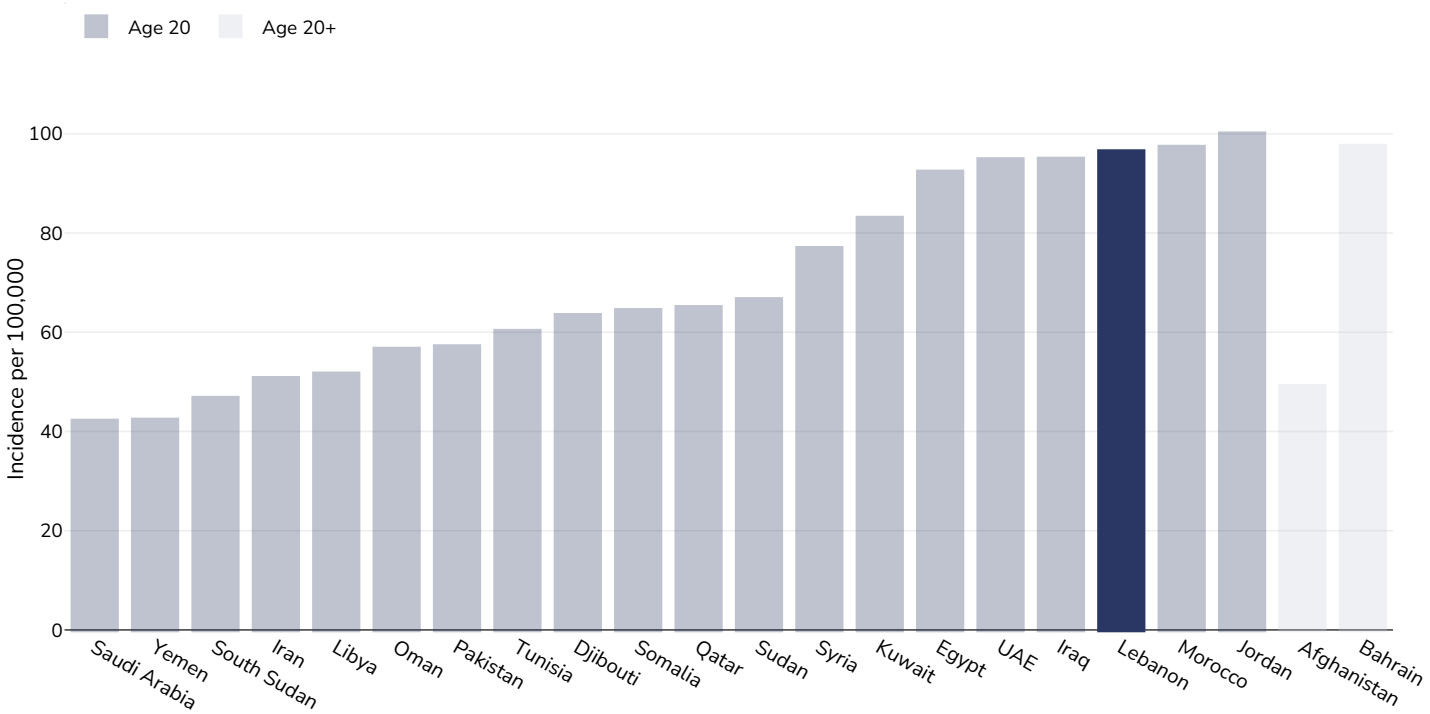
Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Breast cancer

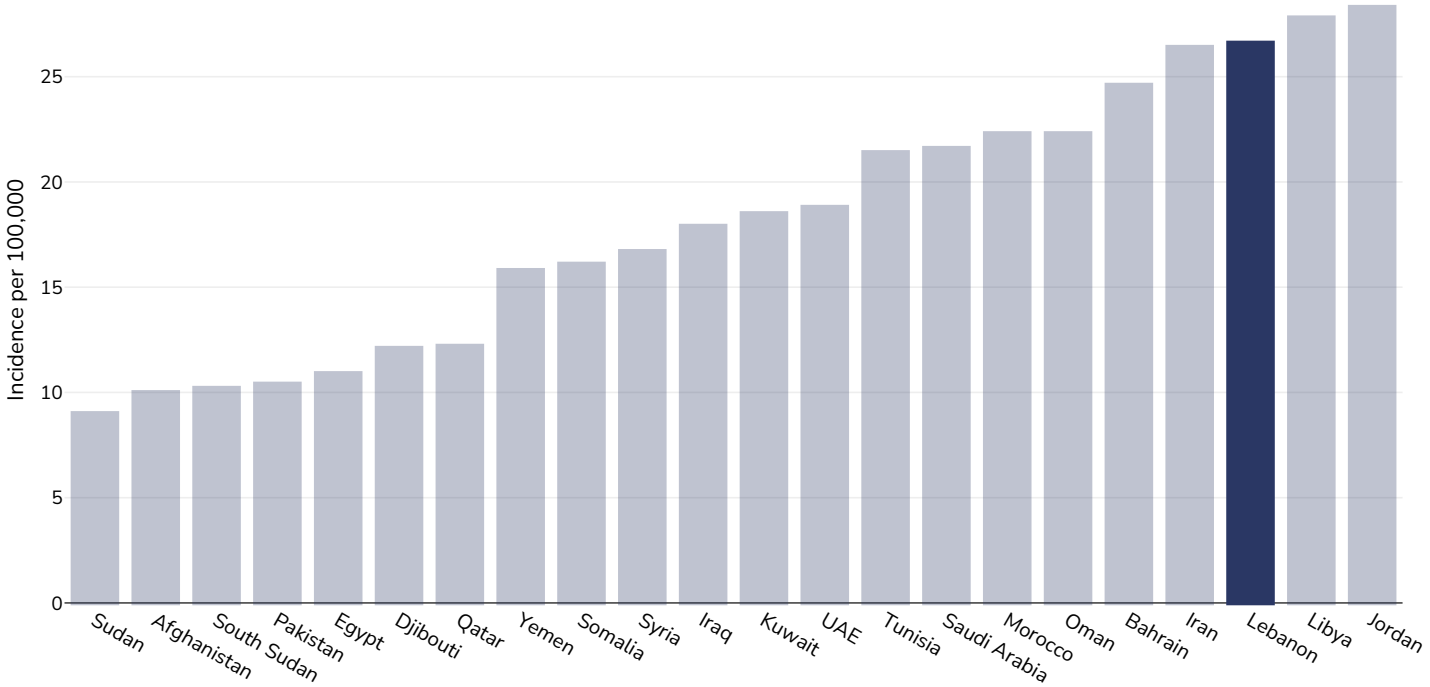
Women, 2022



Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

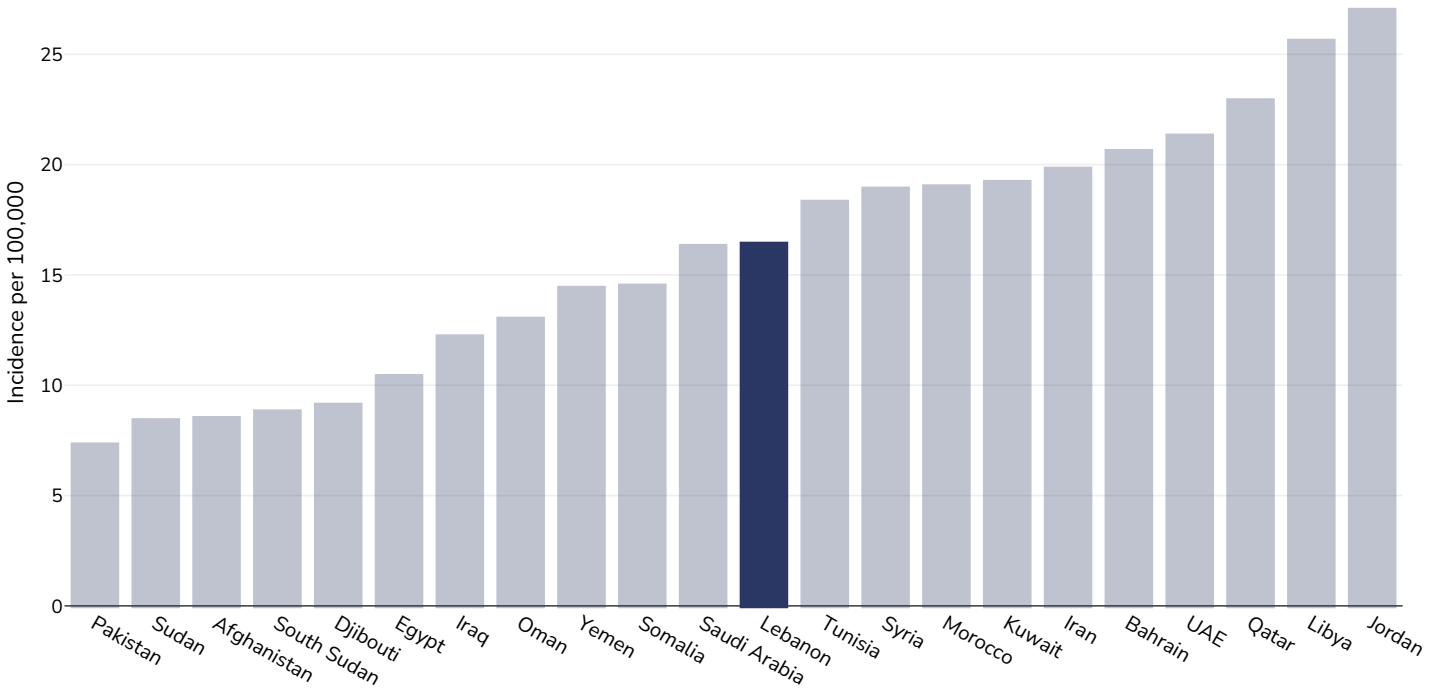
Colorectal cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

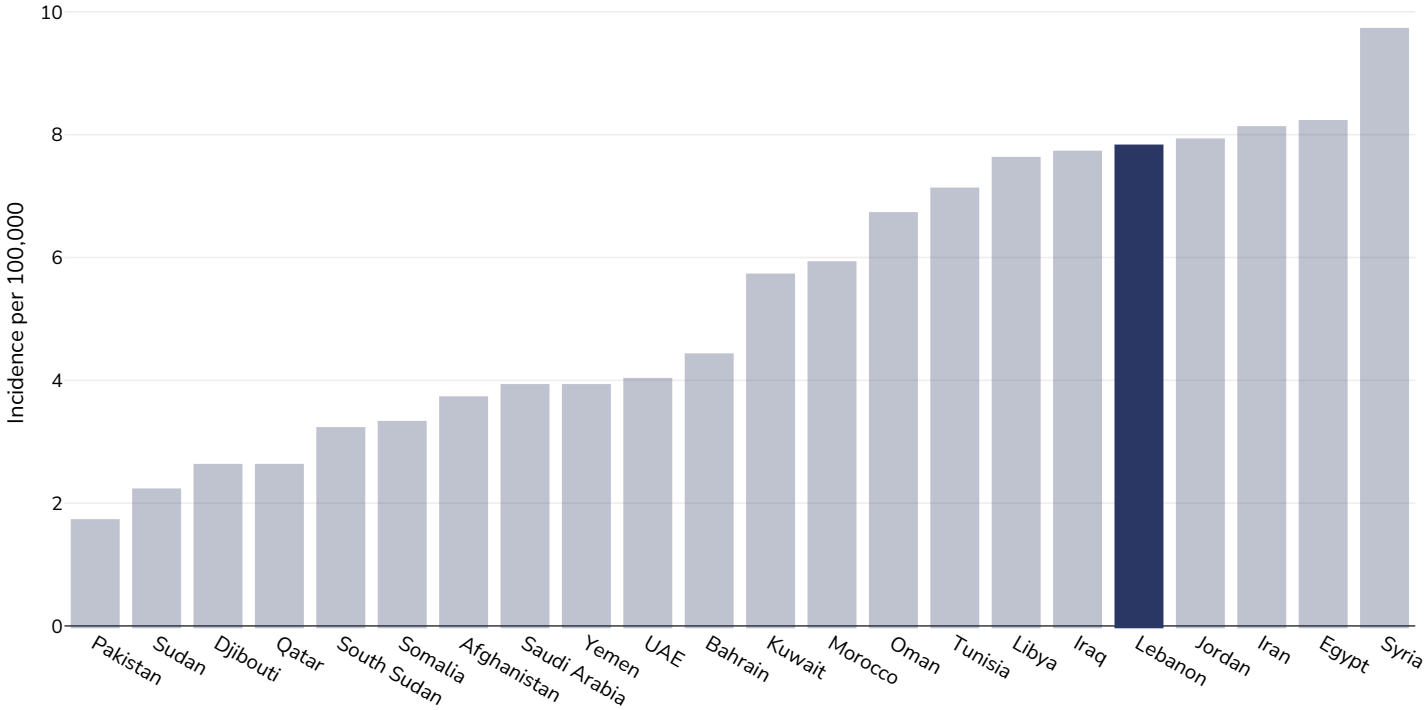
Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

