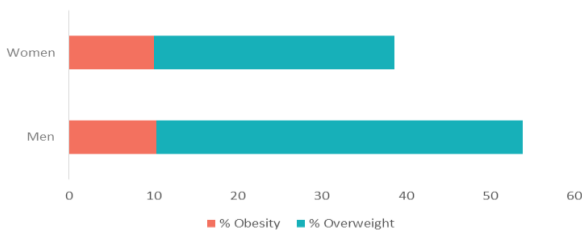


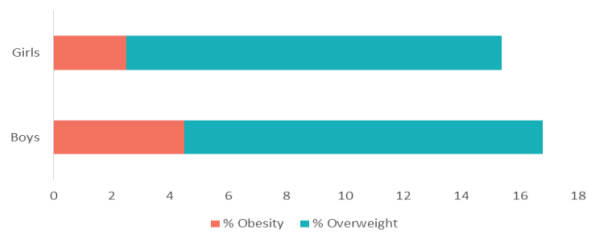
POPULATION: 16,924,929
GINI INDEX: 27.99

General Prevalence

WORLD OBESITY % Overweight & Obesity in Adults in the Netherlands (1998-2002)

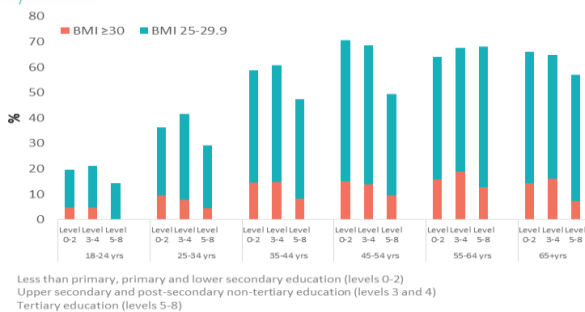


WORLD OBESITY % Overweight & Obesity in children in the Netherlands (2010)

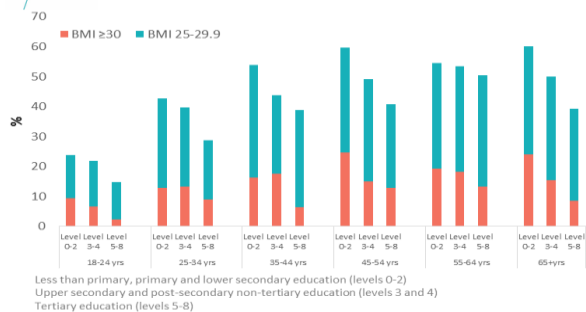


By Age & Education

WORLD OBESITY % Overweight and Obesity by age & educational attainment in males in Netherlands 2014

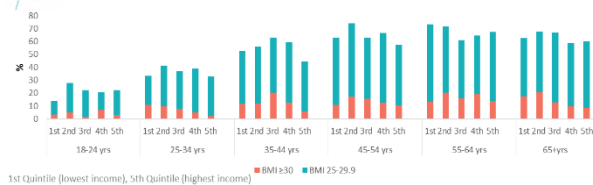


WORLD OBESITY % Overweight and Obesity by age & educational attainment in females in Netherlands 2014

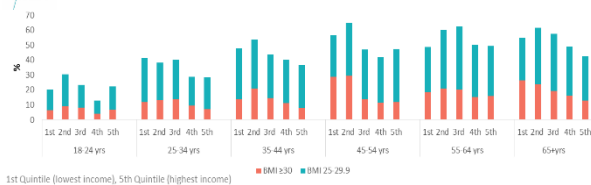


By Age & Income

WORLD OBESITY % Overweight & Obesity by age & income quintile in males living in Netherlands 2014



WORLD OBESITY % Overweight & Obesity by age & income quintile in females living in Netherlands 2014

