

# Nizozemsko



## Policies, Interventions and Actions

### Commercial Determinants of Noncommunicable Diseases in the WHO European Region

This report highlights the substantial impact of commercial determinants on noncommunicable diseases (NCDs) in the WHO European Region. Nearly 7500 deaths per day in the Region are attributed to commercial determinants, such as tobacco, alcohol, processed food, fossil fuels and occupational practices. These commercial products and practices contribute to 25% of all deaths in the Region. The report's chapters systematically explore various facets of how commercial interests exacerbate NCDs and key strategies used by commercial actors to negatively influence NCD-related policies at the national and international level. The report also provides selected case studies from the Region to illustrate key strategies and outcomes of industry influence on health policies. The report then calls for urgent and coordinated action to address the commercial determinants of NCDs. It advocates for building coalitions based on the values of equity, sustainability, and resilience. Public health actors are urged to develop competencies in economic and legal frameworks, enforce transparency, and manage conflicts of interest effectively. The report underscores the need for robust financial reforms and strict regulation to curb industry power and protect public health. By implementing these strategies, the Region can accelerate progress towards global NCD targets and Sustainable Development Goals by 2030.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2024 (ongoing)
Target age group:	Dospělí a děti
Organisation:	World Health Organisation (WHO)
Linked document:	<a href="#">Download linked document</a>
References:	World Health Organization. Regional Office for Europe. (2024) Commercial Determinants of Noncommunicable Diseases in the WHO European Region. World Health Organization. Regional Office for Europe. <a href="https://iris.who.int/handle/10665/376957">https://iris.who.int/handle/10665/376957</a> . License: CC BY-NC-SA 3.0 IGO

## Nutriscore

On 1 January 2024, the Netherlands started using the Nutri-Score food choice logo as its official voluntary nutritional labelling scheme.

Categories:	Labelling Regulation/Guidelines
Year(s):	2024 (ongoing)
Target age group:	Dospělí a děti
Organisation:	The Ministry of Health, Welfare and Sport
Find out more:	<a href="https://www.rivm.nl">www.rivm.nl</a>

## Annex III to Regulation (EC) No 1925/2006 of the European Parliament and of the Council as regards trans fat, other than trans fat naturally occurring in fat of animal origin

Measures to limit or virtually eliminate industrially-produced trans fatty acids in food intended for the final consumer and/or for supply to retail. Adopted by The European Commission from April 2019. (Available in multiple languages)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2019 (ongoing)
Target age group:	Dospělí a děti
Organisation:	The European Commission
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en/node/36162">https://extranet.who.int/nutrition/gina/en/node/36162</a> (last accessed 12.07.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## European practical and patient-centred guidelines for adult obesity management in primary care

This article aims to provide obesity management guidelines specifically tailored to GPs, favouring a practical patient-centred approach. The focus is on GP communication and motivational interviewing as well as on therapeutic patient education. The new guidelines highlight the importance of avoiding stigmatization, something frequently seen in different health care settings. In addition, managing the psychological aspects of the disease, such as improving self-esteem, body image and quality of life must not be neglected.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Linked document:	<a href="#">Download linked document</a>
References:	Dominique Durrer Schutz, Luca Busetto, Dror Dicker, Nathalie Farpour-Lambert, Rachel Pryke, Hermann Toplak, Daniel Widmer, Volkan Yumuk, Yves Schutz; European Practical and Patient-Centred Guidelines for Adult Obesity Management in Primary Care. <i>Obes Facts</i> 15 March 2019; 12 (1): 40–66. <a href="https://doi.org/10.1159/000496183">https://doi.org/10.1159/000496183</a>

## The combined lifestyle intervention 2019

The combined lifestyle intervention 2019 part of the basic insurance. The Dutch Healthcare Authority (NZa) and the Netherlands Care Institute have set the frameworks for this; it focuses on reducing energy intake, increasing exercise and adding customized psychological interventions to support behavioral change. [PDF in Dutch].

Categories:	Evidence of Multidisciplinary Intervention
Year(s):	2019 (ongoing)
Target age group:	Dospělí a děti
Organisation:	Menzis
Find out more:	<a href="http://www.kngf.nl">www.kngf.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="https://www.kngf.nl/vakgebied/programmas/beweegzorg-2018/gli-%E2%80%93-algemene-informatie.html">https://www.kngf.nl/vakgebied/programmas/beweegzorg-2018/gli-%E2%80%93-algemene-informatie.html</a> (Accessed August 2019).

## 'Akkoord Preventie' (National prevention agreement 2018)

Includes a number of measures against overweight and obesity including healthier food in sport club and school canteens, healthier food in hospitals, changes to manufacturing of food to make it healthier and many more.