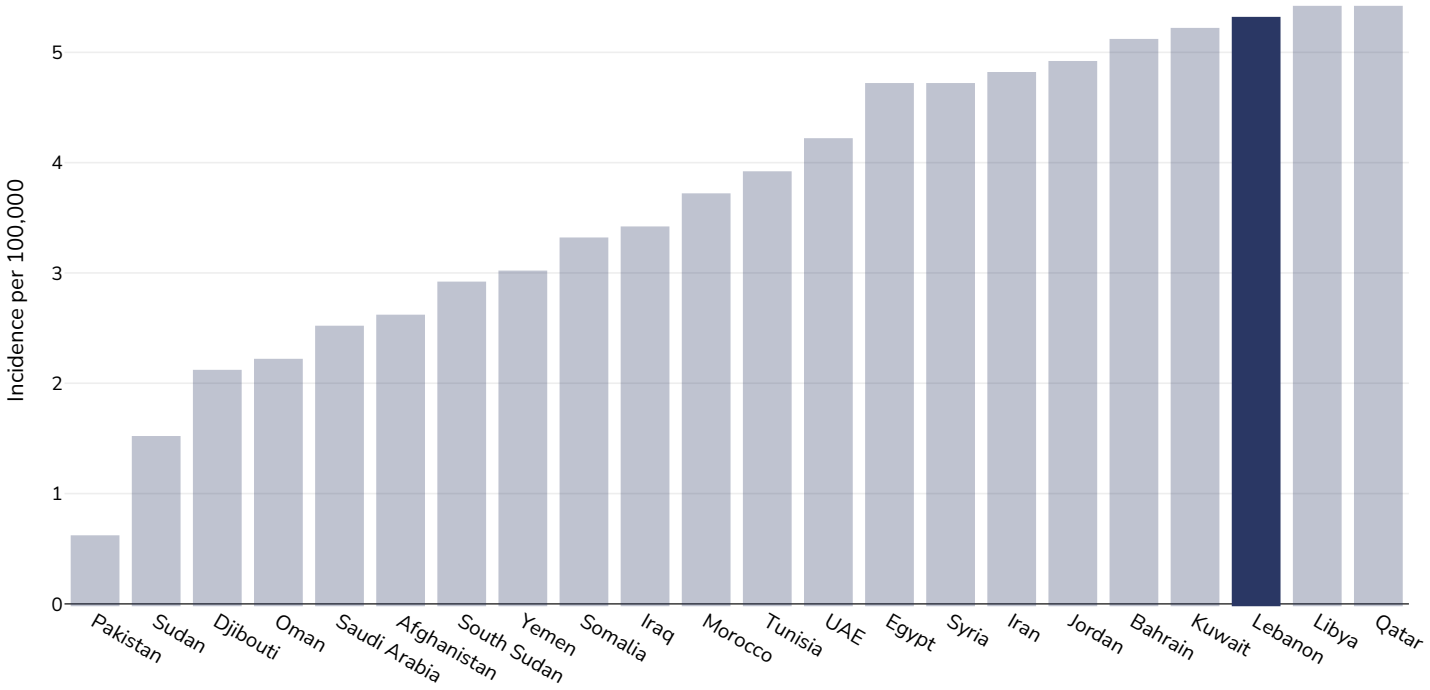
Pancreatic cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

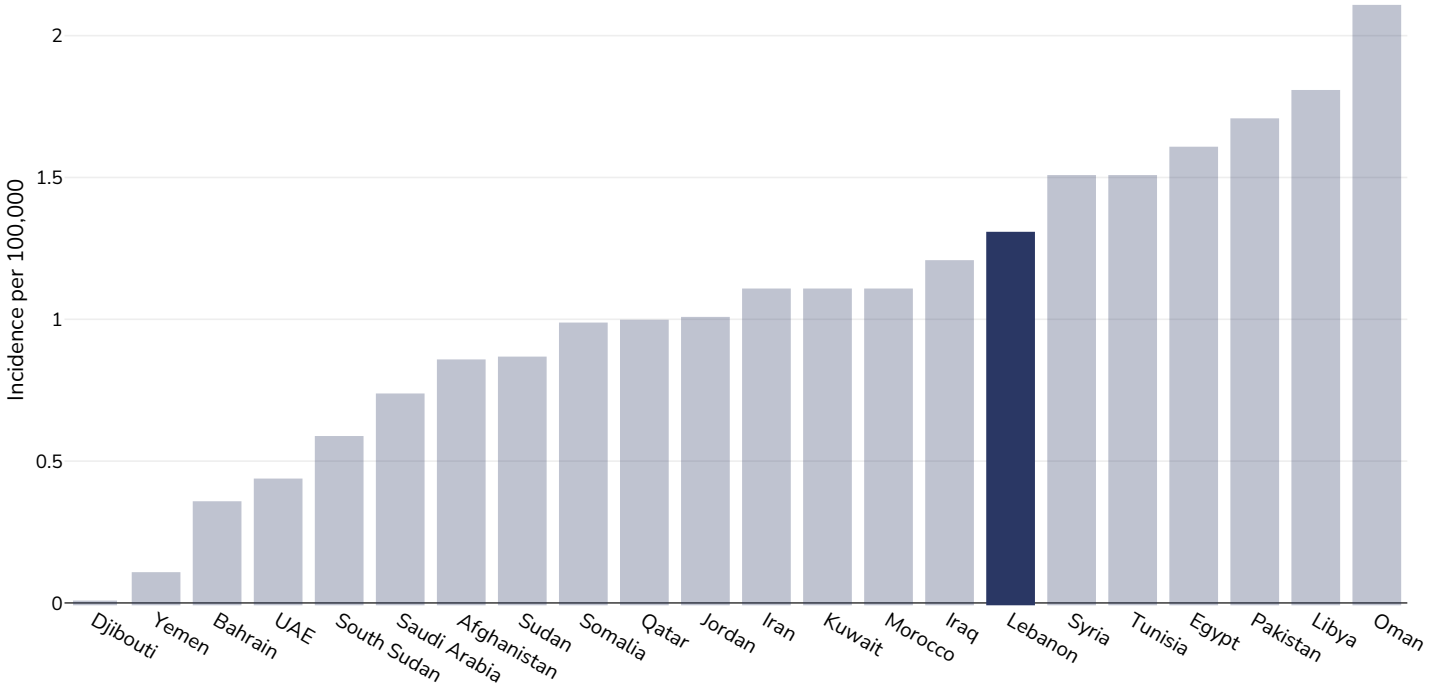
Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

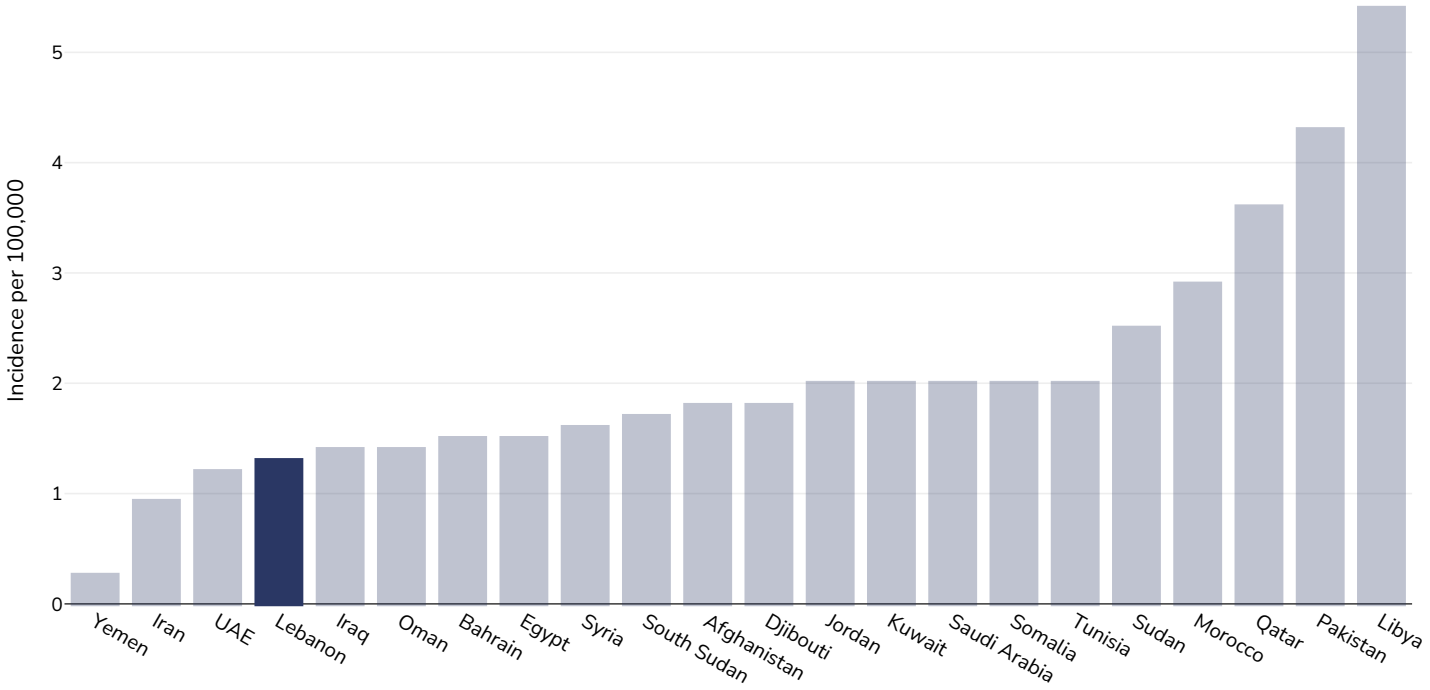
Gallbladder cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

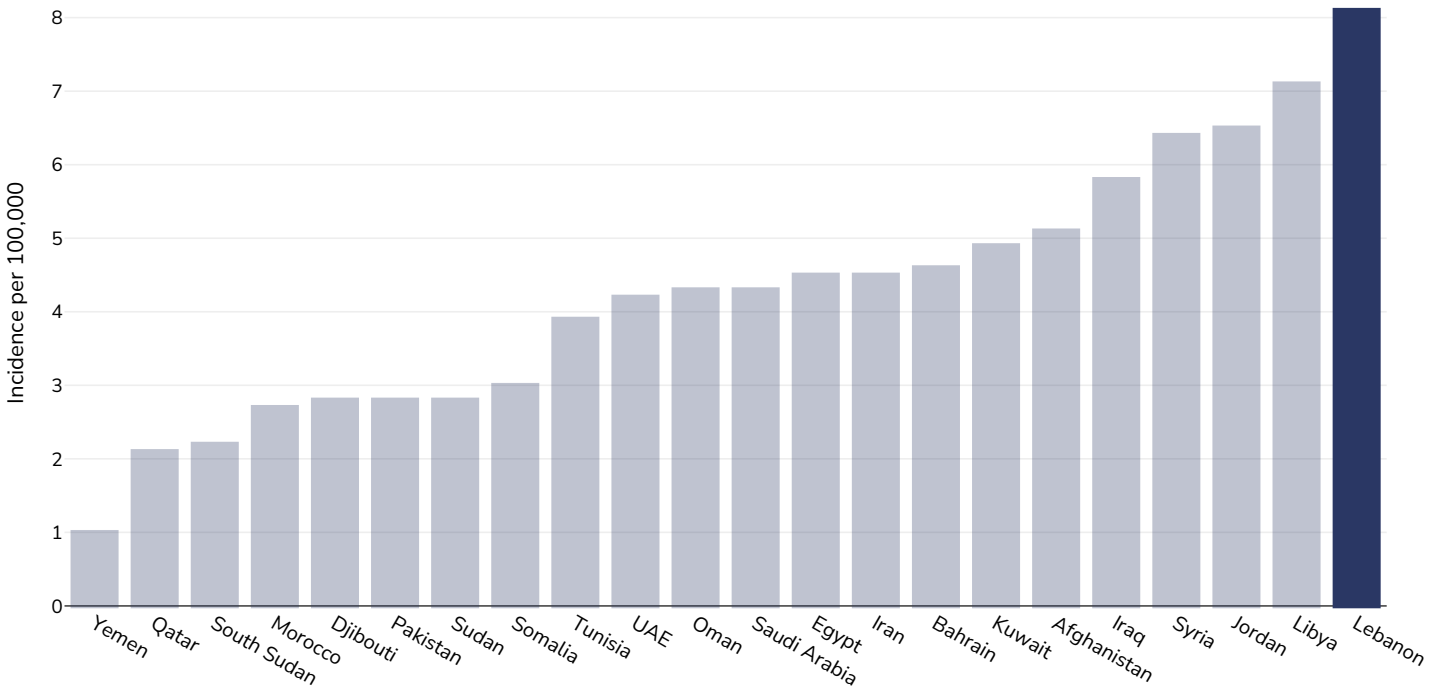
Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