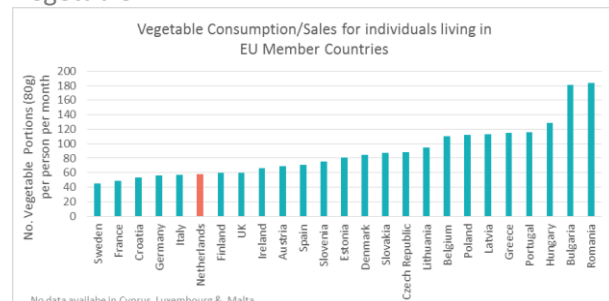


Drivers

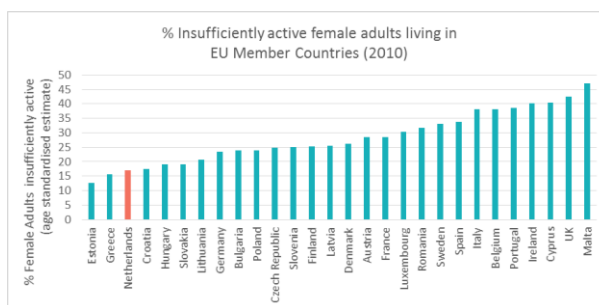
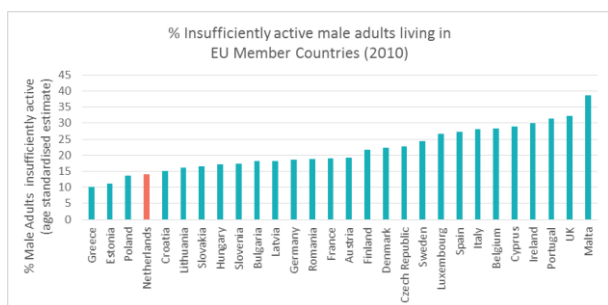
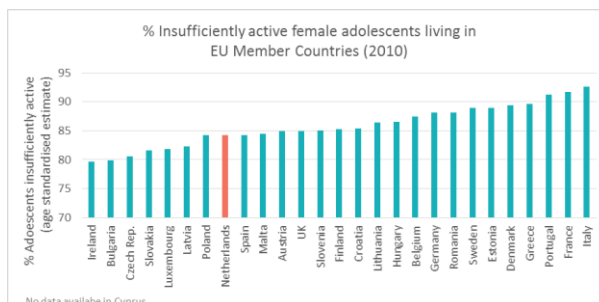
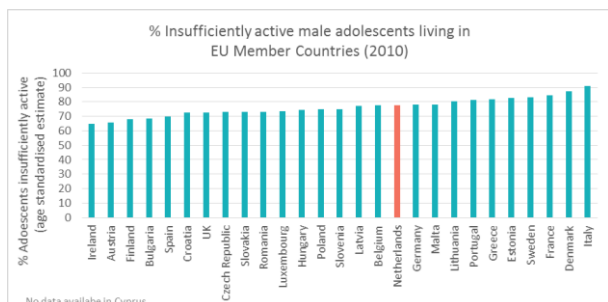
Sugar



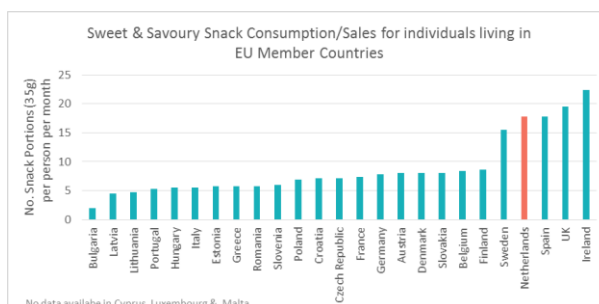
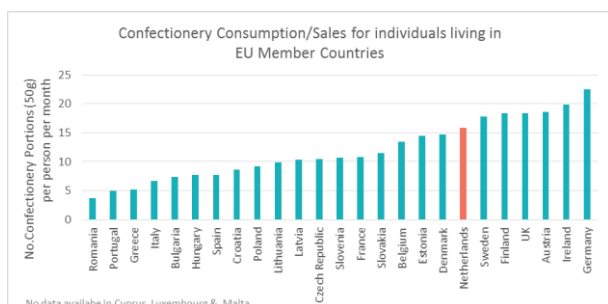
Vegetable



