



# Lebanon



## Country report card - children

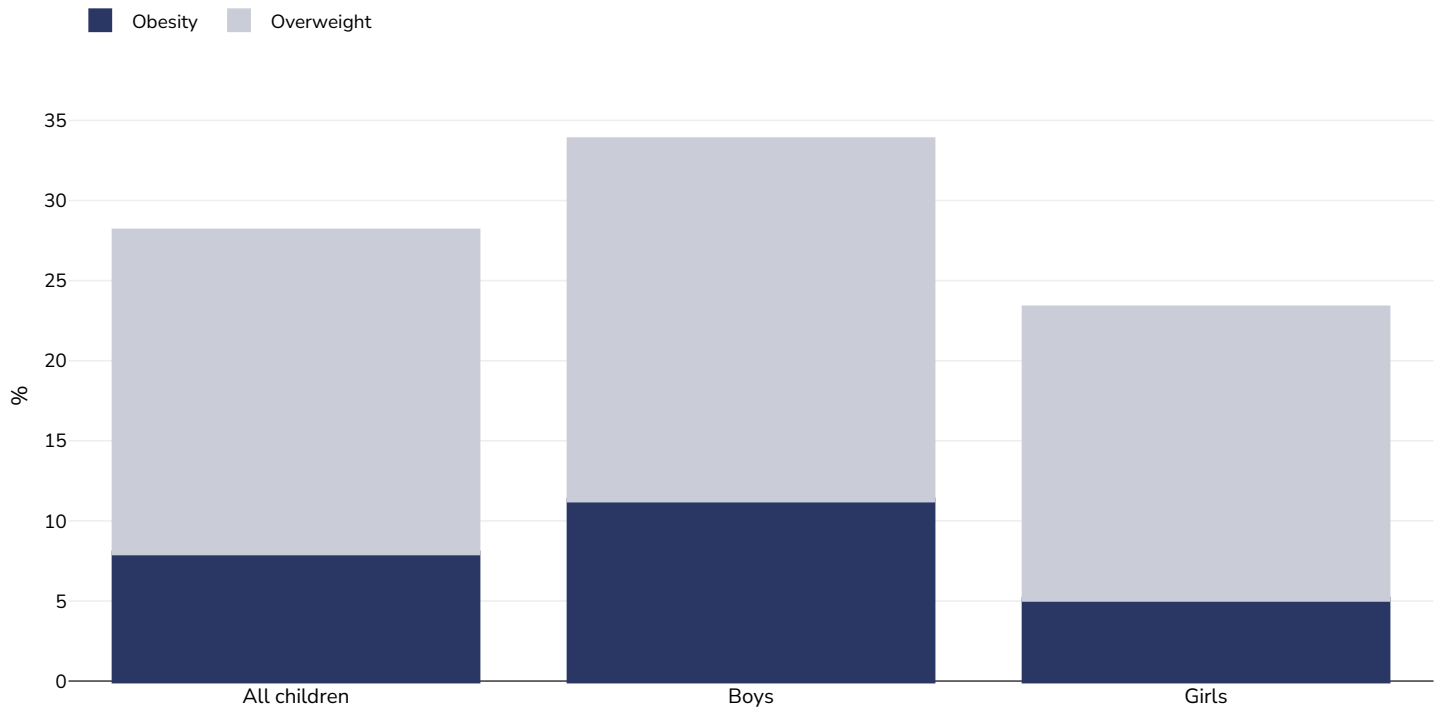
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/lebanon-119/>.*

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## Obesity prevalence

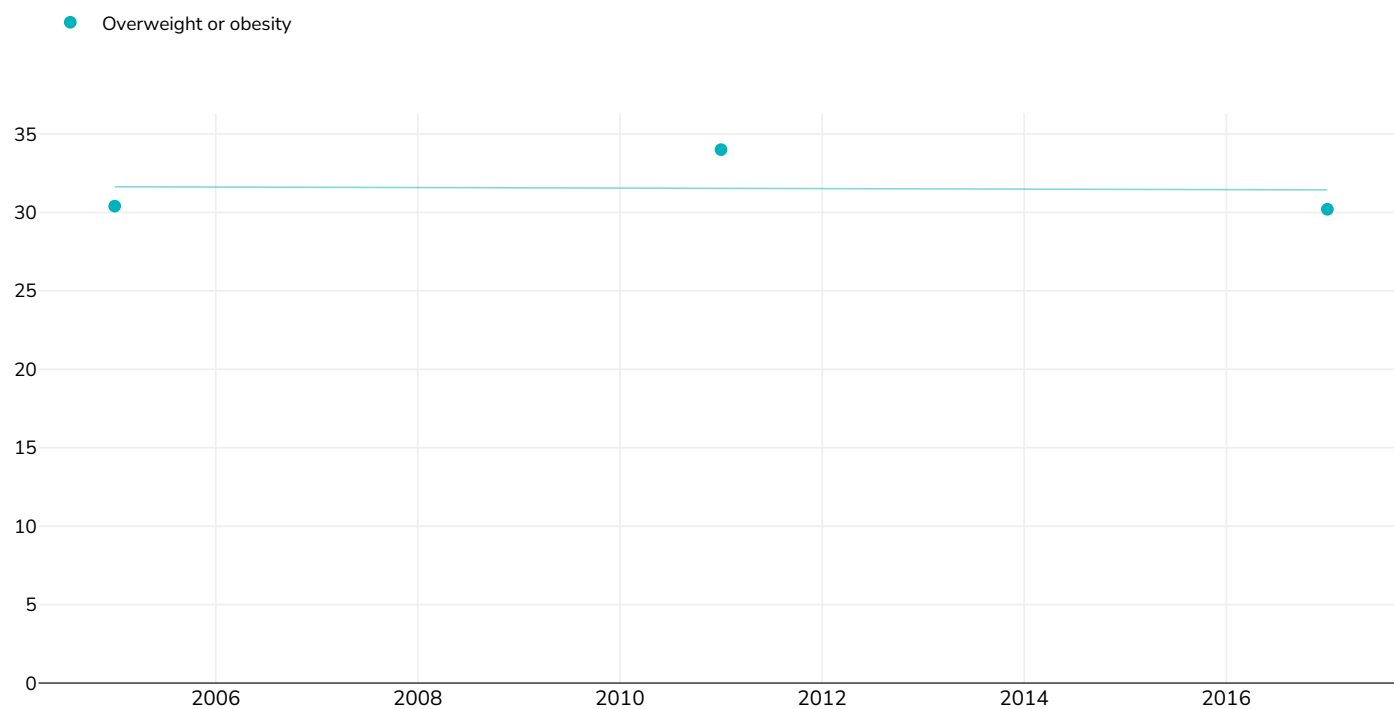
### Children, 2024



Survey type:	Self-reported
Age:	13-17
Sample size:	3,745
Area covered:	National
References:	2024 Global school-based student health survey results: Lebanon. <a href="https://www.moph.gov.lb/userfiles/files/HealthCareSystem/Mother%26ChildHealth/School%20Health/Lebanon%20GSHS%202024%20-%20Country%20Report.pdf">https://www.moph.gov.lb/userfiles/files/HealthCareSystem/Mother%26ChildHealth/School%20Health/Lebanon%20GSHS%202024%20-%20Country%20Report.pdf</a> [Accessed 13.01.26]
Notes:	Because of the low overall response rate, the data is unweighted
Cutoffs:	WHO 2007

## Trends children 2005 2017 overweight or obesity

### Boys



Survey type:

Self-reported

References:

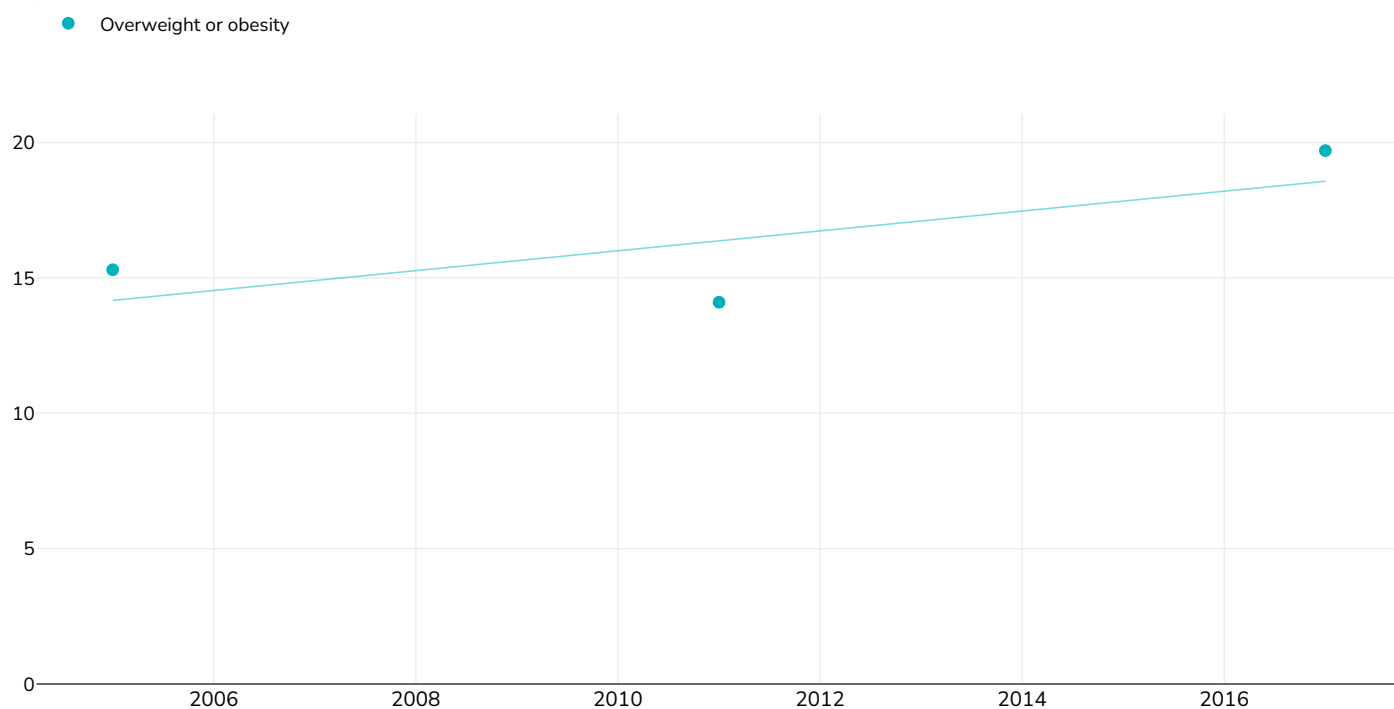
2005: Global School-based Student Health Survey, Fact Sheet available at [https://www.who.int/ncds/surveillance/gshs/2005\\_Lebanon\\_Fact\\_Sheet.pdf?ua=1](https://www.who.int/ncds/surveillance/gshs/2005_Lebanon_Fact_Sheet.pdf?ua=1) (last accessed 25.11.20)