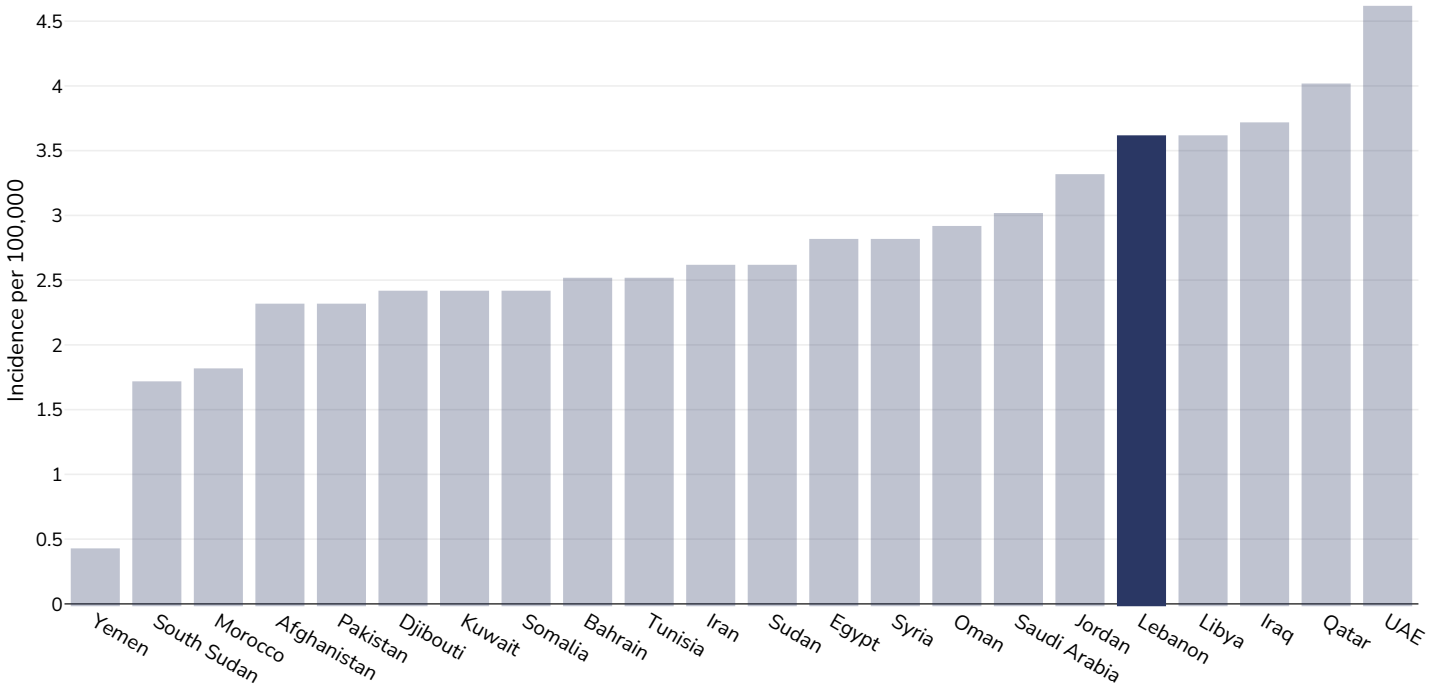
Kidney cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

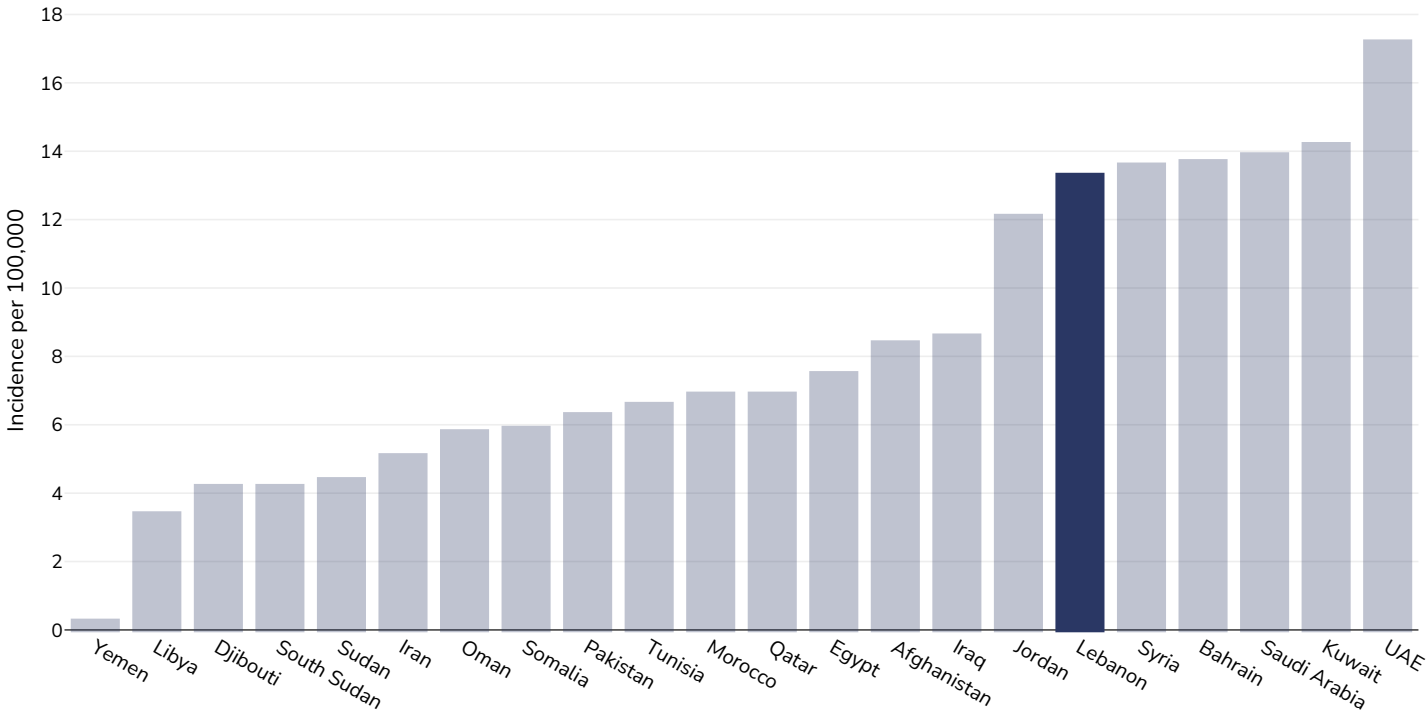
Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Cancer of the uterus

