

Luxembourg



Country report card - adults

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. 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/luxembourg-125/.

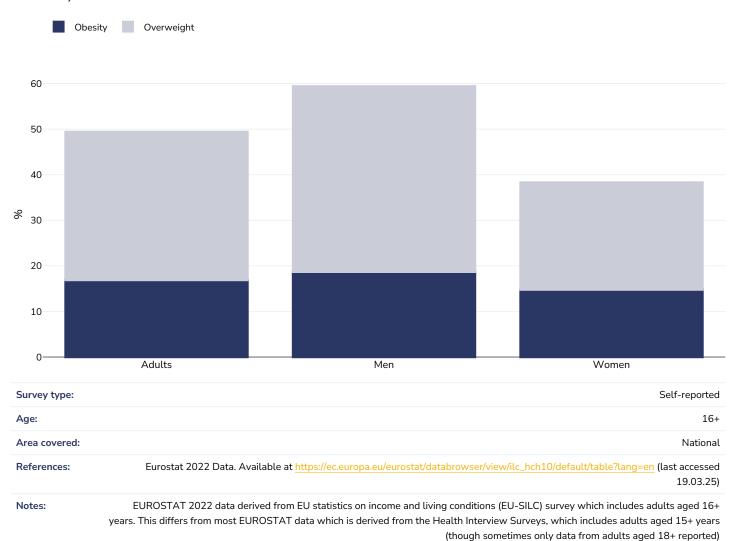


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Obesity prevalence

Adults, 2022

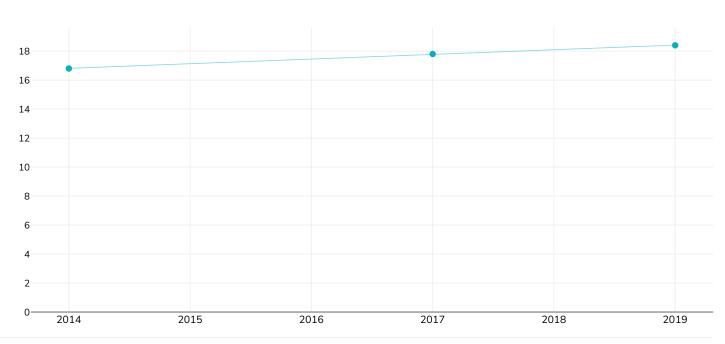




Trends obesity 2014 2019

Men

Obesity



Survey type: Self-reported

References:

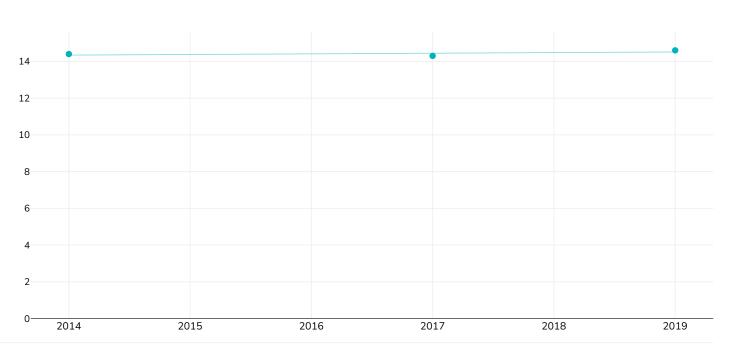
2014: 2014 Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

2017: 2017 - EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc_hch10&lang=en (last accessed 25.08.20)

2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21)







Survey type: Self-reported

References:

2014: 2014 Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

2017: 2017 - EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc_hch10&lang=en (last accessed 25.08.20)

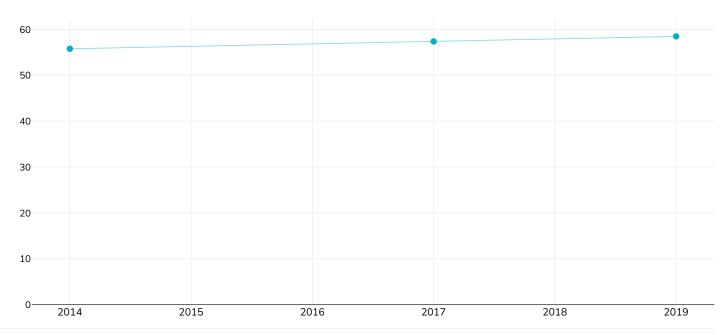
2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21)



Trends overweight or obesity 2014 2019

Men

Overweight or obesity



Survey type: Self-reported

References:

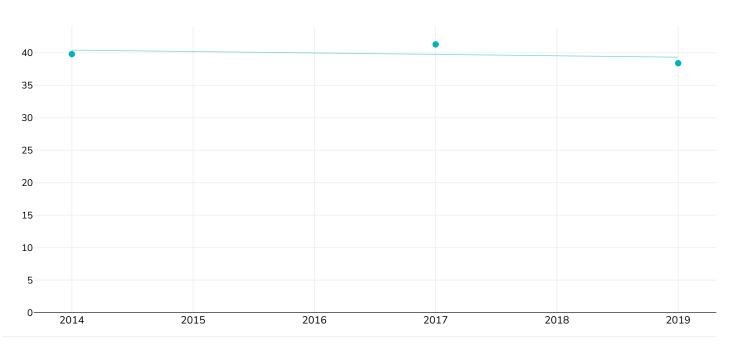
2014: 2014 Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

2017: 2017 - EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc_hch10&lang=en (last accessed 25.08.20)

2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21)



Overweight or obesity



Survey type: Self-reported

References:

2014: 2014 Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

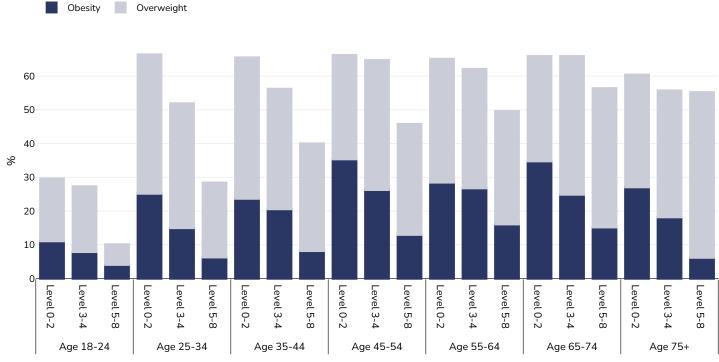
2017: 2017 - EUROSTAT Database http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=ilc_hch10&lang=en (last accessed 25.08.20)

2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21)



Overweight/obesity by age and education

Adults, 2019



Survey type:

Area covered:

References:

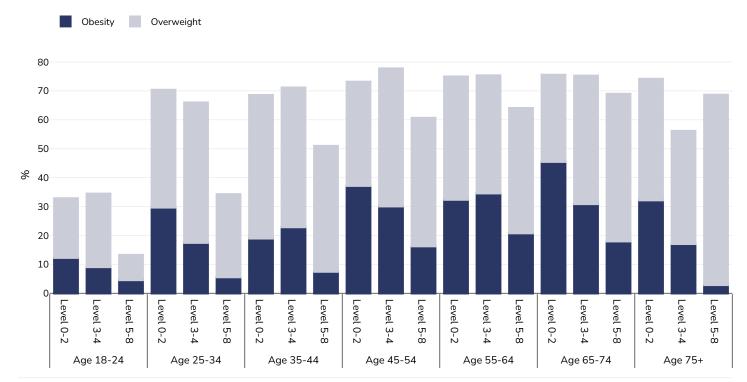
Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 09.08.21).

Notes:

NB. Some age ranges missing due to insufficient data to display by age & educational status



Men, 2019



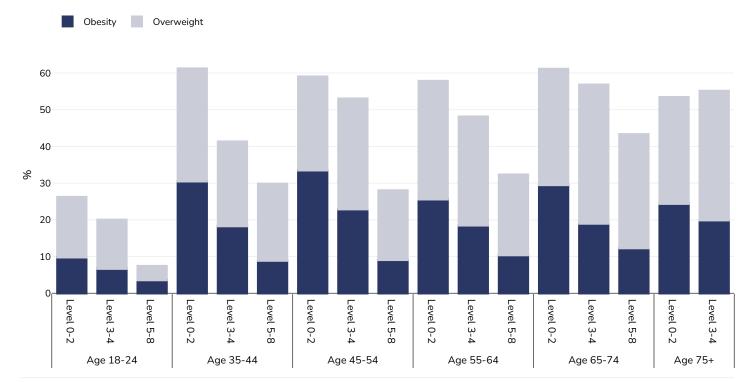
Survey type: Self-reported

Area covered: National

References: Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 09.08.21).

Notes: NB. Some age ranges missing due to insufficient data to display by age & educational status





Survey type: Self-reported

Area covered: National

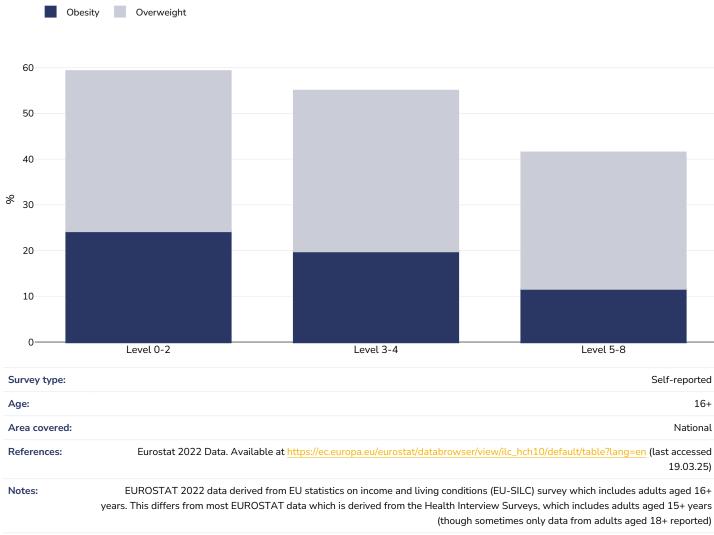
References: Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 09.08.21).