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](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](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.*

## Girls

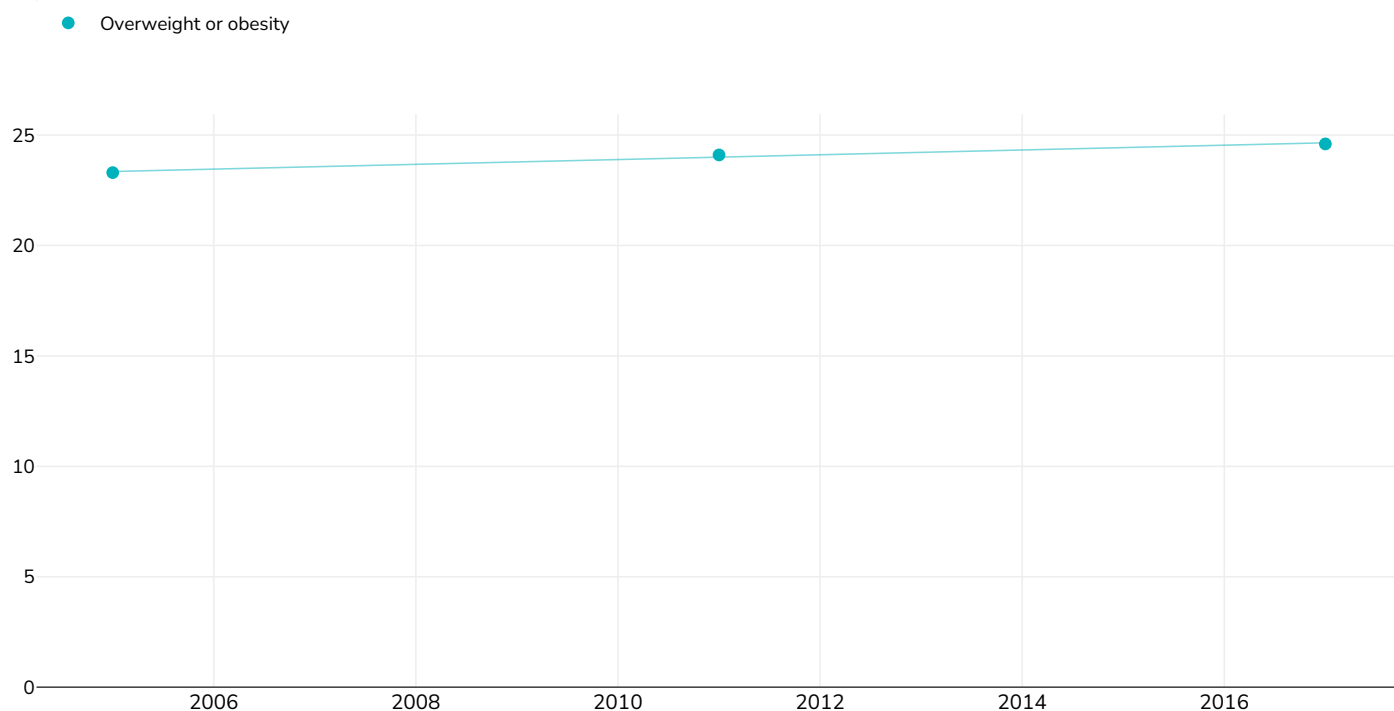


Survey type: Self-reported

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](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](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](https://www.who.int/ncds/surveillance/gshs/Lebanon_2017_GSHS_FS.pdf) (last accessed 13.11.20)

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## Boys and girls



Survey type:

Self-reported

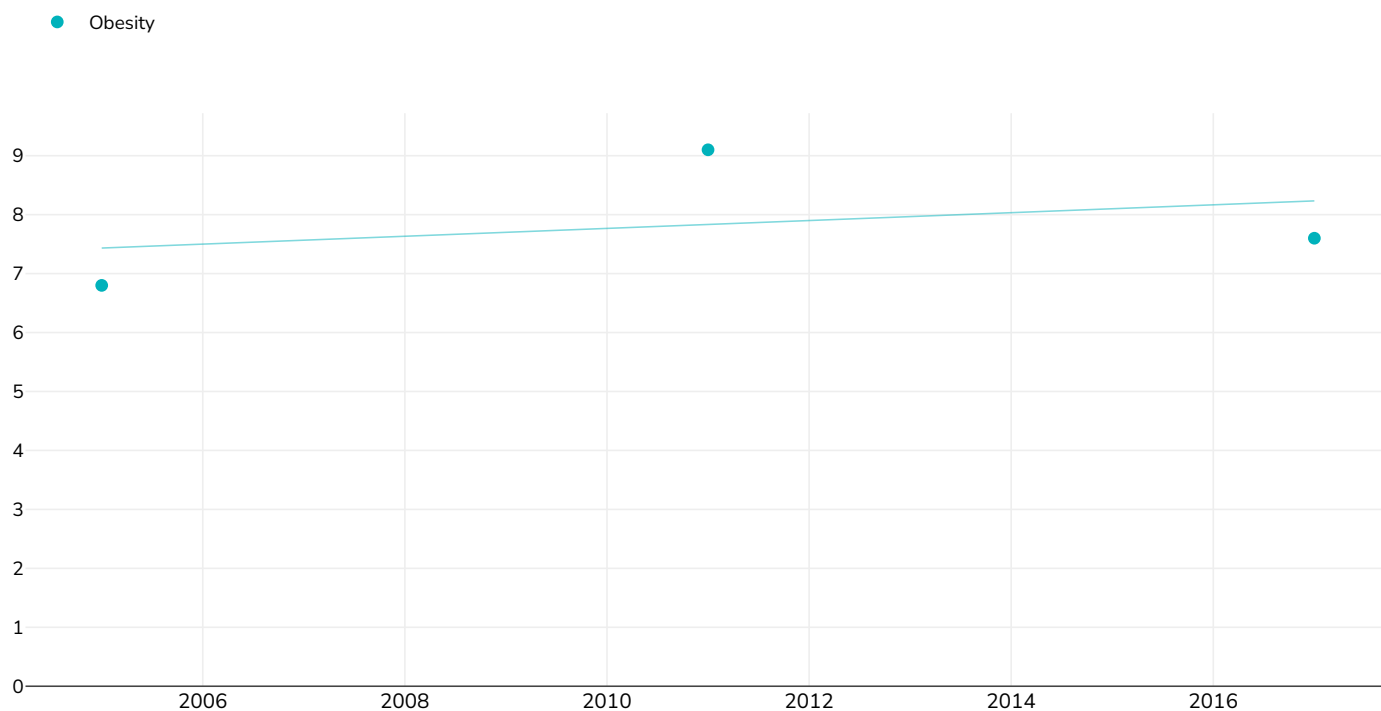
References:

- 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](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](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](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.*

## Trends obesity children 2005 2017

### Boys



Survey type:

Self-reported

References:

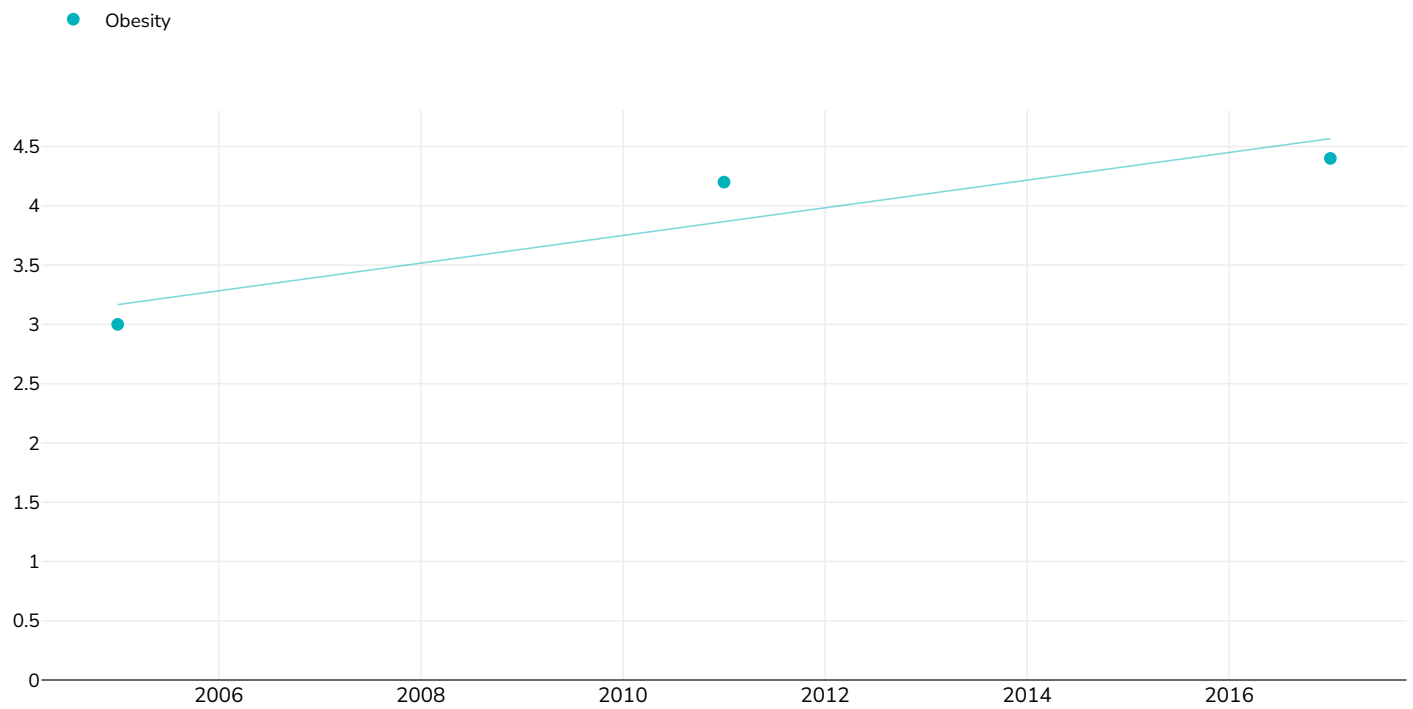
2005: Global School-based Student Health Survey, Fact Sheet available at [https://www.who.int/ncds/surveillance/gshs/2005\\_Lebanon\\_Fact\\_Sheet.pdf?ua=1](https://www.who.int/ncds/surveillance/gshs/2005_Lebanon_Fact_Sheet.pdf?ua=1) (last accessed 25.11.20)