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2018 (ongoing)
Target age group:	Dospělí a děti
Organisation:	MVO Nederland
Find out more:	<a href="http://www.rijksoverheid.nl">www.rijksoverheid.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	MVO Nederland. Available from: <a href="https://www.rijksoverheid.nl/onderwerpen/gezondheid-en-preventie/documenten/convenanten/2018/11/23/nationaal-preventieakkoord">https://www.rijksoverheid.nl/onderwerpen/gezondheid-en-preventie/documenten/convenanten/2018/11/23/nationaal-preventieakkoord</a> [Last Accessed 30 January 2019]. _x000D__x000D_ _x000D__x000D_ [Document in Dutch].

## 2018 Obesity guidelines for Paediatricians

Guidelines for treatment of childhood obesity for paediatricians [article in dutch].

Categories:	Evidence of Management/treatment guidelines
Year(s):	2018 (ongoing)
Target age group:	Děti
Organisation:	van den Akker et al
Find out more:	<a href="http://www.kindergeneeskunde-mca.nl">www.kindergeneeskunde-mca.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	van den Akker et al. Obesitas bij kinderen en adolescenten. Leidraad voor kinderartsen. Available from: <a href="http://www.kindergeneeskunde-mca.nl/images/stories/medische_protocollen/Obesitas-leidraad-voor-kinderartsen.pdf">http://www.kindergeneeskunde-mca.nl/images/stories/medische_protocollen/Obesitas-leidraad-voor-kinderartsen.pdf</a> (Accessed August 2019).

## 2018 Specialised care path module for children with serious overweight

Care path for those with severe obesity. [Article in Dutch]

Categories:	Evidence of Management/treatment guidelines
Year(s):	2018 (ongoing)
Target age group:	Děti
Organisation:	Samen Gesond
Find out more:	<a href="http://www.proeftuinovergewichtdenbosch.nl">www.proeftuinovergewichtdenbosch.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="https://www.proeftuinovergewichtdenbosch.nl/UPLOAD/Documenten/Documenten%20proeftuin%202/2018-12-20%20Module%20gespecialiseerd%20zorgpad.pdf">https://www.proeftuinovergewichtdenbosch.nl/UPLOAD/Documenten/Documenten%20proeftuin%202/2018-12-20%20Module%20gespecialiseerd%20zorgpad.pdf</a> (Accessed August 2019).

## BeweegKuur GLI (Combined Lifestyle Intervention)

A lifestyle intervention for those in a primary care setting, consisting of; healthier eating, more exercise and behavioral change.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2018 (ongoing)
Target age group:	Dospělí
Organisation:	House for Movement
Find out more:	<a href="http://gecombineerdeleefstijlinterventie.nl">gecombineerdeleefstijlinterventie.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="https://gecombineerdeleefstijlinterventie.nl/">https://gecombineerdeleefstijlinterventie.nl/</a> [Accessed 20 March 2019].

## Cool (Coaching on Lifestyle)

Combined lifestyle intervention consisting of a basic and a maintenance program involving; an intake interview, 2 individual interviews, 8 group meetings and a final interview. These ultimately aim to gradually improve lifestyle to achieve a sustainable lifestyle change with the goal of achieving; weight loss, improving physical fitness, health benefits and improving the quality of life.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2018 (ongoing)
Target age group:	Dospělí
Organisation:	Expertise center Lifestyle interventions
Find out more:	<a href="http://www.leefstijlinterventies.nl">www.leefstijlinterventies.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="https://www.leefstijlinterventies.nl/">https://www.leefstijlinterventies.nl/</a> [Accessed 20 March 2019].

## Fun and Health Summer programme

A 5-month intensive intervention by The BootClub BV for obese children aged 9-16 involving various camp weeks with overnight stays. Programme involves lifestyle guidance, tailor-made approach, growth, reward and recognition and close involvement of parents.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2018 (ongoing)
Target age group:	Děti
Organisation:	The BootClub
Find out more:	<a href="http://www.loketgezondleven.nl">www.loketgezondleven.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="https://www.loketgezondleven.nl/leefstijlinterventies/interventies-zoeken/1600023">https://www.loketgezondleven.nl/leefstijlinterventies/interventies-zoeken/1600023</a> [Accessed 20 March 2019].