Notes: NB. Some age ranges missing due to insufficient data to display by age & educational status



Overweight/obesity by education

Adults, 2022

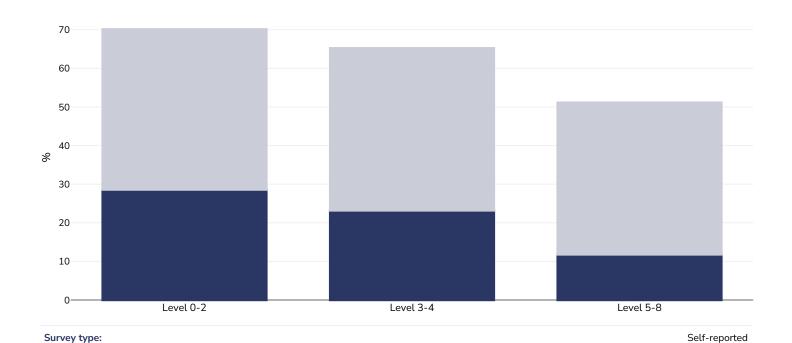




Men, 2022

Survey type:

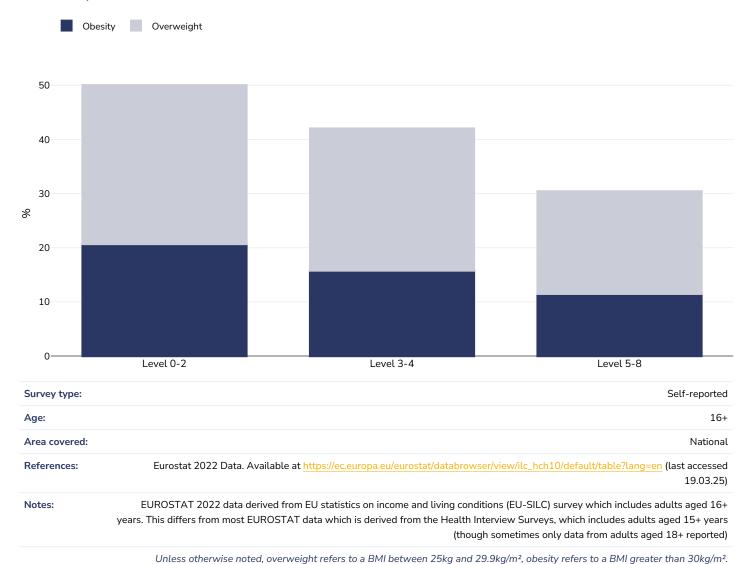




Age: 16+ Area covered: National References: Eurostat 2022 Data. Available at https://ec.europa.eu/eurostat/databrowser/view/ilc_hch10/default/table?lang=en (last accessed 19.03.25)

EUROSTAT 2022 data derived from EU statistics on income and living conditions (EU-SILC) survey which includes adults aged 16+ Notes: years. This differs from most EUROSTAT data which is derived from the Health Interview Surveys, which includes adults aged 15+ years (though sometimes only data from adults aged 18+ reported)

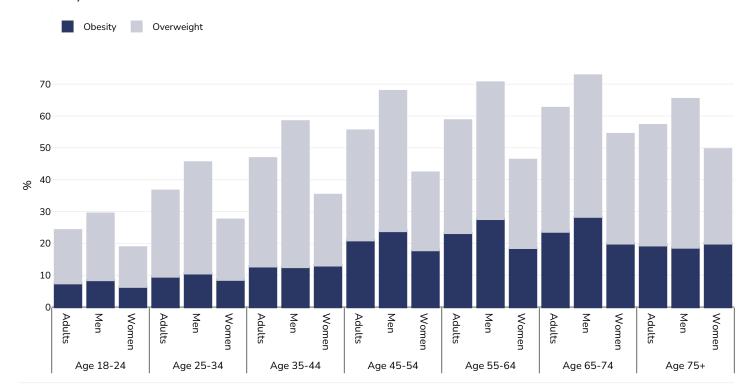






Overweight/obesity by age

Adults, 2019



Survey type:

Area covered:

References:

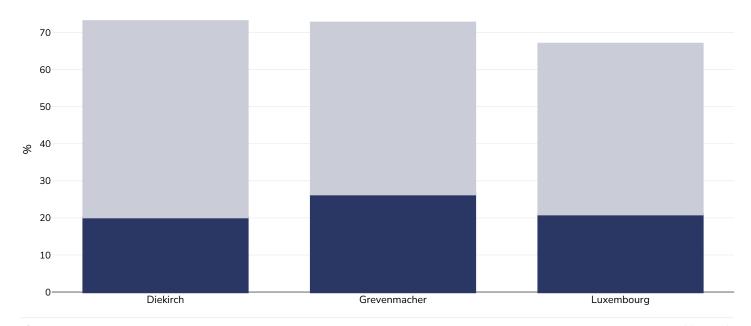
Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21).



Overweight/obesity by region

Men, 2013-2015



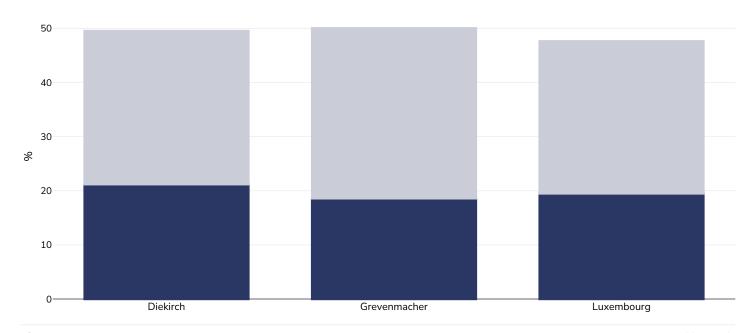


| Survey type: | Measured |
|---------------|--|
| Age: | 25-64 |
| Sample size: | 1484 |
| Area covered: | National |
| References: | Samouda H, Ruiz-Castell M, Bocquet V, et al. Geographical variation of overweight, obesity and related risk factors: Findings from the European Health Examination Survey in Luxembourg, 2013-2015. PLoS One. 2018;13(6):e0197021. Published 2018 Jun 14. doi:10.1371/journal.pone.0197021 |



Women, 2013-2015





| Survey type: | Measured |
|---------------|----------|
| Age: | 25-64 |
| Sample size: | 1484 |
| Area covered: | National |

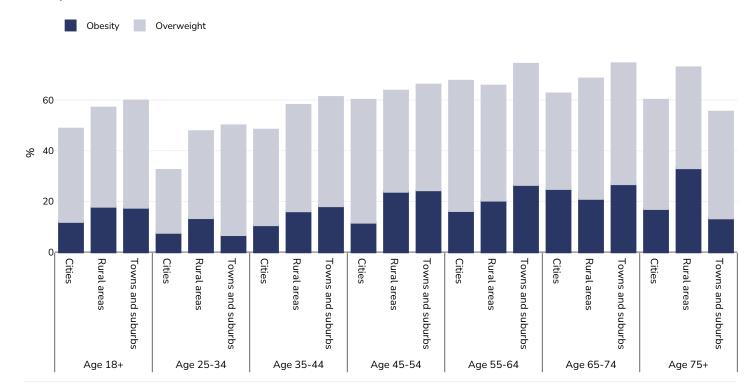
References:

Samouda H, Ruiz-Castell M, Bocquet V, et al. Geographical variation of overweight, obesity and related risk factors: Findings from the European Health Examination Survey in Luxembourg, 2013-2015. PLoS One. 2018;13(6):e0197021. Published 2018 Jun 14. doi:10.1371/journal.pone.0197021



Overweight/obesity by age and region

Men, 2014



Survey type:

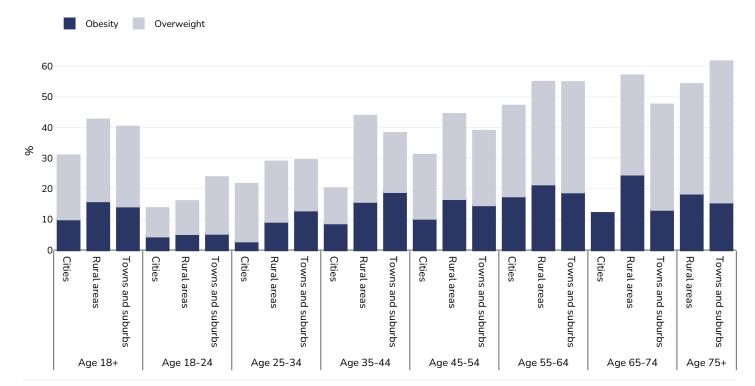
Area covered:

National

References:

