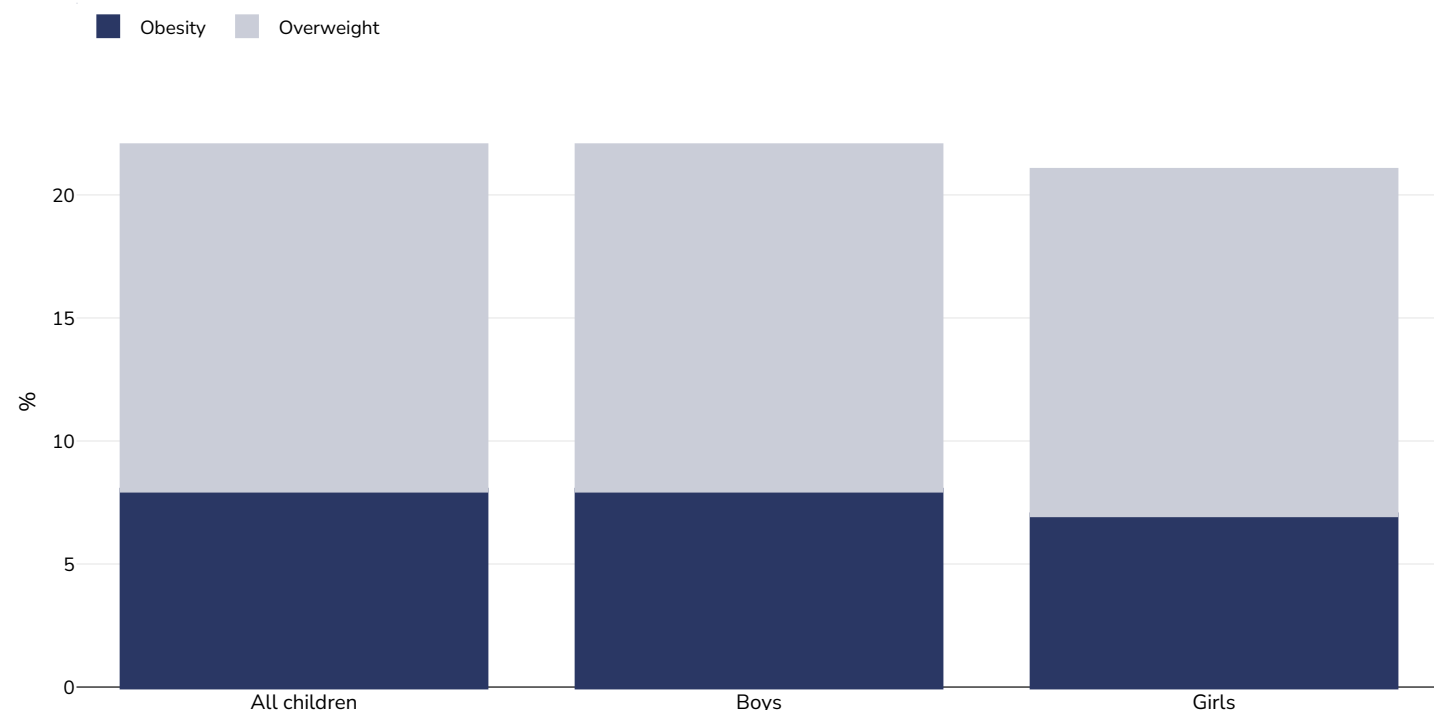# Luxembourg

# 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/luxembourg-125/.*

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# Obesity prevalence

## Children, 2022-2024

■ Obesity ■ Overweight



| Survey type: | Measured |
|---|---|
| **Age:** | 7 |
| **Area covered:** | National |
| **References:** | WHO European Childhood Obesity Surveillance Initiative (COSI): A brief review of results from round 6 of COSI (2022-2024). Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. |
| **Cutoffs:** | WHO 2007 |

# Overweight/obesity by age

## Children, 2021-2022

■ Overweight or obesity



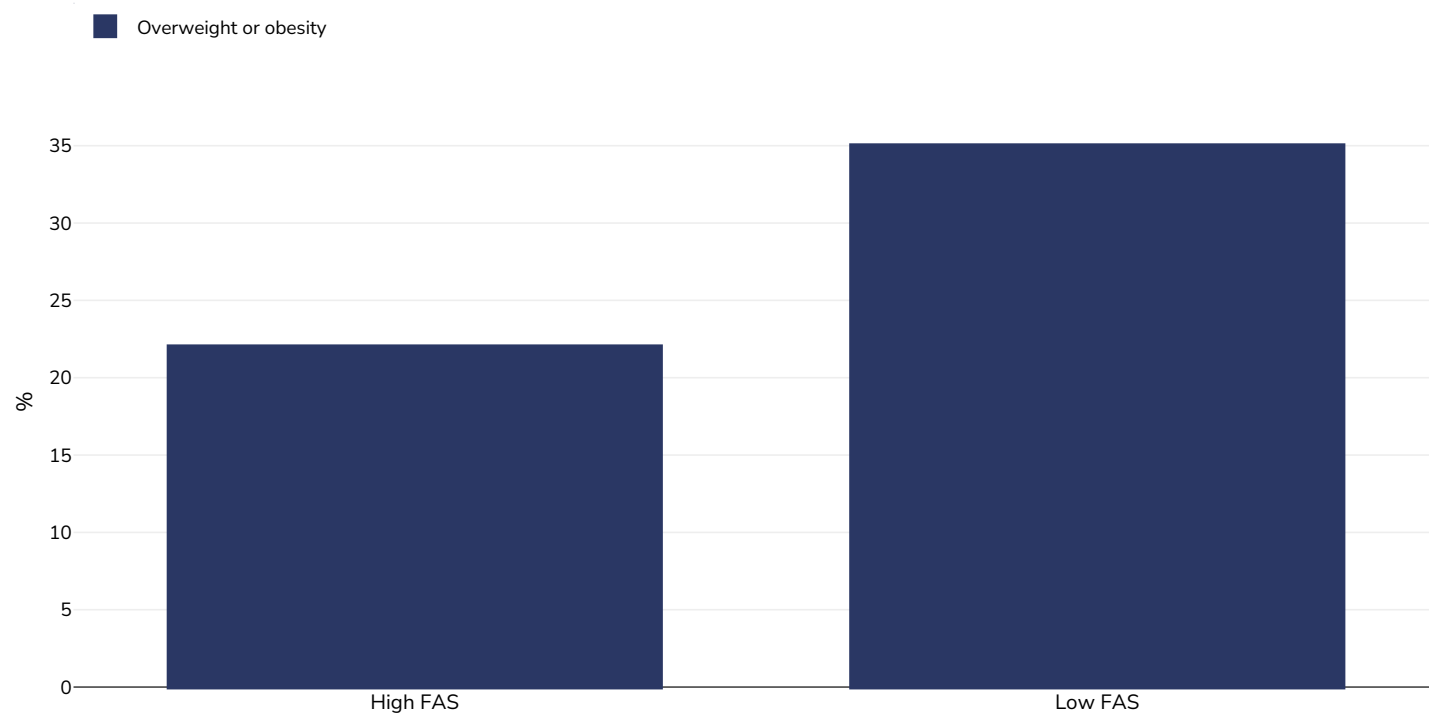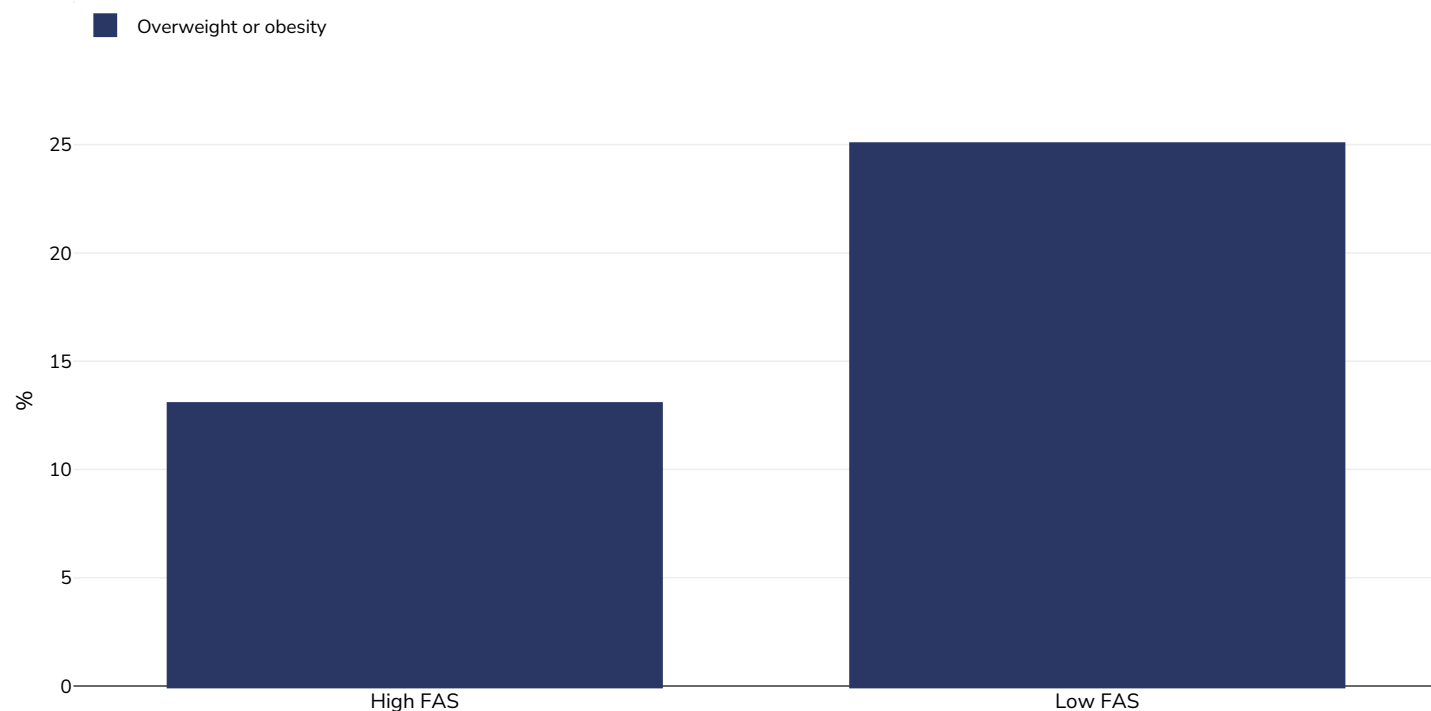| Survey type: | Self-reported |
|---|---|
| Area covered: | See Report |
| References: | RakiÃ?â?¡ JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition' |
| Notes: | HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500) |
| Cutoffs: | +2SD |

