



Liibanon



Country report card - under-5s

This report card contains the latest data available on the GlobalObesityObservatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

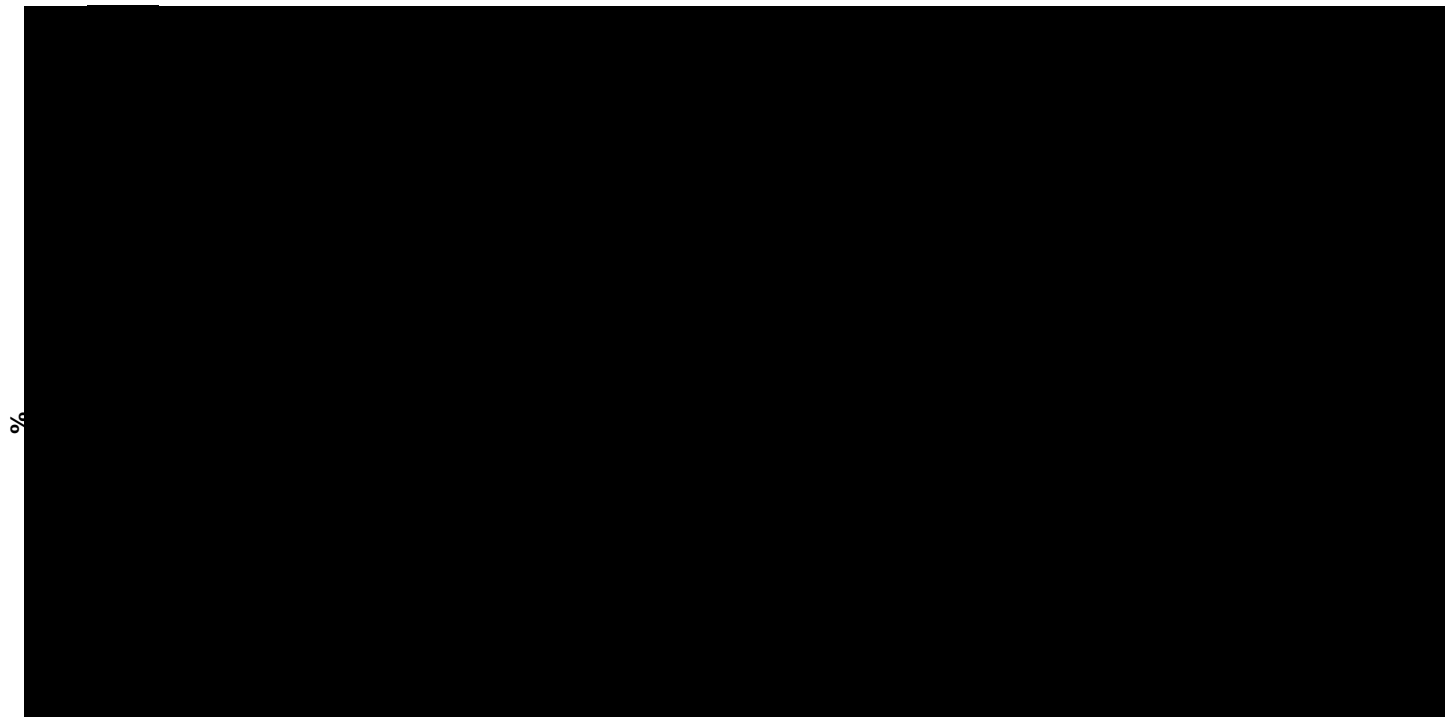
View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/lebanon-119/>.

Riiklik rasvumisrisk ***8/10** This is a composite 'obesity risk' score (out of 10, the highest risk) based on obesity prevalence, rate of increase, likelihood of meeting the 2025 target, treatment indicator and childhood stunting levels. Laste rasvumise oht ***9/11** This is a 'risk score' for each country's likelihood of having or acquiring a major childhood obesity problem during the 2020s, taking account of current prevalence levels and risk for future obesity (based on stunting among infants, maternal obesity, maternal smoking, and breastfeeding rates).