2014 EUROSTAT Urbanisation - http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en (last accessed 25.08.20)





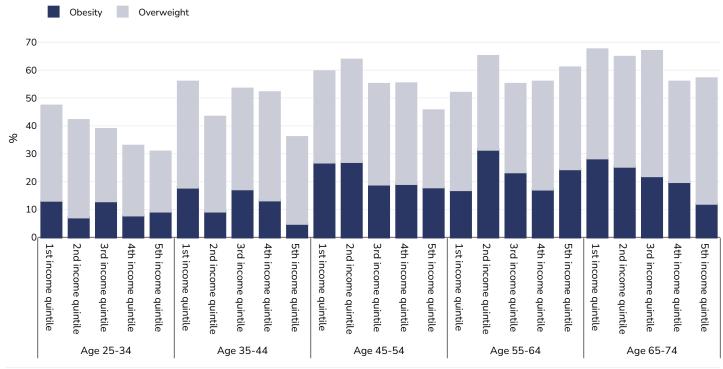
Survey type: Self-reported
Area covered: National

References: 2014 EUROSTAT Urbanisation - http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en (last accessed 25.08.20)



Overweight/obesity by age and socio-economic group

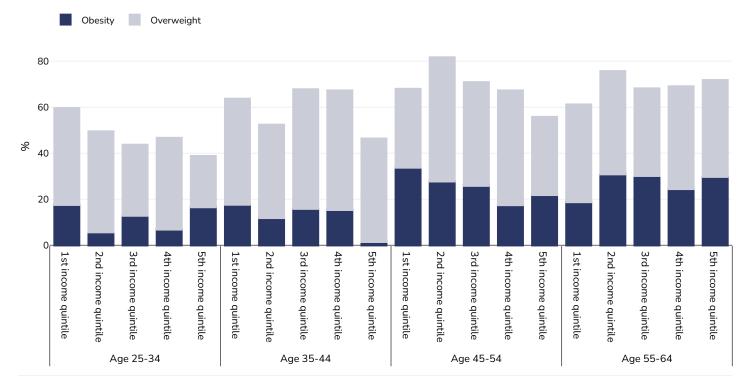
Adults, 2019



| Survey type: | Self-reported | |
|---------------|---|--|
| Area covered: | National | |
| References: | Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i⟨=en (last accessed 09.08.21). | |
| Notes: | NB. Some age ranges missing due to insufficient data to display by age & income quintile | |
| | | |



Men, 2019



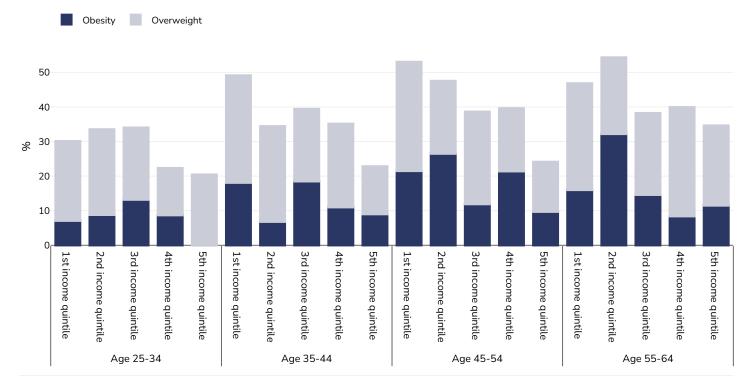
Survey type: Self-reported

Area covered: National

References: Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21).

Notes: NB. Some age ranges missing due to insufficient data to display by age & income quintile





Survey type: Self-reported

Area covered: National

References: Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21).

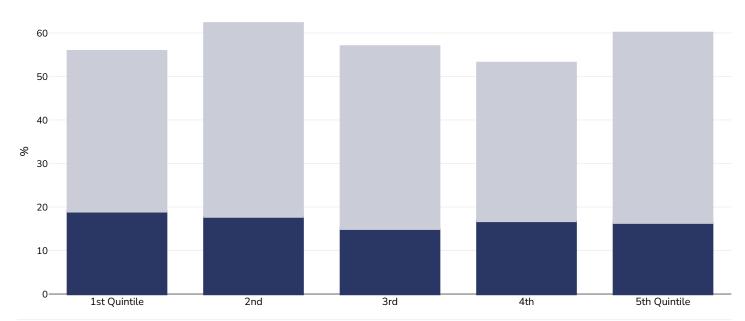
Notes: NB. Some age ranges missing due to insufficient data to display by age & income quintile



Overweight/obesity by socio-economic group

Men, 2014





Survey type:

Age:

Area covered:

References:

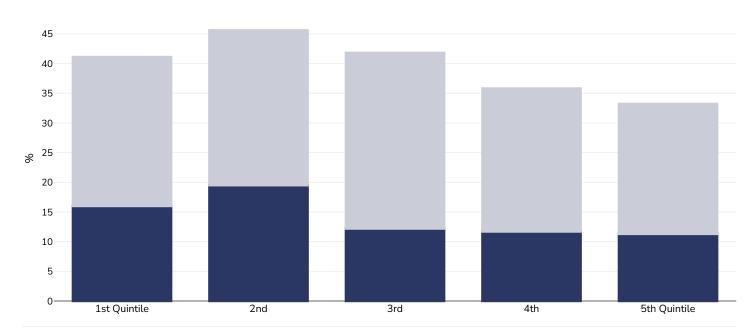
2014 Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

Notes:

1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.







Survey type:

Age:

Age:

Area covered:

National

References:

2014 Eurostat Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

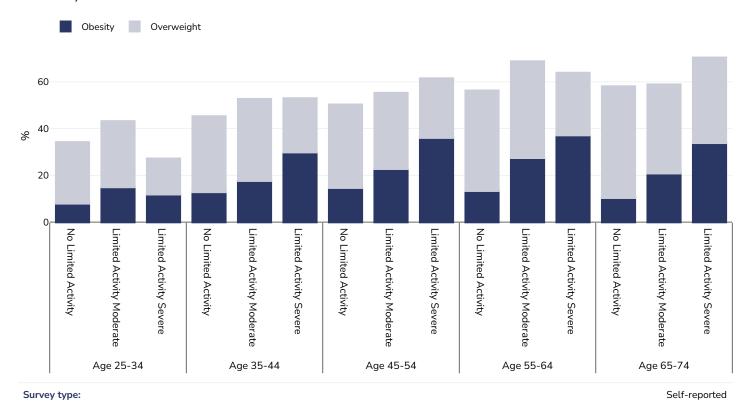
Notes:

1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.



Overweight/obesity by age and limited activity

Adults, 2014

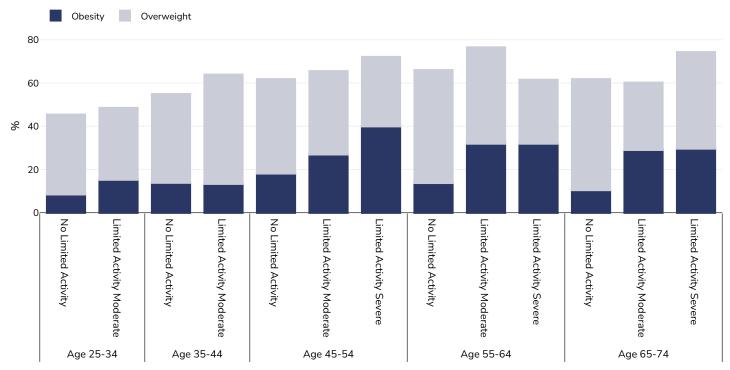


Area covered: National

References: Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)



Men, 2014



Survey type:

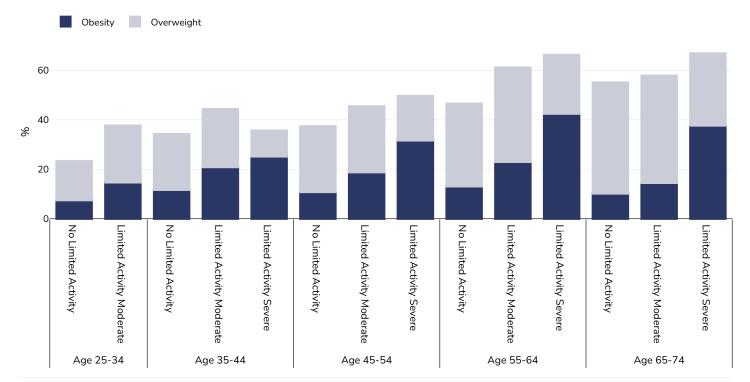
Area covered:

References:

Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)



References:

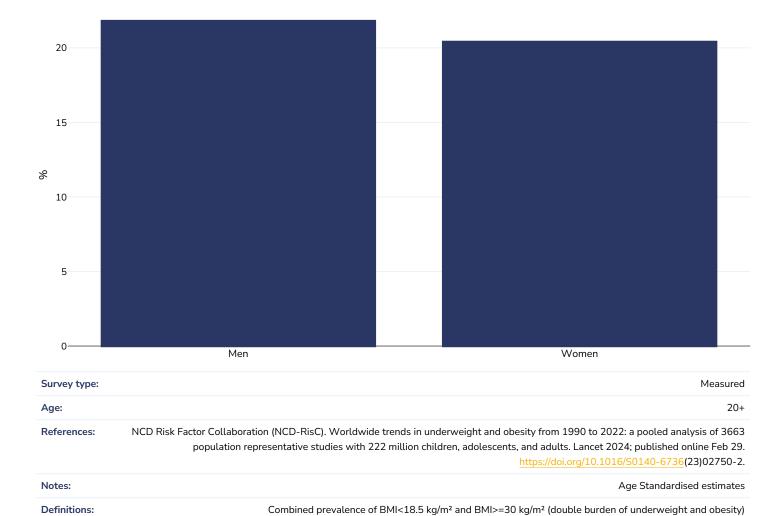


Survey type: Self-reported National Area covered: $Eurostat\ 2014\ available\ at\ \underline{https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do}\ (last\ accessed\ 06.10.21)$