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](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](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.*

## Girls



Survey type:

Self-reported

References:

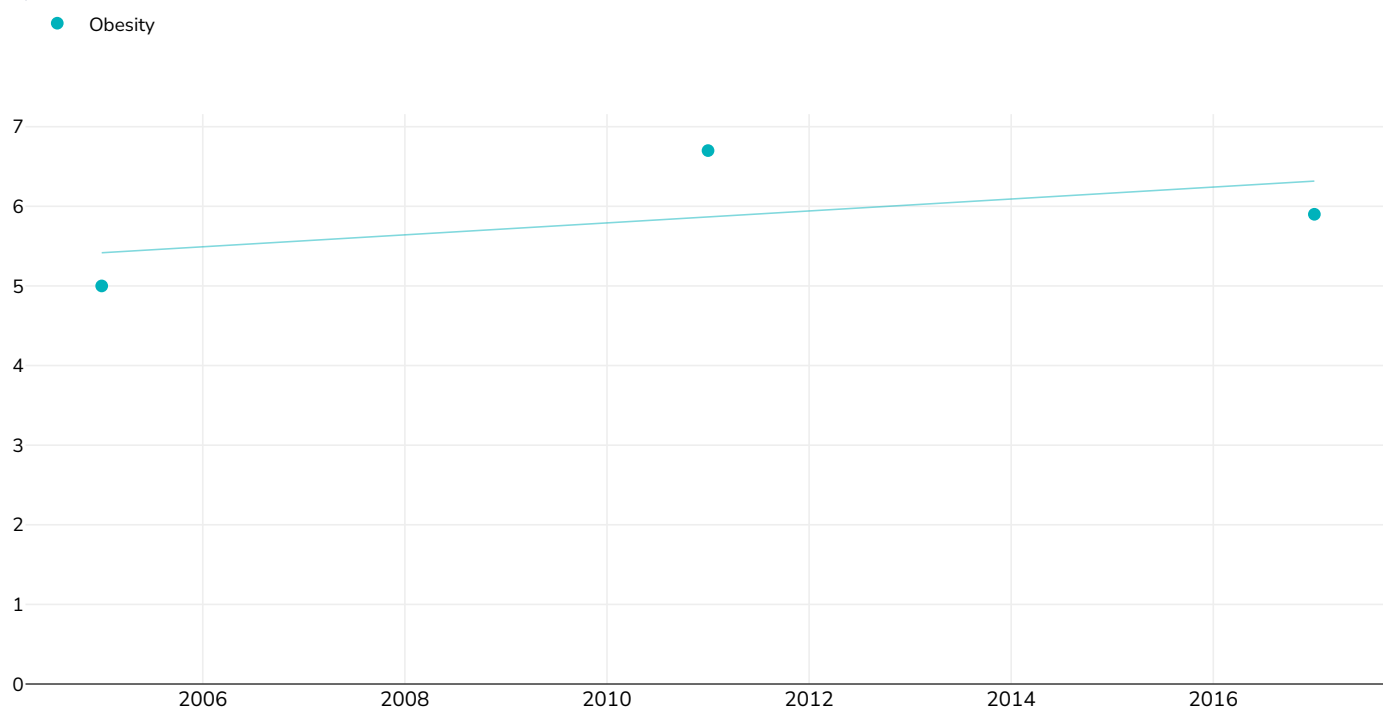
2005: Global School-based Student Health Survey, Fact Sheet available at [https://www.who.int/ncds/surveillance/gshs/2005\\_Lebanon\\_Fact\\_Sheet.pdf?ua=1](https://www.who.int/ncds/surveillance/gshs/2005_Lebanon_Fact_Sheet.pdf?ua=1) (last accessed 25.11.20)

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](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](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



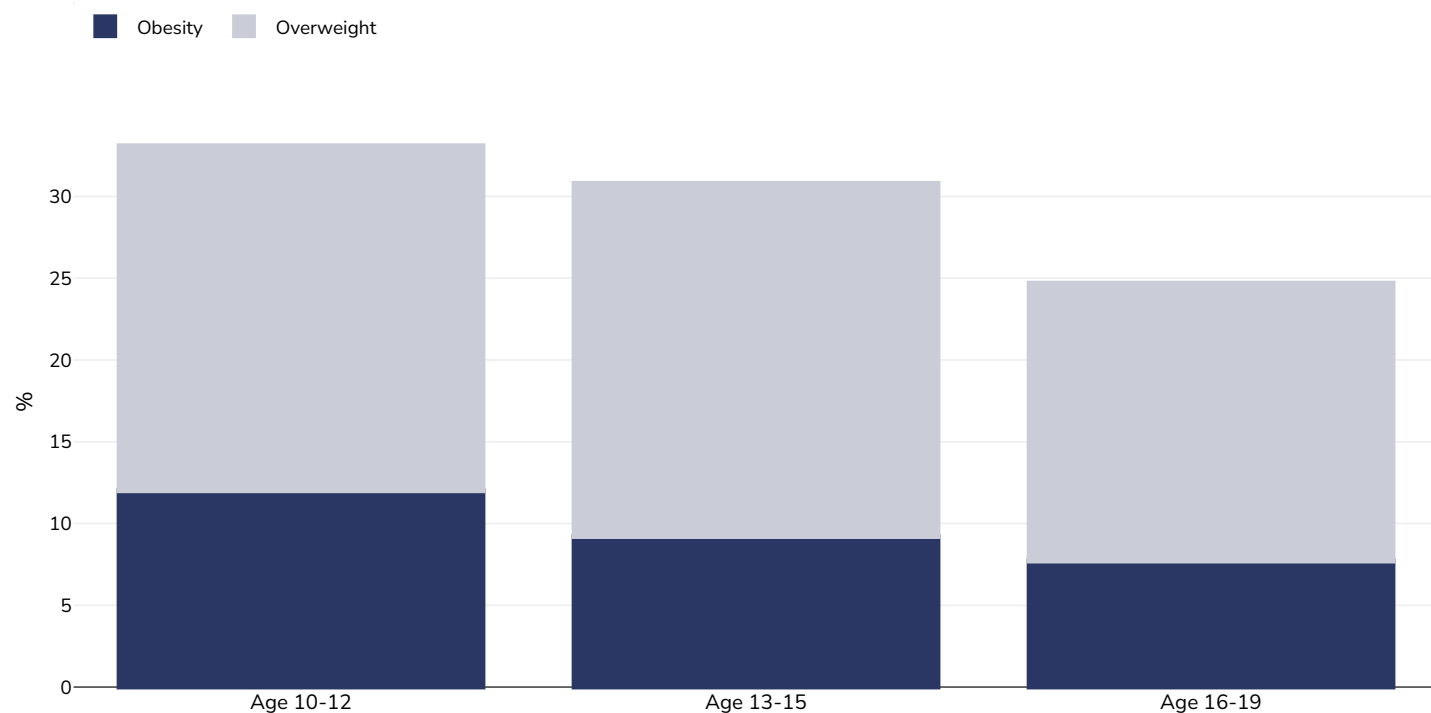
Survey type: Self-reported

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](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](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](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.*