## Healthy weight programme 2018-2021

Aim to achieve a healthy weight for all 0-5 year olds in Amsterdam targeting children and parents by influencing social, physical, work, school environments,

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2018-2021
Target age group:	Děti
Organisation:	City of Amsterdam
Find out more:	<a href="http://www.amsterdam.nl">www.amsterdam.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Gemeente Amsterdam. (2018) Amsterdam Healthy Weight Programme, Available from: <a href="https://www.amsterdam.nl/bestuur-organisatie/organisatie/sociaal/onderwijs-jeugd-zorg/blijven-wij-gezond/amsterdam-healthy/">https://www.amsterdam.nl/bestuur-organisatie/organisatie/sociaal/onderwijs-jeugd-zorg/blijven-wij-gezond/amsterdam-healthy/</a> , [Available from: 22 November 2018]

## National prevention strategy 2018

Includes measures against obesity amongst other things. Some objectives include: From 2020 at least 2,500 sports clubs will offer their members and visitors healthier food in the canteen. From 2020 at least 950 schools will offer their students and staff healthy food in the canteen. From 2025, half of the hospitals will offer healthier food to patients, staff and visitors. Manufacturers are going to reduce sugar content of soft drinks, sweets and dairy products healthier. From 2019, the central government, supermarkets and catering companies will make the Schijf van Vijf more famous in the Netherlands. So that people can opt for healthy food even better. Those with overweight problems receive customized care and support. From 1 January 2019 the reimbursement for this Combined Lifestyle intervention will be included in the basic insurance. Sports clubs and gyms want to make their offer even more accessible to people who do not exercise enough or exercise.

Categories:	Evidence of NCD strategy
Categories (partial):	Evidence of Physical Activity Guidelines/Policy Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2018 (ongoing)
Target age group:	Dospělí a děti
Organisation:	Rijksoverheid
Find out more:	<a href="http://www.rijksoverheid.nl">www.rijksoverheid.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Rijksoverheid. National prevention agreement. Available from: <a href="https://www.rijksoverheid.nl/documenten/convenanten/2018/11/23/nationaal-preventieakkoord">https://www.rijksoverheid.nl/documenten/convenanten/2018/11/23/nationaal-preventieakkoord</a> [Accessed 31 July 2019].

## Dutch exercise guidelines

In 2017, the Dutch Independent scientific advisory body to government and parliament released their Dutch exercise guidelines.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2017 (ongoing)
Target age group:	Dospělí a děti
References:	<a href="https://www.gezondheidsraad.nl/documenten/adviezen/2017/08/22/beweegrichtlijnen-2017">https://www.gezondheidsraad.nl/documenten/adviezen/2017/08/22/beweegrichtlijnen-2017</a>



## Fitcoach lifestyle plan

The intervention is aimed at inactive and low-activity and overweight and obese people. Includes a 4-phase plan including; ??nutrition, exercise and motivation to change lifestyle .

Categories:	Evidence of Physical Activity Guidelines/Policy
Categories (partial):	Evidence of Community Interventions/Campaign
Year(s):	2017 (ongoing)
Target age group:	Dospělí
Organisation:	EFAA
Find out more:	<a href="http://www.loketgezondleven.nl">www.loketgezondleven.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="https://www.loketgezondleven.nl/leefstijlinterventies/interventies-zoeken/1402850">https://www.loketgezondleven.nl/leefstijlinterventies/interventies-zoeken/1402850</a> [Accessed 20 March 2019].

## LEFF (Lifestyle, Energy, Fun & Friends)

Dutch version of the UK MEND program (Mind, Exercise, Nutrition, Do it!). A combined lifestyle intervention in which families work in groups for 10 weeks on healthy eating and exercise (aimed at 7-12 year olds). The main aims are for the children to achieve a healthier diet and exercise pattern to improve the generic and weight-related quality of life and to reduce gender.

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2017 (ongoing)
Target age group:	Děti
Organisation:	Healthy Youth Foundation
Find out more:	<a href="http://www.start-leff.nl">www.start-leff.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="http://www.start-leff.nl">http://www.start-leff.nl</a> [Accessed 20 March 2019].

## School Fruit, Vegetables and Milk Scheme

"Applicable since 1 August 2017, the EU school fruit, vegetables and milk scheme combines two previous schemes (the school fruit and vegetables scheme and the school milk scheme) under a single legal framework for more efficiency and an enhanced focus on health and educational. The scheme supports the distribution of products, educational measures and information measures. The scheme supports the distribution of fruit, vegetables, milk and certain milk products to schoolchildren, from nursery to secondary school. EU countries approve a list of products (in collaboration with their health and nutrition authorities) which will help achieve the schemes objective of helping children to follow a healthy diet. Priority is for fresh fruit and vegetables and for plain milk. In order to support a varied diet and/or specific nutritional needs, EU countries may also make processed fruit and vegetables such as juices and soups and certain milk products such as yoghurt and cheese, available. Additionally, under stricter conditions, milk-based drinks may be included." - EU Commission

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017 (ongoing)
Organisation:	European Commission
Find out more:	<a href="https://ec.europa.eu">ec.europa.eu</a>
References:	<a href="https://ec.europa.eu/info/food-farming-fisheries/key-policies/common-agricultural-policy/market-measures/school-fruit-vegetables-and-milk-scheme/school-scheme-explained_en">https://ec.europa.eu/info/food-farming-fisheries/key-policies/common-agricultural-policy/market-measures/school-fruit-vegetables-and-milk-scheme/school-scheme-explained_en</a>

## SLIMMER

24 month nutrition and exercise programme aiming to improve the lifestyle of those at risk of or with obesity and prevent development of type 2 diabetes mellitus.