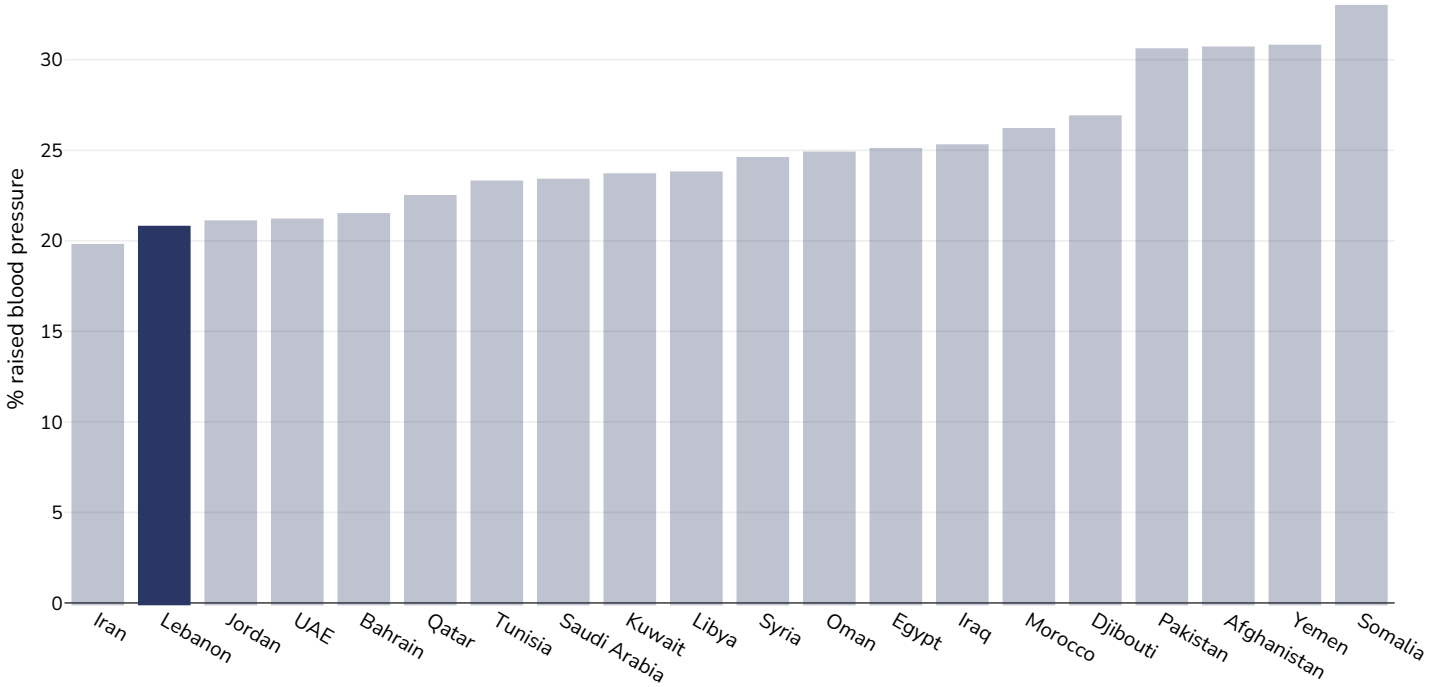
Women, 2022



Age:	20+
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

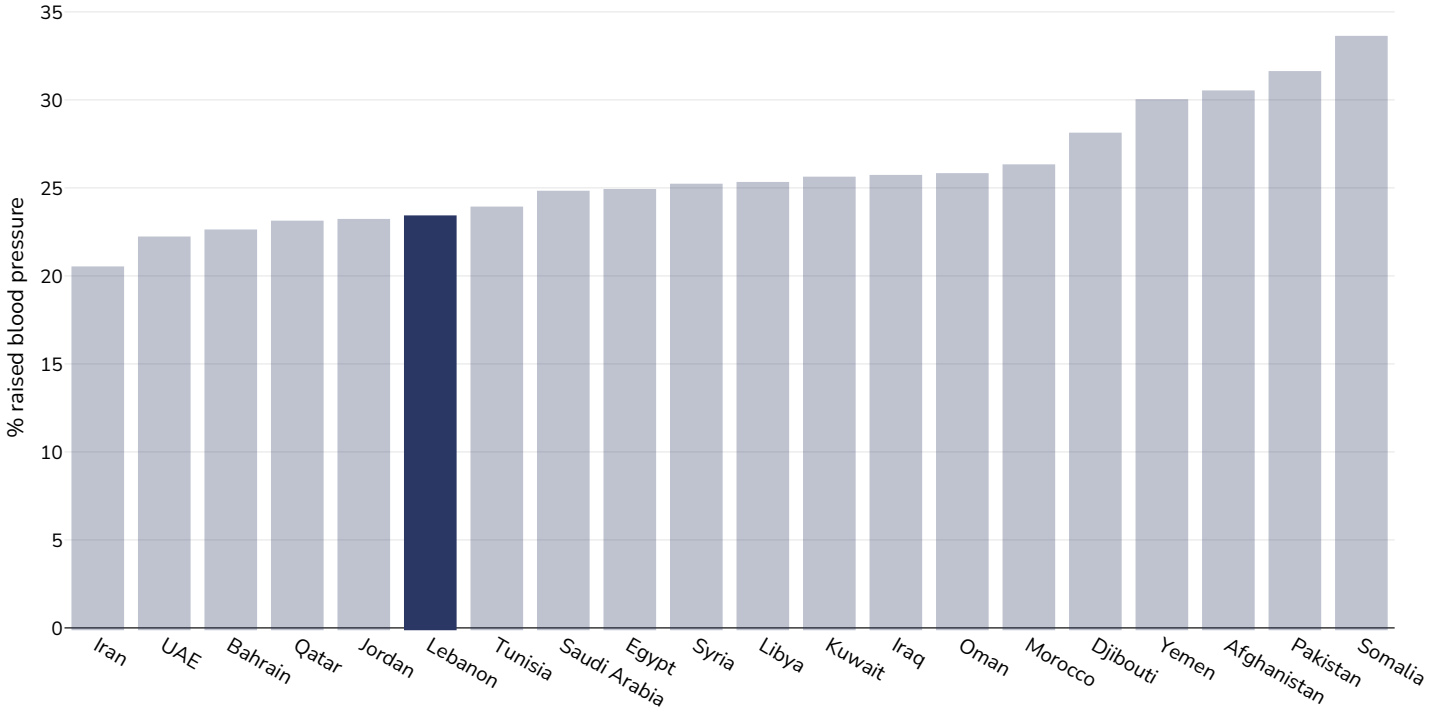
Raised blood pressure

Adults, 2015



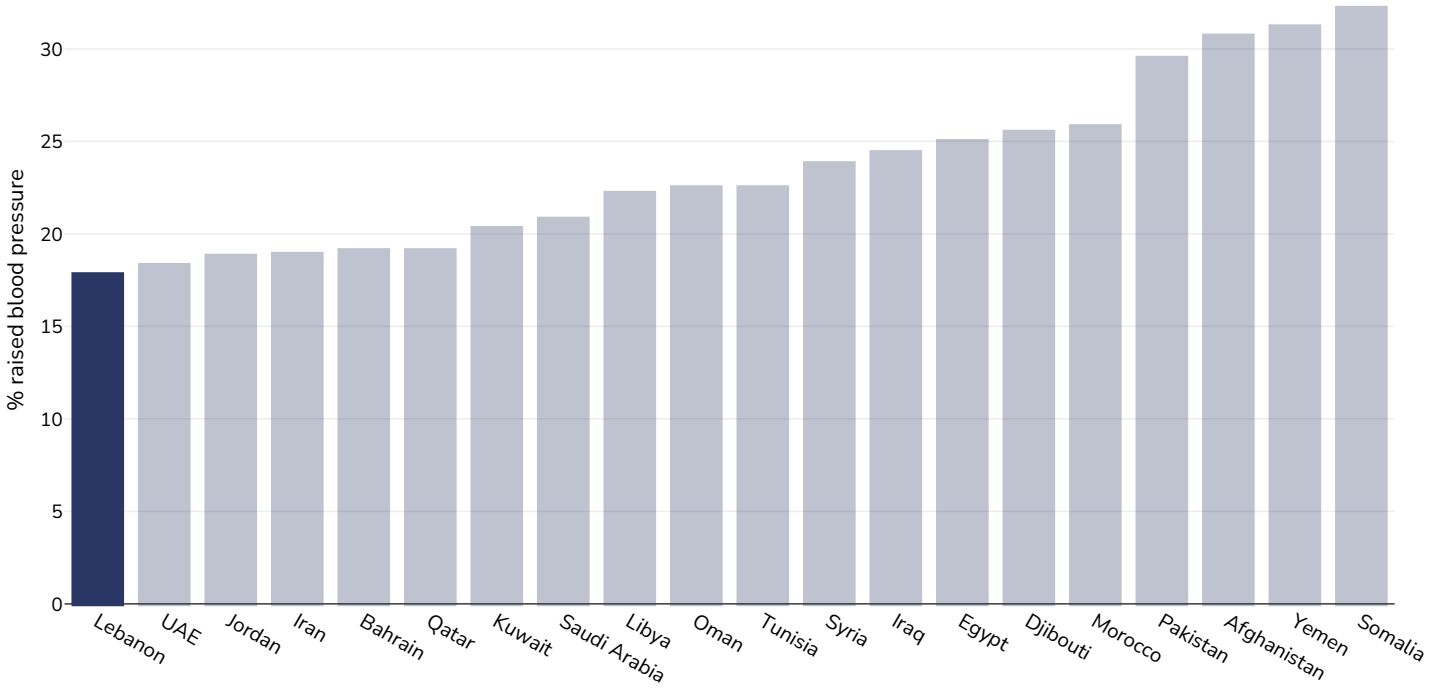
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Definitions:	Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

Men, 2015



References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Definitions:	Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

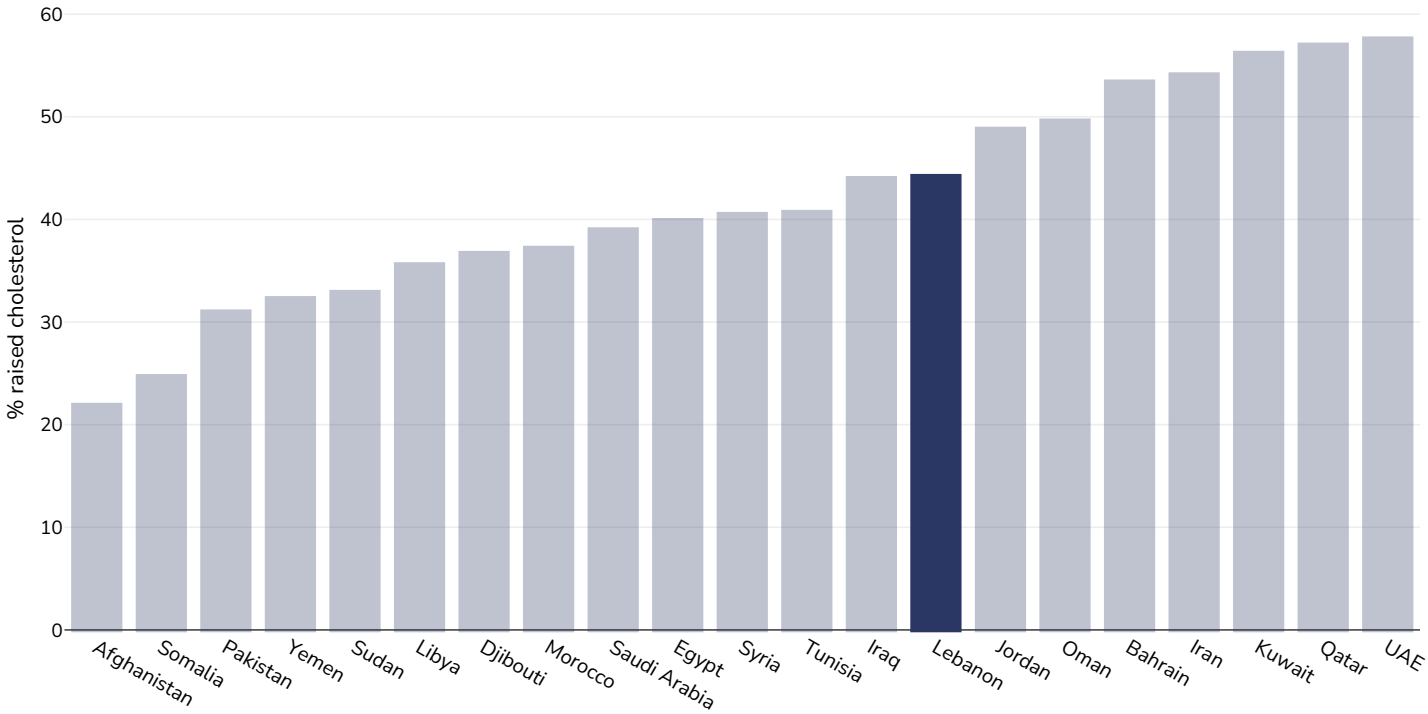
Women, 2015



References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Definitions:	Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

