



Il-Libanu



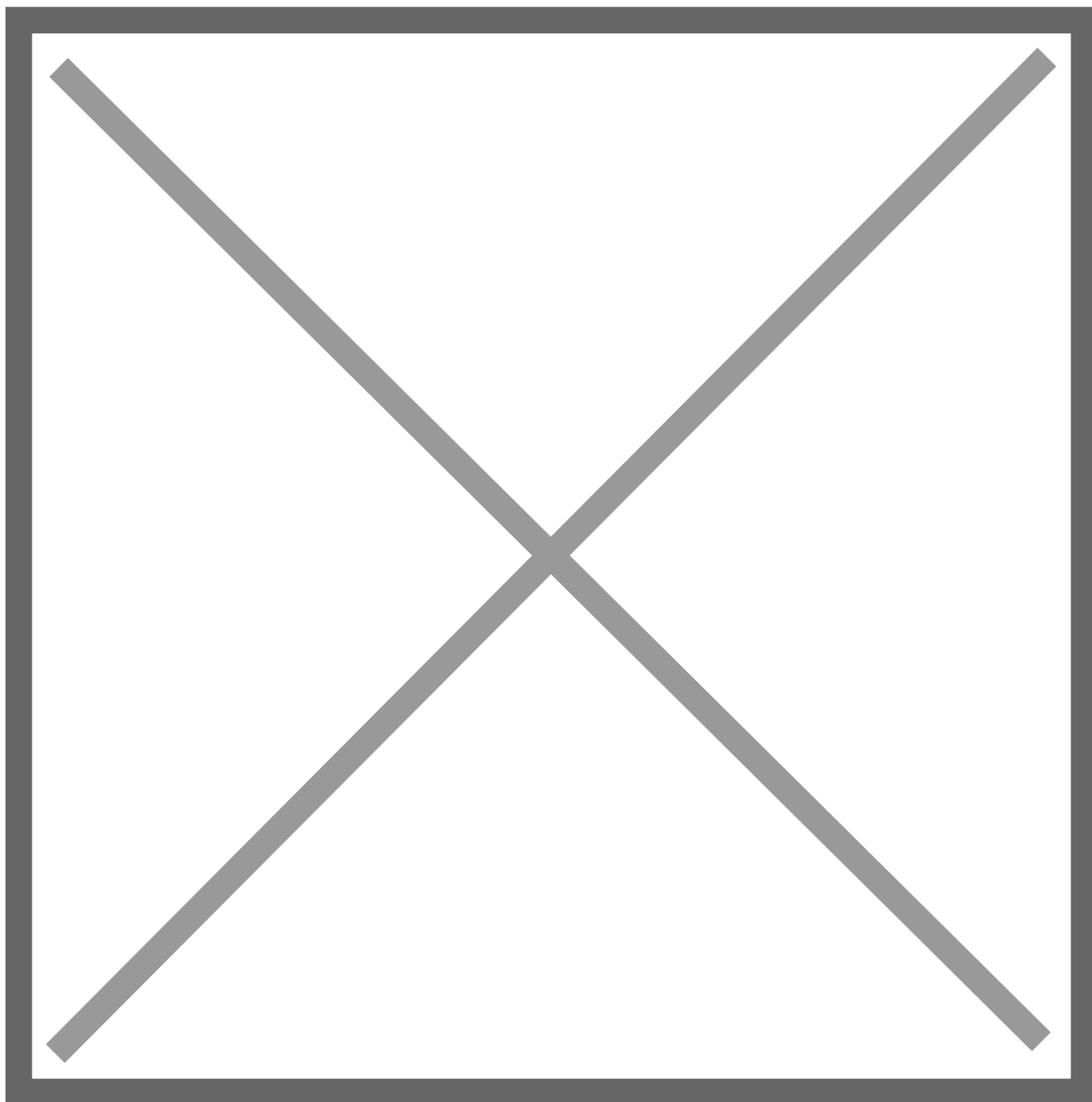
Country report card - under-5s

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/>.