Insufficient Activity

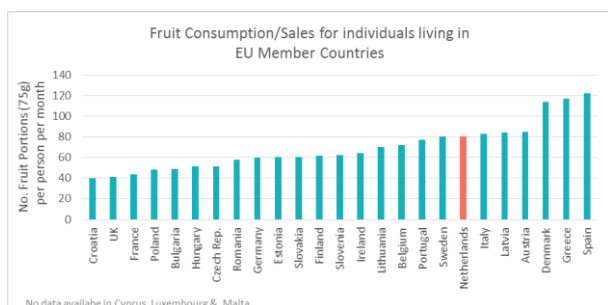


Confectionery



Sweet & Savoury Snacks

Fruit

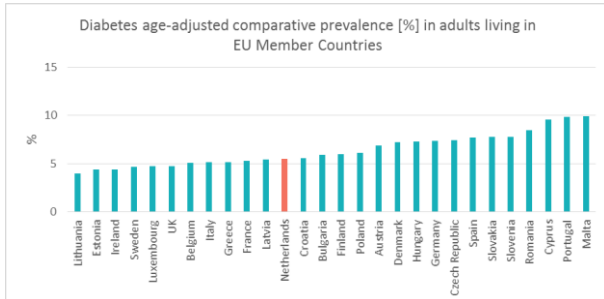


Soft Drinks

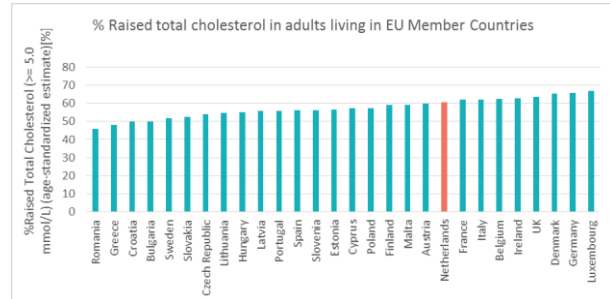


Impact

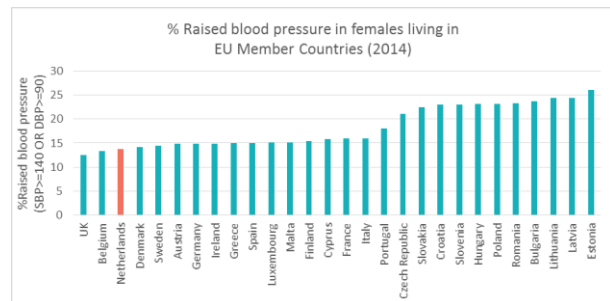
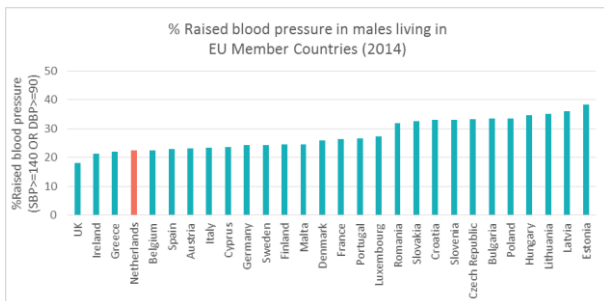
Diabetes (Type I & II)



