



# Lebanon



## Country report card - under-5s

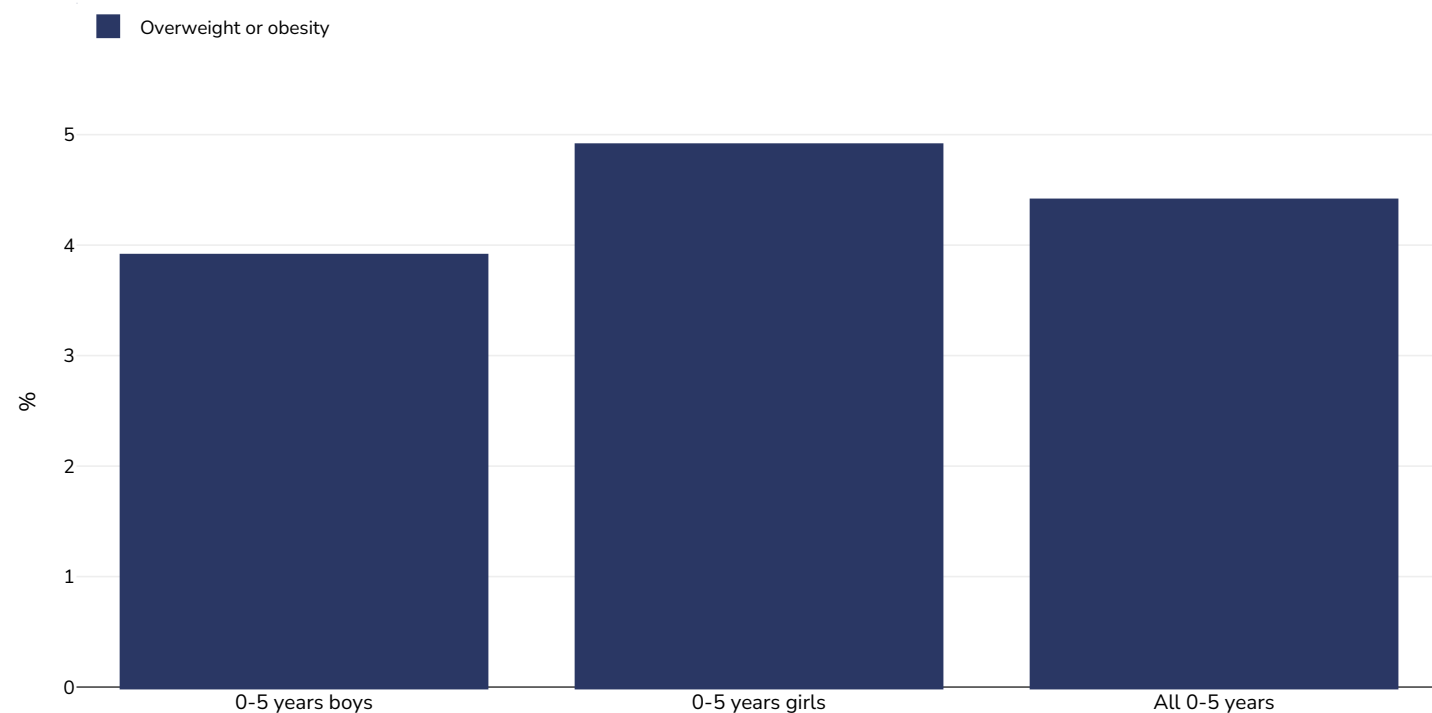
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children under 5. Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