## Overweight/obesity by age

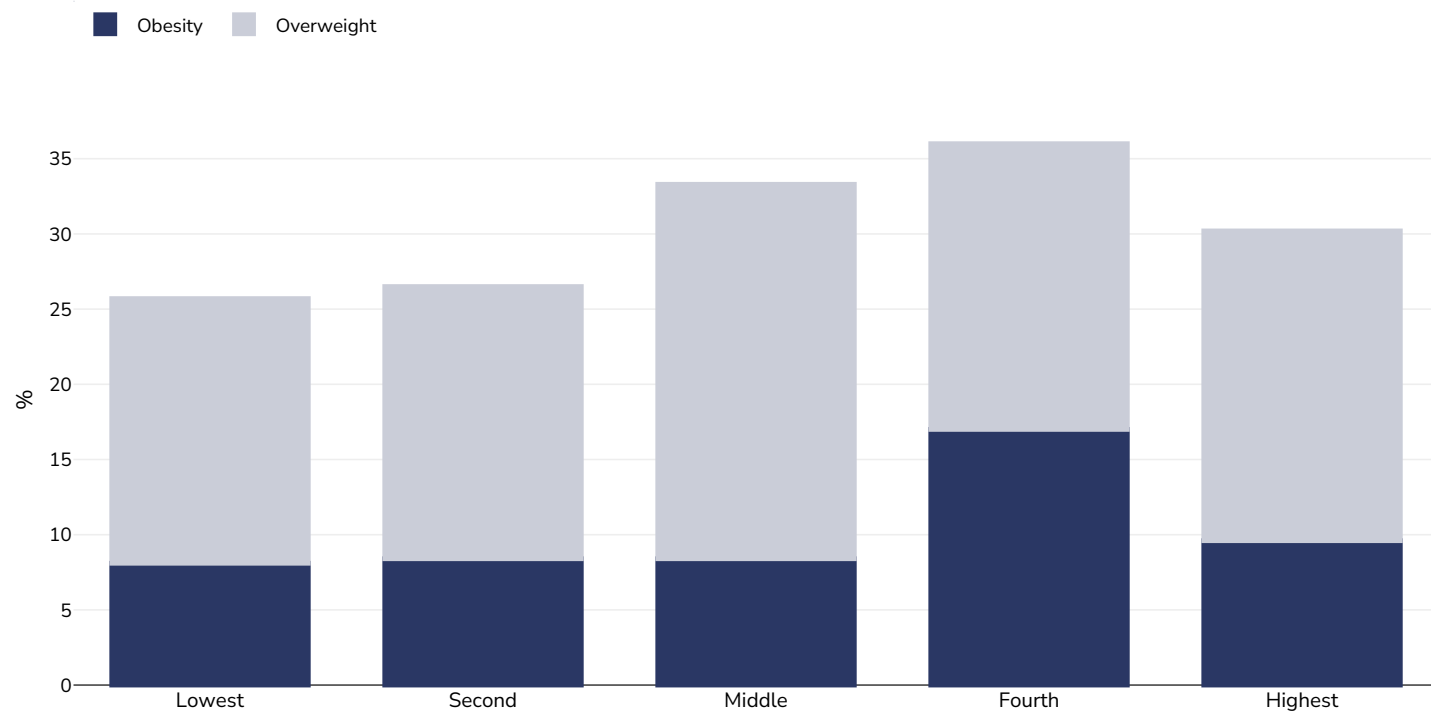
### Children, 2023



<b>Survey type:</b>	Measured
<b>Sample size:</b>	2128
<b>Area covered:</b>	National
<b>References:</b>	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.
<b>Definitions:</b>	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
<b>Cutoffs:</b>	WHO

## Overweight/obesity by socio-economic group

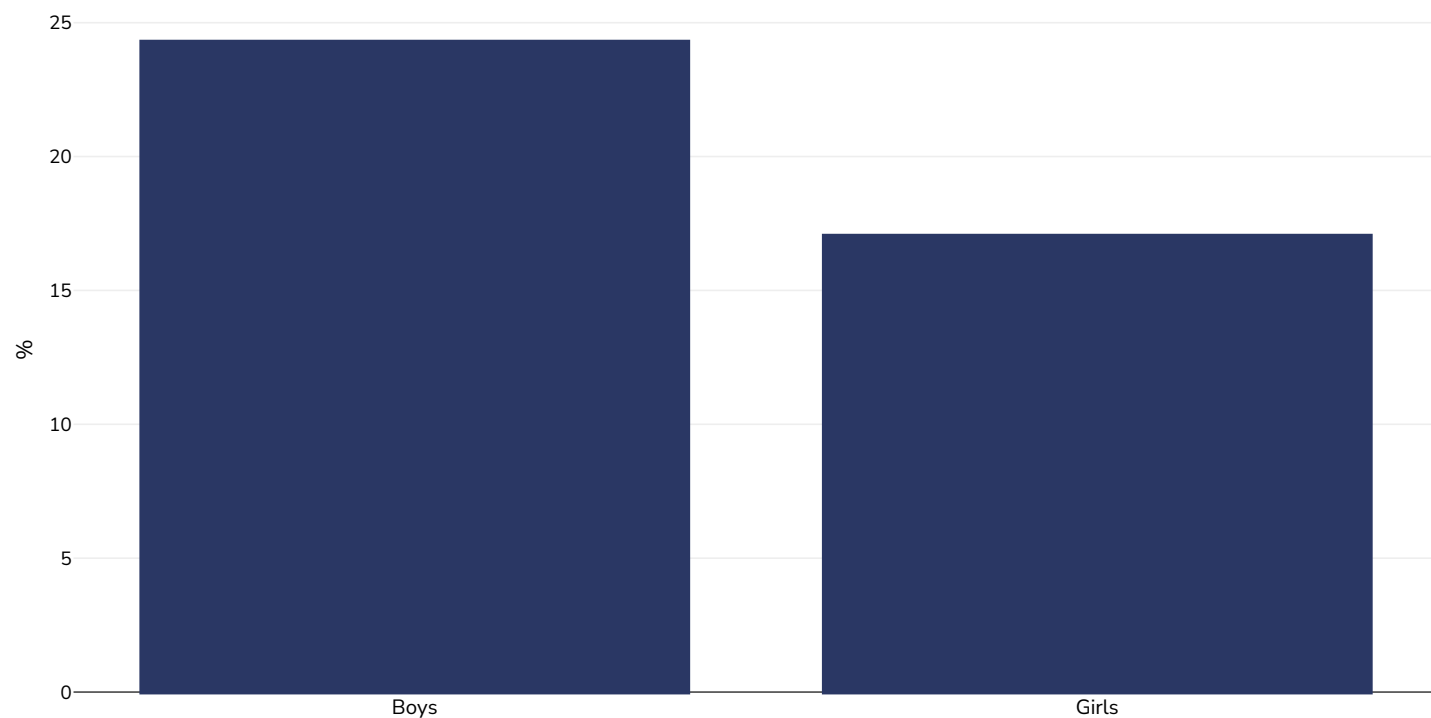
### Girls, 2023



<b>Survey type:</b>	Measured
<b>Age:</b>	10-19
<b>Sample size:</b>	2128
<b>Area covered:</b>	National
<b>References:</b>	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.
<b>Definitions:</b>	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
<b>Cutoffs:</b>	WHO

## Double burden of underweight & overweight

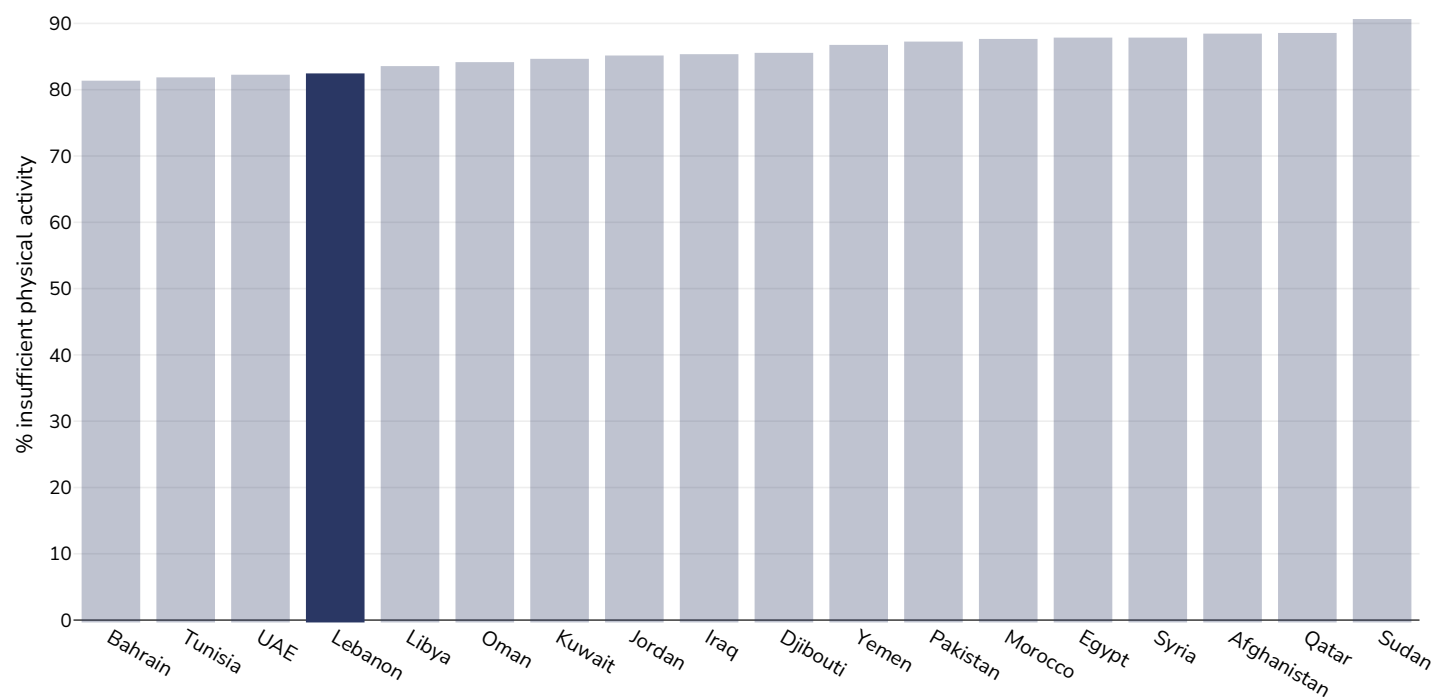
### Children, 2022



<b>Survey type:</b>	Measured
<b>Age:</b>	5-19
<b>References:</b>	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. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> .
<b>Notes:</b>	Age standardised estimates
<b>Definitions:</b>	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
<b>Cutoffs:</b>	BMI < -2SD and BMI > 2SD