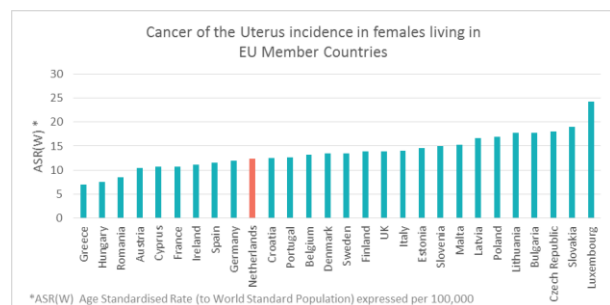
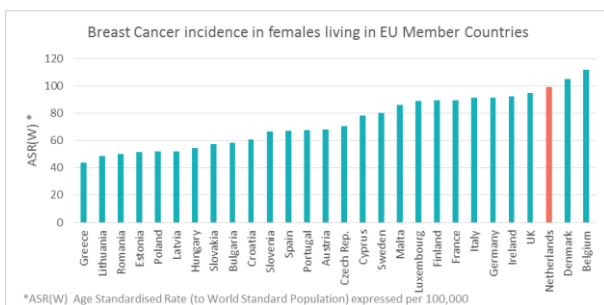
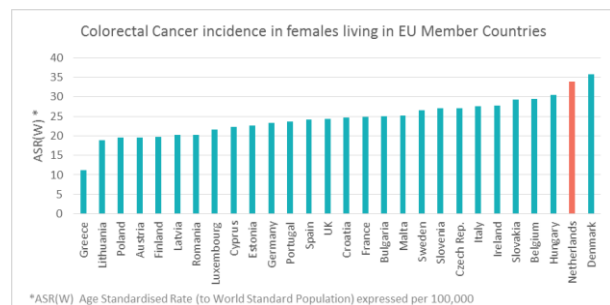
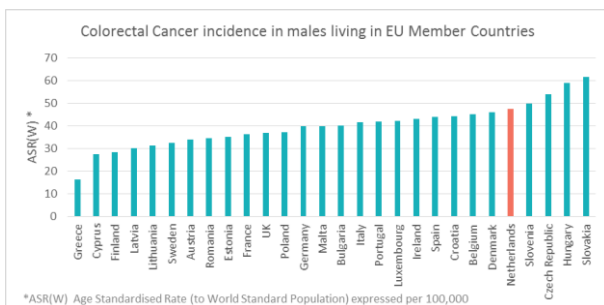
High Cholesterol



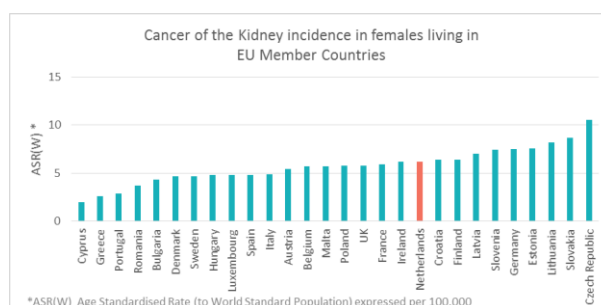
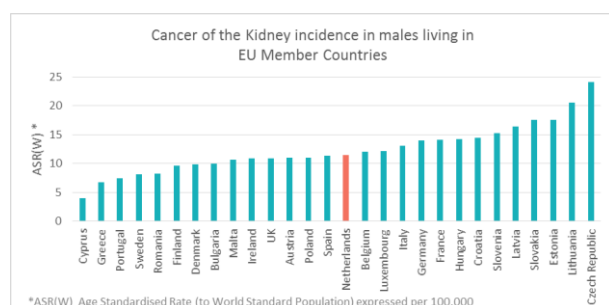
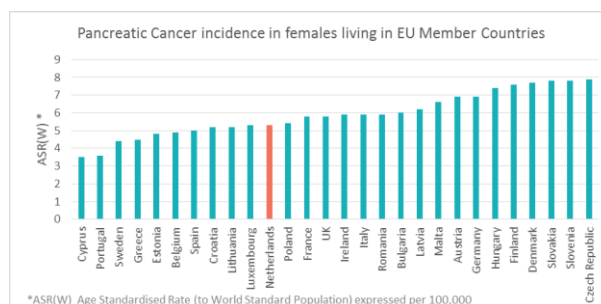
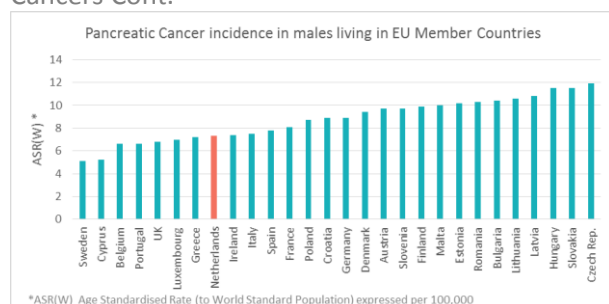
Raised Blood Pressure