Double burden of underweight & overweight

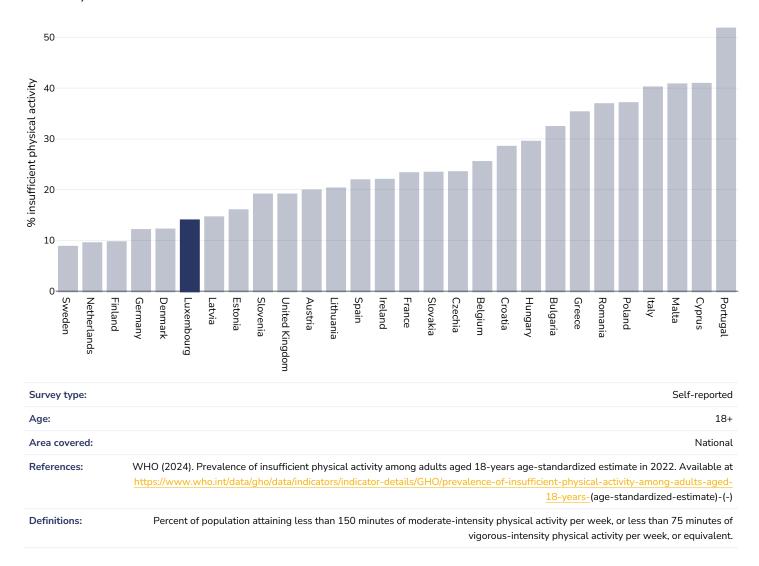
Adults, 2022





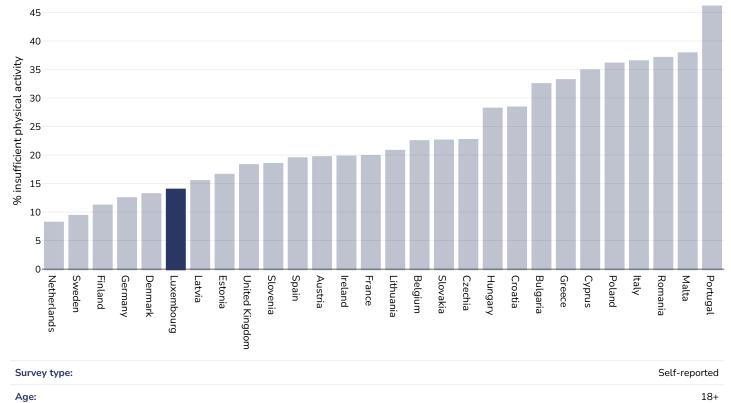
Insufficient physical activity

Adults, 2022





Men, 2022



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/qho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-

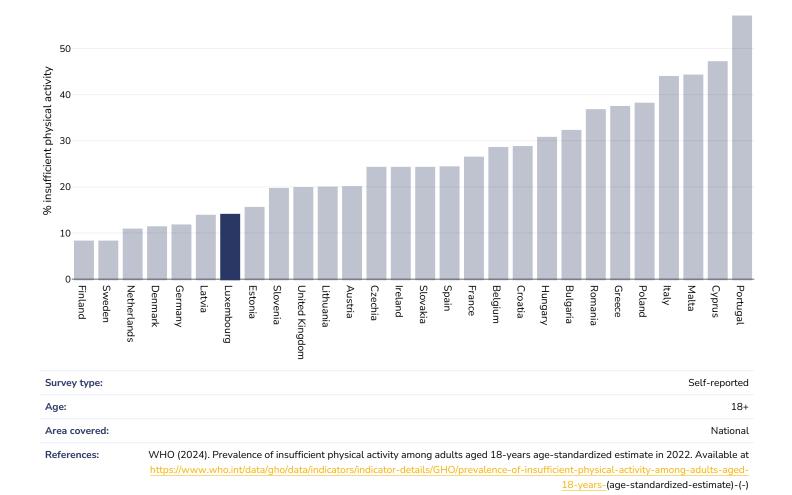
18-years-(age-standardized-estimate)-(-)

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.



Definitions:



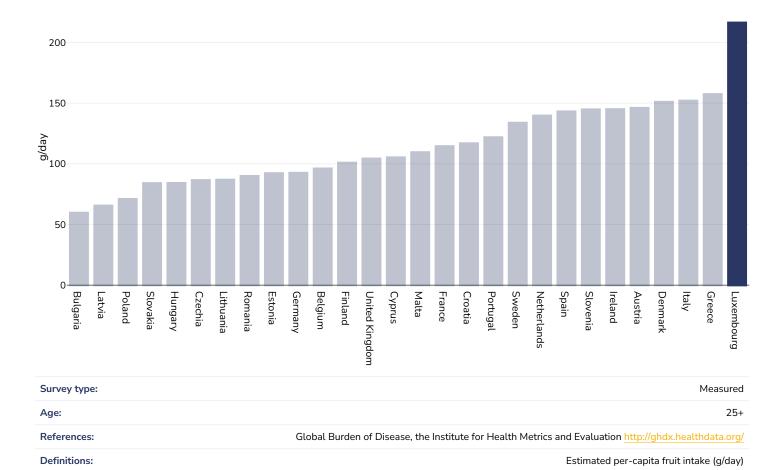
Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of

vigorous-intensity physical activity per week, or equivalent.



Estimated per capita fruit intake

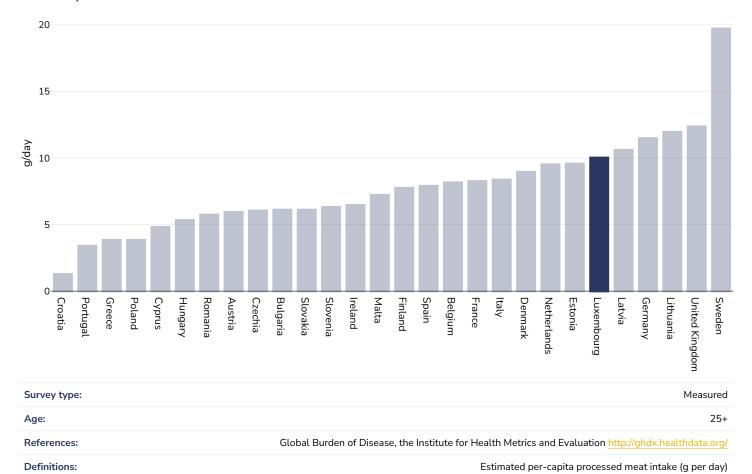
Adults, 2017





Estimated per-capita processed meat intake

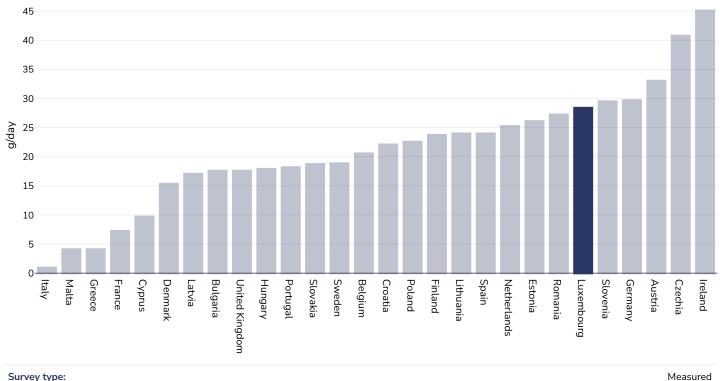
Adults, 2017





Estimated per capita whole grains intake

Adults, 2017



Survey type: Measured

Age: 25+

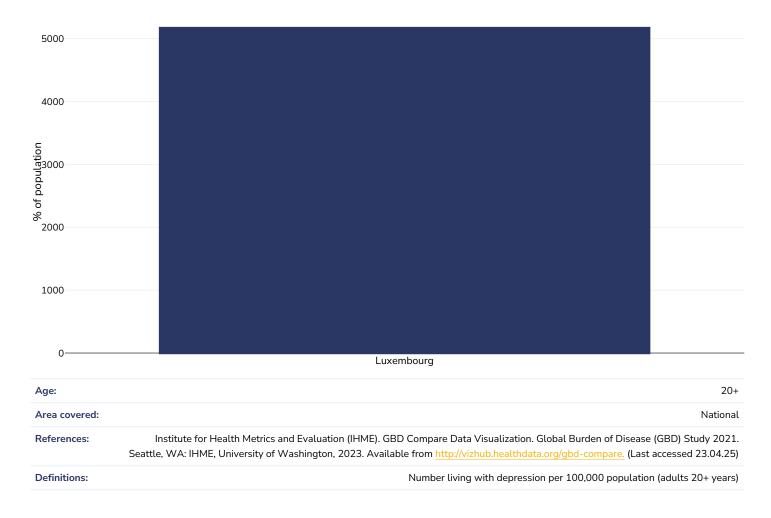
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/