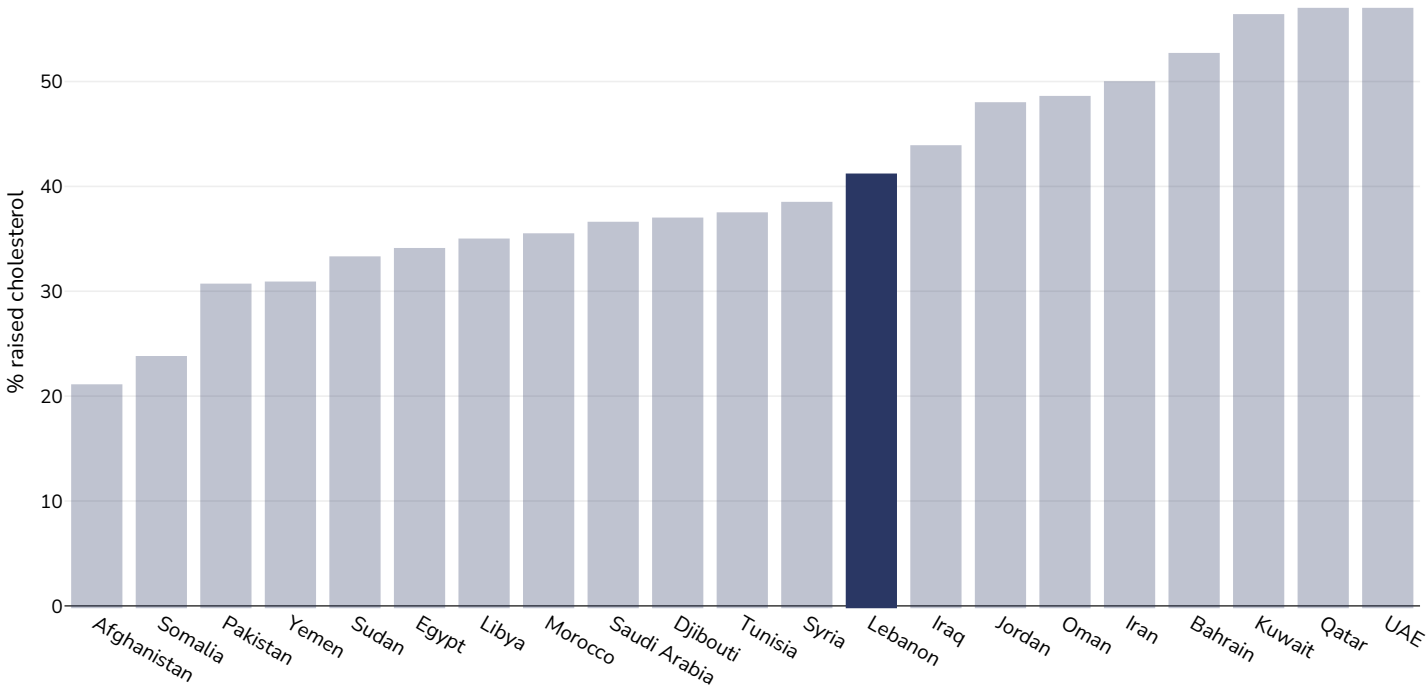
Raised cholesterol

Adults, 2008



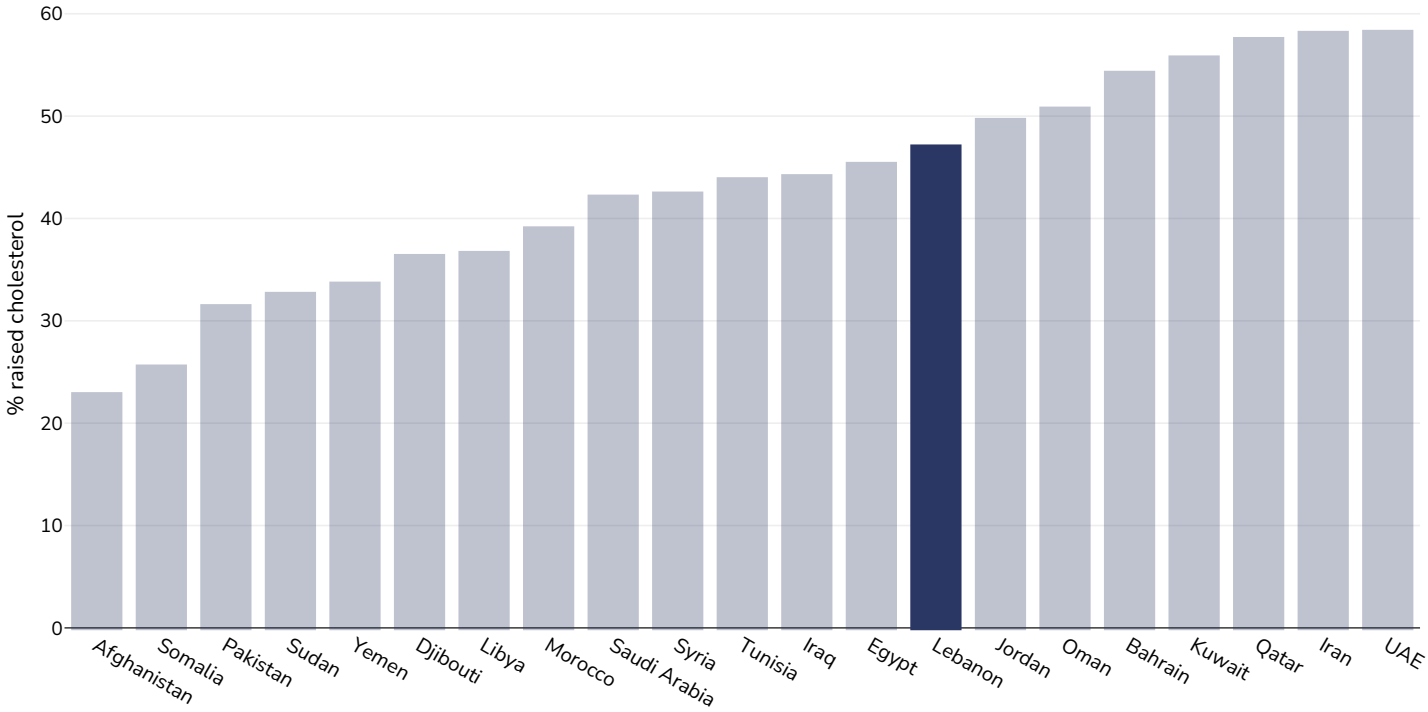
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Men, 2008



References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

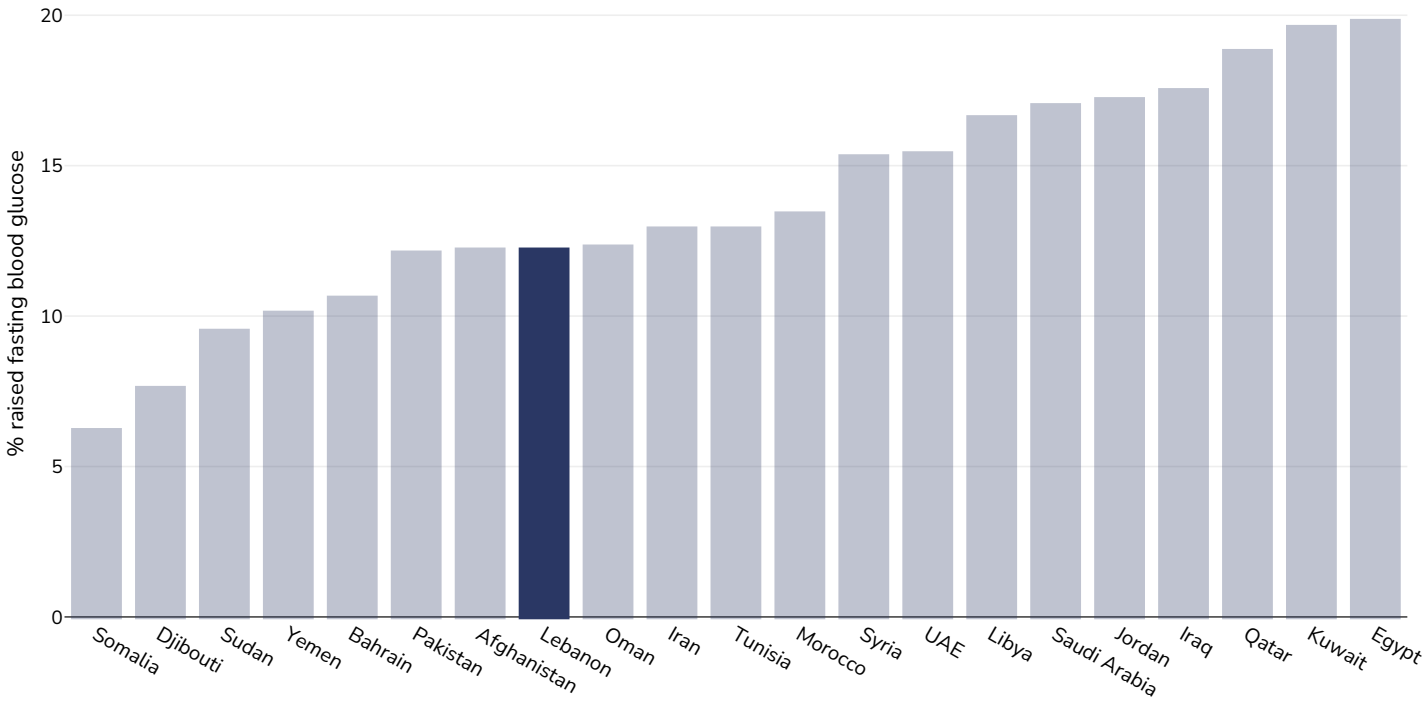
Women, 2008



References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

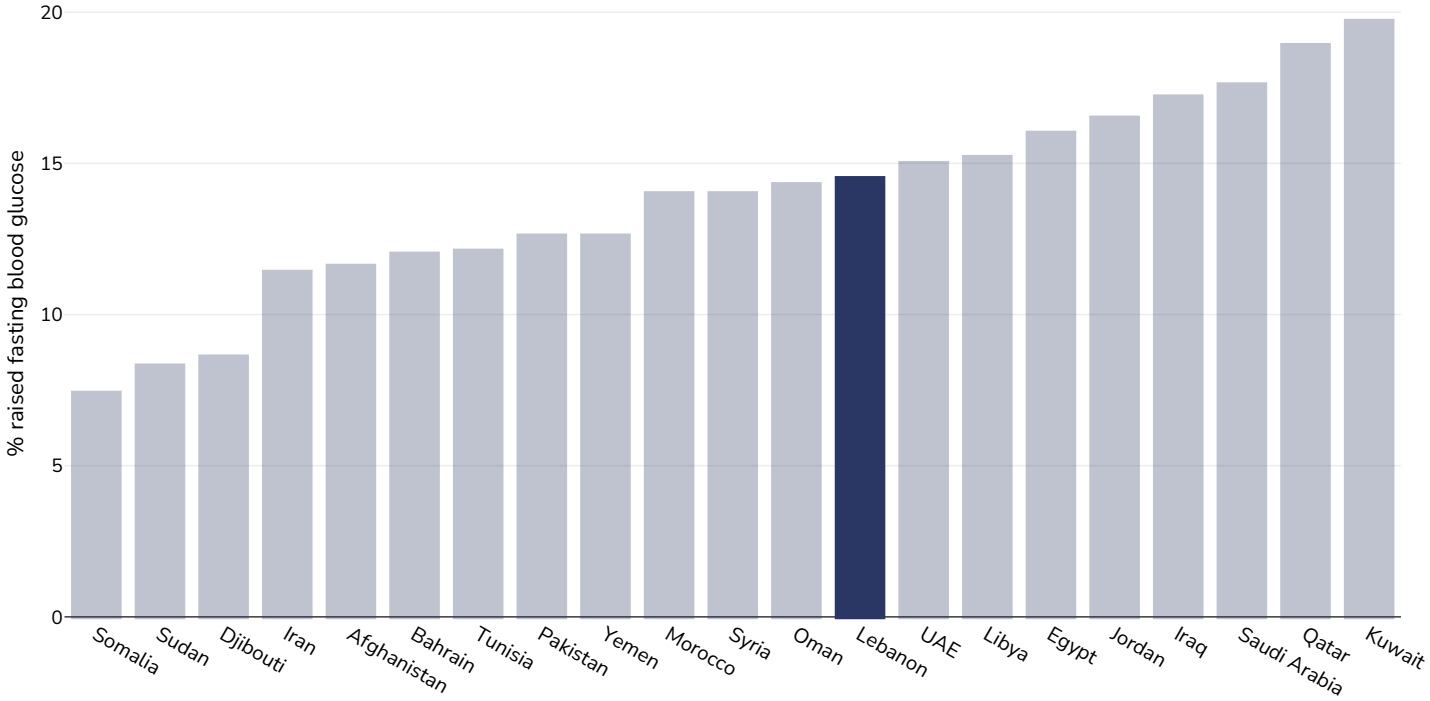
Raised fasting blood glucose

Men, 2014



References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Definitions:	Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).

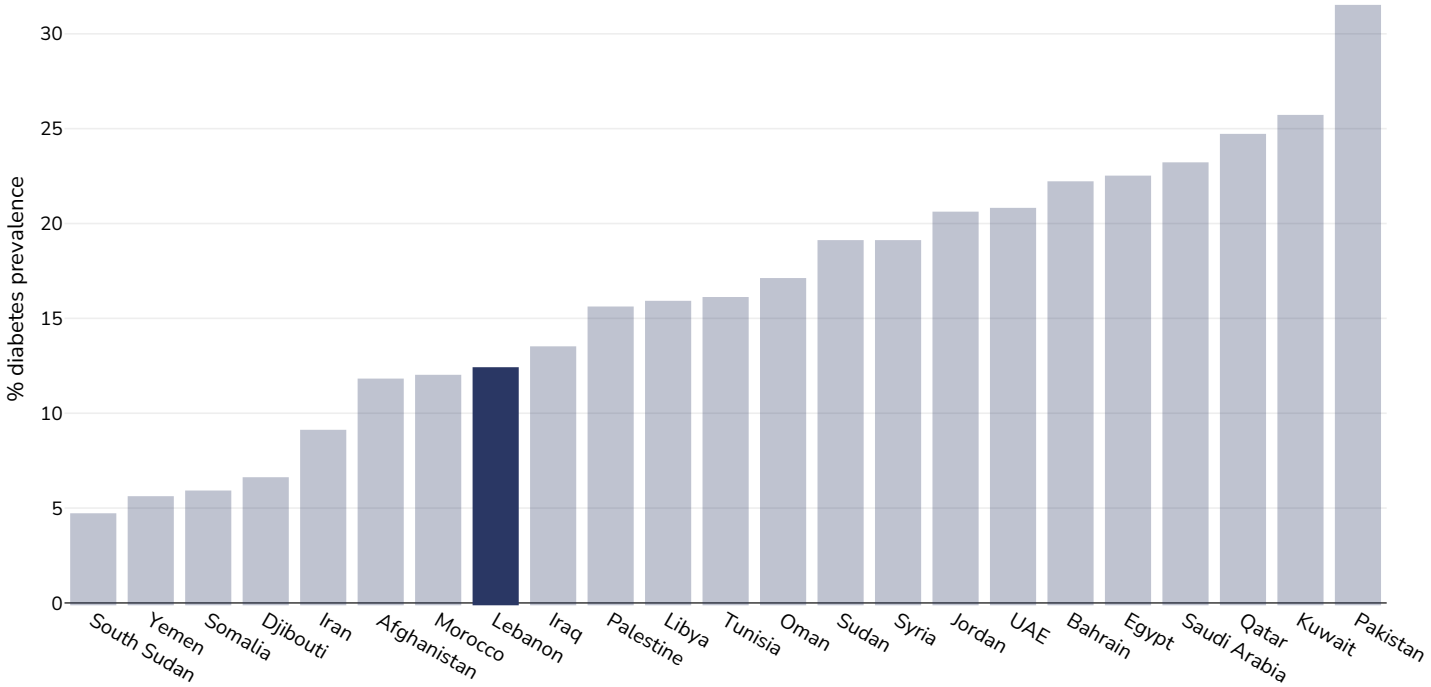
Women, 2014



References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Definitions:	Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).