Cancers



Cancers Cont.



Policies & Interventions

<u>Time For Sport - Exercise, Participate, Perform</u>	This policy document is an update and expansion of an earlier document on “What sports sets in motion”, issued by the Dutch Ministry of Health, Welfare and Sport in 2005. The document outlines the government’s sports policy until 2010. The overall aim is to create a “sport society”. The policy uses the following three approaches: health through sport, participation through sport and professional sport
<u>National Plan of Action for Children 2004</u>	The Dutch “National Plan of Action for Children” is the result of decisions made at the 2002 United Nations Special Session on Children in New York, which agreed that all countries should develop a national plan of action with input from children themselves and organizations representing them
<u>EPHE (EPODE for the Promotion of Health Equity)</u>	The EPODE project enables communities to implement effective and sustainable strategies to prevent childhood obesity. Its philosophy includes a positive, step-by-step approach tailored to the needs of all socio-economic groups. Launched in 2012, the project aims to reduce socio-economic inequities linked to health-related behaviour of families in 7 European countries over three years.
<u>Code on marketing food and non-alcoholic beverages to children</u>	Code on marketing to children
<u>WHO European Action Network on reducing marketing pressure on children</u>	Currently 28 countries participating in the WHO European Action Network on reducing marketing pressure on children, all of which have a joint interest in finding ways to reduce the marketing pressure of high salt, energy-dense, micronutrient-poor foods and beverages towards children
<u>Fitter Step by Step</u>	Aims to improve physical activity levels and healthy nutrition in unemployed beneficiaries by increasing their participation in society.
<u>Exercise Garden</u>	Aims to stimulate physical activity of adults and elderly by placing fitness equipment in an existing playground for children.
<u>Woerden Active</u>	Aims to reduce overweight by improving physical activity and nutrition behaviours by implementing integral policy and stimulating existing programmes.
<u>Active Plus</u>	Aims to improve physical activity levels of elderly by offering tailored online/offline advice, including on environmental physical activity opportunities.