## Insufficient physical activity

### Children, 2016



Survey type: Self-reported

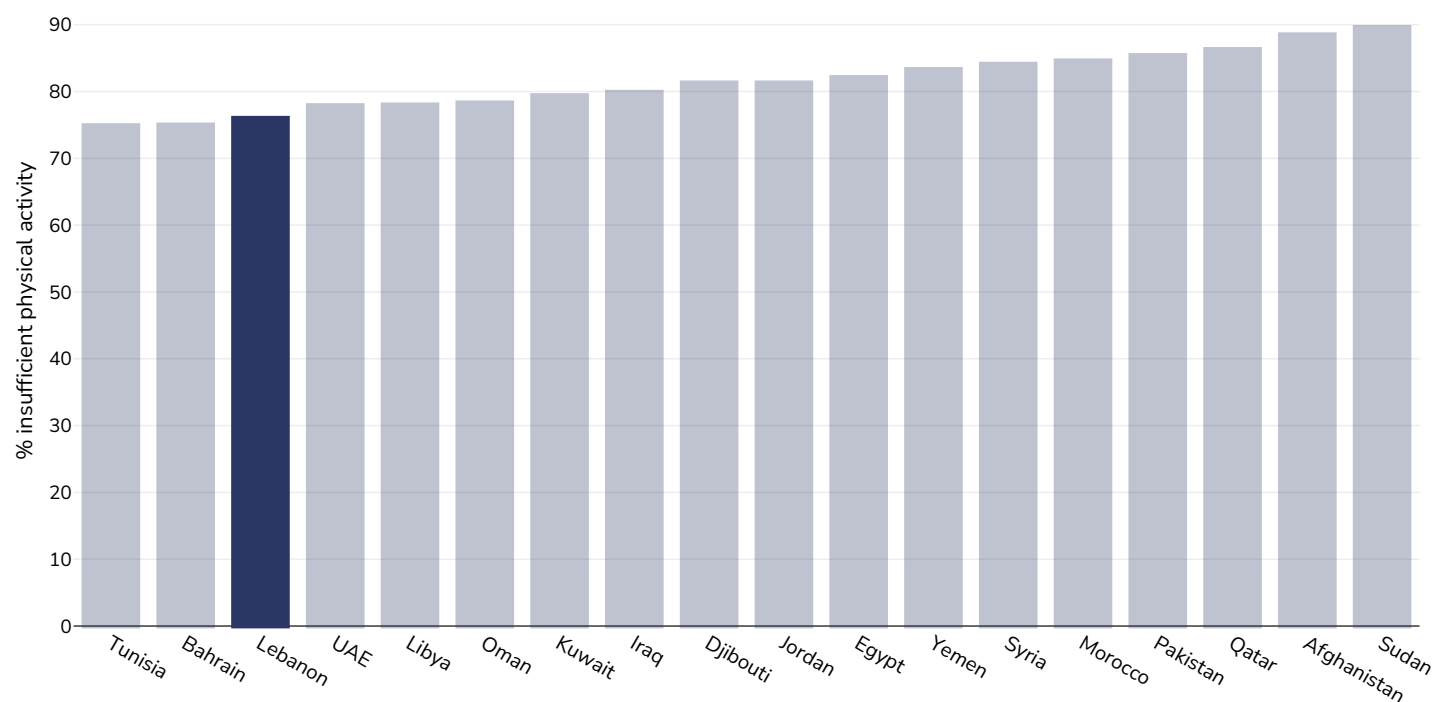
Age: 11-17

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

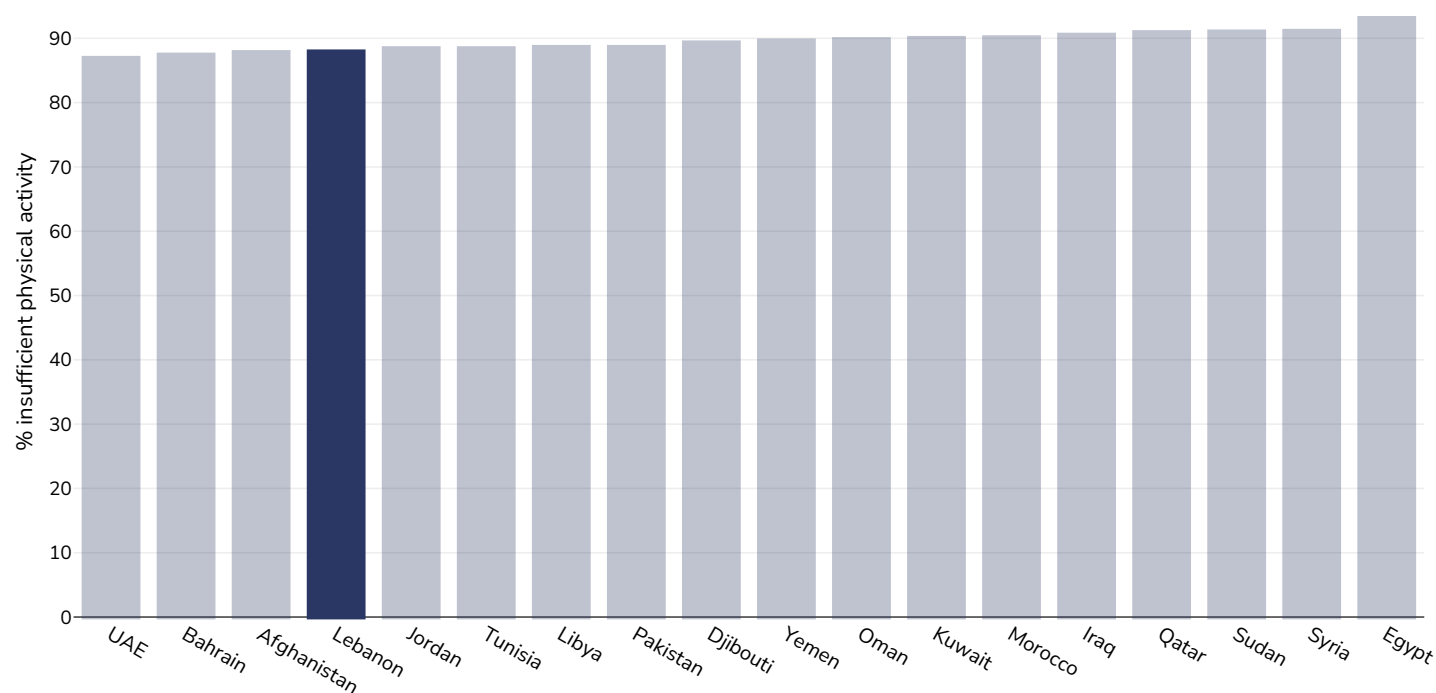
Age: 11-17

References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893AD0?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

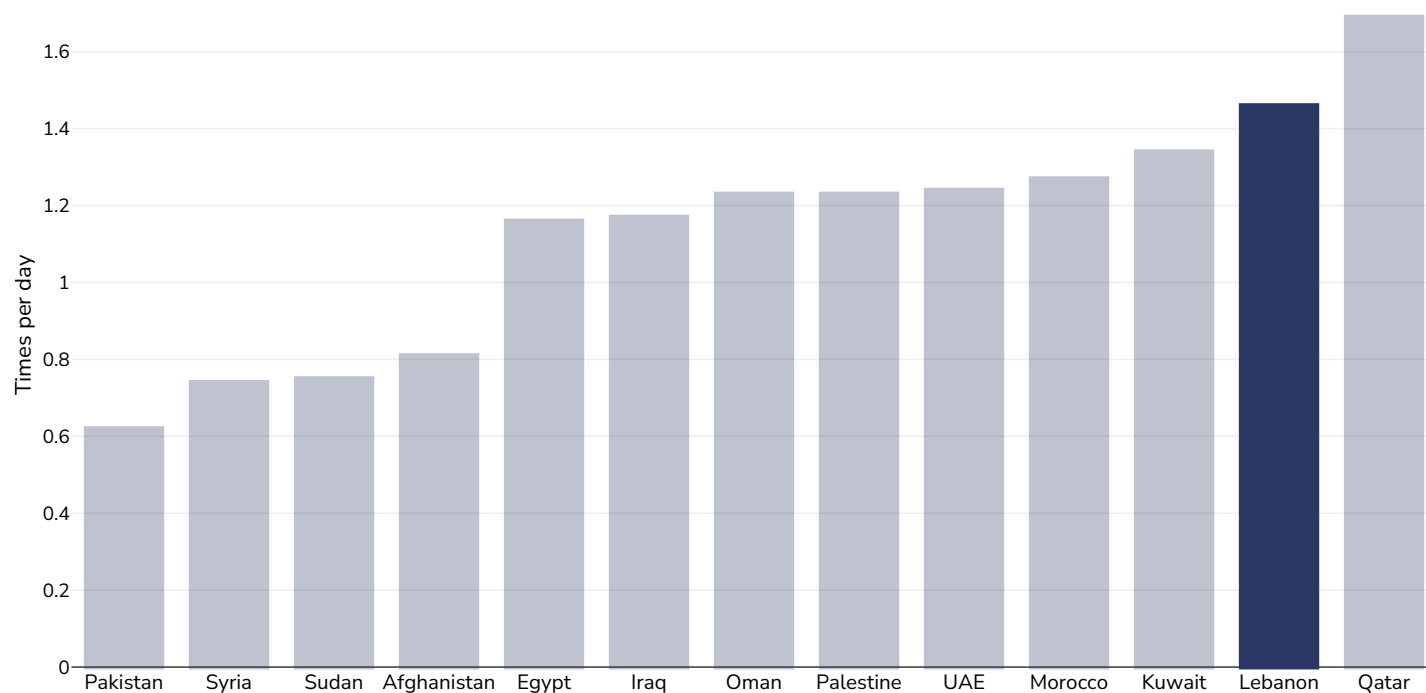
References: Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