Definitions: Estimated per-capita whole grains intake (g/day)



Mental health - depression disorders

Adults, 2021





Men, 2021









Mental health - anxiety disorders

Adults, 2021

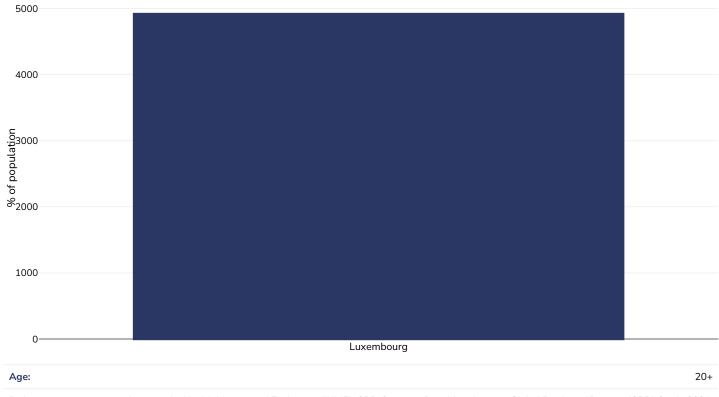


Definitions:

Number living with anxiety per 100,000 population



Men, 2021



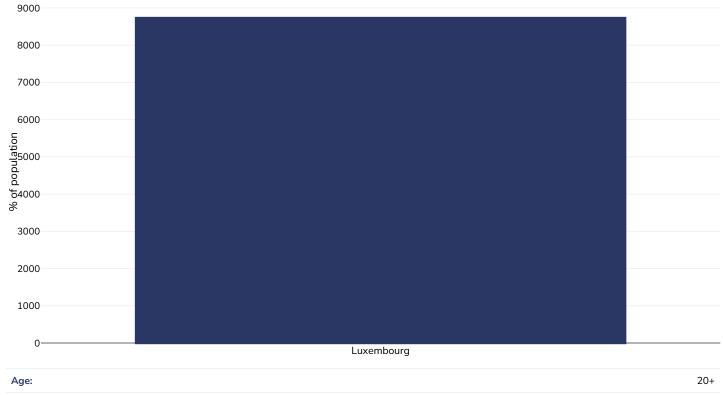
References:

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).

Definitions:

Number living with anxiety per 100,000 population





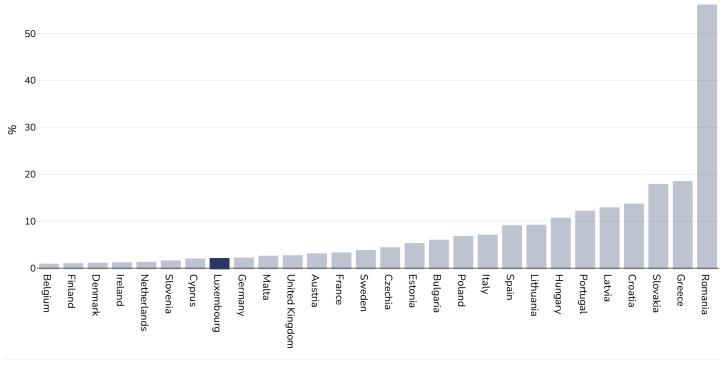
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. References: Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

Number living with anxiety per 100,000 population Definitions:



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:

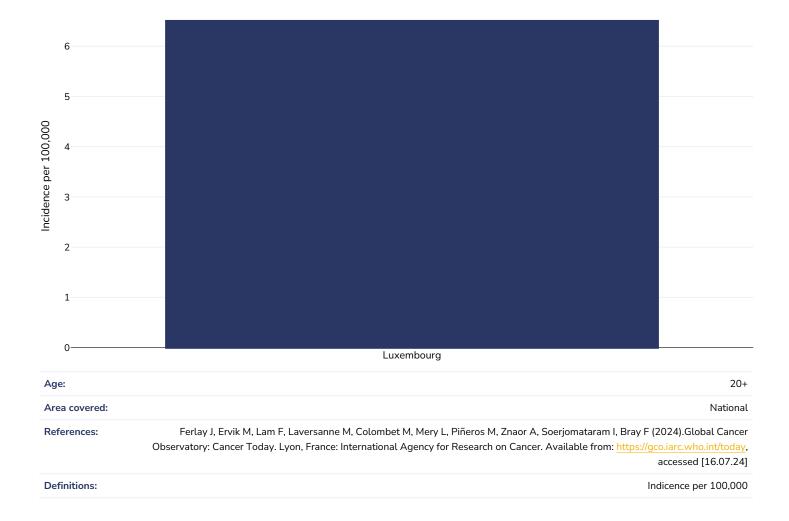
https://www.foodsystemsdashboard.org. DOI:

https://doi.org/10.36072/db.

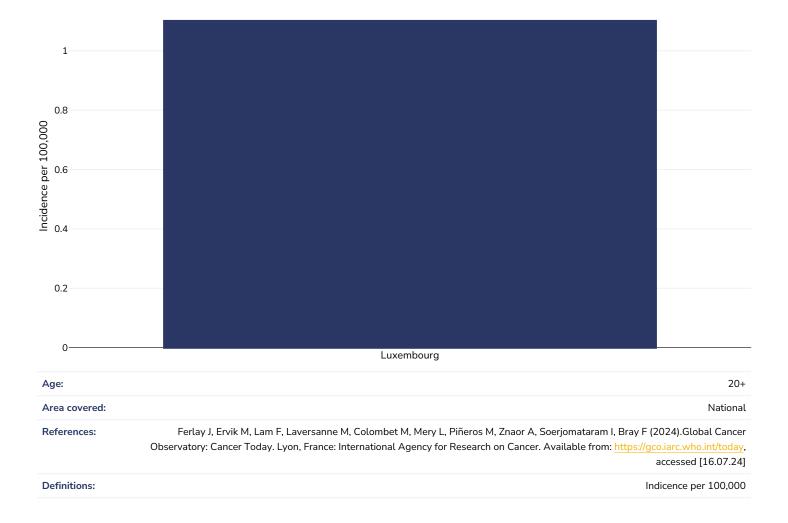


Oesophageal cancer

Men, 2022





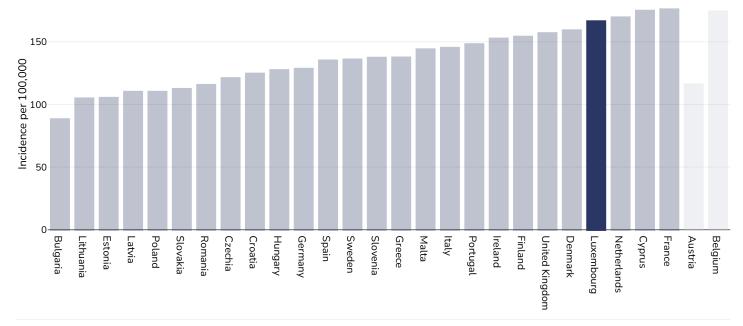




Breast cancer

Women, 2022





Area covered: National

References:

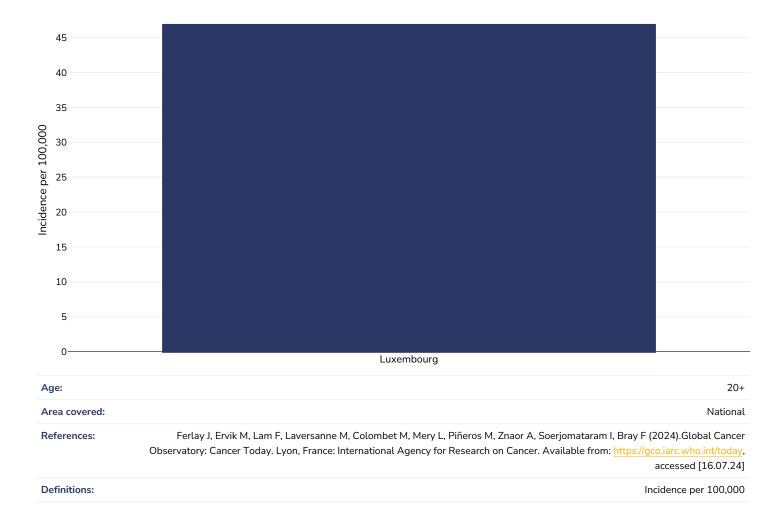
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