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2017 (ongoing)
Target age group:	Dospělí
Organisation:	GGD North and East Gelderland
Find out more:	<a href="http://www.ggdnog.nl">www.ggdnog.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="https://www.ggdnog.nl/slimmer">https://www.ggdnog.nl/slimmer</a> [Accessed 20 March 2019].

## GNPR 2016-2017: Infant and young child nutrition - Breastfeeding promotion and/or counselling

This programme was reported by countries for the 2nd WHO Global Nutrition Policy Review 2016-2017 module on actions related to infant and young child nutrition. Information provided by WHO GINA Programme.

Categories:	Evidence of Breastfeeding promotion or related activity
Year(s):	2016 (ongoing)
Target age group:	Děti
Find out more:	<a href="https://extranet.who.int">extranet.who.int</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en">https://extranet.who.int/nutrition/gina/en</a> Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Regulations on fat products 2016

Regulations on fat products for manufacturers.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2016 (ongoing)
Target age group:	Dospělí a děti
Organisation:	Official Legal Portal
Find out more:	<a href="https://wetten.overheid.nl">wetten.overheid.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of GINA (Global database on the Implementation of Nutrition Action) <a href="https://extranet.who.int/nutrition/gina/sites/default/files/NLD%202016%20Regulations%20on%20fat%20products.pdf">https://extranet.who.int/nutrition/gina/sites/default/files/NLD%202016%20Regulations%20on%20fat%20products.pdf</a> . Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## SMARTsize

A book, an interactive website, a home screener and a cooking course all aiming to reduce energy intake by altering portion size, preparing meals / products with a low energy density and addressing environmental influences that encourage overeating.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2016 (ongoing)
Target age group:	Dospělí
Organisation:	VU - Health Sciences department
Find out more:	<a href="http://www.loketgezondleven.nl">www.loketgezondleven.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="https://www.loketgezondleven.nl/leefstijlinterventies/interventies-zoeken/1600172">https://www.loketgezondleven.nl/leefstijlinterventies/interventies-zoeken/1600172</a> [Last Accessed 20 March 2019]

## Dutch Dietary Guidelines

Food-based dietary guidelines which were updated 2015-2016

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015 (ongoing)
Target age group:	Dospělí a děti
Organisation:	Netherlands Nutrition Center
Linked document:	<a href="#">Download linked document</a>

## Exercise Cure (BeweegKuur)

A primary care combined lifestyle intervention for those with a weight-related health risk. Consists of exercise and nutrition programmes.

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Dospělí
Organisation:	House for Movement
Find out more:	<a href="http://www.loketgezondleven.nl">www.loketgezondleven.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="https://www.loketgezondleven.nl/leefstijlinterventies/interventies-zoeken/1402397">https://www.loketgezondleven.nl/leefstijlinterventies/interventies-zoeken/1402397</a> [Accessed 20 March 2019].

## Physically active school lessons

Incorporating physical activity in normal academic lessons at 12 schools in the Netherlands (e.g. during maths, English etc) with the aim to reduce overweight/obesity and improve fitness

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Physical Activity Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Děti
Organisation:	Greef et al (2016)
Find out more:	<a href="http://onlinelibrary.wiley.com">onlinelibrary.wiley.com</a>
Linked document:	<a href="#">Download linked document</a>
References:	Greef, W.D, Hartman, E, Mullender-Wijnsma, M.J, Bosker, R.J, Doolaard, S. and Visscher, C "Effect of Physically Active Academic Lessons on Body Mass Index and Physical Fitness in Primary School Children", Journal of School and Health, 86(5), pp. 346-352.

## Regular coordinating meeting of managers on food and nutrition

In 2015, a regular coordinating meeting of managers on food and nutrition was established whereby managers of food related departments of the 4 ministries coordinate policy.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015 (ongoing)
References:	<a href="https://extranet.who.int/nutrition/gina/en/node/27065">https://extranet.who.int/nutrition/gina/en/node/27065</a> Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## The Netherlands Commercials Code: Commercials for food products 2015: Marketing of food products to children

The Stichting Reclame Code (SRC) deals with the self-regulation system of advertising in The Netherlands

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Dospělí a děti
Organisation:	Dutch Consumer Association (CB)
Find out more:	<a href="http://www.reclamecode.nl">www.reclamecode.nl</a>

## B Fit

A programme of education and activities aimed at preventing and stabilising overweight in children

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2014 (ongoing)
Target age group:	Děti
Organisation:	Gelderland Sports Federation
Find out more:	<a href="http://www.bfit.nl">www.bfit.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="https://www.bfit.nl/">https://www.bfit.nl/</a> [Accessed 20 March 2019].