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:

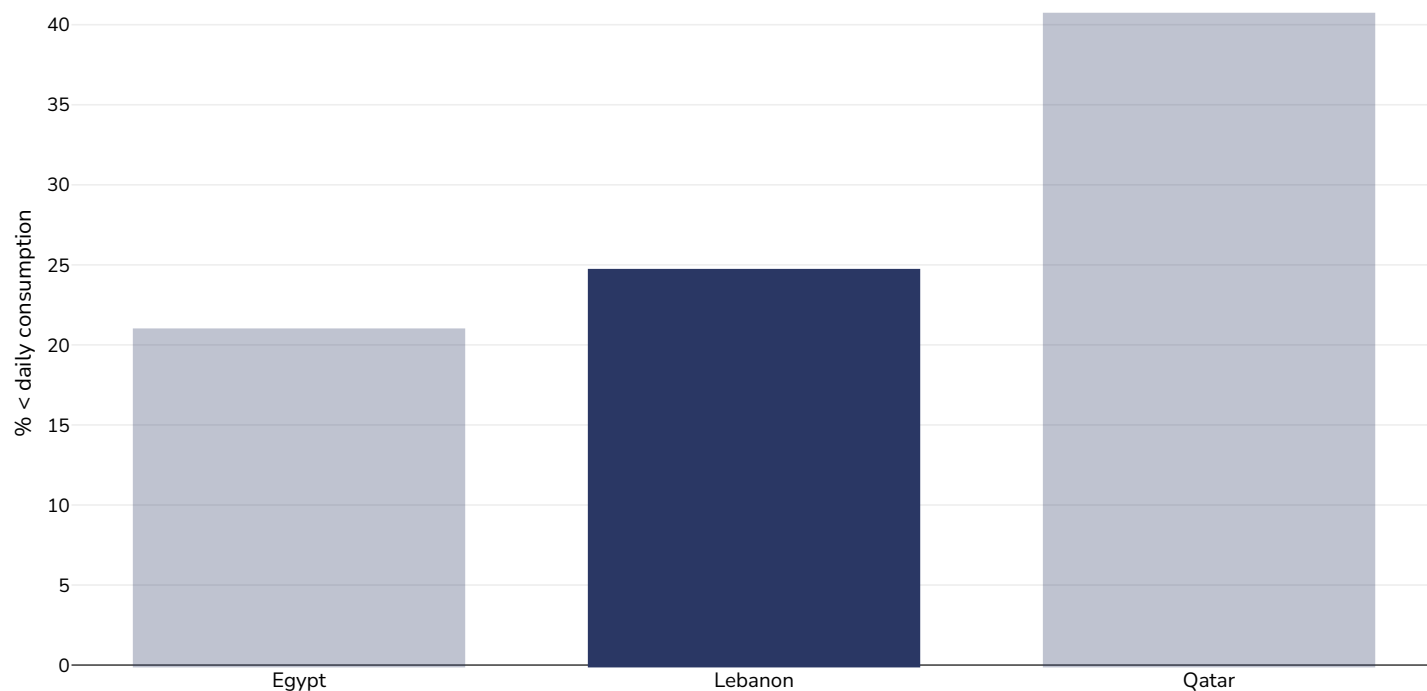
12-17

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>

## Prevalence of less than daily fruit consumption

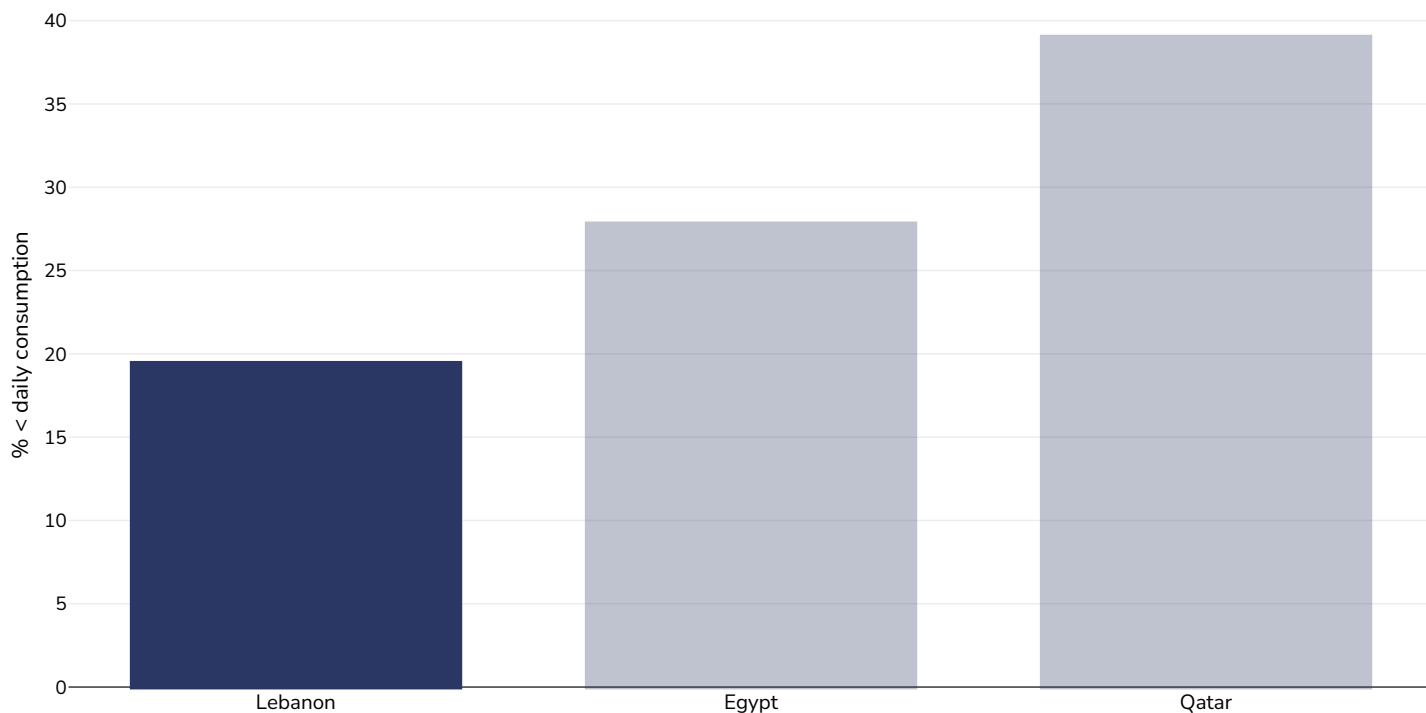
### Children, 2011



<b>Survey type:</b>	Self-reported
<b>Age:</b>	12-17
<b>Area covered:</b>	National
<b>References:</b>	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. <a href="https://doi.org/10.1177/0379572119848287">https://doi.org/10.1177/0379572119848287</a> . Sourced from Food Systems Dashboard <a href="http://www.foodsystemsdashboard.org/food-system">http://www.foodsystemsdashboard.org/food-system</a>
<b>Definitions:</b>	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