Diabetes prevalence

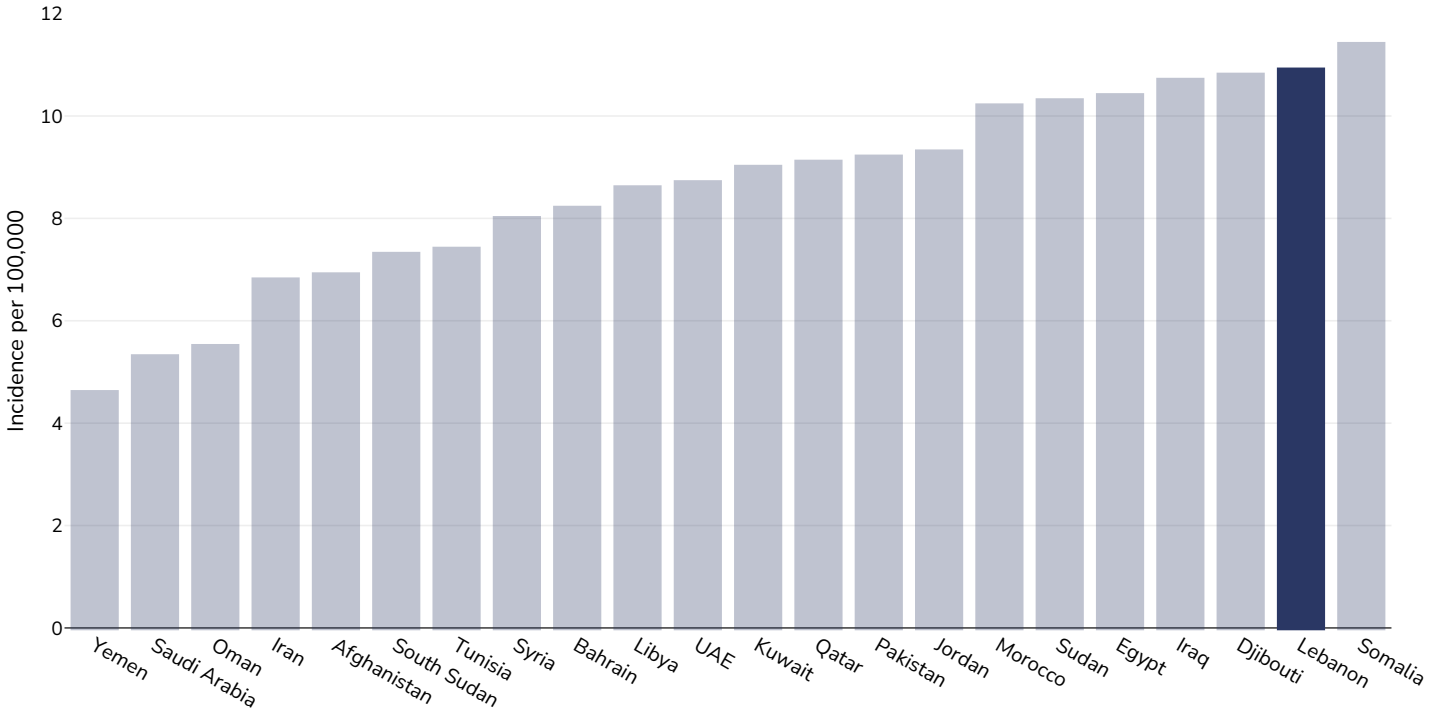
Adults, 2024



References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org

Ovarian Cancer

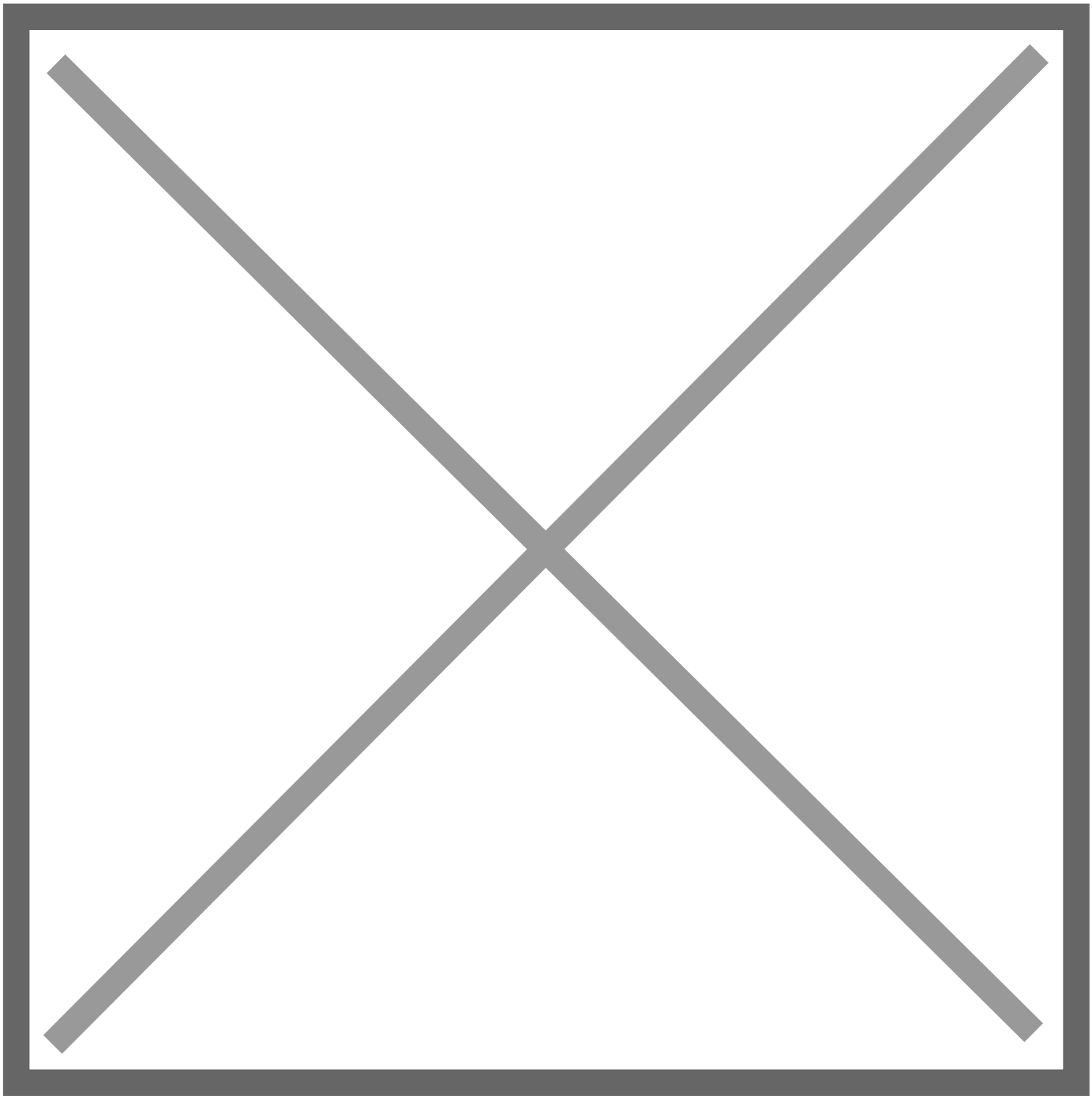
Women, 2022



Age:	20+
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Leukemia

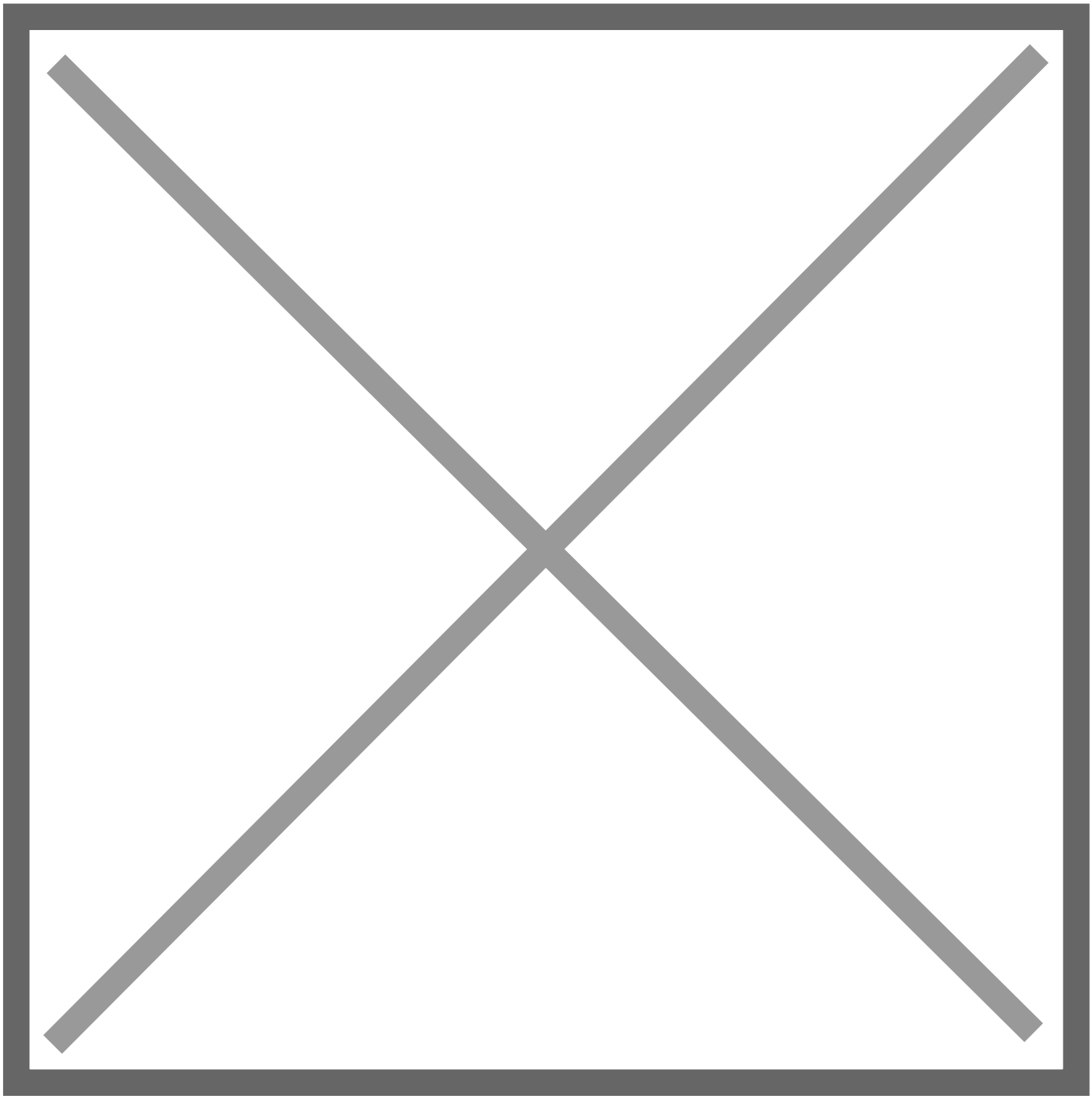
Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2022