## RealFit

Combination of exercise and nutrition lessons for children aiming to reduce or stabilize their weight.

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2014 (ongoing)
Target age group:	Děti
Organisation:	House for movement
Find out more:	<a href="http://www.realfit.nl">www.realfit.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="http://www.realfit.nl">www.realfit.nl</a> [Accessed 20 March 2019].

## 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.

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2013 (ongoing)
Target age group:	Dospělí a děti
Organisation:	The municipality of Bergen op Zoom
Find out more:	<a href="http://www.zonmw.nl">www.zonmw.nl</a>

## Netherlands Commodities Act Decree

Mandatory salt content restrictions have been in place in the Netherlands since the beginning of the 20th century. However, the Netherlands Commodities Act Decree was amended in 2012 to decrease the maximum salt content in certain bread & flour products. This was implemented in 2013.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
References:	<a href="https://ec.europa.eu/health/sites/default/files/nutrition_physical_activity/docs/salt_report1_en.pdf">https://ec.europa.eu/health/sites/default/files/nutrition_physical_activity/docs/salt_report1_en.pdf</a>



## Nice and Fit! Primary education

A 3 year long preventive intervention in which schools are guided to integrate healthy eating and exercise. The intervention focuses on stimulating a healthier diet and better quality and more exercise at school. Nice and Fit! BO works with ten different pillars that work together and independently.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2013 (ongoing)
Target age group:	Děti
Organisation:	Municipality of Rotterdam
Find out more:	<a href="http://www.rotterdamlekkerfit.nl">www.rotterdamlekkerfit.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="http://www.rotterdamlekkerfit.nl">http://www.rotterdamlekkerfit.nl</a> [Accessed 20 March 2019].

## Price discounts significantly enhance fruit and vegetable purchases when combined with nutrition education: a randomized controlled supermarket trial.

The papers reviews the impact of reducing fruit and vegetable prices in the Netherlands in the context of health promotion.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2013 (ongoing)
Target age group:	Dospělí a děti
Linked document:	<a href="#">Download linked document</a>
References:	Waterlander WE, de Boer MR, Schuit AJ, Seidell JC, Steenhuis IH. Price discounts significantly enhance fruit and vegetable purchases when combined with nutrition education: a randomized controlled supermarket trial. Am J Clin Nutr. 2013;97(4):886â€“95

## "Bewegen op recept"

'Exercise on prescription' is a Dutch programme carried out since 2012. It began in the municipality of Nieuwegein, however has been adopted by health centres and practices in municipalities across The Netherlands since. Health professionals can refer patients to "Bewegen op recept", where group physical activity sessions are used to promote healthy weight and physical activity. Neighbourhood sports coaches are responsible for running the community activities.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2012 (ongoing)
Target age group:	Dospělí
Organisation:	SportID
Find out more:	<a href="http://www.sportidnieuwegin.nl">www.sportidnieuwegin.nl</a>
Linked document:	<a href="#">Download linked document</a>

## Dutch Obesity Intervention in Teenagers DOiT

Educating 12-14 year olds on the importance of making the right dietary choices (avoiding high sugar, high fat drinks and foods), getting physical activity daily, reducing screen time. Also education on awareness of the obesogenic environment as well as parental support - helping to raise awareness of choosing the right foods and physical activity at home.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2011-2013
Target age group:	Děti
Organisation:	CHRODIS (implementing good practices for chronic diseases)
Find out more:	<a href="http://doitopschool.nl">doitopschool.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Nassau et al (2014). The Dutch Obesity Intervention in Teenagers (DOiT) cluster controlled implementation trial: intervention effects and mediators and moderators of adiposity and energy balance-related behaviours. International Journal of Behavioral Nutrition and Physical Activity. 11 (158).

## EU Regulation 1169/2011

Passed in 2011, EU Regulation 1169/2011 on the Provision of Food Information to Consumers requires a list of the nutrient content of most pre-packaged food to be provided on the back of the pack from October 2011.

Categories:	Labelling Regulation/Guidelines
Year(s):	2011 (ongoing)
Target age group:	Dospělí a děti
Organisation:	European Parliament and the Council of the European Union
Find out more:	<a href="http://eur-lex.europa.eu">eur-lex.europa.eu</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en/node/22917">https://extranet.who.int/nutrition/gina/en/node/22917</a> (last accessed 28.06.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Evaluation of the EU school milk and fruit scheme

European Court of Auditors (2011) Are the school milk and school fruit schemes effective? Special Report No 10. Publications Office of the European Union, Luxembourg.