# Overweight/obesity by socio-economic group

## Boys, 2017-2018

■ Overweight or obesity



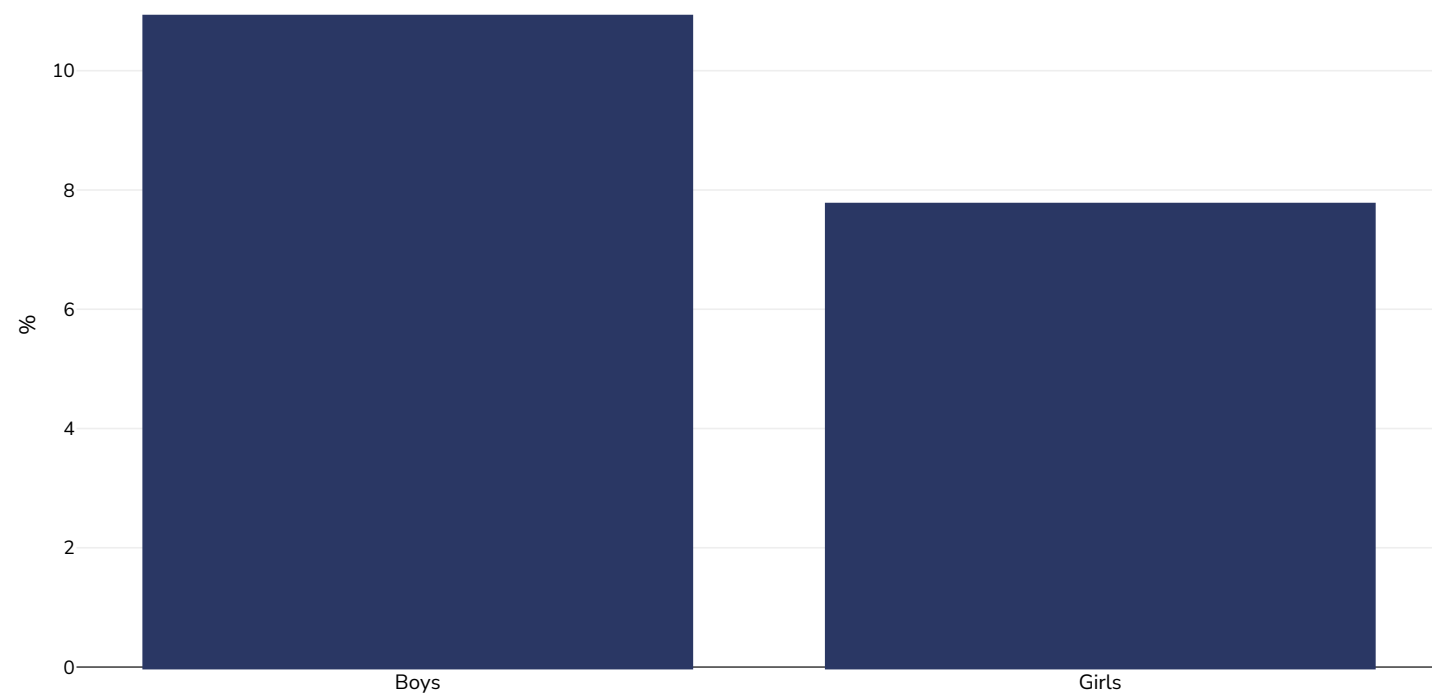| Survey type: | Self-reported |
|---|---|
| Age: | 11-15 |
| Sample size: | 3871 |
| Area covered: | National |
| References: | World Health Organization (2020). Spotlight on adolescent health and well-being - Findings from the 2017/2018 Health Behaviour in School-aged Children (HBSC) survey in Europe and Canada. Available at: https://apps.who.int/iris/bitstream/handle/10665/332091/9789289055000-eng.pdf. Last accessed: 25.05.21. |
| Notes: | HBSC Family Affluence Scale (FAS) - "HBSC uses an alternative measure, the Family Affluence Scale, which asks young people about material assets such as family cars, number of foreign holidays, computers, bathrooms and dishwashers in the household, holidays and having a bedroom to oneself. The scale, which enables users to add up how many of these assets a young person has in their home compared with other adolescents in their country/region, has been shown to provide a valid indicator of relative affluence." |
| Definitions: | HBSC Family Affluence Scale (FAS) |
| Cutoffs: | WHO |