Healthy Weight	Aims to improve nutrition and physical activity in overweight low SES and/or immigrant women in Utrecht, in a 13-week lifestyle programme.
Walk yourself healthy	Aims to improve the health of inhabitants of low SES areas in Eindhoven city by promoting physical activity and healthy nutrition.
Putting it on in Groningen	Aims to level off obesity increase in low SES areas by optimising existing interventions and targeting health professionals.
Healthy arrangement of Gageldonk-West	Aims to increase physical activity levels of low SES area inhabitants by changing the environment in a way that encourages activity.
The Healthy Neighbourhood	Aims to prevent overweight in high risk groups, like immigrants and elderly, living in a low SES area by organising need-based activities.
Health Race Laarbeek	Aims to promote a healthy lifestyle for inhabitants of the city of Laarbeek by competing in a health contest organised by locals.
The Choices programme	The Dutch version of the Choices logo (Vinkje) is now confirmed as the single food choice logo for the Netherlands. Introduced in 2006 as a response to the WHO's call for food industry to take an active role in tackling the obesity problem.
Health close to the people	This document sets out the ambitions of the Governments health policy from 2012-2016. In order to improve public health, the policy centres on five key issues, or 'spearheads': overweight and obesity, diabetes, depression, smoking, and excessive consumption of alcohol. There is also a special emphasis on physical activity.
Guidelines for a healthy diet: the ecological perspective	These guidelines include specific recommendations of foods to be eaten on a daily basis for different population groups.
Striking the right energy balance. Action plan of the Covenant on overweight and obesity	Action plan that has evolved from the Covenant on overweight. It is focused on restoring the balance between eating and physical exercise, providing a positive stimulus for organisations and individuals to act, increasing their knowledge and facilitate making the healthy choice an easy choice.
National Action Plan for Sport and Exercise (Nationaal actieplan sport en bewegen)	This programme supports the 100 municipalities with the most disadvantaged health situation by implementing projects focused on sport, exercise and health.
Regulation (EU) No 1169/2011	The new EU Regulation 1169/2011 on the provision of food information to consumers considerably changes existing legislation on food labelling.
Covenant on Overweight and Obesity	This pledge was chosen as the Netherlands' platform for promoting the use of measures other than the more traditional policy-making and implementation instruments for counteracting overweight. The Covenant has led to an action plan called 'Striking the right energy balance.'
Living Longer in Good Health (2004)	This policy addresses the prevention and promotion of healthy lifestyles.
Dutch Food Industry Federation (FNLI) Food Advertising Code	Self-regulatory measure developed by the Dutch Food Industry Federation
New-style Eating (Het Nieuwe Eten)	A campaign to encourage people to make step-by-step changes at their own speed.
Partnership Overweight Netherlands (PON)	The Partnership Overweight Netherlands (PON) was established as collaboration between 16 partners to facilitate the development and implementation of a chronic disease management model for children and adults with obesity.
Physical activity strategy for the WHO European Region 2016-2025	The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.
The European Food and Nutrition Action Plan 2015-2020	The aim on this action plan is to significantly reduce the burden of preventable diet-related non-communicable diseases, obesity and all other forms of malnutrition that are still prevalent in the WHO European Region.
European charter on counteracting obesity	To address the growing challenge posed by the epidemic of obesity to health, economies and development, the Ministers and delegates attending the WHO European Ministerial Conference on

	Counteracting Obesity (Istanbul, Turkey, 15–17 November 2006) adopted the European Charter on Counteracting Obesity. The process of developing the Charter involved different government sectors, international organizations, experts, civil society and the private sector through dialogue and consultations
<u>Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016</u>	It identifies priority action areas and interventions for countries to focus on over the next five years (2012–2016), as they implement the European Strategy for the Prevention and Control of Non-communicable Diseases.
<u>Dutch National Program Prevention 2014-2016</u>	The National Prevention Programme ‘Everything is Health’ promotes healthier lifestyles, which includes taking enough exercise. Reducing obesity is one of the main aims of this programme.
<u>JOGG</u>	JOGG is the Dutch acronym for Jongeren Op Gezond Gewicht (Young People at Healthy Weight). It is a programme that aims to create an environment that reinforces healthy lifestyle choices by children and teenagers.



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Sources

Overweight & Obesity %	Data sources available at www.worldobesity.org/resources/
Population Estimates	UN Population Estimates, United Nations, http://esa.un.org/unpd/wpp/
Diabetes estimates 2015	Reproduced with kind permission of IDF, Diabetes Estimates 2015, IDF, http://www.diabetesatlas.org/resources/2015-atlas.html
Worldwide GINI Index	Worldwide GINI Index, Central Intelligence Agency - World Fact Book, https://www.cia.gov/library/publications/the-world-factbook/rankorder/2172rank.html (last accessed 19th January 2016)
Physical Inactivity estimates	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A893?lang=en
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A869?lang=en
Raised BP	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Cancer incidence rates	Cancer incidence rates, GLOBOCAN, IARC, http://globocan.iarc.fr/Pages/online.aspx
EUROMONITOR FOOD INTAKES	Estimates calculated by World Obesity Federation based on Euro monitor food intake data. Euro monitor, http://www.euromonitor.com