Categories:	Health Effectiveness Reviews (obesity related)
Year(s):	2011 (ongoing)
Target age group:	Děti
Organisation:	EUROPEAN COURT OF AUDITORS
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework <a href="http://www.wcrf.org/NOURISHING">www.wcrf.org/NOURISHING</a>

## Fitter Step by Step

Aims to improve physical activity levels and healthy nutrition in unemployed beneficiaries by increasing their participation in society.

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2011 (ongoing)
Target age group:	Dospělí
Organisation:	The Woerden Actief Foundation, the Health organization "Welzijn Woerden", and the Municipality of Woerden.
Find out more:	<a href="http://woerdenactief.nl">woerdenactief.nl</a>

## 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.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011 (ongoing)
Target age group:	Dospělí a děti
Organisation:	Health Council of the Netherlands
Find out more:	<a href="http://www.voedingscentrum.nl">www.voedingscentrum.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Netherlands Nutrition Centre

## Putting it on in Groningen

Aims to level off obesity increase in low SES areas by optimising existing interventions and targeting health professionals.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2011 (ongoing)
Target age group:	Dospělí a děti
Organisation:	The Municipal Health Centre of Groningen and the Municipality of Groningen
Find out more:	<a href="http://www.zonmw.nl">www.zonmw.nl</a>

## 'AanTafel!' a Dutch intervention for obese young children

A multi-component, multi-disciplinary, family-based, parent-focused, tailored individually to children and families. They used a combination of both group and individual sessions and a web-based learning module.

Categories:	Evidence of Community Interventions/Campaign Evidence of Multidisciplinary Intervention
Year(s):	2010 (ongoing)
Target age group:	Děti
Organisation:	Van Hoek et al 2017
Find out more:	<a href="http://www.ncbi.nlm.nih.gov">www.ncbi.nlm.nih.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Van Hoek et al 2017. Development of a Dutch intervention for obese young children. Health Promot Int. 2017 Aug 1;32(4):624-635.

## Exercise Garden

Aims to stimulate physical activity of adults and elderly by placing fitness equipment in an existing playground for children.

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2010 (ongoing)
Target age group:	Dospělí
Organisation:	Municipality health service (GGD Brabant Zuid Oost)

## 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.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2010 (ongoing)
Target age group:	Dospělí a děti
Find out more:	<a href="http://www.gezondheidsrace.nl">www.gezondheidsrace.nl</a>

## The care standards Obesity

Obesity care standards outlining which care should be provided, how it should be organised and the quality requirements it must meet.

Categories (partial):	Evidence of Management/treatment guidelines
Year(s):	2010 (ongoing)
Target age group:	Dospělí a děti
Organisation:	Overweight Netherlands Partnership (PON)
Find out more:	<a href="http://www.nvk.nl">www.nvk.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Partnerschap Overgewicht Nederland (2010). Zorgstandaard Obesitas. Available from: <a href="https://www.nvk.nl/Portals/0/richtlijnen/obesitas%20zorgstandaard/obesitaszorgstandaard.pdf">https://www.nvk.nl/Portals/0/richtlijnen/obesitas%20zorgstandaard/obesitaszorgstandaard.pdf</a> . [Accessed 14 December 2018].

## The Toy Box Study

The Toy Box intervention is a multicomponent, kindergarten-based, family-involved intervention, focusing on the promotion of water consumption, healthy snacking, physical activity and the reduction/ breaking up of sedentary time in preschool children and their families.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2010-2014
Target age group:	Dospělí a děti
Organisation:	EU funded multidisciplinary team project
Find out more:	<a href="http://www.toybox-study.eu">www.toybox-study.eu</a>

## Walk yourself healthy

Aims to improve the health of inhabitants of low SES areas in Eindhoven city by promoting physical activity and healthy nutrition.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2010 (ongoing)
Target age group:	Dospělí a děti
Organisation:	Municipal Health Service (GGD) of Eindhoven

## New-style Eating (Het Nieuwe Eten)

A campaign to encourage people to make step-by-step changes at their own speed.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2008 (ongoing)
Target age group:	Dospelí a děti
Organisation:	Netherlands Nutrition Centre (part of the National Institute for Public Health)
Find out more:	<a href="http://www.loketgezondleven.nl">www.loketgezondleven.nl</a>

## 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.

Categories:	Evidence of Multidisciplinary Intervention
Year(s):	2008 (ongoing)
Target age group:	Dospelí a děti
Organisation:	The Partnership Overweight Netherlands (PON)
Find out more:	<a href="http://www.partnerschapovergewicht.nl">www.partnerschapovergewicht.nl</a>