# Girls, 2017-2018

■ Overweight or obesity



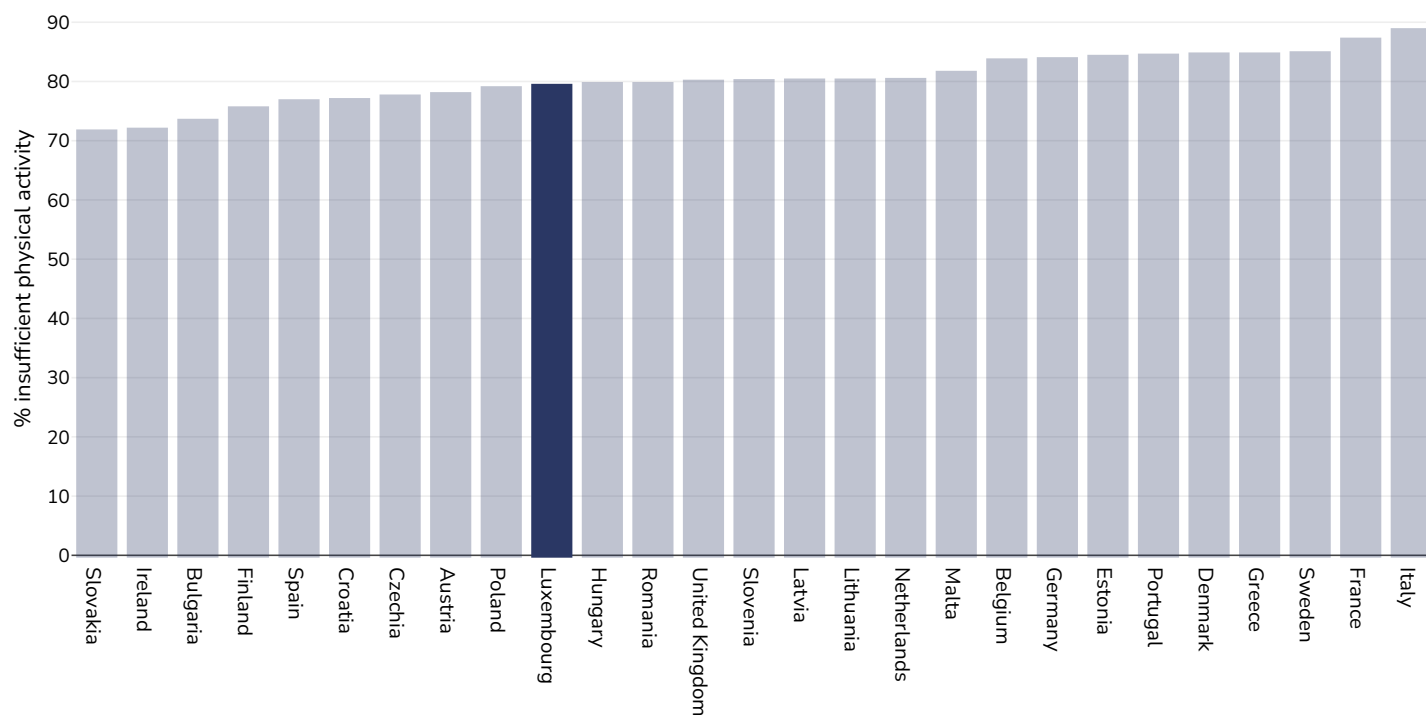| Survey type: | Self-reported |
|---|---|
| Age: | 11-15 |
| Sample size: | 3871 |
| Area covered: | National |
| References: | World Health Organization (2020). Spotlight on adolescent health and well-being - Findings from the 2017/2018 Health Behaviour in School-aged Children (HBSC) survey in Europe and Canada. Available at: https://apps.who.int/iris/bitstream/handle/10665/332091/9789289055000-eng.pdf. Last accessed: 25.05.21. |
| Notes: | HBSC Family Affluence Scale (FAS) - "HBSC uses an alternative measure, the Family Affluence Scale, which asks young people about material assets such as family cars, number of foreign holidays, computers, bathrooms and dishwashers in the household, holidays and having a bedroom to oneself. The scale, which enables users to add up how many of these assets a young person has in their home compared with other adolescents in their country/region, has been shown to provide a valid indicator of relative affluence." |
| Definitions: | HBSC Family Affluence Scale (FAS) |
| Cutoffs: | WHO |