* Põhineb hinnangulistel andmetel. Lisateavet leiate jaotisest „Väljaanded“

Rasvumise levimus

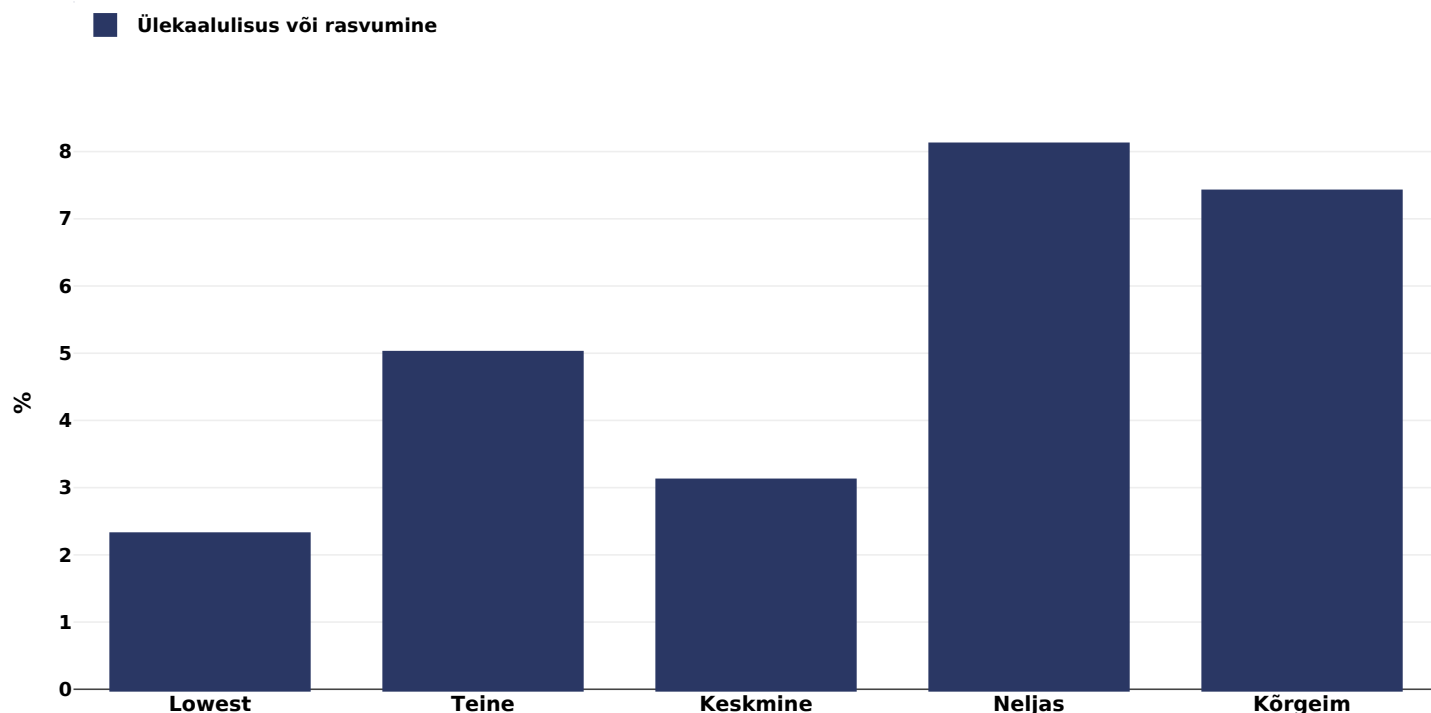
0-5 years, 2023



	0-5 years boys	0-5 years girls	All 0-5 years
Uuringu tüüp:	Mõõdetud		
Vanus:	0-5		
Hõlmatud piirkond:	Riiklik		
Viited:	Lebanese Integrated Micronutrient and Anthropometry Survey 2023		
Mrkused:	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/ .		
Misted:	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		

Ülekaalulisus / rasvumine sotsiaalmajandusliku grupi järgi

0-5 years, 2023



Uuringu tüüp:

Mõõdetud

Valimi
suurus:

1899

Hõlmatud
piirkond:

Riiklik

Viited:

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.