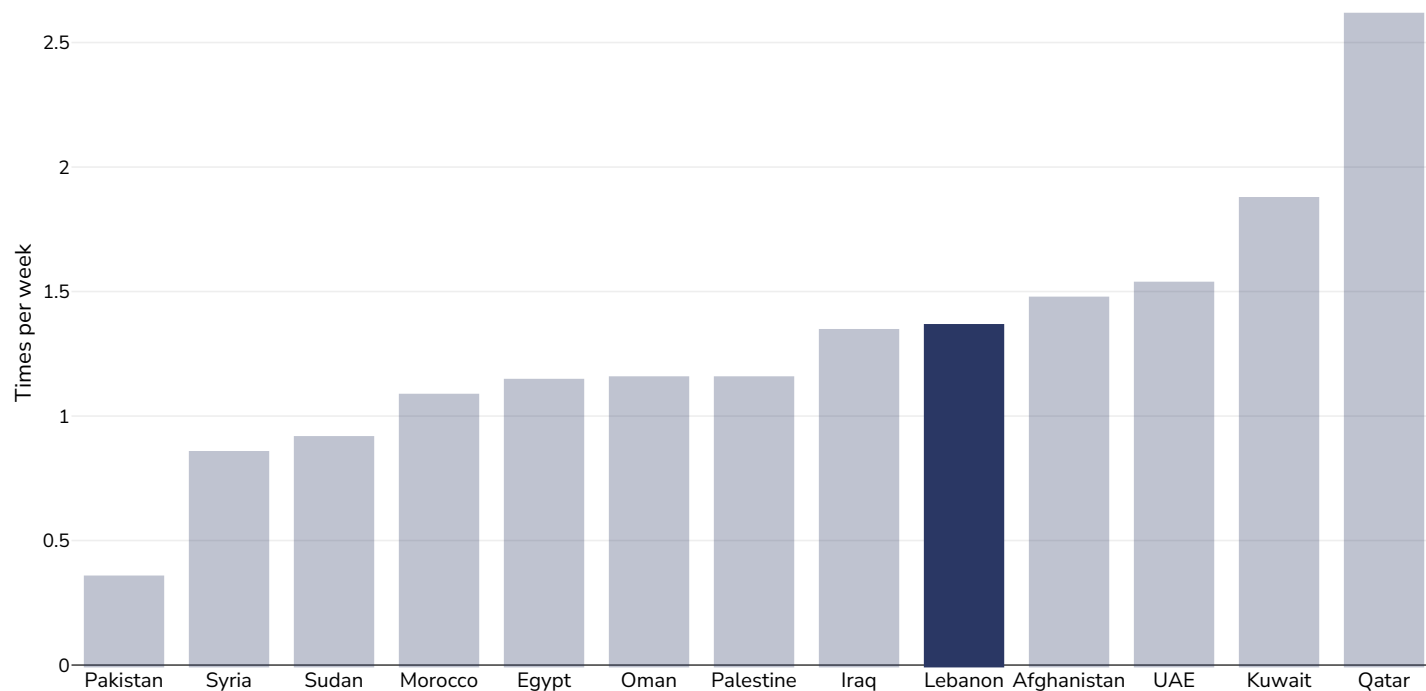
Area covered: National

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

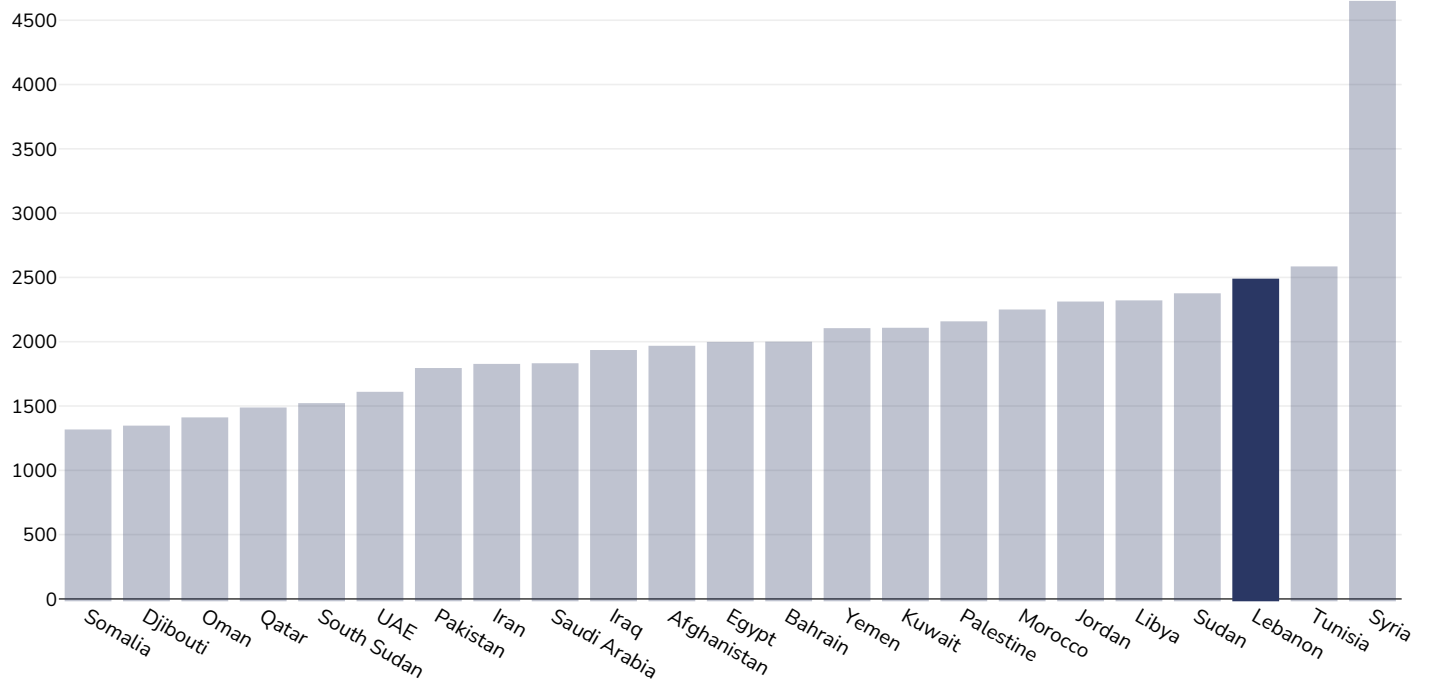


Age: 12-17

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>

## Mental health - depression disorders

### Children, 2023

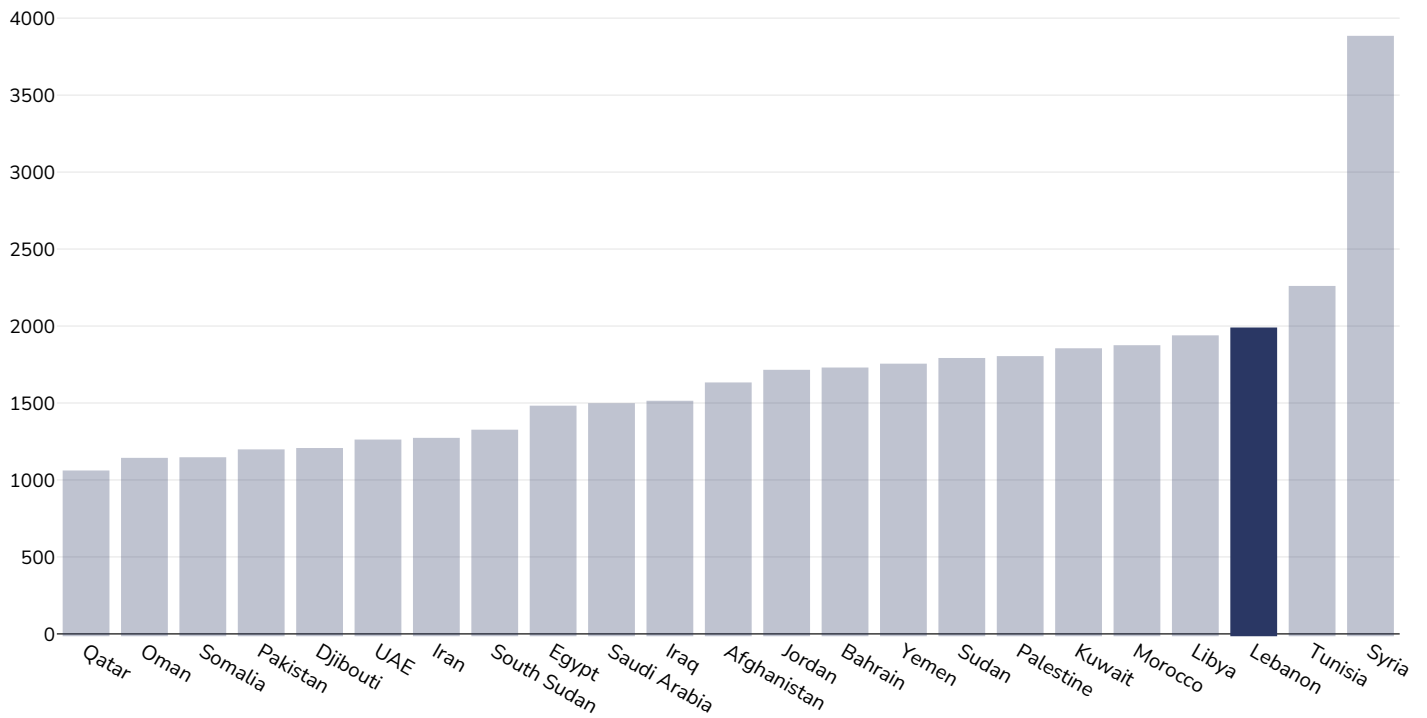


Area covered: National

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

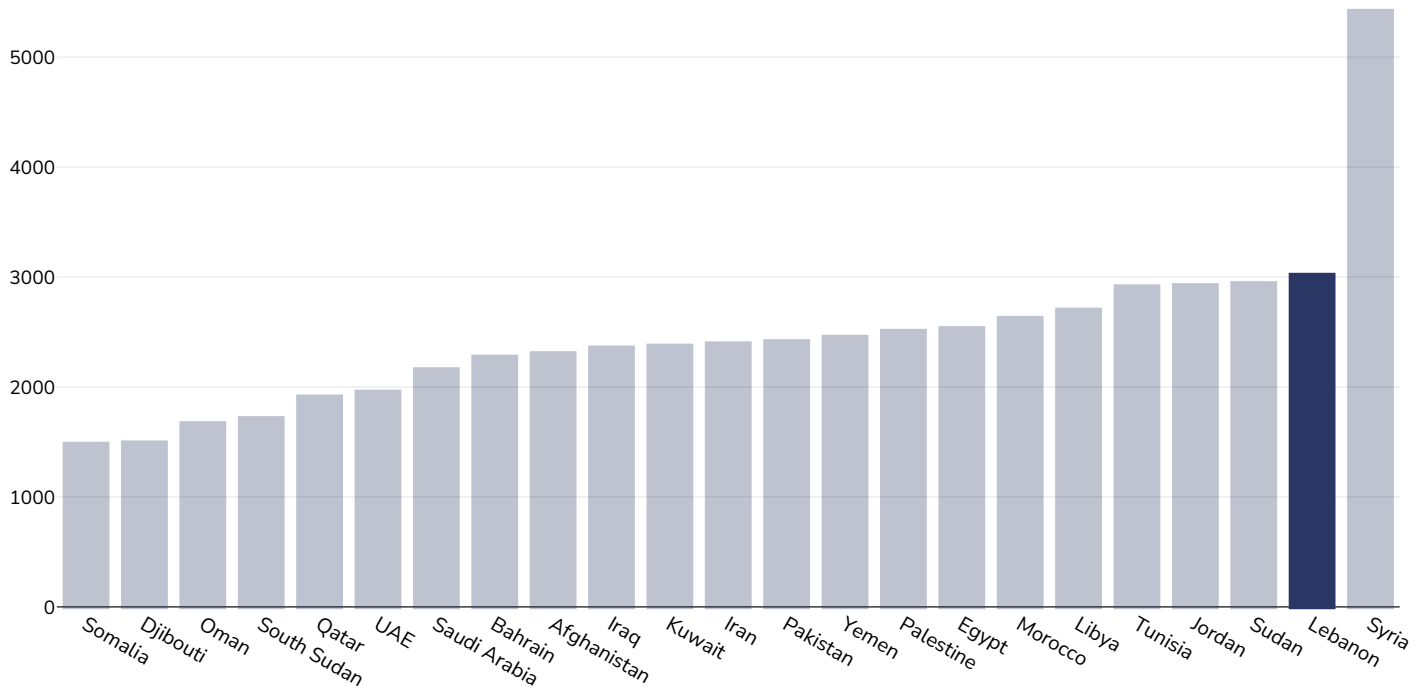