# Double burden of underweight & overweight

## Children, 2022



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

# Insufficient physical activity
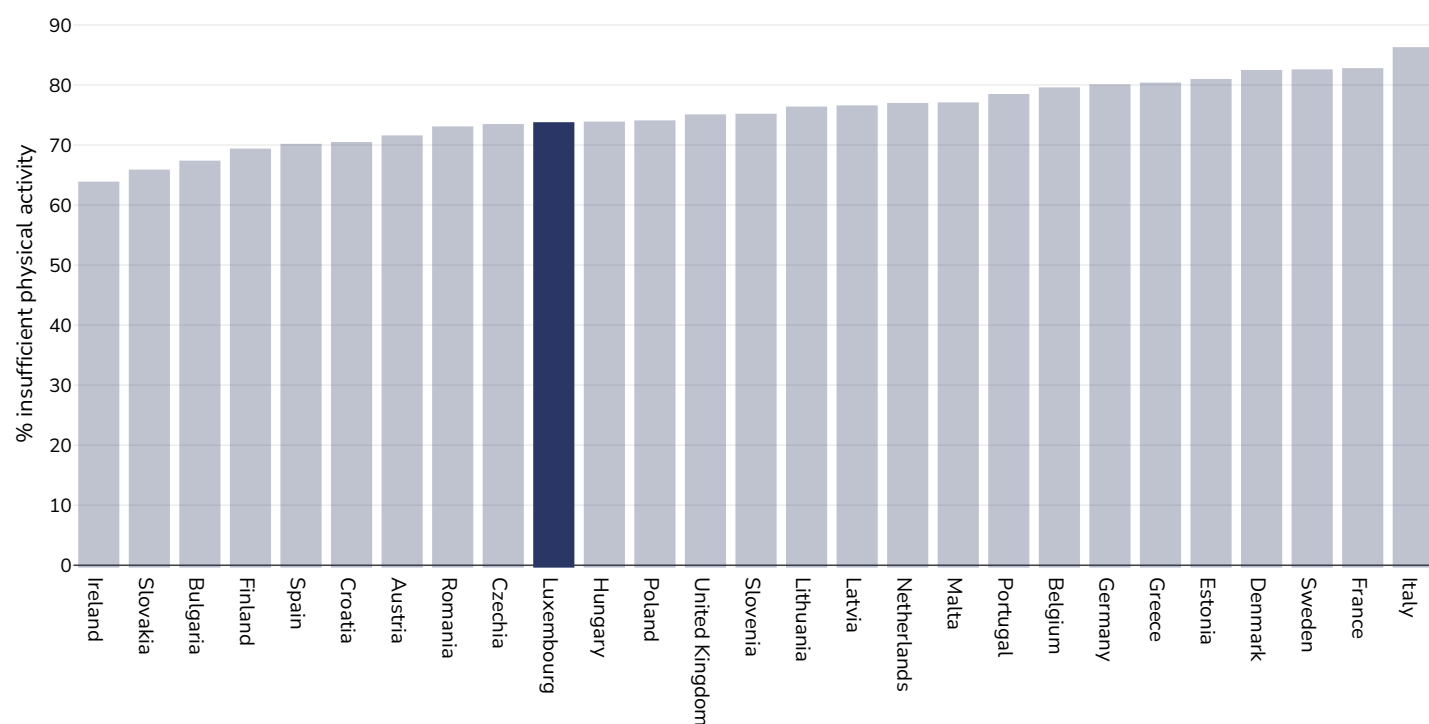
## Children, 2016



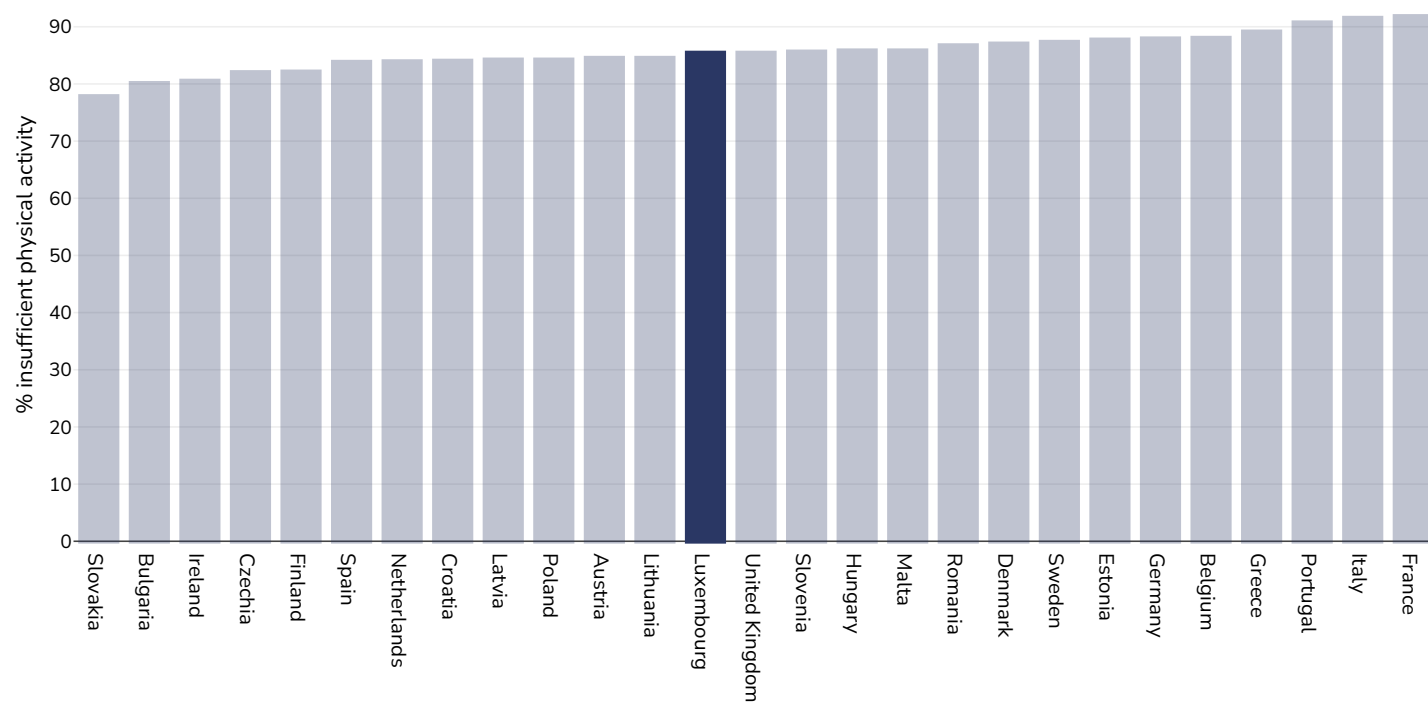| Survey type: | Self-reported |
|---|---|
| Age: | 11-17 |
| References: | Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21) |
| Notes: | % of school going adolescents not meeting WHO recommendations 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



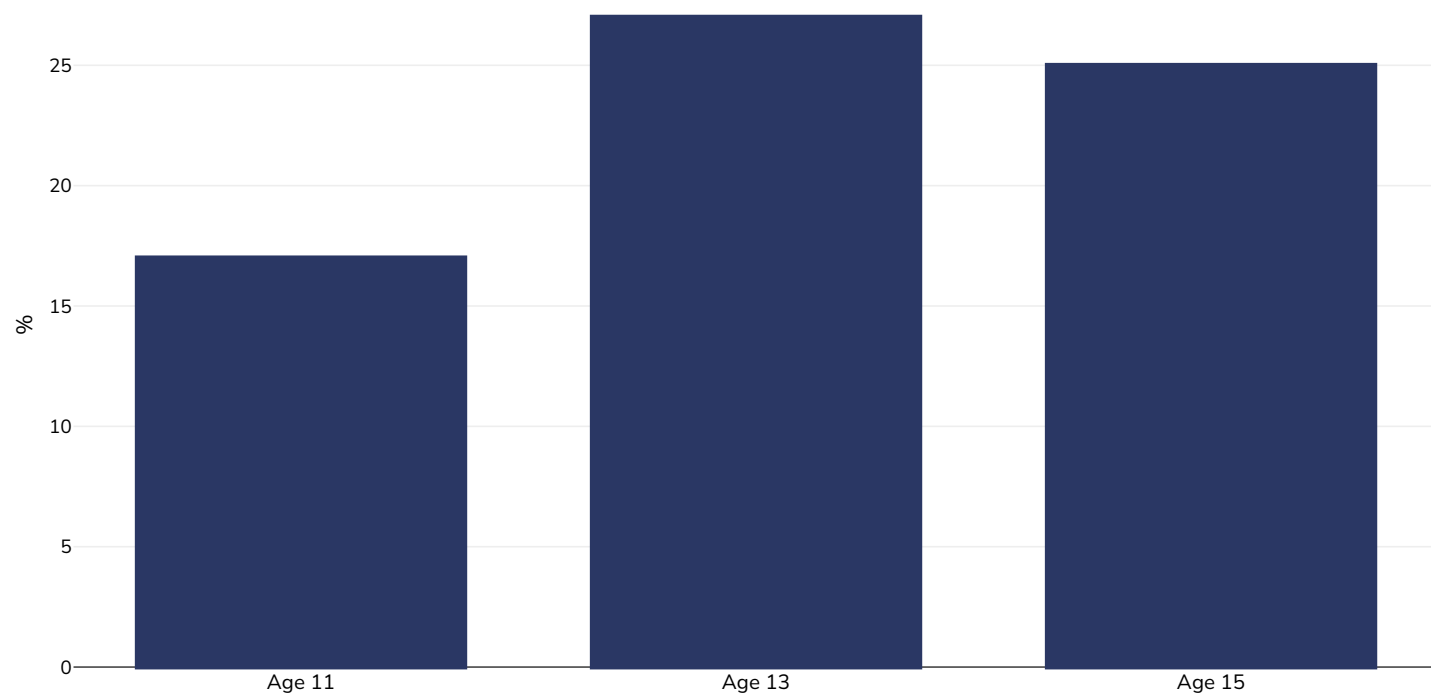| Survey type: | Self-reported |
|---|---|
| **Age:** | 11-17 |
| **References:** | Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21) |
| **Notes:** | % of school going adolescents not meeting WHO recommendations 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) |

