# Report card
## Luxembourg

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity prevalence</td>
<td>2</td>
</tr>
<tr>
<td>Trend: Trends obesity 2014 2019</td>
<td>4</td>
</tr>
<tr>
<td>Trend: Trends overweight or obesity 2014 2019</td>
<td>7</td>
</tr>
<tr>
<td>Overweight/obesity by age and education</td>
<td>9</td>
</tr>
<tr>
<td>Overweight/obesity by education</td>
<td>12</td>
</tr>
<tr>
<td>Overweight/obesity by age</td>
<td>14</td>
</tr>
<tr>
<td>Overweight/obesity by region</td>
<td>15</td>
</tr>
<tr>
<td>Overweight/obesity by age and region</td>
<td>17</td>
</tr>
<tr>
<td>Overweight/obesity by age and socio-economic group</td>
<td>19</td>
</tr>
<tr>
<td>Overweight/obesity by socio-economic group</td>
<td>22</td>
</tr>
<tr>
<td>Overweight/obesity by age and limited activity</td>
<td>24</td>
</tr>
<tr>
<td>Insufficient physical activity</td>
<td>27</td>
</tr>
<tr>
<td>Prevalence of at least daily carbonated soft drink consumption</td>
<td>30</td>
</tr>
<tr>
<td>Estimated per capita fruit intake</td>
<td>31</td>
</tr>
<tr>
<td>Prevalence of less than daily fruit consumption</td>
<td>32</td>
</tr>
<tr>
<td>Prevalence of less than daily vegetable consumption</td>
<td>33</td>
</tr>
<tr>
<td>Estimated per-capita processed meat intake</td>
<td>34</td>
</tr>
<tr>
<td>Estimated per capita whole grains intake</td>
<td>35</td>
</tr>
<tr>
<td>Mental health - depression disorders</td>
<td>36</td>
</tr>
<tr>
<td>Mental health - anxiety disorders</td>
<td>37</td>
</tr>
<tr>
<td>Oesophageal cancer</td>
<td>38</td>
</tr>
<tr>
<td>Colorectal cancer</td>
<td>40</td>
</tr>
<tr>
<td>Pancreatic cancer</td>
<td>42</td>
</tr>
<tr>
<td>Gallbladder cancer</td>
<td>44</td>
</tr>
<tr>
<td>Kidney cancer</td>
<td>46</td>
</tr>
<tr>
<td>Cancer of the uterus</td>
<td>48</td>
</tr>
<tr>
<td>Raised blood pressure</td>
<td>49</td>
</tr>
<tr>
<td>Raised cholesterol</td>
<td>52</td>
</tr>
<tr>
<td>Raised fasting blood glucose</td>
<td>55</td>
</tr>
<tr>
<td>Diabetes prevalence</td>
<td>57</td>
</tr>
<tr>
<td>Contextual factors</td>
<td>58</td>
</tr>
</tbody>
</table>
## Obesity prevalence

### Adults, 2019

<table>
<thead>
<tr>
<th></th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
<td>15%</td>
<td>38%</td>
</tr>
<tr>
<td>Men</td>
<td>19%</td>
<td>46%</td>
</tr>
<tr>
<td>Women</td>
<td>16%</td>
<td>50%</td>
</tr>
</tbody>
</table>

Survey type: Self-reported  
Age: 18+  
Area covered: National  

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2021-2022

Survey type: Measured
Age: 11-18
Sample size: 6163
Area covered: National
Cutoffs: IOTF
Trends obesity 2014 2019
Men

Survey type: Self-reported

References:
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

**Women**

Survey type: Self-reported

<table>
<thead>
<tr>
<th>Year</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>Eurostat Database[^16] (last accessed 25.08.20)</td>
</tr>
<tr>
<td>2017</td>
<td>EUROSTAT Database[^17] (last accessed 25.08.20)</td>
</tr>
<tr>
<td>2019</td>
<td>Eurostat 2019. Data available at[^18] (last accessed 09.08.21)</td>
</tr>
</tbody>
</table>

[^18]: https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en
Trends overweight or obesity 2014 2019

Men

Survey type: Self-reported

References:


Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
Women

Survey type: Self-reported

References:


*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*
Overweight/obesity by age and education

Adults, 2019

Survey type: Self-reported
Area covered: National


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

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m²; obesity refers to a BMI greater than 30kg/m².
Men, 2019

Survey type: Self-reported
Area covered: National


Notes: NB. Some age ranges missing due to insufficient data to display by age & educational status. Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Survey type: Self-reported
Area covered: National
Notes: NB. Some age ranges missing due to insufficient data to display by age & educational status

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

Men, 2014

Survey type: Self-reported
Age: 18+
Area covered: National


Notes: Less than primary, primary and lower secondary education (levels 0-2) Upper secondary and post-secondary non-tertiary education (levels 3 and 4) Tertiary education (levels 5-8)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Age: 18+
Area covered: National
Notes: Less than primary, primary and lower secondary education (levels 0-2) Upper secondary and post-secondary non-tertiary education (levels 3 and 4) Tertiary education (levels 5-8)

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

Adults, 2019

Survey type: Self-reported
Area covered: National

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

Men, 2013-2015

Survey type: Measured
Age: 25-64
Sample size: 1484
Area covered: sub-national


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2013-2015

Survey type: Measured
Age: 25-64
Sample size: 1484
Area covered: sub-national


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

Men, 2014

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Overweight/obesity by age and socio-economic group

Adults, 2019

Survey type: Self-reported
Area covered: National


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

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m²; obesity refers to a BMI greater than 30kg/m².
Men, 2019

