

# NETHERLANDS

## PHYSICAL ACTIVITY FACTSHEET 2018



Total population

**17 081 507**

Median age

**42.5** YEARS

GDP per capita

**39 800** €

% of GDP for health: **7.7**

% of GDP for education: **5.3**

% of GDP for sports: **0.5**



Population **MALE**

**49.6%**

Population **FEMALE**

**50.4%**

Life expectancy, **MALES**

**80.0** YEARS

Life expectancy, **FEMALES**

**83.2** YEARS

Sources: Eurostat (2016)

### Success story

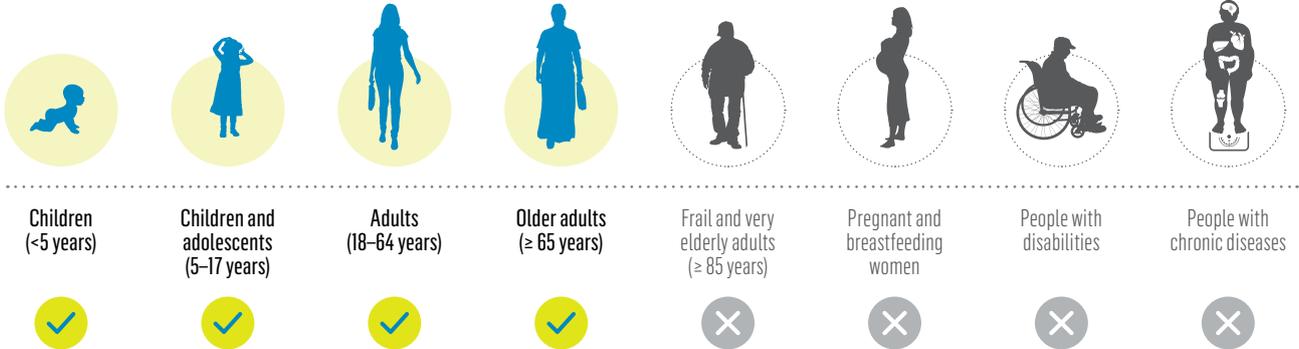
The “**Sport and physical activity close to home**” (Sport en Bewegen in de Buurt) programme encourages the population to have an active, healthy lifestyle. The main aim is to provide appropriate, safe, accessible sports opportunities for everyone in the Netherlands. The two pillars of the programme are employing neighbourhood sports “connectors” and creating opportunities for sport impulse grants. Neighbourhood sports connectors support the municipality in creating sufficient opportunities to be active close to home for people of all ages. The sports impulse grants assist sports clubs, fitness centres and other sports providers in setting up activity programmes for sedentary groups and those with low participation rates. The main requirement is that they work with local partners, such as schools, care institutions, childcare centres and the business community. The projects must target one of three groups: sedentary people, overweight children and adolescents in low-income neighbourhoods. <https://www.sportindebuurt.nl/>.



# MONITORING AND SURVEILLANCE

## National recommendations on physical activity for health

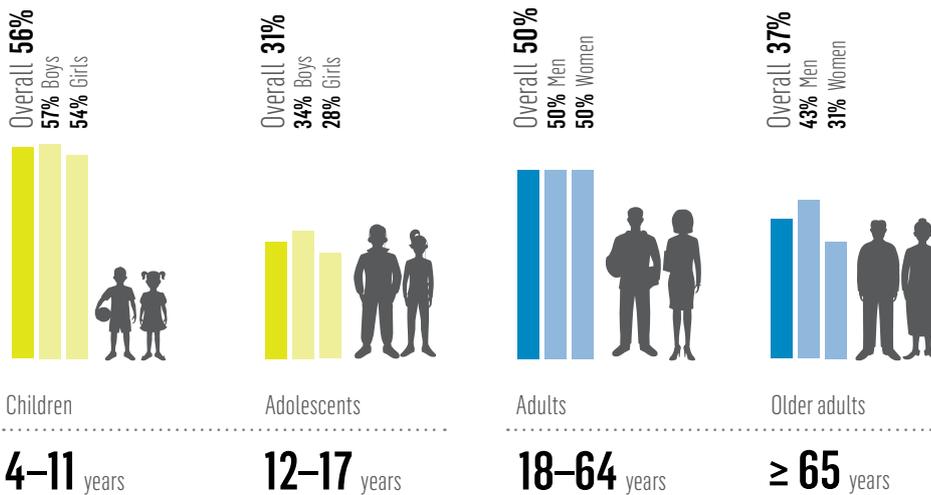
TARGET GROUPS INCLUDED



The national recommendations on physical activity are based on a literature review by the Dutch Health Council, the reports on which the Australian physical activity guidelines are based and evidence for the guidelines for physical activity in the USA.

## Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



Children and adolescents are considered physically active if they achieve 60 min of physical activity per day and bone- and muscle-strengthening activities three times a week. Adults should do 150 min/week of moderate-intensity physical activity and bone- and muscle-strengthening activities twice a week.

In the Netherlands, a set of 20 key indicators related to sport and physical activity are structurally monitored, irrespective of current policy programmes that may or may not include their own monitoring / evaluation plan. Dissemination of facts and figures on the key indicators of sport and physical activity is coordinated by the National Institute for Public Health and the Environment. Facts and figures are communicated through a website: [www.sportenbewegenincijfers.nl](http://www.sportenbewegenincijfers.nl). The key indicators can be accessed directly at [www.kernindicatorenspportenbewegen.nl](http://www.kernindicatorenspportenbewegen.nl).

## Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

Since 2014, physical activity has been monitored through the National Health Survey (Gezondheidsenquête) in combination with the Lifestyle monitor (Leefstijlmonitor), led by Statistics Netherlands and the National Institute for Public Health and the Environment, with an addition of monitoring sedentary behaviour in 2015. Statistics Netherlands has been monitoring physical activity through the National Health Survey since 1981. The current questionnaire has been in place since 2001. The Netherlands uses the Short Questionnaire to Assess Health Enhancing Physical Activity (SQUASH) to assess physical activity levels. Additional information is collected through the Questionnaire for Sedentary Behaviour, based on the Marshall questionnaire. OViN is the Dutch National Travel Survey (The name of the survey has changed over time and from 2018 the survey will be called 'Onderweg in Nederland'), in which respondents are asked to keep a diary for one specific day on where they travel, for what purpose, using which means of transport and the time it takes from start to finish.

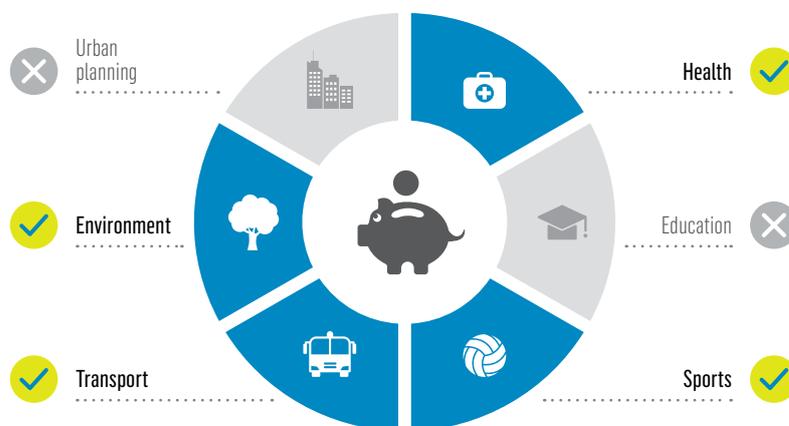


# POLICY RESPONSE

## Funding allocated specifically to physical activity promotion by sector

The Knowledge Centre for Sport Netherlands is in charge of disseminating the physical activity recommendations to the public and (health care) professionals.

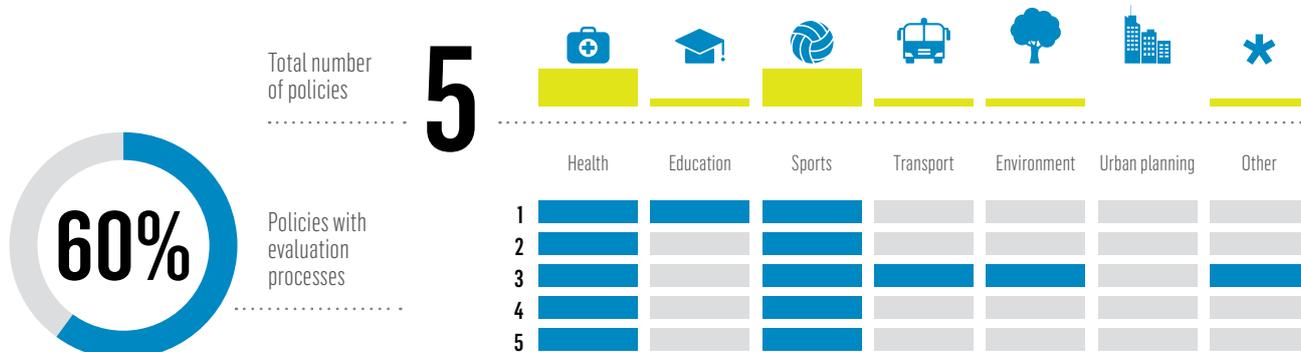
**“Cycling highways”** build on the historical cycling tradition of the Netherlands, particularly aiming to tackle traffic jams during rush hours. The assumption is made that 15 km is a reasonable distance for commuting by bicycle. Also, 61% of the working population lives within this distance to their work place. Currently, 25% of the working population commutes by bike, half of them up to a distance of 5 km. In addition, 25% cycle up to 10 km and 10% up to 15 km. The accompanying website ([www.fietsfilevrij.nl](http://www.fietsfilevrij.nl)) provides cycling routes for several distances and for all parts of the country.