## Guidelines for diagnosis and treatment of obesity in adults and children

Guidelines for diagnosis and treatment of obesity.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2007 (ongoing)
Target age group:	Dospelí a děti
Organisation:	Medical Scientific Council of the Quality Institute for Healthcare CBO
Find out more:	<a href="http://www.partnerschapovergewicht.nl">www.partnerschapovergewicht.nl</a>
References:	Medical Scientific Council of the Quality Institute for Healthcare CBO. Conceptrichtlijn Diagnostiek en behandeling van obesitas bij volwassenen en kinderen. Available from: <a href="http://www.partnerschapovergewicht.nl/images/Organisatie/CBO_richtlijn_diagnostiek_behandeling_obesitas_08_1.pdf">http://www.partnerschapovergewicht.nl/images/Organisatie/CBO_richtlijn_diagnostiek_behandeling_obesitas_08_1.pdf</a> . [Accessed 14 December 2018].

## EU health and nutrient claims regulation

Regulation n° 1924/2006 establishes EU-wide rules on the use of specified health and nutrient claims. The European Commission approves claims provided they are based on scientific evidence and accessible consumers. The European Food Safety Authority is responsible for evaluating the scientific evidence supporting health claims. Nutrition claims may only be used on food defined as "healthy" by a nutrient profile.

Categories:	Labelling Regulation/Guidelines
Year(s):	2006 (ongoing)
Target age group:	Dospělí a děti
Organisation:	European Commission
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924">https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924</a>

## 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.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2006 (ongoing)
Target age group:	Dospělí a děti
Organisation:	Choices International Federation
Find out more:	<a href="http://www.hetvinkje.nl">www.hetvinkje.nl</a>
References:	Choices International Federation. <a href="http://www.choicesprogramme.org/">http://www.choicesprogramme.org/</a> (last accessed 10 Feb 2016)



## B.Slim move more.Eat healthy (BSlim)

Focuses on children of a healthy weight and overweight. Aims to prevent children becoming overweight by providing an integrated, tailor-made plan for each priority area, whereby both the lifestyle of people and the environment are affected.

Categories (partial):	Evidence of Community Interventions/Campaign
Year(s):	2005-2017
Target age group:	Děti
Organisation:	GGD region Utrecht
Find out more:	<a href="https://bslim.nu">bslim.nu</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="https://bslim.nu/">https://bslim.nu/</a> [Accessed 20 March 2019].

## Dutch Advertising Code for Food Products

Part of the Dutch Advertising Code: a self-regulating set of rules on advertising. The Dutch Advertising Code for Food Products was implemented in 2005 and updated in 2015. The code includes regulation on the advertisement of food to children, including: a ban on advertising to children under the age of 13 years on television & a ban on food advertising in schools.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2005 (ongoing)
Target age group:	Děti
Find out more:	<a href="http://www.foodnavigator.com">www.foodnavigator.com</a>
References:	<a href="https://www.jstor.org/stable/24326164">https://www.jstor.org/stable/24326164</a>

## Lekkerbek Family in balance

"Eindhoven created the 'Lekkerbek Family in balance' in 2005. This project involves young people and their parents in combating obesity. Most attention is paid to deprived areas. The program consists of a mix of activities in which various parties from the city are involved."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2005 (ongoing)
Target age group:	Dospělí a děti
Organisation:	ZonMw
References:	<a href="https://www.zonmw.nl/nl/onderzoek-resultaten/preventie/programmas/project-detail/gezonde-slagkracht/versterken-de-familie-lekkerbek-in-balans/">https://www.zonmw.nl/nl/onderzoek-resultaten/preventie/programmas/project-detail/gezonde-slagkracht/versterken-de-familie-lekkerbek-in-balans/</a>

## A front-of-pack nutrition logo: a quantitative and qualitative process evaluation in the Netherlands

Vyth, EL et al. (2009) A front-of-pack nutrition logo: a quantitative and qualitative process evaluation in the Netherlands. Journal of health communication, 14(7), 631-645

Categories:	Health Effectiveness Reviews (obesity related)
Find out more:	<a href="https://pubmed.ncbi.nlm.nih.gov/">pubmed.ncbi.nlm.nih.gov</a>
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework <a href="http://www.wcrf.org/NOURISHING">www.wcrf.org/NOURISHING</a>

## Balanz4kids

An intervention encouraging obese children and adolescents to change their lifestyle, under professional supervision. It is a multi-disciplinary approach over 24 weeks helping the children learn to make choices, undertake exercise and nutrition and gain self-confidence. Parents / guardians are also assisted with this lifestyle change, so that the child is supported to actually apply the changes in daily life.