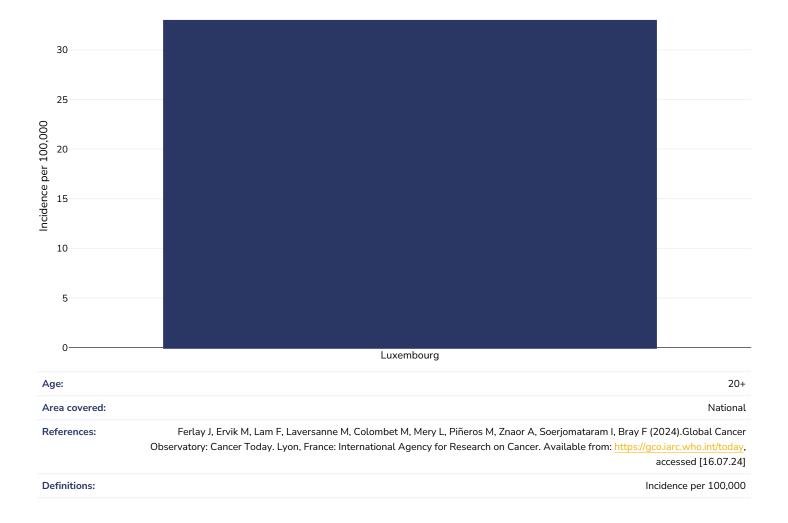


Colorectal cancer

Men, 2022



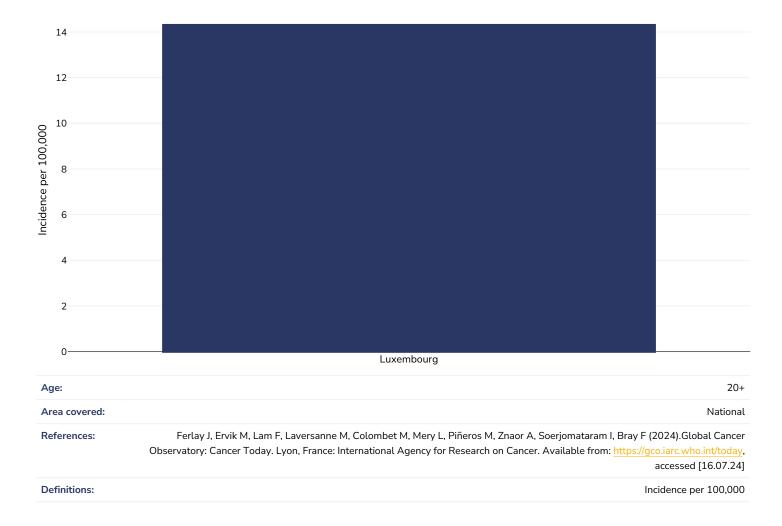




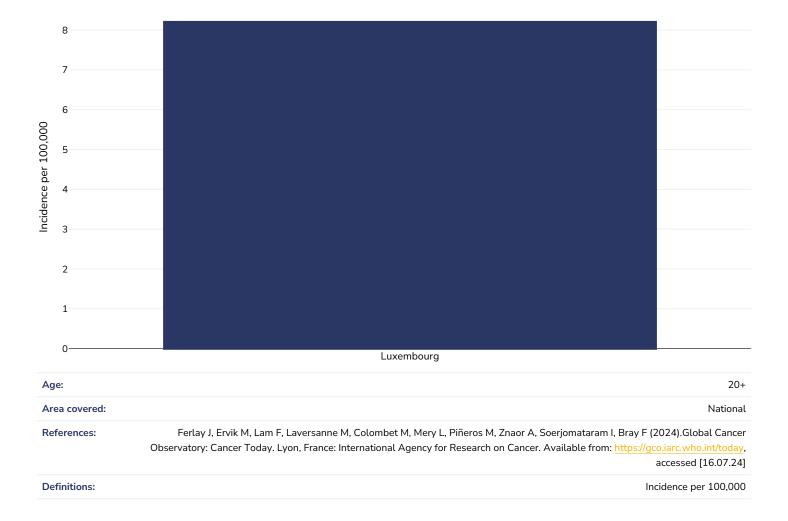


Pancreatic cancer

Men, 2022



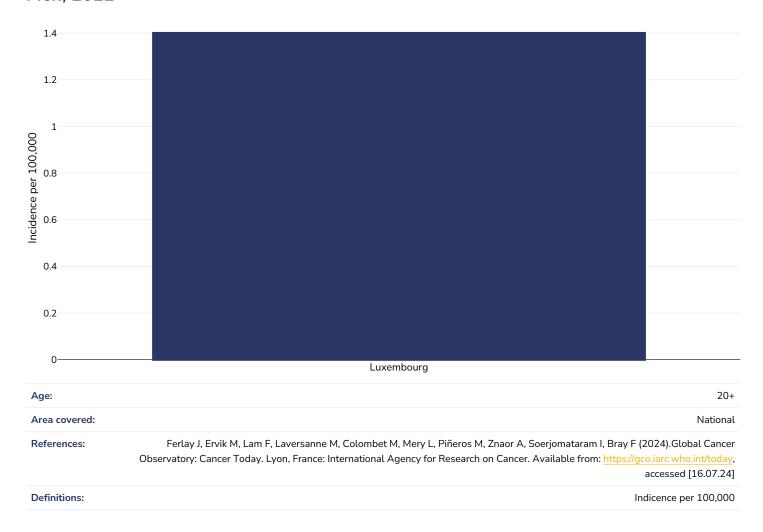






Gallbladder cancer

Men, 2022



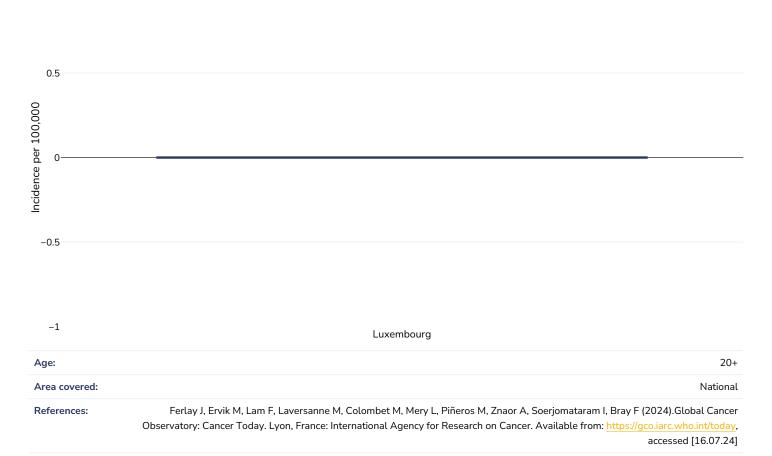
Indicence per 100,000



Women, 2022



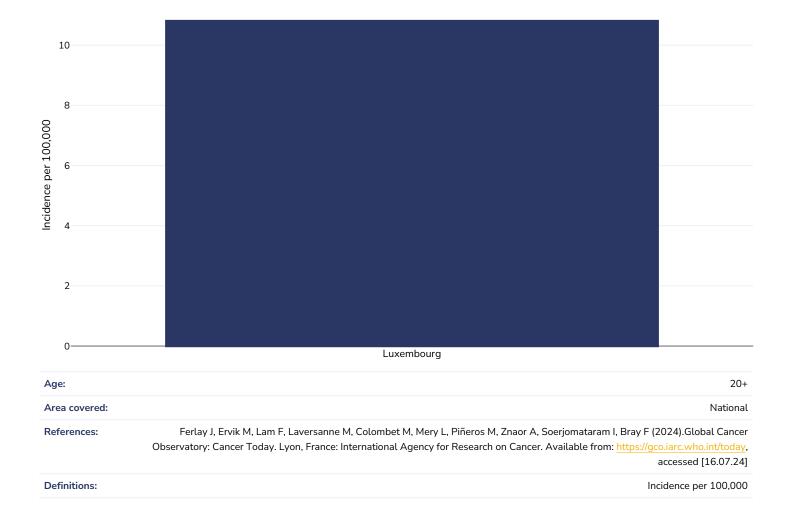
Definitions:





Kidney cancer

Men, 2022



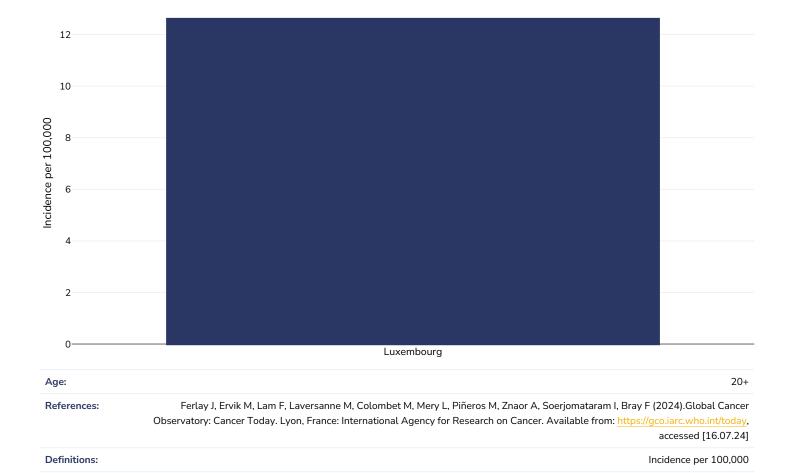






Cancer of the uterus

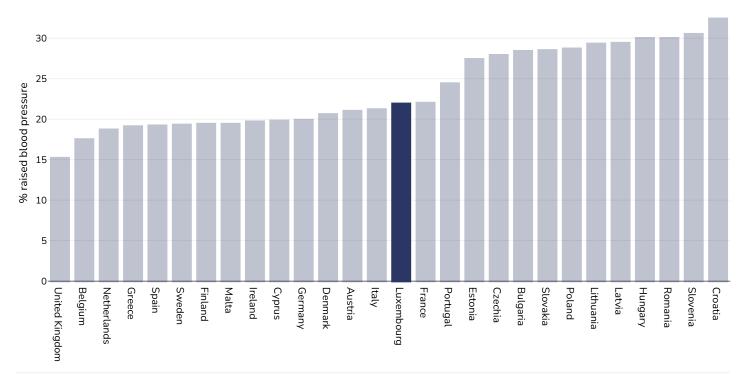
Women, 2022





Raised blood pressure

Adults, 2015



References:

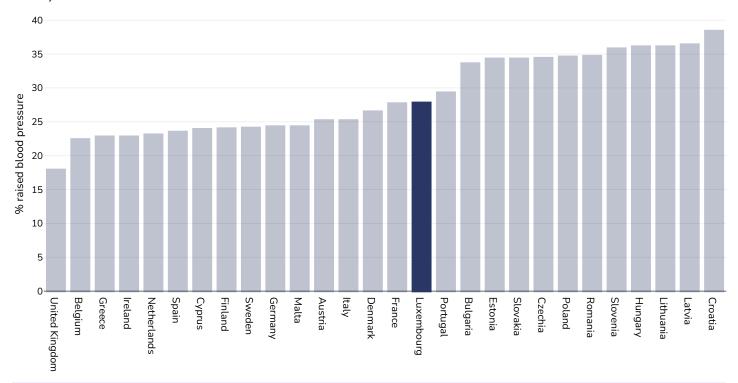
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



Men, 2015



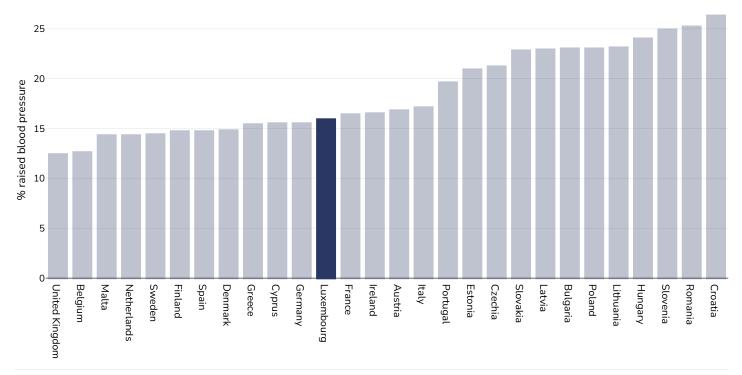
References:

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).





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

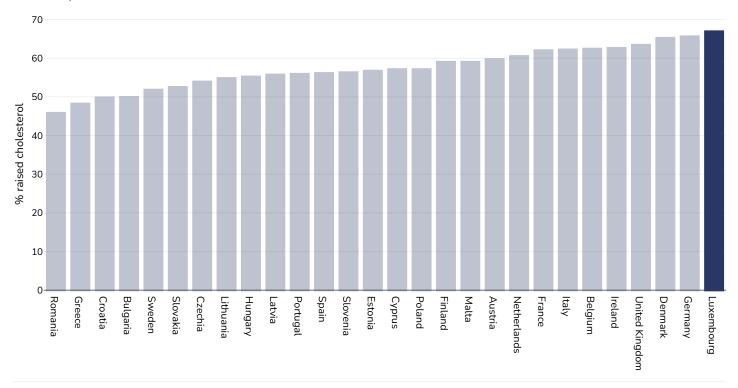
Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



Raised cholesterol

Adults, 2008



References:

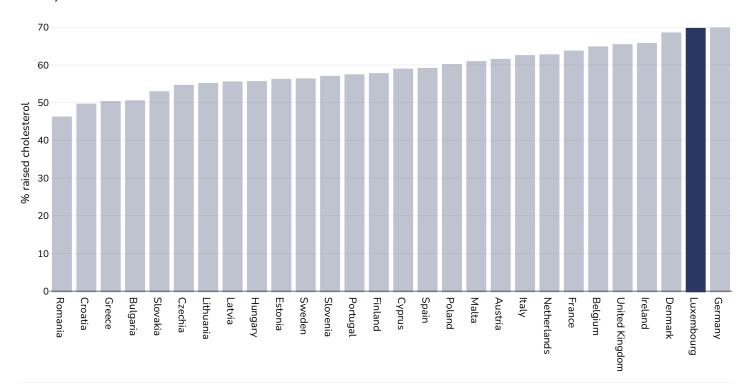
 $Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation, \\ \underline{http://apps.who.int/gho/data/node.main.A885}$

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Men, 2008



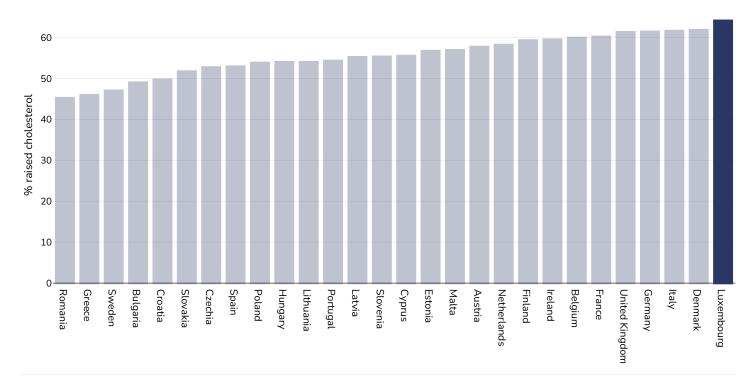
References:

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).





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

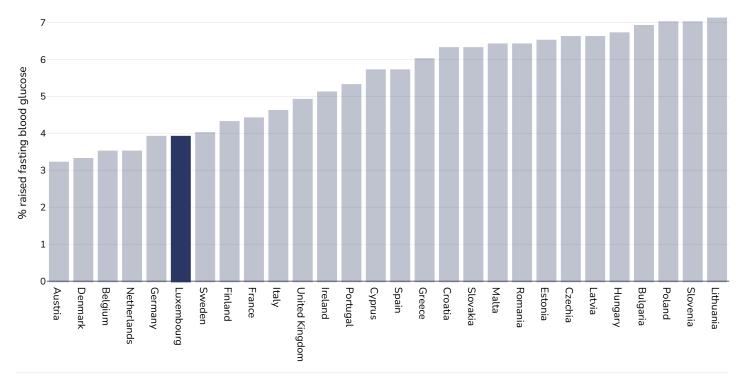
Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Raised fasting blood glucose

Men, 2014



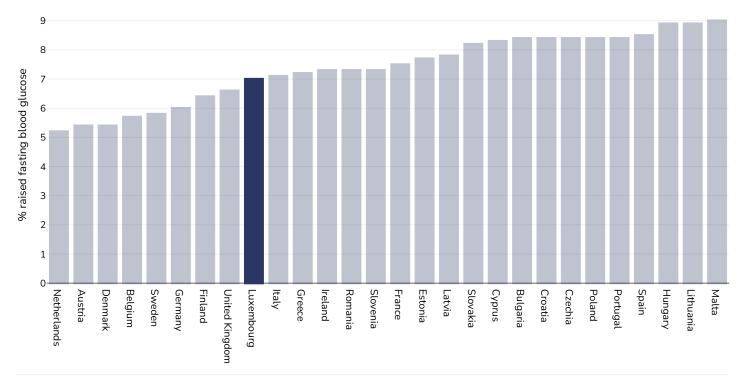
References:

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).





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en

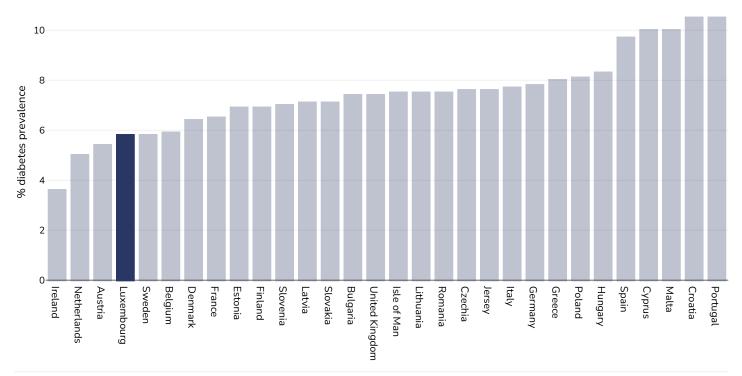
Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).



Diabetes prevalence

Adults, 2024



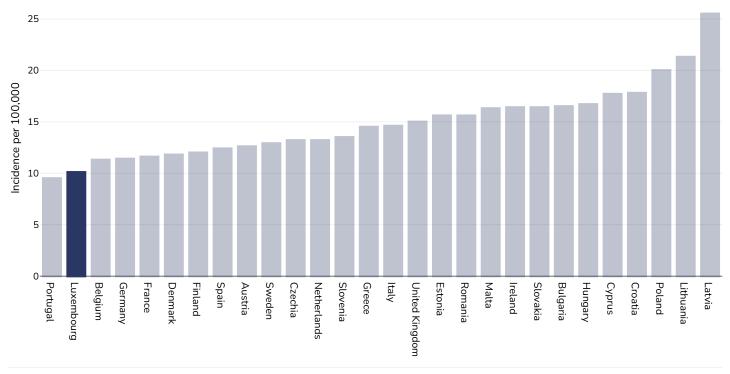
References:

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 | | | | | | | | | | | |
|-----------------|--|----------------------|------------------------|---------------------|--------------------------|-----------------------|-----------|--|--|--|--|
| 4 | | | | | | | | | | | |
| 3 | | | | | | | | | | | |
| 2 | | | | | | | | | | | |
| 1 | | | | | | | | | | | |
| 0 | | | | | | | | | | | |
| ⁻¹ 1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | | | |
| 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 pe | r 100,000 | | | | |
| | Unless ot | herwise noted, overw | reight refers to a BMI | between 25kg and 29 | 0.9kg/m², obesity refers | to a BMI greater thar | 30kg/m². | | | | |