**“Sports without boundaries”** (Grenzeloos actief) is a programme to provide accessible opportunities for participation in sports for people with disabilities throughout the country through a network of regional partnerships. Each region will try to match offer and demand in sports opportunities for people with disabilities.

## National policies by sector

Sectors that are involved in each of the national policies or action plans to promote physical activity



## Target groups addressed by national policies

The Youth Fund for Sports and Culture supports children and adolescents in socially disadvantaged families to access sports opportunities. It pays their club membership and, in some cases, sporting equipment. It is in place in every province, and 19 cities have their own funds. The Fund collaborates with 220 (of 388) municipalities, and, in 2017, 60 103 children were enabled to take part in sports.

- ✗ Low socioeconomic groups
- ✗ Pregnant and breastfeeding women
- ✗ Ethnic minorities
- ✗ People deprived of liberty
- ✗ Migrants

- ✓ Older people
- ✓ People with disabilities
- ✓ People with chronic diseases
- ✓ Other



## Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH



There was no national programme or scheme to promote counselling on physical activity by health professionals in the Netherlands until 2017. However, physical activity counselling is part of several standard approaches to medical issues (NHG-standaarden) and combined lifestyle interventions. From 2019, combined lifestyle interventions will be included in basic health care insurance.

## Physical activity in schools

Total hours of physical education per week in **PRIMARY SCHOOLS**

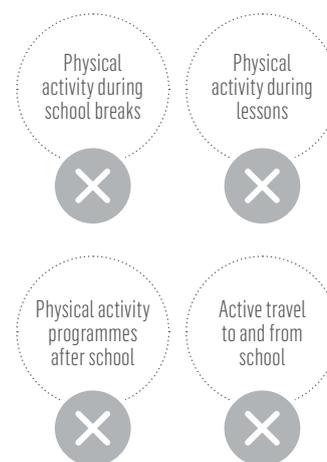


In 2016–2017, children in grades 1 and 2 received an average of 113 min/week of physical education. Four of ten schools provided at least three lessons (with a maximum of five lessons) per week. Children in grades 3–8 received 89 min/week of physical education. At 75% of primary schools, two lessons per week were provided.

Total hours of physical education per week in **SECONDARY SCHOOLS**



In 2014, children in the first year of secondary school received an average of 150 min/week of physical education, consisting generally of three 50-min lessons per week. Those in the fourth year received 97 min/week and those in the sixth year received 58 min/week.



Physical education is a mandatory subject in primary education, although frequency and duration are not regulated by law. About 75% of schools provide two lessons of physical education per week. Secondary schools are obliged to include physical education and to spread the lessons over the school year and according to demand in terms of quality, intensity and variety. The Dutch Inspectorate of Education is responsible for inspecting and reviewing the compliance of schools and other educational institutions. The quality of physical education is taken into account during accreditation. A report on the characteristics and trends in physical education in primary schools was published in 2018.



The Netherlands has no national scheme for active school breaks, but active outdoor play during school breaks are part of the school culture.

## Promotion of physical activity in the workplace

Although there is no national scheme for exclusive promotion of physical activity at the workplace, the **“Work-related costs scheme”** (Werkkostenregeling) allows employers to provide certain benefits tax-free. These are opportunities for investments in physical activity, such as gym memberships and bicycles. The scheme was established in 2011, has been mandatory since 2015 and is led by the Ministry of Finance and the Dutch Tax Administration.



Active travel to and from the workplace



Physical activity at the workplace



## National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS

Currently, no national awareness-raising campaigns are running in the Netherlands.