**Area covered:** National

**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**



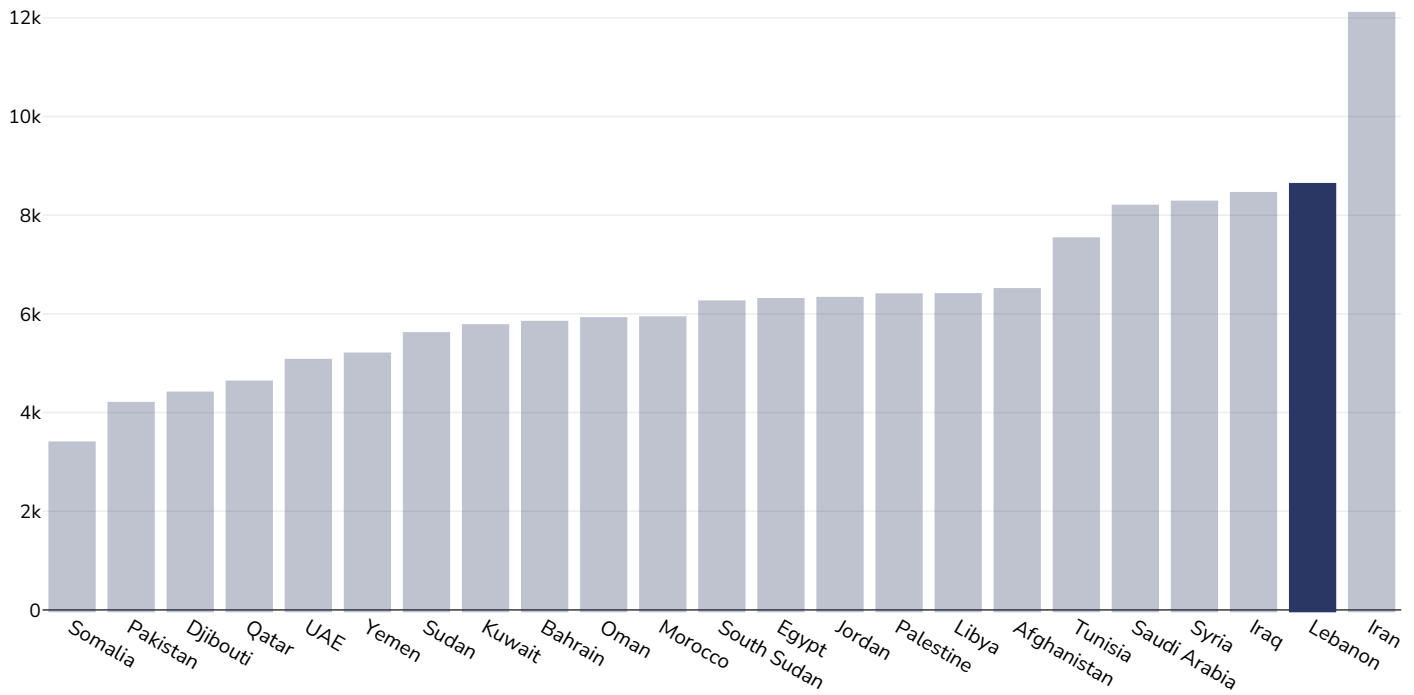
**Area covered:** National

**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

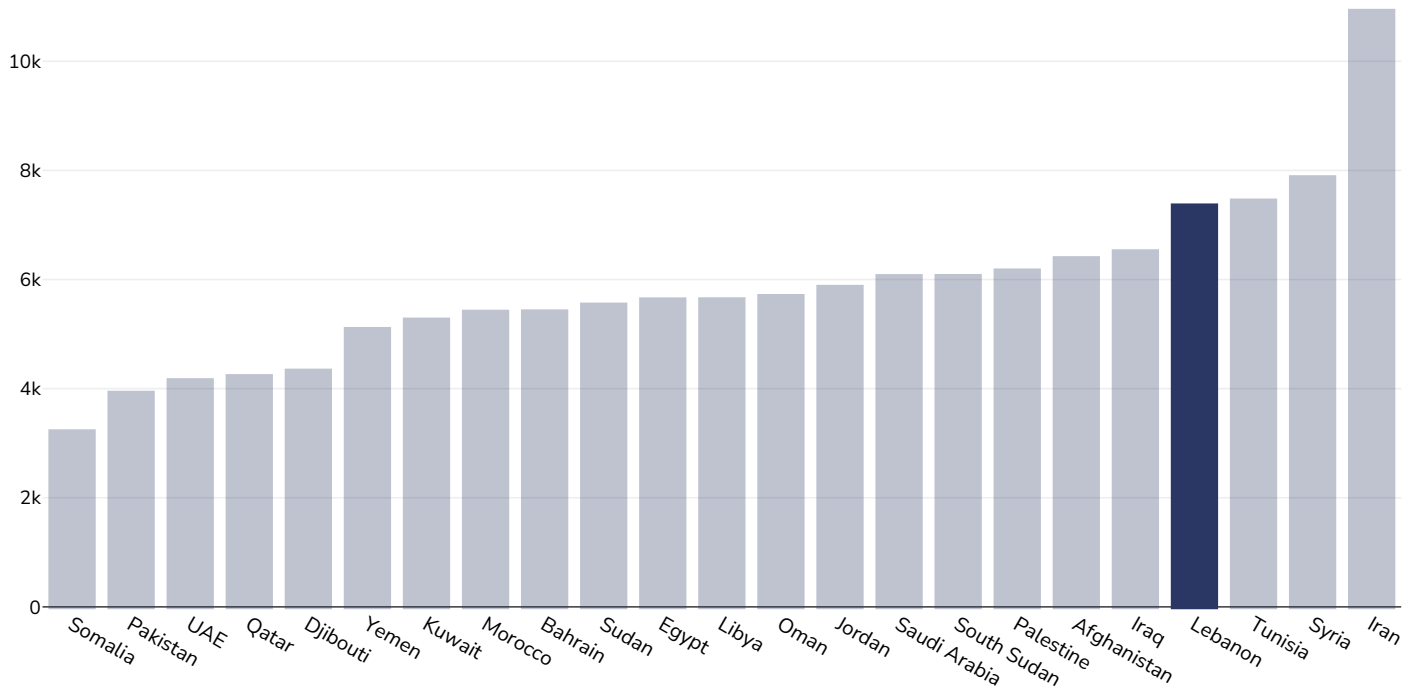
References:

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

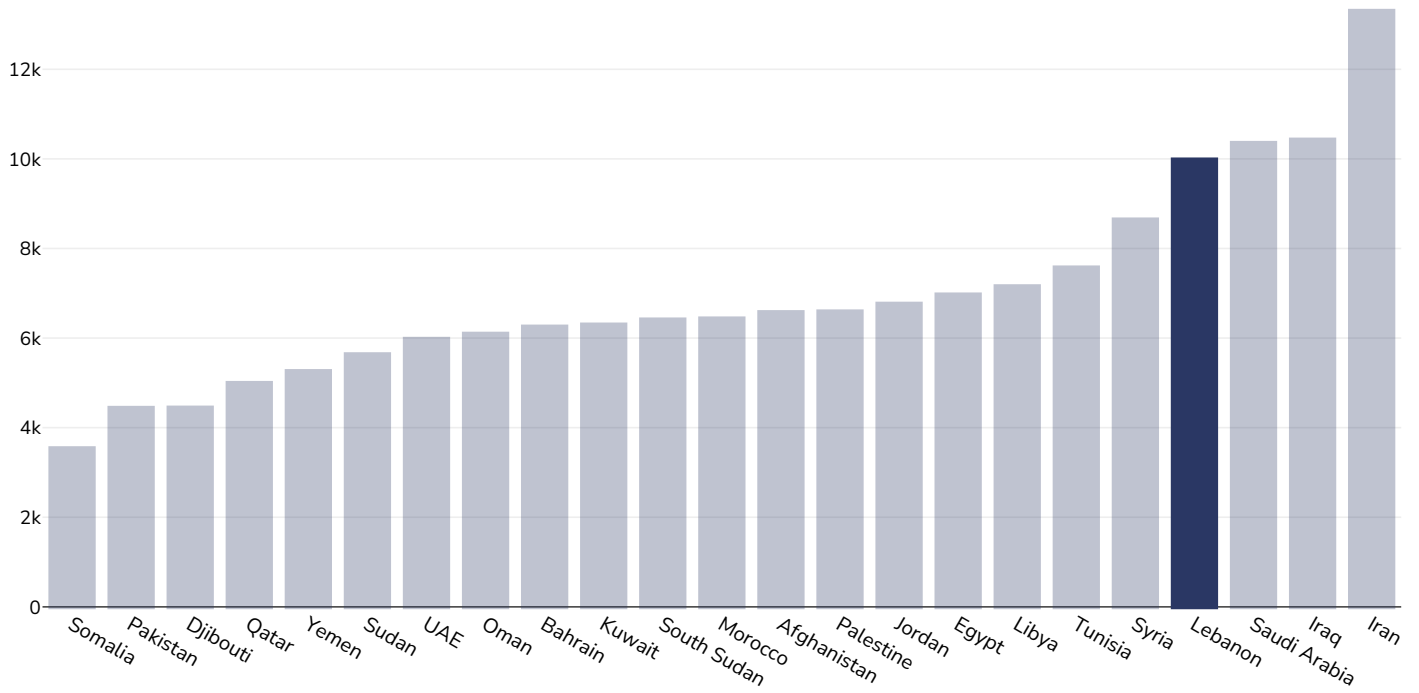
References:

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)

PDF created on May 5, 2026