Survey type: Self-reported
Area covered: National
Notes: NB. Some age ranges missing due to insufficient data to display by age & income quintile

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2019

Survey type: Self-reported
Area covered: National
Notes: NB. Some age ranges missing due to insufficient data to display by age & income quintile. Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Overweight/obesity by socio-economic group

Men, 2014

Survey type: Self-reported
Age: 18+
Area covered: National


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

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Age: 18+
Area covered: National

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

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

Adults, 2014

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

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Men, 2014

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

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Women, 2014

Survey type: Self-reported
Area covered: National

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

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

Adults, 2016

Men, 2016

Women, 2016

Prevalence of at least daily carbonated soft drink consumption

Children, 2014

Survey type: Measured


Notes: 15-year-old adolescents

Definitions: Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)
Estimated per capita fruit 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 fruit intake (g/day)
Prevalence of less than daily fruit consumption

Children, 2014

Survey type:


Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less than daily vegetable consumption

Children, 2014

Survey type: Measured
Age: 12-17


Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Estimated per-capita processed meat 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 processed meat intake (g per day)
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, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100,000
## Colorectal cancer

### Men, 2020

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Austria</td>
<td>40</td>
</tr>
<tr>
<td>Finland</td>
<td>60</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>70</td>
</tr>
<tr>
<td>Germany</td>
<td>80</td>
</tr>
<tr>
<td>Sweden</td>
<td>90</td>
</tr>
<tr>
<td>Malta</td>
<td>100</td>
</tr>
<tr>
<td>Italy</td>
<td>110</td>
</tr>
<tr>
<td>Greece</td>
<td>120</td>
</tr>
<tr>
<td>Cyprus</td>
<td>130</td>
</tr>
<tr>
<td>Estonia</td>
<td>140</td>
</tr>
<tr>
<td>France</td>
<td>150</td>
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<tr>
<td>Lithuania</td>
<td>160</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>170</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>180</td>
</tr>
<tr>
<td>Poland</td>
<td>190</td>
</tr>
<tr>
<td>Romania</td>
<td>200</td>
</tr>
<tr>
<td>Ireland</td>
<td>210</td>
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<td>Belgium</td>
<td>220</td>
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<td>Czechia</td>
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<tr>
<td>Denmark</td>
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<tr>
<td>Spain</td>
<td>250</td>
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<tr>
<td>Netherlands</td>
<td>260</td>
</tr>
<tr>
<td>Latvia</td>
<td>270</td>
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<tr>
<td>Croatia</td>
<td>280</td>
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<tr>
<td>Portugal</td>
<td>290</td>
</tr>
<tr>
<td>Slovenia</td>
<td>300</td>
</tr>
<tr>
<td>Slovakia</td>
<td>310</td>
</tr>
<tr>
<td>Hungary</td>
<td>320</td>
</tr>
</tbody>
</table>

### Age:

20+

### Area covered:

National

### Definitions:

Age-standardized incidence rates per 100 000

### References:

Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Pancreatic cancer

Men, 2020


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Gallbladder cancer

Men, 2020

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Kidney cancer

Men, 2020

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Incidence per 100,000

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Cancer of the uterus

Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Raised blood pressure

Adults, 2015


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

References:

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


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, [http://apps.who.int/gho/data/node.main.A885](http://apps.who.int/gho/data/node.main.A885)

Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).
Men, 2008


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Women, 2008


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014


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

Adults, 2021

Age: 20-79
Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %
Contextual factors

**Disclaimer:** These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

### Labelling

<table>
<thead>
<tr>
<th>Question</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is there mandatory nutrition labelling?</td>
<td>✔</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
<td>✔</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
<td>✔</td>
</tr>
<tr>
<td>Color coding?</td>
<td>✔</td>
</tr>
<tr>
<td>Warning label?</td>
<td>✔</td>
</tr>
<tr>
<td>Regulation and marketing</td>
<td></td>
</tr>
<tr>
<td>---------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>Are there fiscal policies on unhealthy products?</strong></td>
<td></td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td></td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td></td>
</tr>
<tr>
<td><strong>Are there fiscal policies on healthy products?</strong></td>
<td></td>
</tr>
<tr>
<td>Subsidy on fruits?</td>
<td></td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td></td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td></td>
</tr>
<tr>
<td><strong>Mandatory limit or ban of trans fat (all settings)?</strong></td>
<td></td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td></td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td></td>
</tr>
<tr>
<td><strong>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</strong></td>
<td></td>
</tr>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td></td>
</tr>
<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td></td>
</tr>
<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td></td>
</tr>
<tr>
<td><strong>Are there mandatory standards for food in schools?</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Are there any mandatory nutrient limits in any manufactured food products?</strong></td>
<td></td>
</tr>
<tr>
<td>Nutrition standards for public sector procurement?</td>
<td></td>
</tr>
</tbody>
</table>
### Political will and support

| National obesity strategy or nutrition and physical activity national strategy? | ✓ |
| National obesity strategy? | ✓ |
| National childhood obesity strategy? | ✗ |
| Comprehensive nutrition strategy? | ✗ |
| Comprehensive physical activity strategy? | ✓ |
| Evidence-based dietary guidelines and/or RDAs? | ✗ |
| National target(s) on reducing obesity? | ✗ |
| Guidelines/policy on obesity treatment? | ✗ |
| Promotion of breastfeeding? | ✓ |

### Monitoring and surveillance

| Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors? | ✓ |
| Within 5 years? | ✓ |

### Governance and resource

| Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)? | ✓ |

### Key

- **✓** Present
- **✓ ✓** Present (voluntary)
- **✓ ✓ ✓** Incoming
- **✗** Absent
- **?** Unknown

_Last updated September 13, 2022_