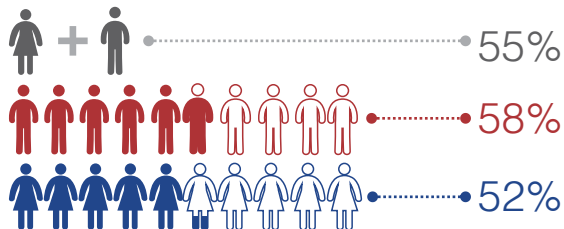




|   |                   |
|---|-------------------|
| Capital .....                               | <b>Amsterdam</b>  |
| Population .....                            | <b>17,231,624</b> |
| Urban Population .....                      | <b>91.5%</b>      |
| Life Expectancy .....                       | <b>82</b>         |
| Gini index for income inequality .....      | <b>0.28</b>       |
| Human Development Index .....               | <b>0.932</b>      |
| Literacy Rate .....                         | <b>99.0%</b>      |
| Deaths from non-communicable diseases ..... | <b>90.0%</b>      |

World Bank income category **★★★★High income**

## Physical Activity Prevalence



adults 18+ years, Netherlands National Monitoring system, 2018

## Percentage of Deaths due to Physical Inactivity



**In Netherlands**  
**7.1%**

worldwide, % of deaths due to physical inactivity = **9%**

This Country Card is part of the 2nd Physical Activity Almanac (free resource on the GoPA! website)

For a description of the indicators and data sources visit:  
[www.globalphysicalactivityobservatory.com/country-cards](http://www.globalphysicalactivityobservatory.com/country-cards)

## Policy and Surveillance Status

National physical activity policy/plan  Yes  No

Title

*Beweegrichtlijnen' (Activity guidelines) 2017; The national sports agreement 2018-2021; The national prevention agreement 2018; National Cycling Agenda 2.0*

National recommendations  Yes  No

National survey(s) including physical activity questions  Yes  No



## Surveys and instruments used to assess physical activity

*Eurobarometer 58.2 2002 (other); Eurobarometer 64.3 2005 (other); Eurobarometer 80.2 2013 (other); WHO STEPS 2018 (GPAQ); Special eurobarometer 472 2017 (other); Health Survey/Lifestyle Monitor, Statistics Netherlands (CBS) in collaboration with National Institute for Public Health and the Environment (RIVM) 2001-2013 (SQUASH); Health Survey/Lifestyle Monitor, Statistics Netherlands (CBS) in collaboration with National Institute for Public Health and the Environment (RIVM) 2014-2019 (SQUASH)*

National health monitoring system  Yes  No

Physical activity   
Sedentary behavior (i.e. sitting time)

Name(s)

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

## Physical Activity Research



3.42%



818

5<sup>th</sup>

Position in the Ranking (n=176)

Q1 High

Q2

Q3

Q4

Q5 Low

Research articles quintiles (Q)

Contribution to physical activity research worldwide from 1950-2019

Total number of articles from the country from 1950-2019

## Sedentary Behavior (Sitting Time)



Total Sitting Time = 6.6 hrs/day

Daily Sitting Time Global Tertile



European Commission (2017). Special Eurobarometer 472: Sport and Physical Activity Report.

## Physical Activity Promotion Capacity Pyramid



## Contact Information

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