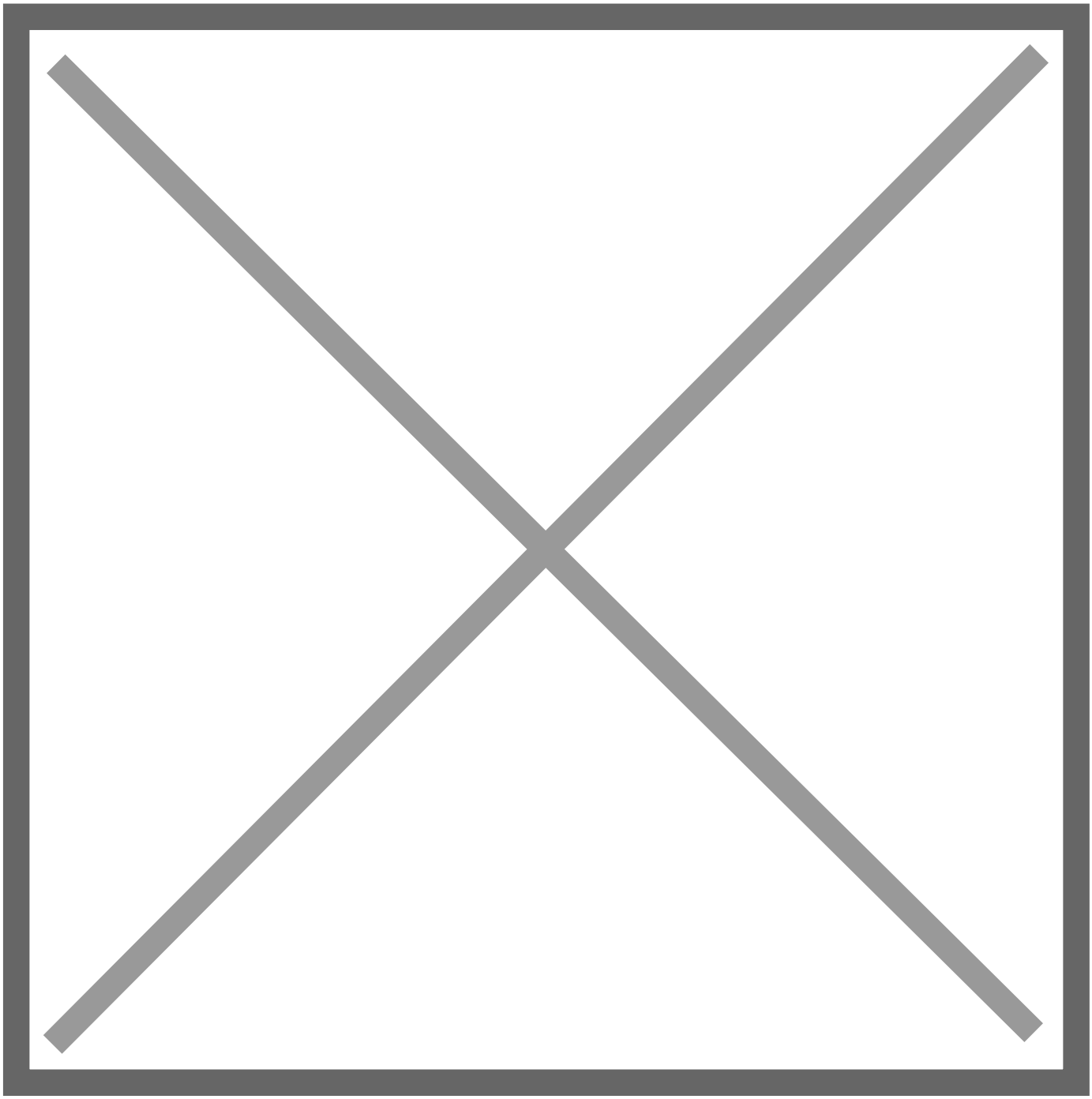


Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

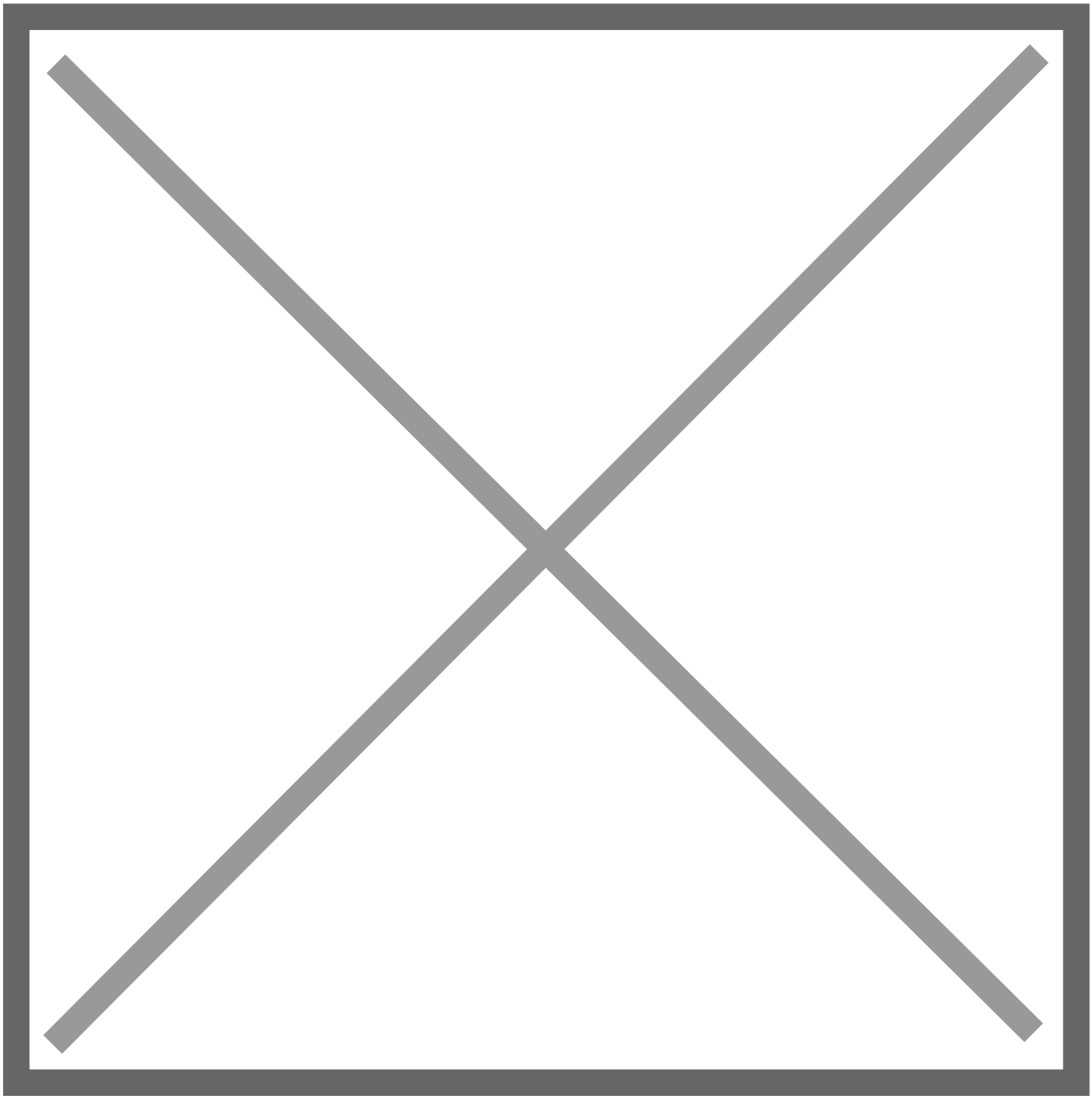
Liver and intrahepatic bile duct Cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

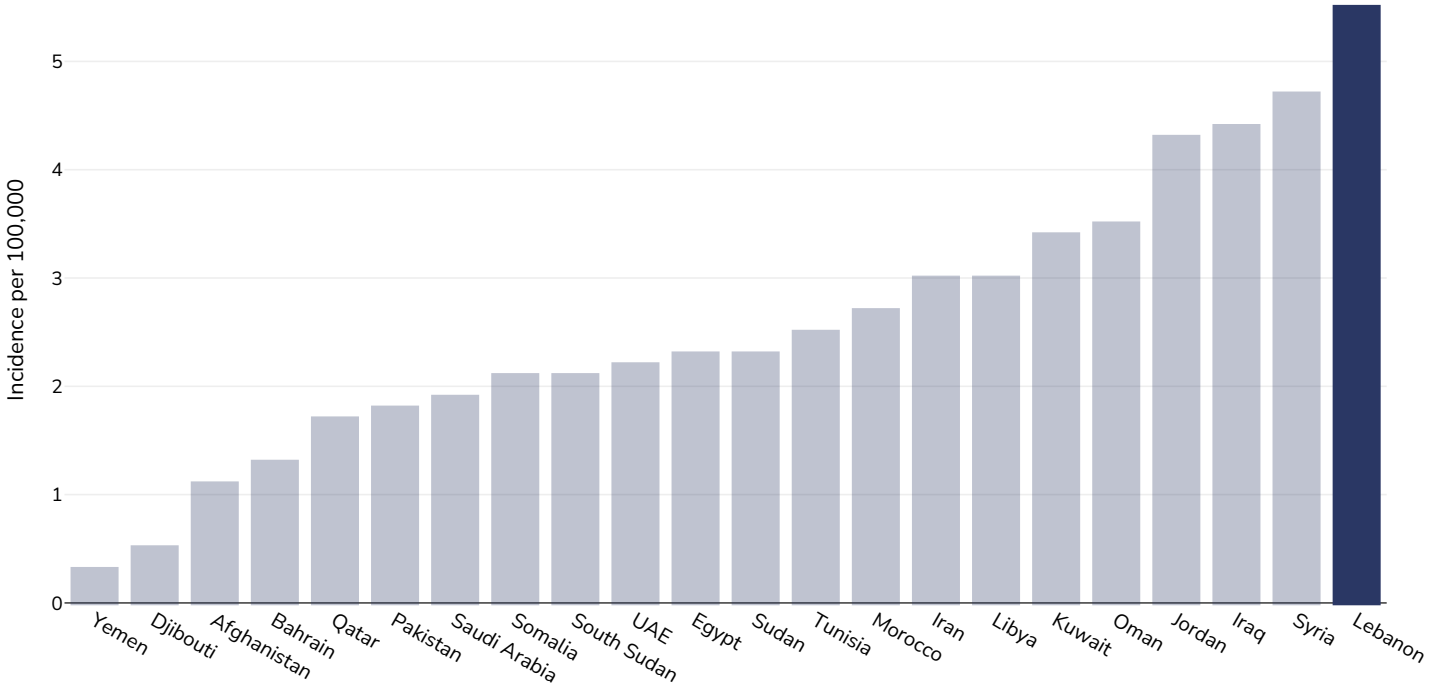
Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Multiple Myeloma

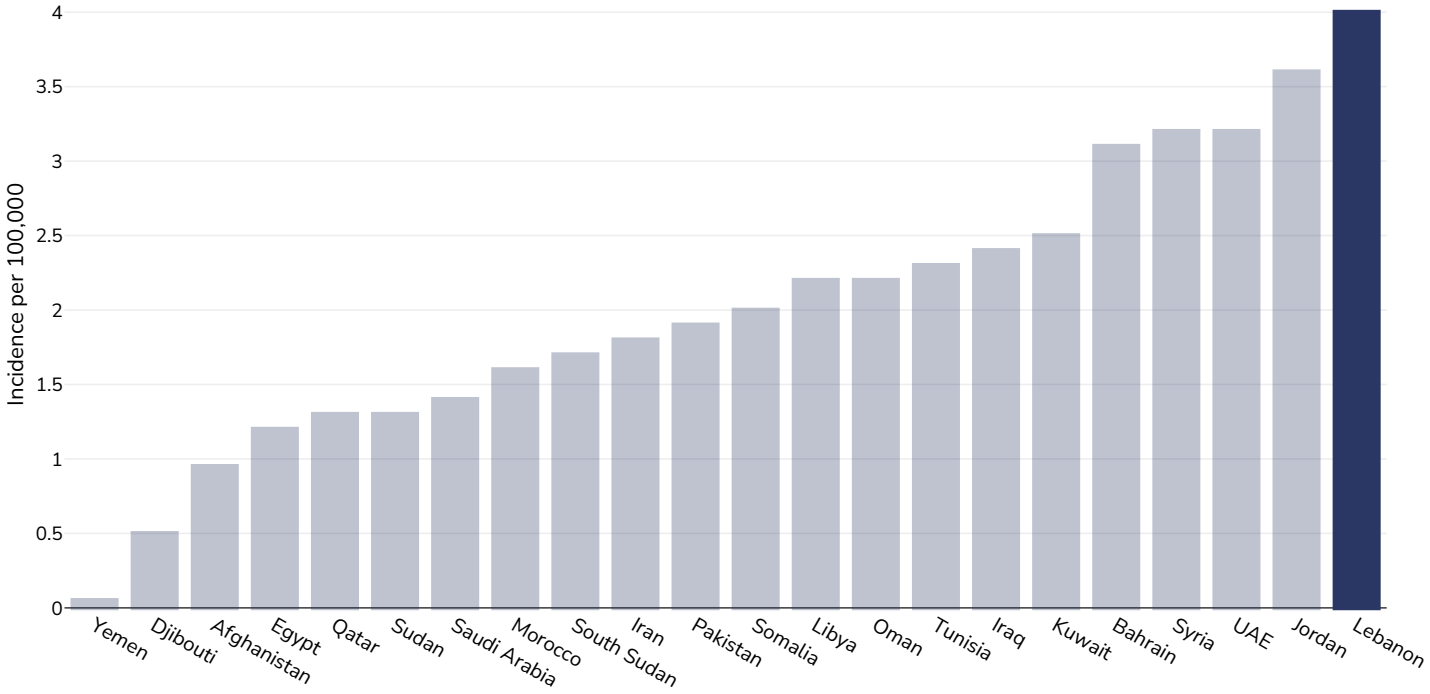
Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2022