Prevalenza tal-obeżità

0-5 years, 2023



Tip ta' stħarriġ:	Imkejjel
Età:	0-5
Erja Koperta:	Nazzjonali
Referenzi:	Lebanese Integrated Micronutrient and Anthropometry Survey 2023

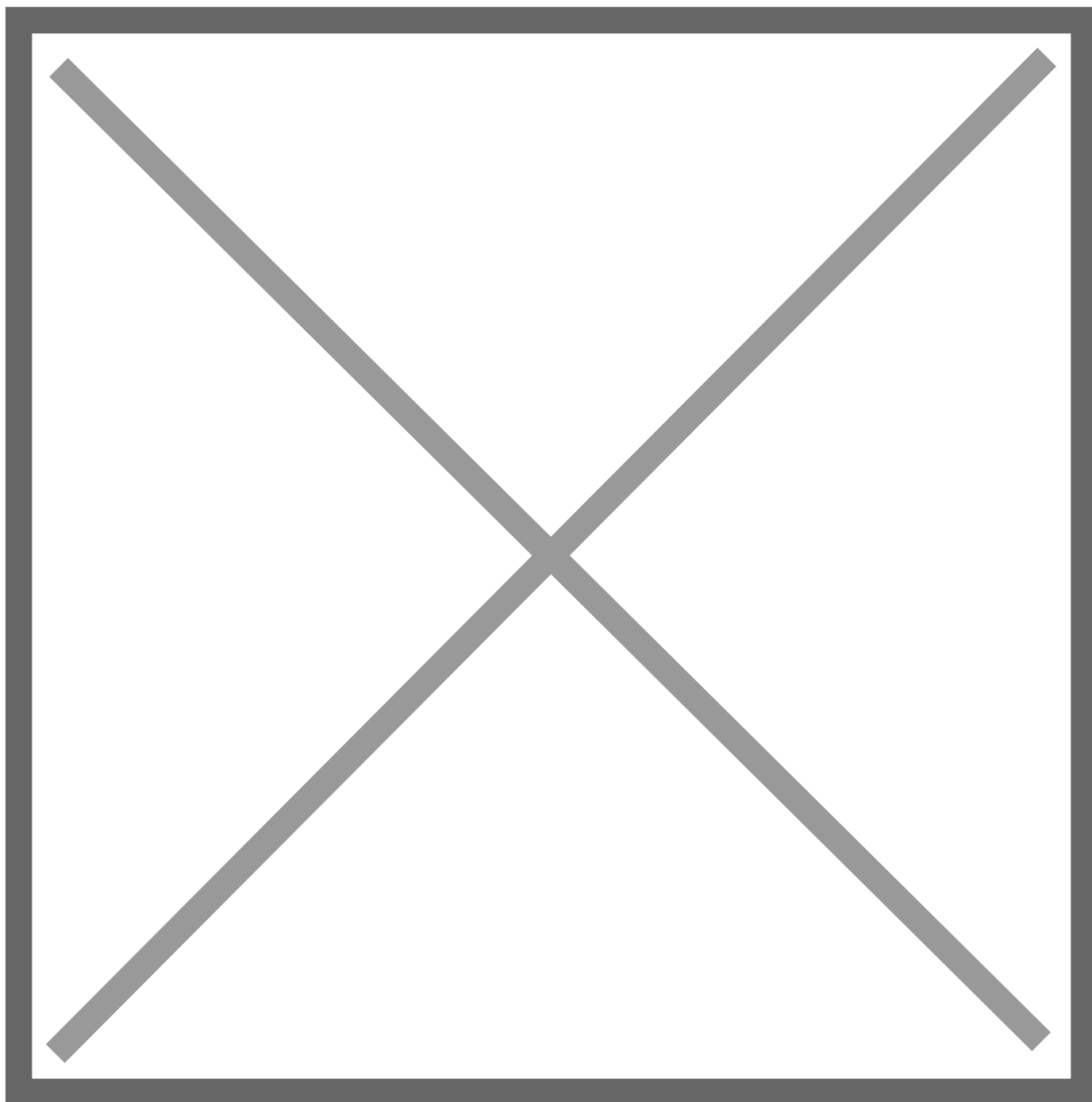
Noti: UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight estimates: National and Disaggregated, July 2025, New York. Weighted sample size. For more information, please consult <https://data.unicef.org/resources/jme/>.