# 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) |

# Prevalence of at least daily carbonated soft drink consumption
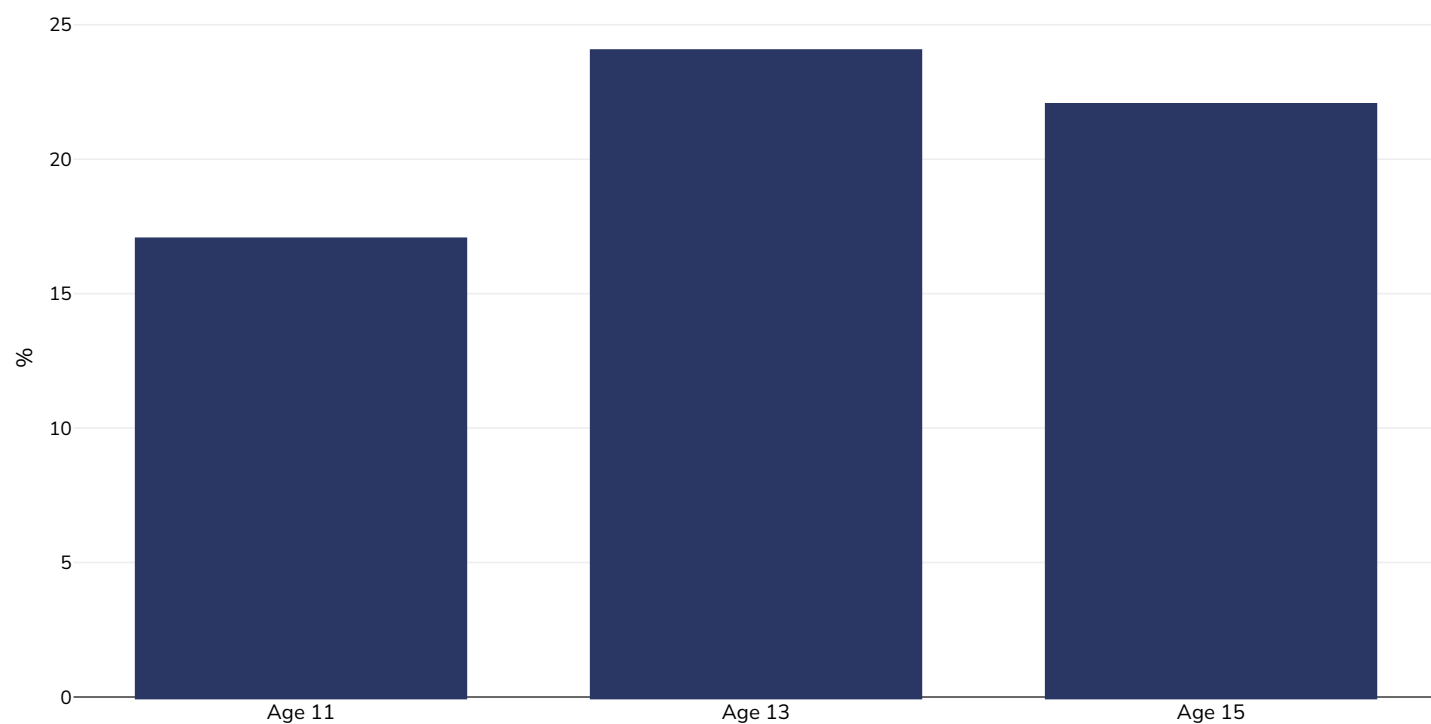
## Boys, 2021-2022



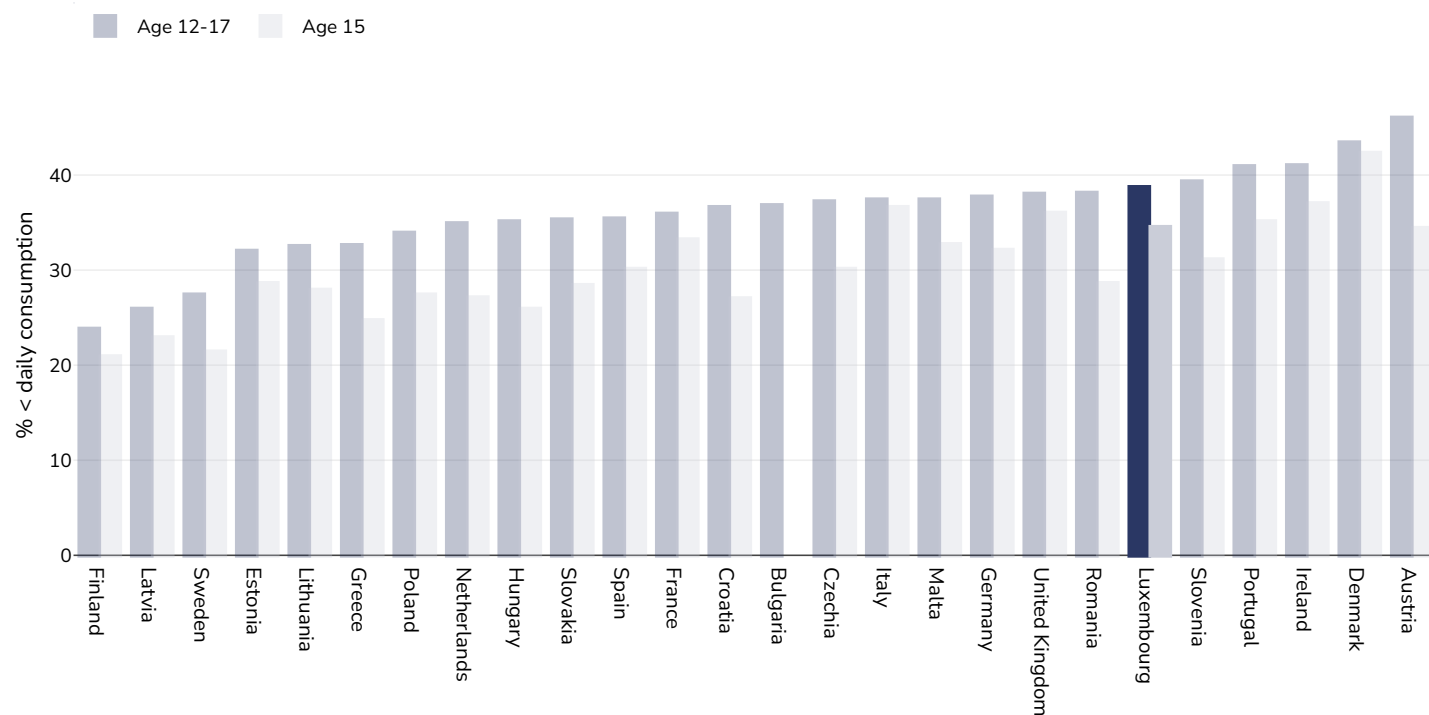| Area covered: | National |
| --- | --- |
| References: | Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org. Health Behaviour in School-aged Children study (2020), Data browser (findings from the 2017/18 international HBSC survey): https://data-browser.hbsc.org. |
| Definitions: | Proportion who reported drinking sugary soft drinks daily (at least once) |

## Girls, 2021-2022



| Area covered: | National |
|---|---|

| References: | Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org.. Health Behaviour in School-aged Children study (2020), Data browser (findings from the 2017/18 international HBSC survey): https://data-browser.hbsc.org. |
|---|---|

| Definitions: | Proportion who reported drinking sugary soft drinks daily (at least once) |
|---|---|