Misted:

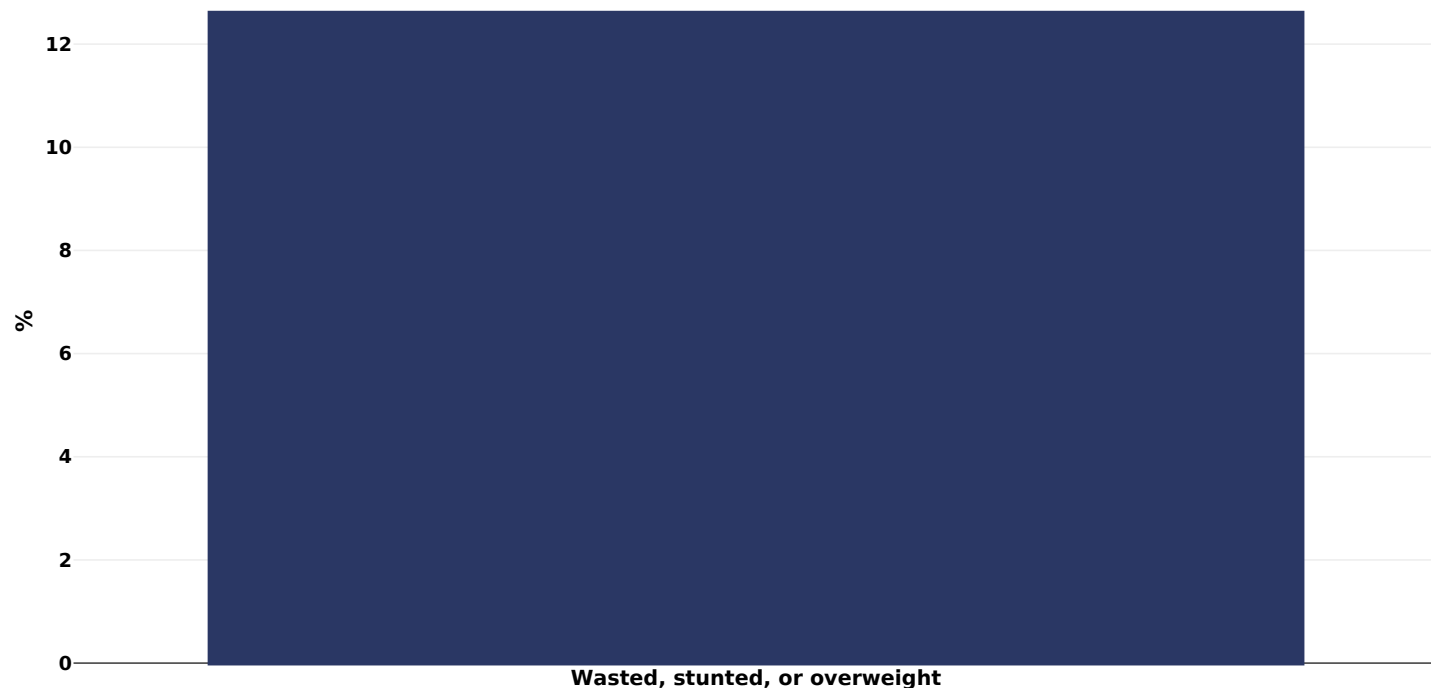
Overweight is a weight-for-height z-score greater than +2.0 but less than or equal to +3.0. Obesity is defined as a weight-for-height z-score greater than +3.0.

Cutoffs:

WHO

Double burden of underweight & overweight

0-5 years, 2021



Uuringu tüüp:

Mõõdetud

Vanus:

0-5

Viited:

United Nations Childrens 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]

Mrkused:

Lebanon National Nutrition SMART Survey

Misted:

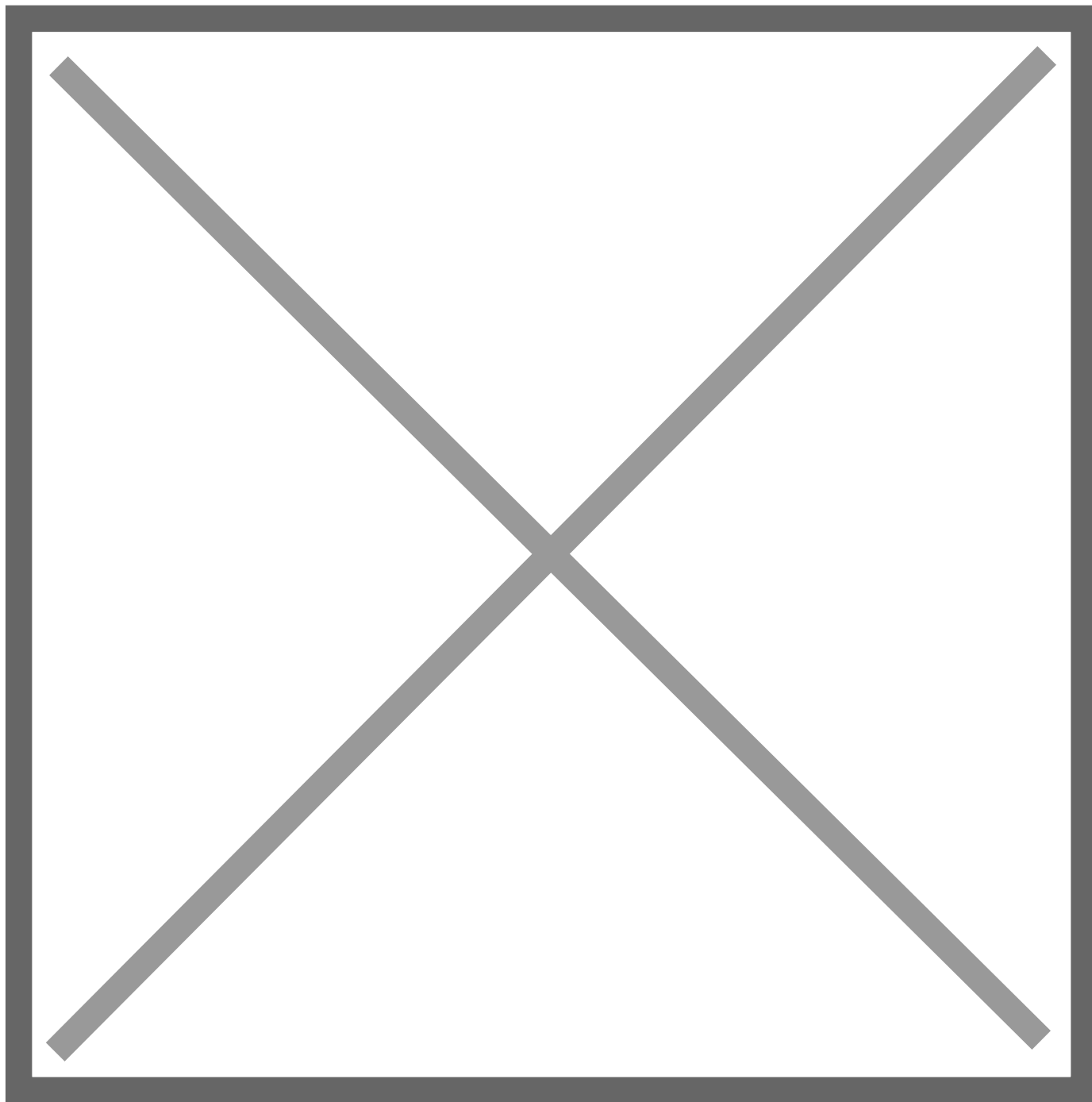
Combined percentage of children under 5 years of age who are either wasted, stunted, or overweight (falling below -2 standard deviations from the median weight-for-height, falling below -2 standard deviations from the median height for age, or falling at or above +2 standard deviations from the median weight-for-height of the reference population)

Cutoffs:

WHZ <-2, HAZ <-2 and WHZ >+2

0.-5. elukuuni eranditult rinnapiimal imikute %

0-5 years, 2010-2023



Viited: Lebanese Integrated Micronutrient and Anthropometry Survey 2023

Mrkused: Full details are available. Original citation: United Nations Childrens Fund, Division of Data, Analysis, Planning and Monitoring (2024). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, December 2024.

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