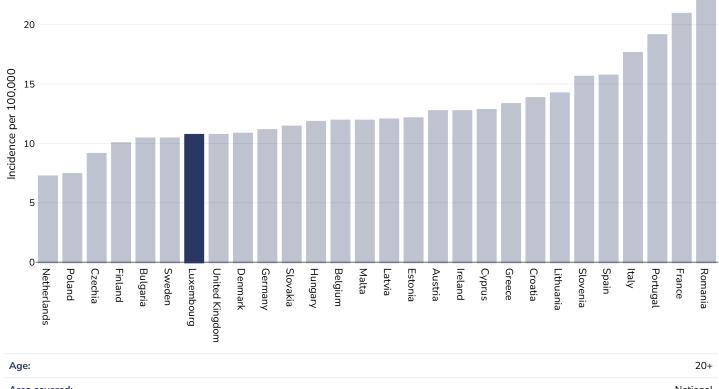


| Women, 20 | 022 | | | | | | | | | | |
|---------------|--|----------------------|------------------------|---------------------|-------------------------|----------------------|------------|--|--|--|--|
| 4 | | | | | | | | | | | |
| 3 | | | | | | | | | | | |
| 2 | | | | | | | | | | | |
| 1 | | | | | | | | | | | |
| 0 | | | | | | | | | | | |
| -1 -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | | | |
| 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 pe | er 100,000 | | | | |
| | Unless ot | nerwise noted, overw | reight refers to a BMI | between 25kg and 29 | .9kg/m², obesity refers | to a BMI greater tha | n 30kg/m². | | | | |



Liver and intrahepatic bile duct Cancer

Men, 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,

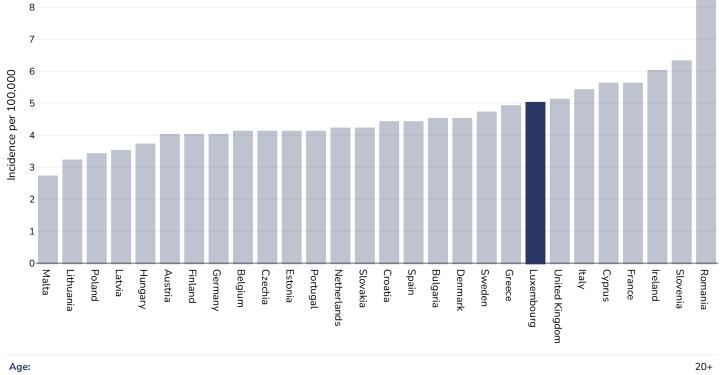
accessed [16.07.24]

Definitions: Incidence per 100,000

National



Women, 2022



Area covered: References:

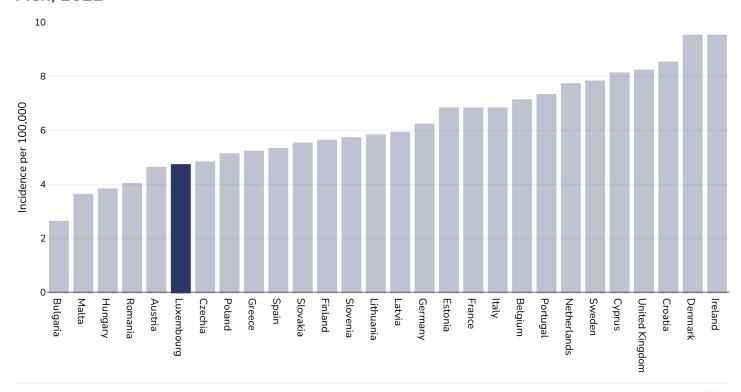
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Multiple Myeloma

Men, 2022



Age: 20+

Area covered: National

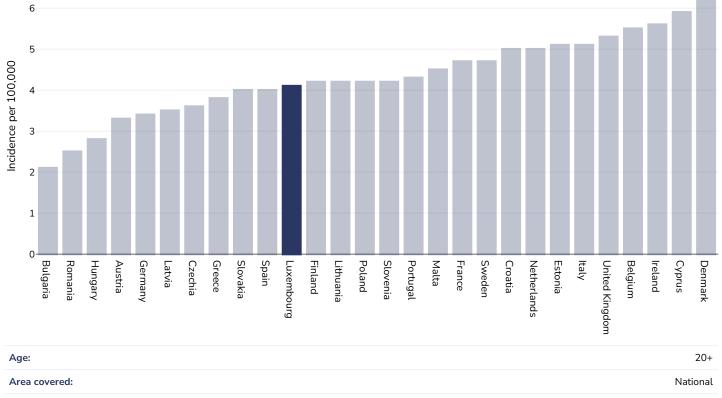
References:

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.





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]

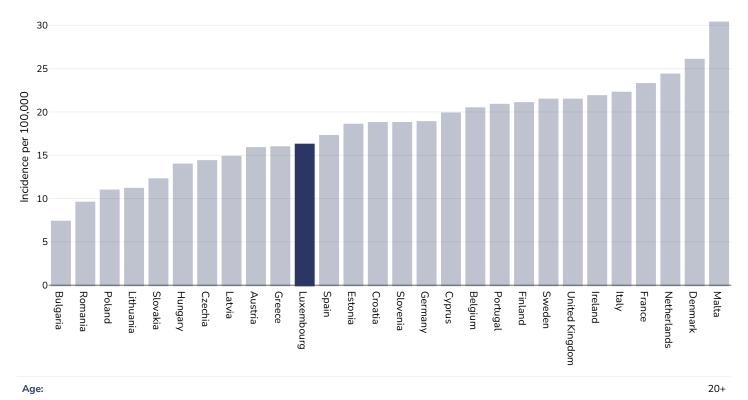
Definitions: Indicence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Non Hodgkin Lymphoma

Men, 2022



Area covered: National

References:

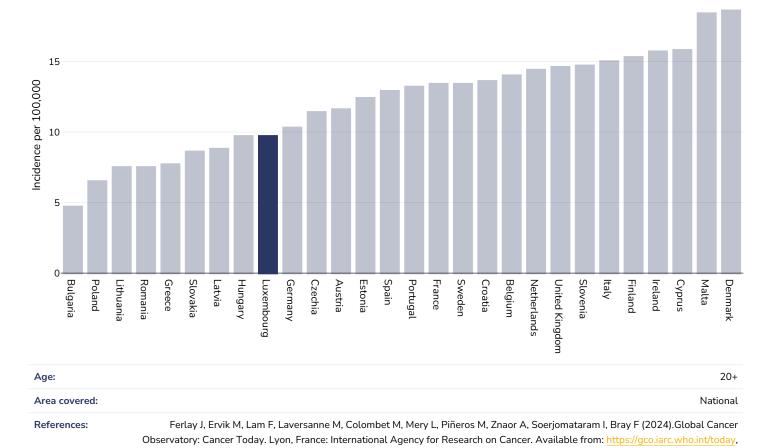
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Incidence per 100,000

Definitions:

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





accessed [16.07.24]

Incidence per 100,000

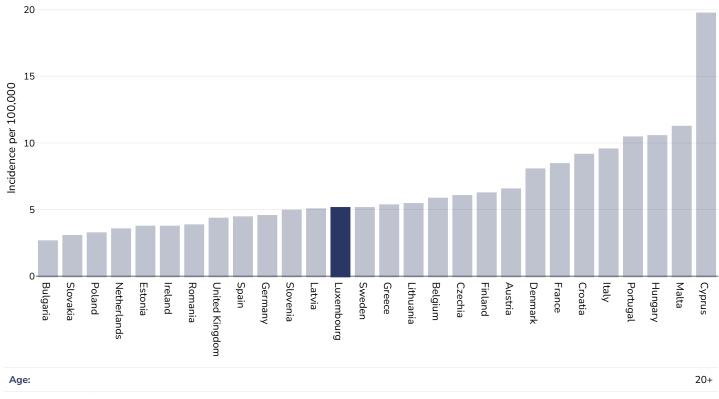
Definitions:

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



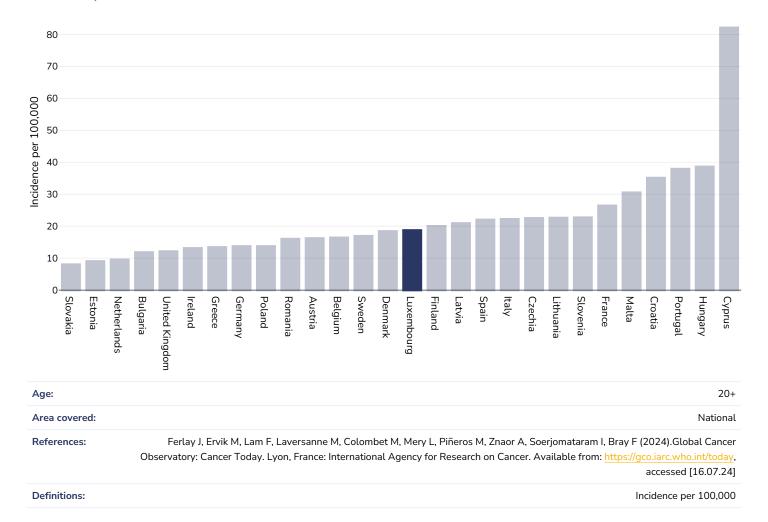
Area covered: National

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 June 17, 2025