# Prevalence of less than daily fruit consumption

## Children, 2014

Age 12-17     Age 15



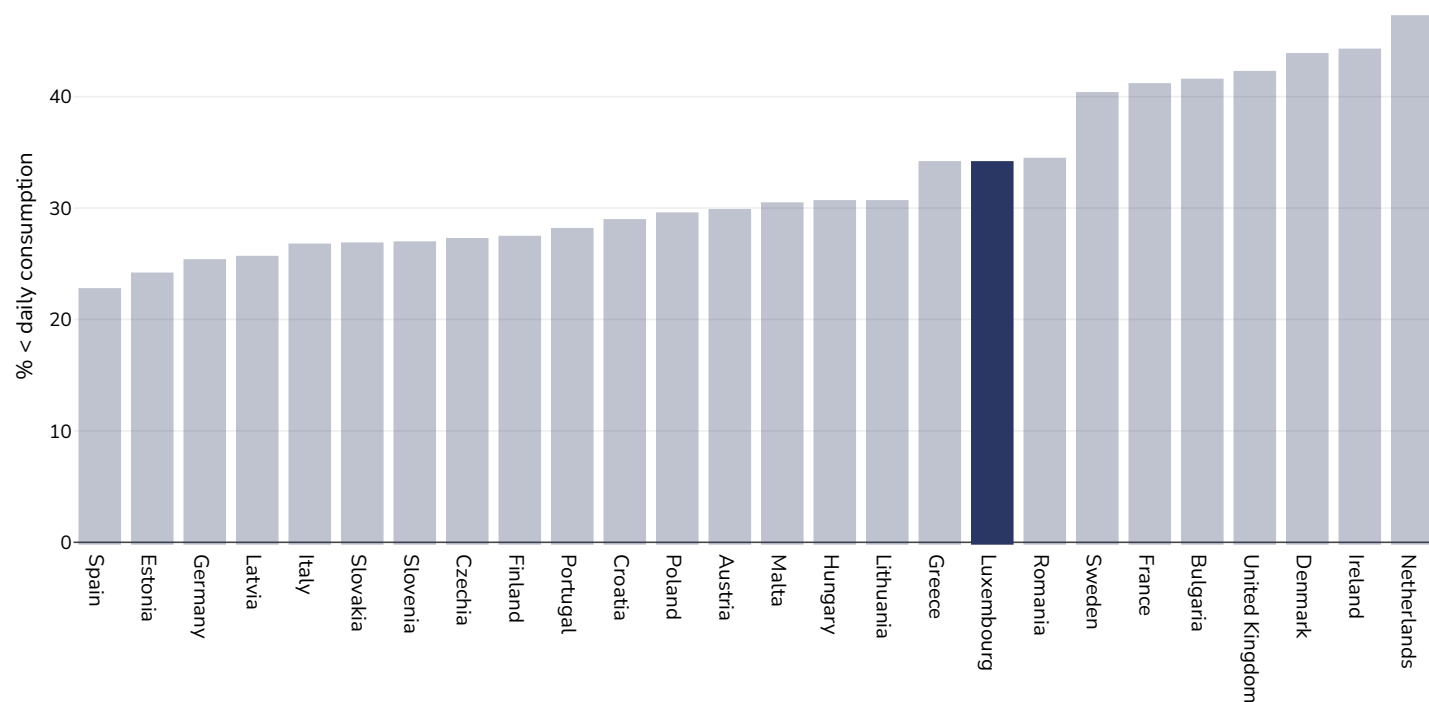| Survey type: | Measured |
|---|---|
| References: | Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system |
| Definitions: | Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption) |

**Luxembourg**
Country report card - children

# Prevalence of less than daily vegetable consumption

## Children, 2014
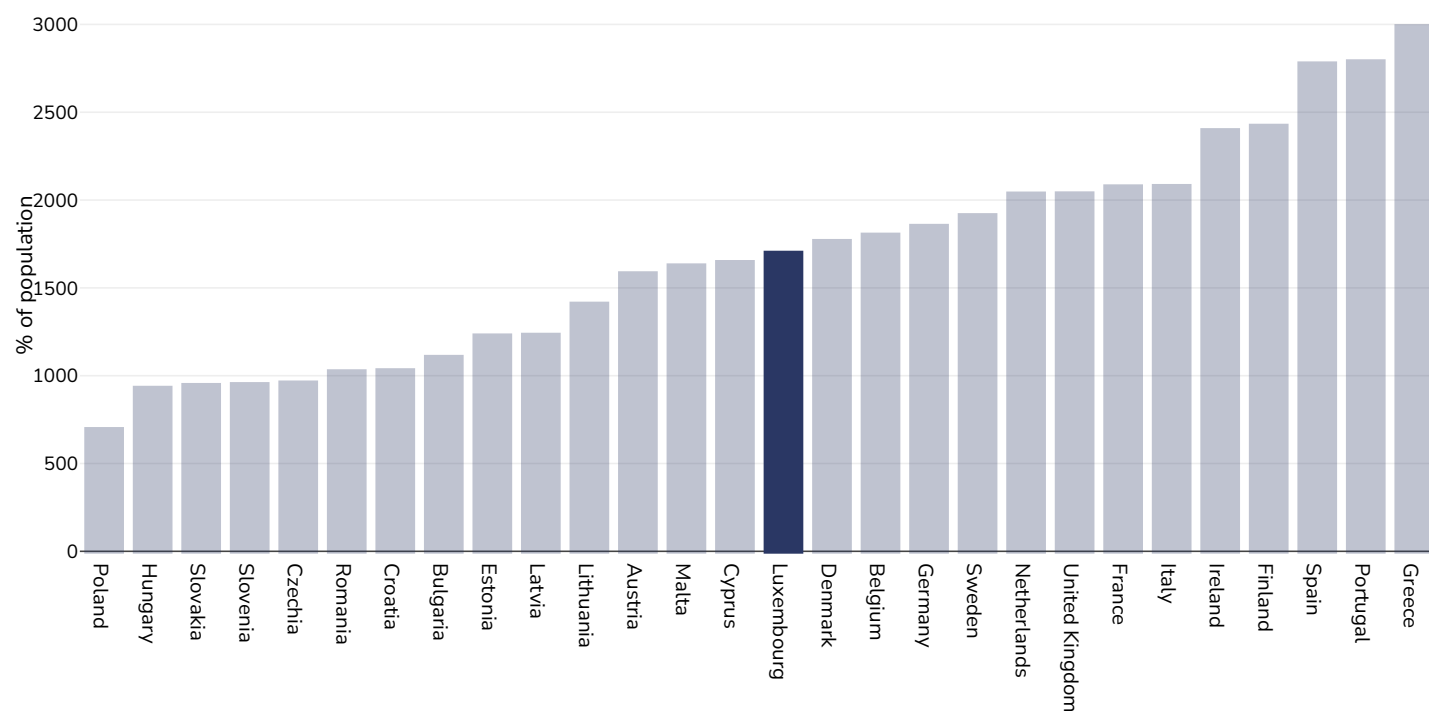


| Survey type: | Measured |
|---|---|
| Age: | 12-17 |
| References: | Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system |
| Definitions: | Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption) |

# Mental health - depression disorders

## Children, 2021



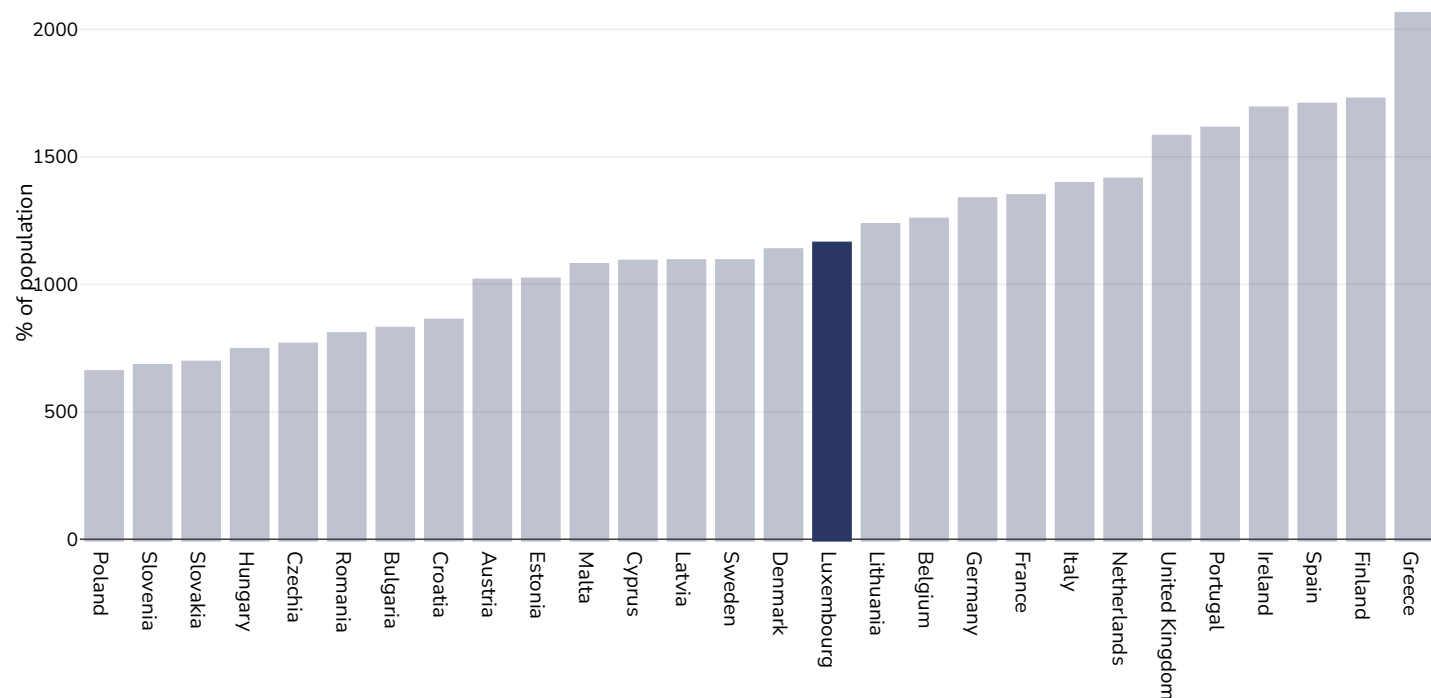| Area covered: | National |
|---|---|
| References: | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25) |
| Definitions: | Number living with depressive disorder per 100,000 population (Under 20 years of age) |