Definizzjonijiet (disponibbli bl-Ingliż biss): 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

Piż żejjed/obežit skont il-grupp soċjoekonomiku

0-5 years, 2023



Tip ta' stħarriġ:

Imkejjel

Id-daqs tal-kampjun:

1899

Erja Koperta:

Nazzjonali

Referenzi:	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.
Definizzjonijiet (disponibbli bl-Ingliż biss):	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



Tip ta' stħarriġ:

Imkejjel

Età:

0-5

Referenzi:

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]

Noti:

Lebanon National Nutrition SMART Survey

Definizzjonijiet (disponibbli bl-Ingliż biss):

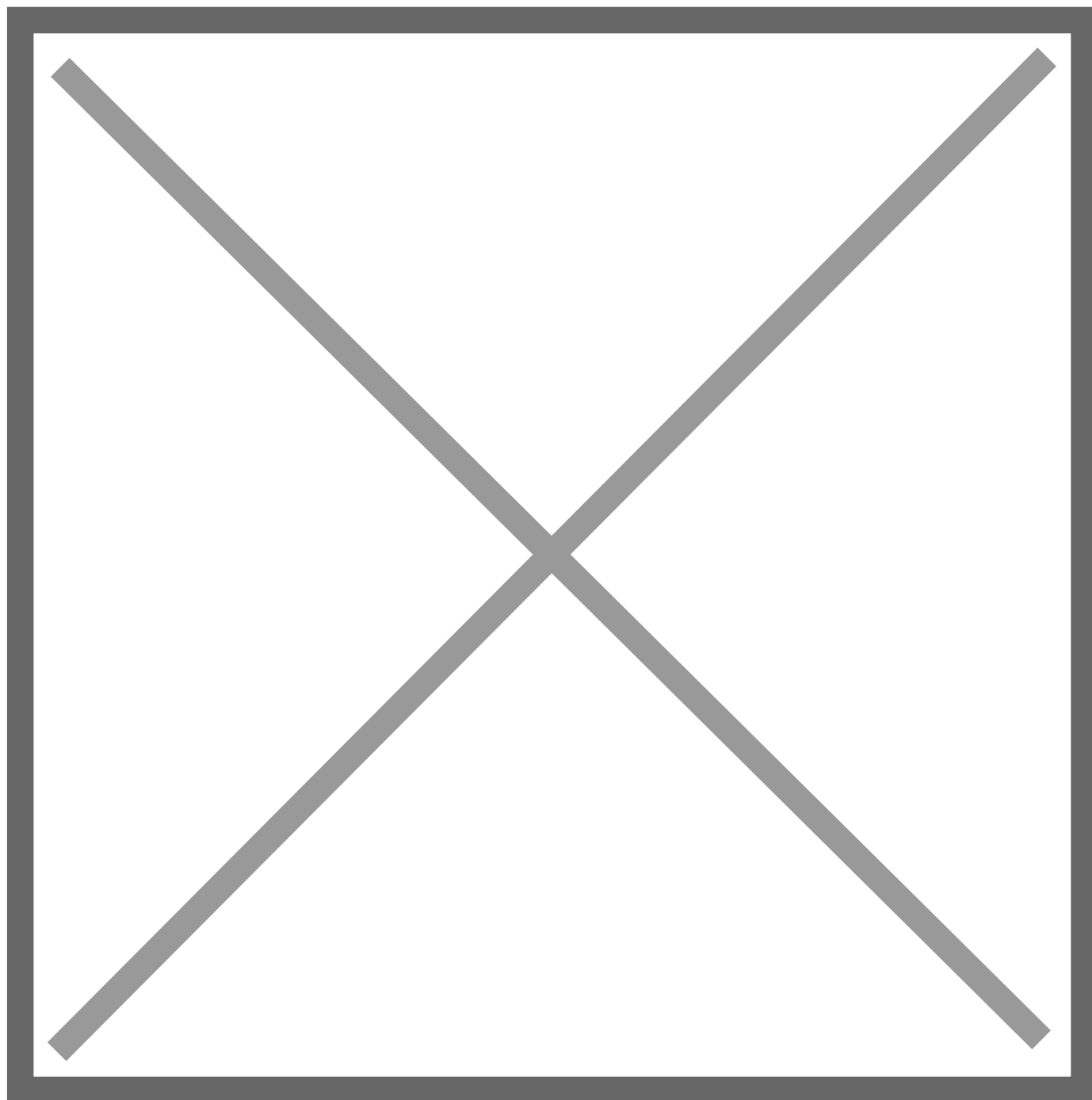
Combined percentage of children under 5 years of age who are either wasted, stunted, or overweight (falling below -2 standard deviations from the median weight-for-height, falling below -2 standard deviations from the median height for age, or falling at or above +2 standard deviations from the median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

Cutoffs:

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

% ta' trabi ta' bejn 0-5 xhur imreddgħa biss

0-5 years, 2010-2023



Referenzi:

Lebanese Integrated Micronutrient and Anthropometry Survey 2023

Noti:

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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