



COUNTRY AND DEMOGRAPHIC DATA

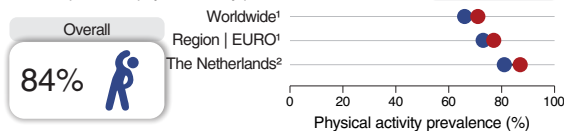
Capital - **Amsterdam**
 Population - **17,879,488**
 Urban population - **93.0%**
 Life expectancy (years) - **81.0**
 Gini index for income inequality - **0.26**
 Human Development Index - **0.95**
 Literacy rate - **99.0%**
 Risk of premature non-communicable disease mortality - **10.0%**
 Human Capital Index - **0.97**
 Democracy Index - **9.00**
 Deaths from non-communicable diseases - **88.2%**
 World Bank income category - **High income**



PHYSICAL ACTIVITY PARTICIPATION

Physical activity prevalence estimates for adults

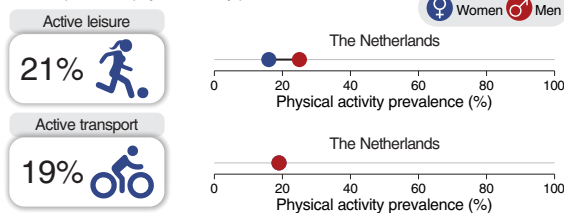
Gender inequalities in physical activity prevalence



Health Survey/Lifestyle Monitor, Statistics Netherlands (CBS)
 in collaboration with National Institute for Public Health and the Environment (RIVM), 2023

Physical activity prevalence estimates for adults by domain

Gender inequalities in physical activity prevalence



Health Survey/Lifestyle Monitor, Statistics Netherlands (CBS)
 in collaboration with National Institute for Public Health and the Environment (RIVM), 2023

POLICY AND SURVEILLANCE STATUS

National physical activity policy/plan YES

GoPA! Policy Directory

1. *Nederland Beweegt - The Netherlands On the Move, 2022-2025*
2. *The National Prevention Agreement, 2018-2040*
3. *National Sports Agreement II, 2023-2026*
4. *GALA (Gezond en Actief Leven Akkoord) - Healthy and Active Living Accord, 2023-2040*
5. *IZA (Integraal Zorg Akkoord) - Integral Health Care Accord, 2022*
6. *Agenda Fiets - Tour de Force / Bike Agenda, 2017-2020*
7. *City Deal Fiets - City Deal Bicycling, 2023*
8. *City Deal Ruimte voor Lopen - City Deal Walking Space, 2020*
9. *Mooi Nederland - Beautiful Netherlands, 2024*

Link to GoPA! Policy Directory: new.globalphysicalactivityobservatory.com/directory.php

National recommendations YES

National survey(s) including physical activity questions YES

2023 | Most recent 2024 | Next

Surveys and instruments used to assess physical activity

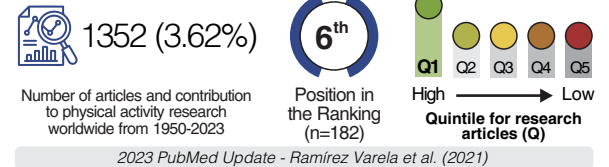
1. *Netherlands Lifestyle Monitor 2014-2021 (NL Lifestyle Monitor);*
 2. *Eurobarometer 2017, 2022 (Eurobarometer 2013-2022);*
 3. *Health Survey/Lifestyle Monitor, CBS in collaboration with RIVM, 2022, 2023*
- (Other: Adapted version of the Short Questionnaire to Assess Health Enhancing Physical Activity (SQUASH))

 **Contact Information**

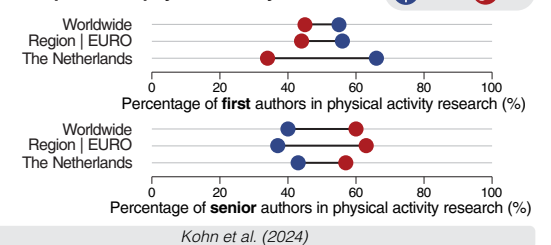
Name: Wanda Wendel-Vos
 Institution: National Institute for Public Health and the Environment, The Netherlands

This Country Card is part of the 3rd Physical Activity Almanac
 (free resource on the GoPA! website)
 For a description of the indicators and data sources visit:
www.globalphysicalactivityobservatory.com/country-cards

PHYSICAL ACTIVITY RESEARCH



Gender inequalities in physical activity research



PHYSICAL ACTIVITY PROMOTION CAPACITY PYRAMID