# Boys, 2021



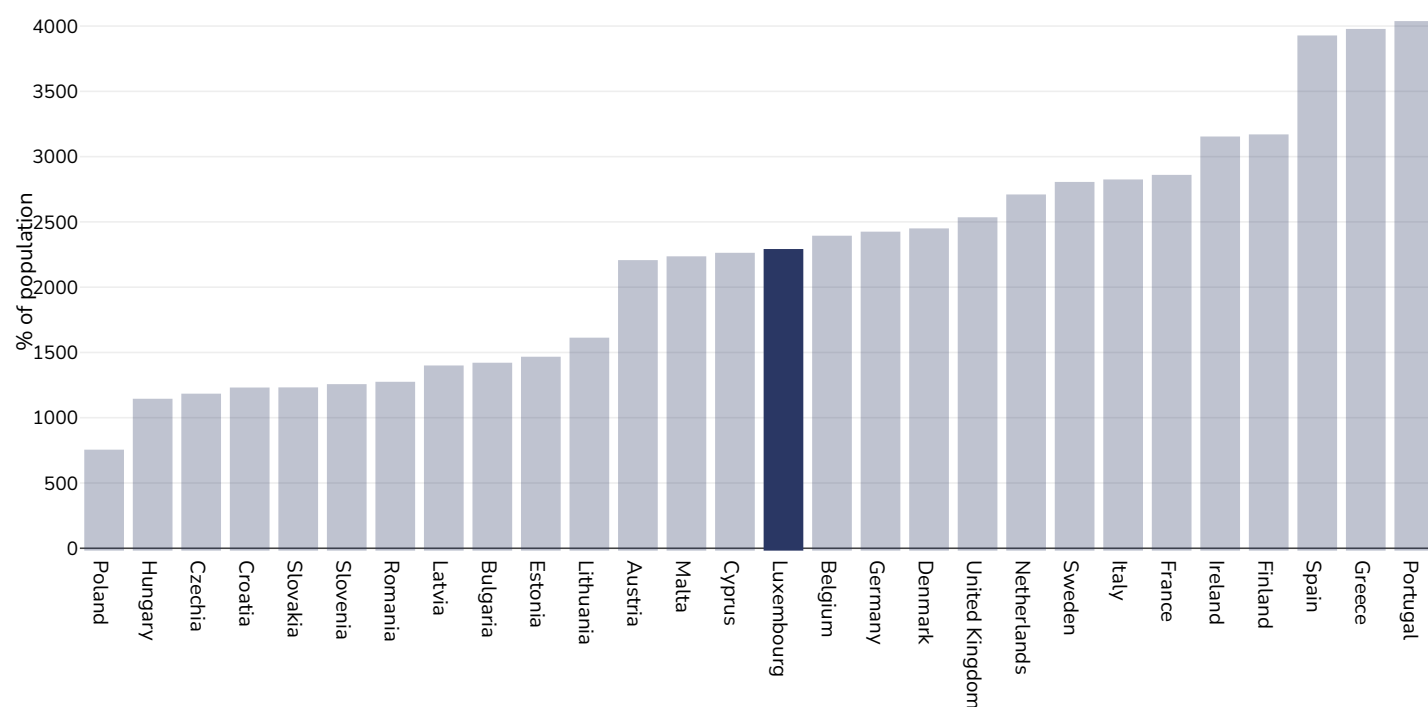| Area covered: | National |
|---|---|
| References: | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25) |
| Definitions: | Number living with depressive disorder per 100,000 population (Under 20 years of age) |

# Girls, 2021



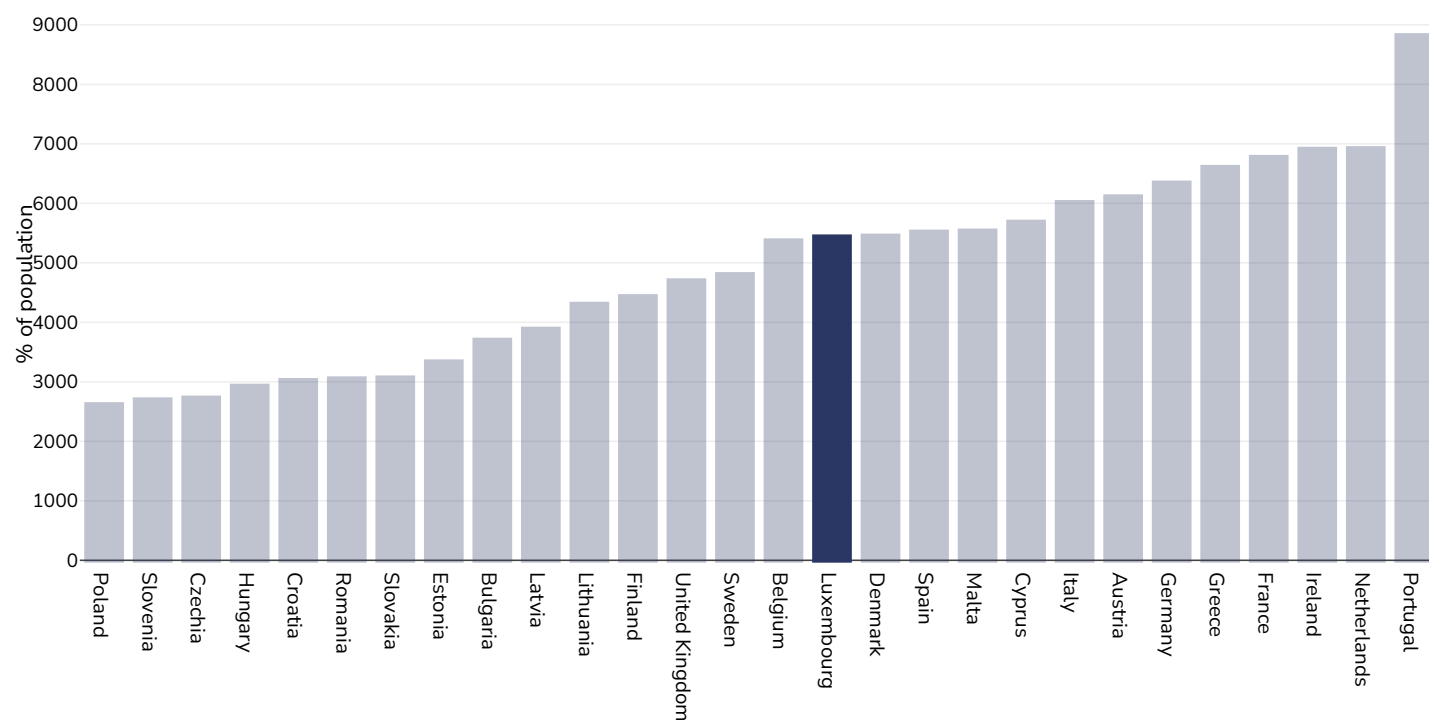| Area covered: | National |
|---|---|
| References: | Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25) |
| Definitions: | Number living with depressive disorder per 100,000 population (Under 20 years of age) |