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

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## Obesity prevalence

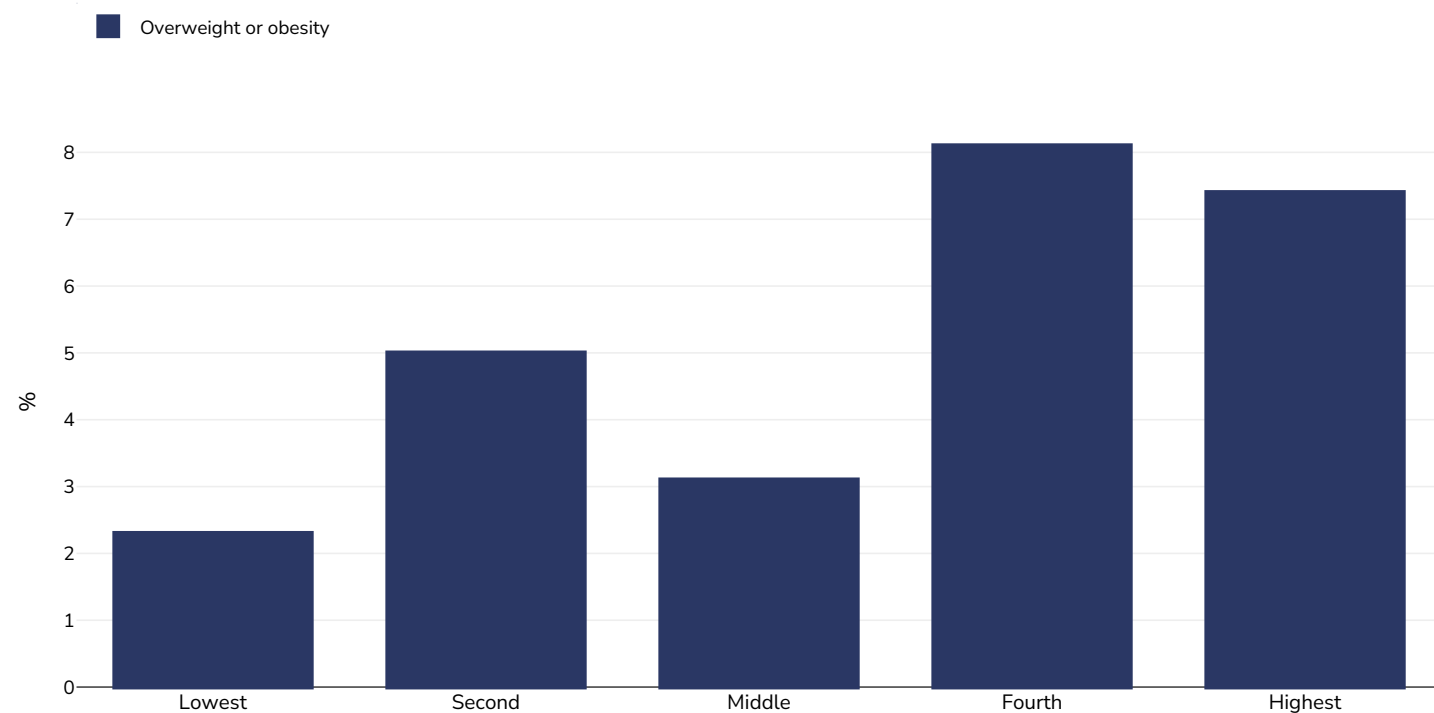
### 0-5 years, 2023



Survey type:	Measured
Age:	0-5
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

## Overweight/obesity by socio-economic group

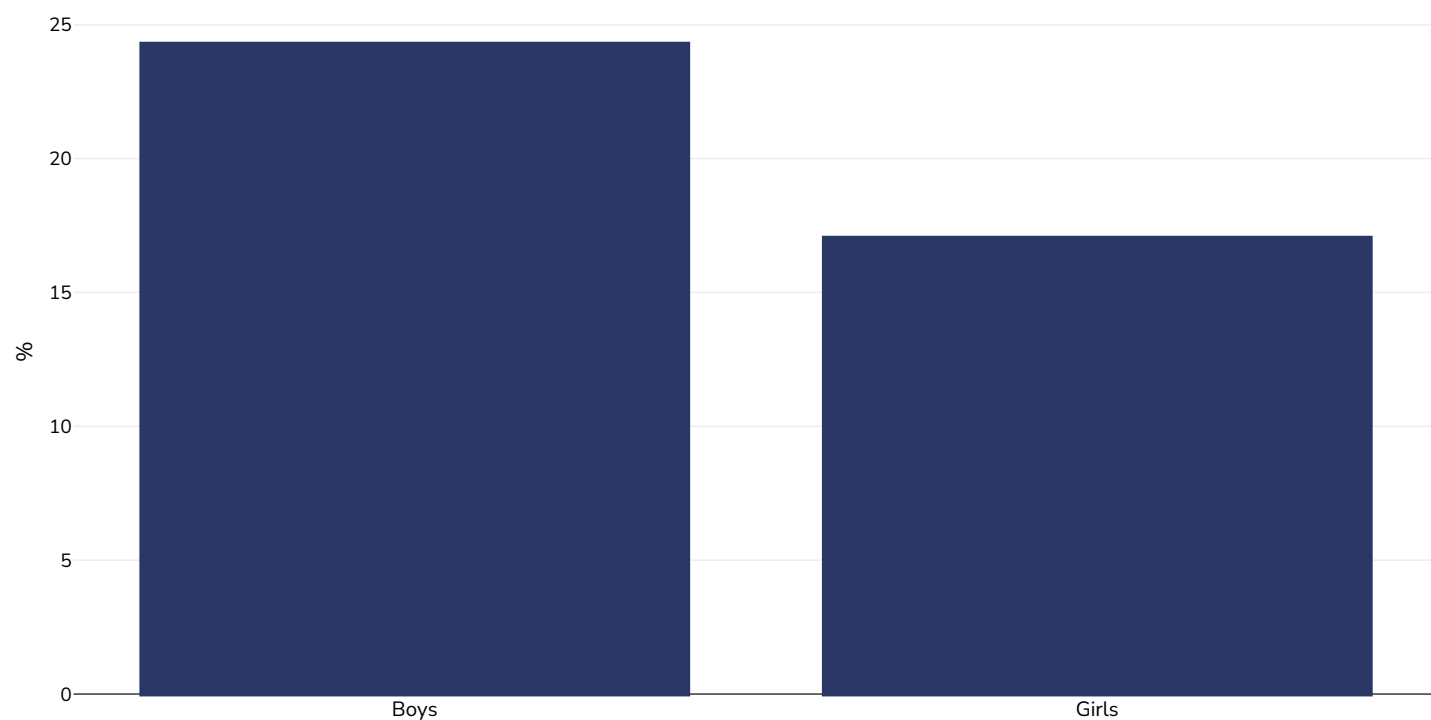
0-5 years, 2023



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.
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Cutoffs:	WHO

## Double burden of underweight & overweight

0-5 years, 2021-2021



Survey type:	Measured
Age:	0-5
References:	UNICEF data available at <a href="https://data.unicef.org/topic/nutrition/malnutrition/">https://data.unicef.org/topic/nutrition/malnutrition/</a> (last accessed 12.03.25)
Notes:	Children under 5 falling below -2 standard deviations from the median height for age and falling at or above +2 standard deviations from the median weight-for-height of the reference population

## % 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.

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