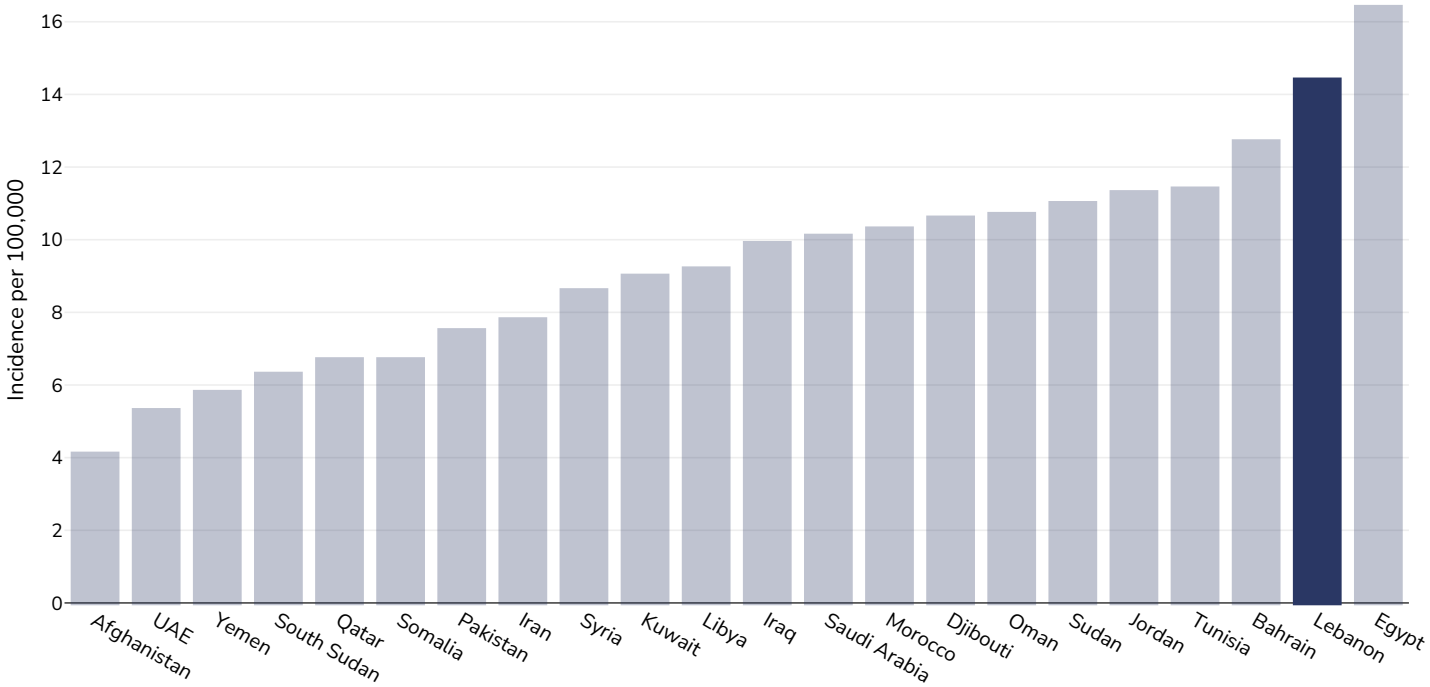


Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Non Hodgkin Lymphoma

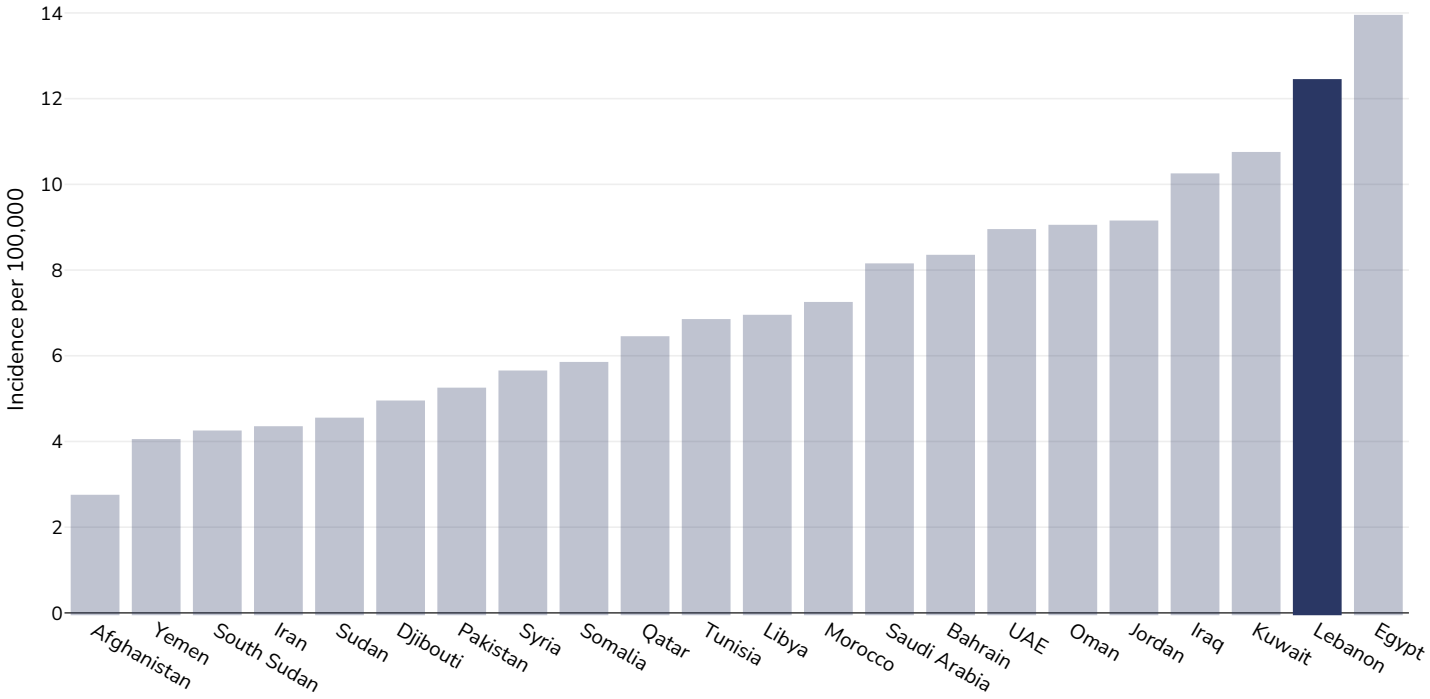
Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2022

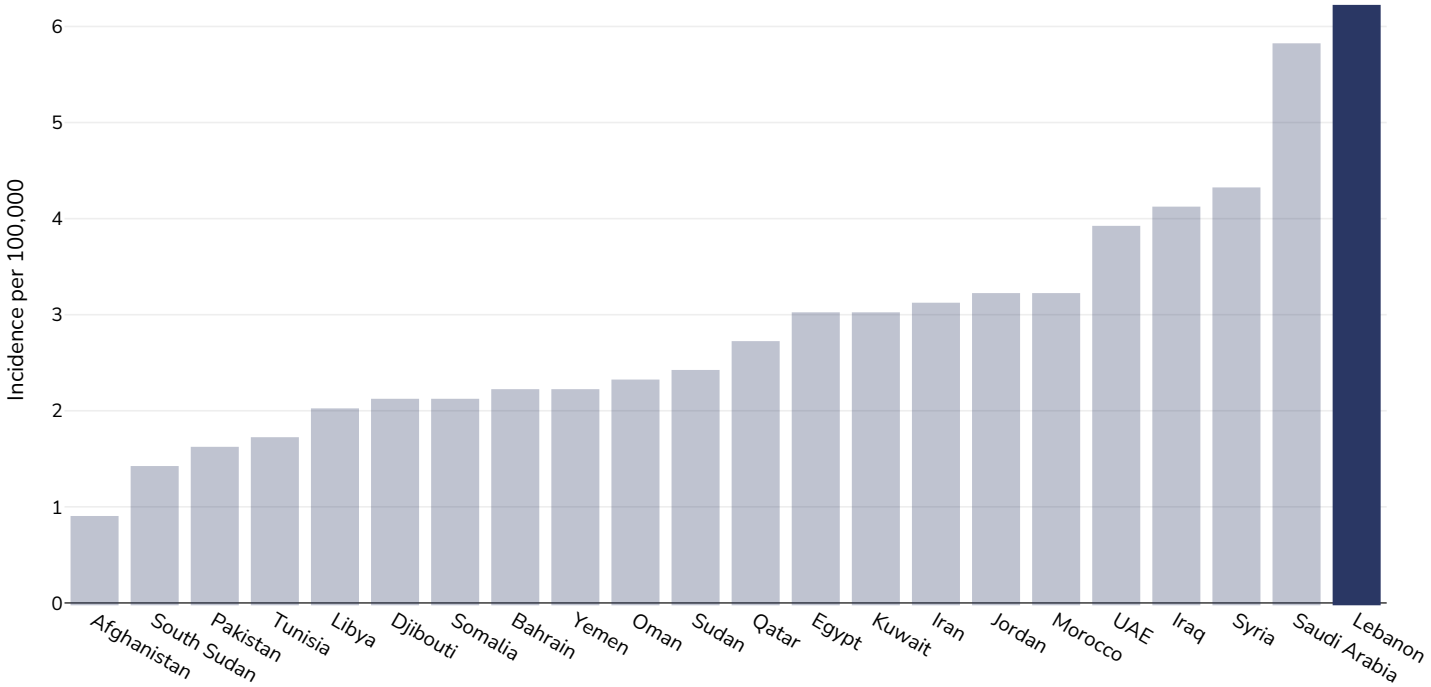


Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

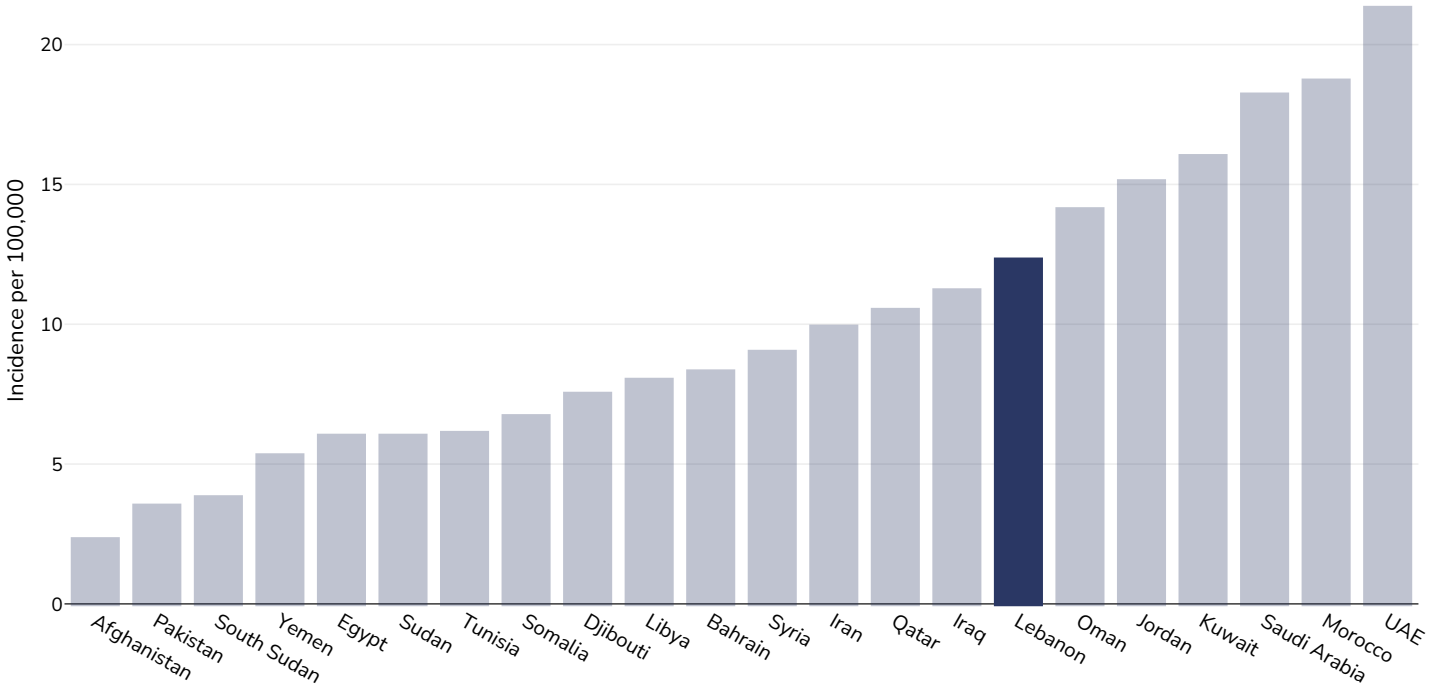
Thyroid Cancer

Men, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Women, 2022



Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

PDF created on September 17, 2025