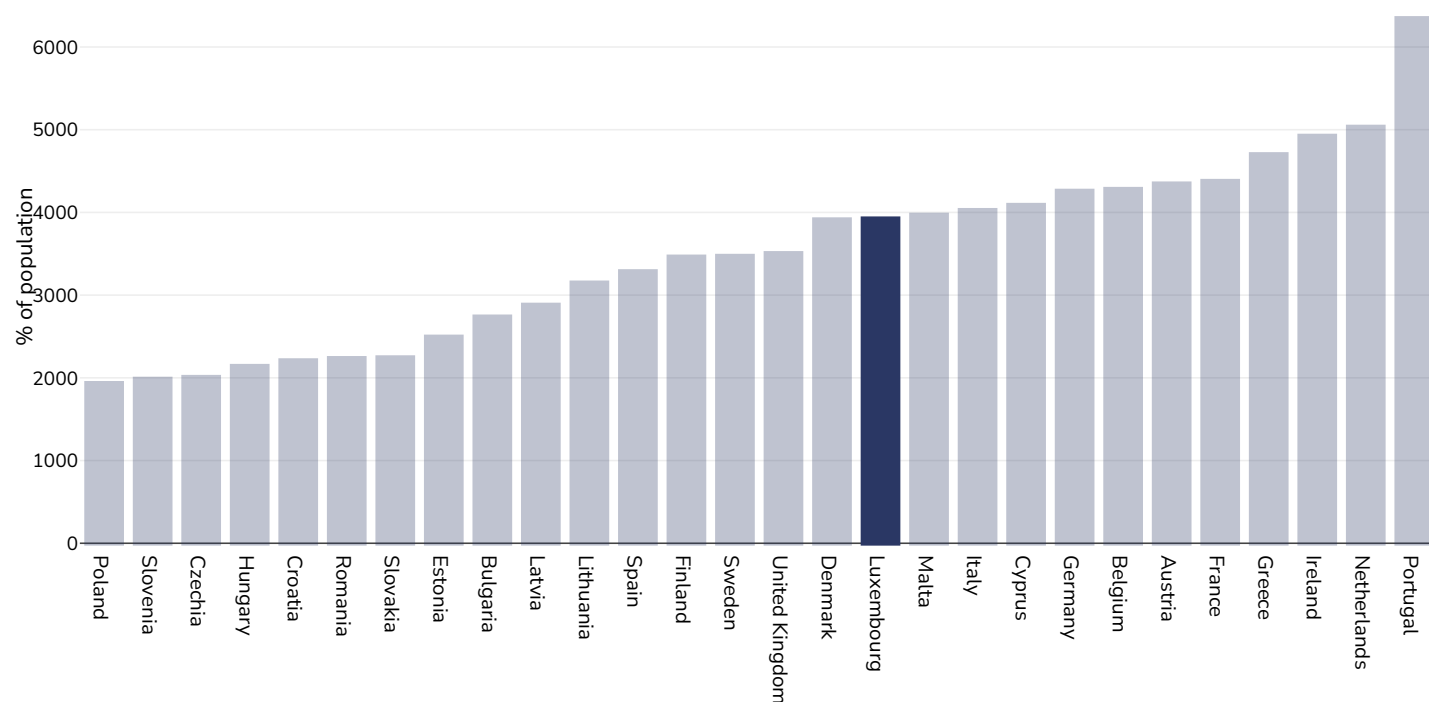# Mental health - anxiety disorders
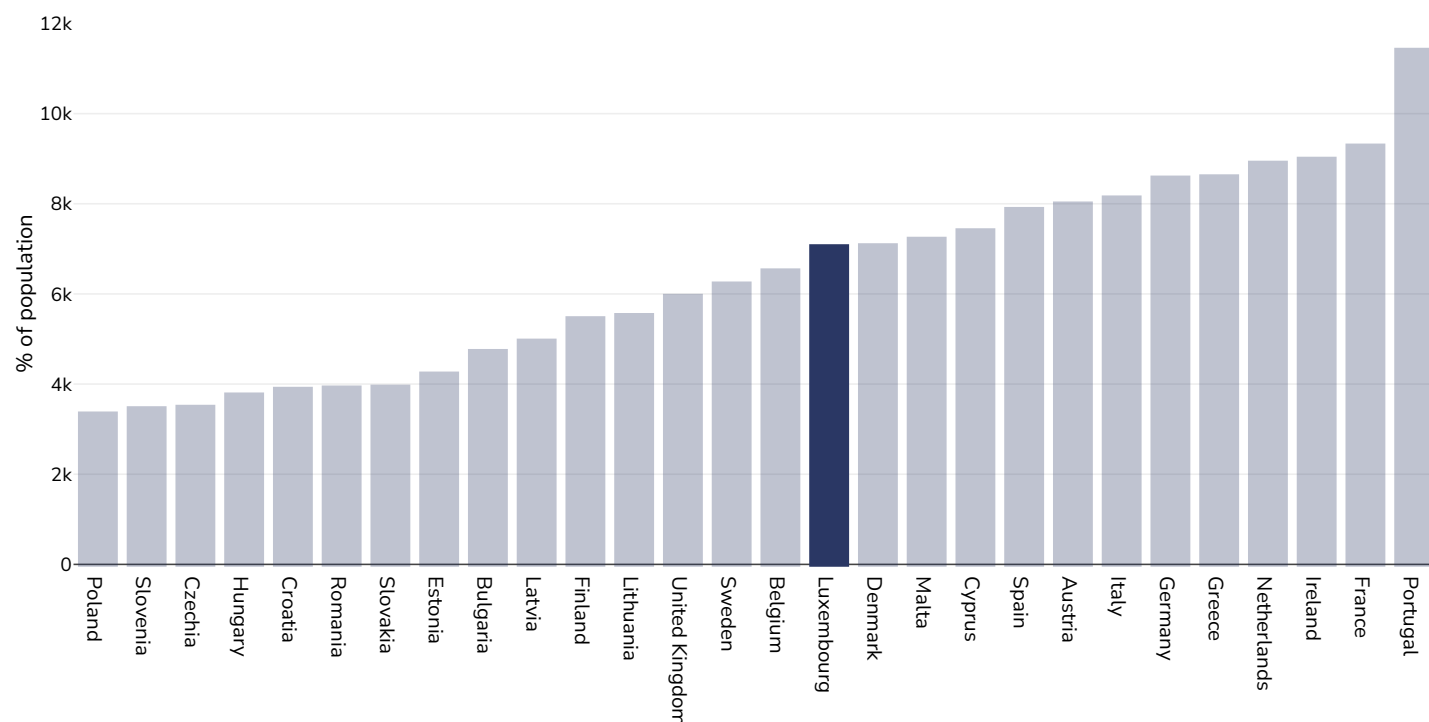
## Children, 2021



**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)

## Boys, 2021



% of population

**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)

## Girls, 2021



% of population

**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)

*PDF created on June 17, 2025*