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Děti
Organisation:	Fysiocompany Station
Find out more:	<a href="http://www.loketgezondleven.nl">www.loketgezondleven.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="https://www.loketgezondleven.nl/leefstijlinterventies/interventies-zoeken/1600135">https://www.loketgezondleven.nl/leefstijlinterventies/interventies-zoeken/1600135</a> [Accessed 20 March 2019].

## Buy Healthy Cook healthy

A course designed for those with a low socio-economic status to prevent obesity and encourage healthier eating and drinking. The participants learn how to buy and prepare tasty and inexpensive healthy food.

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Dospělí
Organisation:	GGD Amsterdam
Find out more:	<a href="http://www.loketgezondleven.nl">www.loketgezondleven.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="https://www.loketgezondleven.nl/leefstijlinterventies/interventies-zoeken/1401357">https://www.loketgezondleven.nl/leefstijlinterventies/interventies-zoeken/1401357</a> [Accessed 20 March 2019].

## GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling

WHO Global Nutrition Policy Review 2016-2017 reported the evidence of breastfeeding promotion and/or counselling (q7)

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Dospělí
Organisation:	Ministry of Health (information provided by the GINA program)
Find out more:	<a href="https://extranet.who.int">extranet.who.int</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en">https://extranet.who.int/nutrition/gina/en</a> Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Healthy eating works better

An intervention ensuring more vitality, fitness, job satisfaction and a safer working environment by encouraging employees to eat healthily. Aims to increase nutrition knowledge, mindful eating and encouraging a healthier range of nutrition at work. The overall objective is to improve eating habits of employees to reduce physical complaints and fatigue, improve health and safety and increase productivity and job satisfaction.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Dospělí
Organisation:	Enerjoy
Find out more:	<a href="https://ener-joy.nl">ener-joy.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="https://ener-joy.nl/wp-content/uploads/2015/06/Voedingsprogramma.png">https://ener-joy.nl/wp-content/uploads/2015/06/Voedingsprogramma.png</a> [Accessed 20 March 2019].

## Interdisciplinary Theory- and Evidence-Based Intervention to Prevent Childhood Obesity

An intervention study designed to evaluate the effectiveness of an evidence-based obesity prevention programme on body composition and physical activity of adolescents in schools.

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Děti
Organisation:	Hoor et al.
Find out more:	<a href="http://www.frontiersin.org">www.frontiersin.org</a>
Linked document:	<a href="#">Download linked document</a>
References:	Hoor et al 2017. Development, Implementation, and Evaluation of an Interdisciplinary Theory- and Evidence-Based Intervention to Prevent Childhood Obesity: Theoretical and Methodological Lessons Learned. Front. Public Health, doi: 10.3389/fpubh.2017.00352

## JOGG

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.

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Děti
Organisation:	Government
Find out more:	<a href="http://jongerenopgezondgewicht.nl">jongerenopgezondgewicht.nl</a>

## Kids4Fit

12-week multidisciplinary intervention for overweight and obese children in deprived areas, consisting of group sessions (8–12 children) provided by a physiotherapist, a dietitian and child psychologist. The exercise component aimed to activate the child and stimulate them to join a sports club. The dietitian sessions focused on healthy eating behaviour and physical activity, with special attention given to eating breakfast, avoiding sugary drinks, limiting screen time and increasing daily physical activity. Psychologist settings aimed to improve the child's self-image

Categories:	Evidence of Multidisciplinary Intervention
Target age group:	D�ti
Find out more:	<a href="http://academic.oup.com">academic.oup.com</a>
Linked document:	<a href="#">Download linked document</a>
References:	Middelkoop M, Ligthart K.A.M, Paulis W.D, Teeffelen J.V, Kornelisse, K and Koes BW. A multidisciplinary intervention programme for overweight and obese children in deprived areas. Family Practice. 2017;34(6); pp. 702–707.

## NCD targets for the Netherlands

The Netherlands' NCD targets include: • Reduce the percentage of overweight young people from 13.5% to 9.1% or less in 2040 • Reduce the percentage of obese young people from 2.8% to 2.3% or less in 2040 • Reduce the percentage of overweight adults from 48.7% to 38% or less in 2040 • Reduce the percentage of obese adults from 14.5% to 7.1% or less in 2040

Categories:	Evidence of NCD strategy
References:	<a href="https://extranet.who.int/ncdccc/Data/NLD_Netherlands_NCD_targets_2019.pdf">https://extranet.who.int/ncdccc/Data/NLD_Netherlands_NCD_targets_2019.pdf</a>

## NL Active lifestyle programme

A 6-month lifestyle program for overweight adults. Involves weekly contact with a movement expert, 24/7 digital coaching via an activity tracker and training in nutrition, exercise and lifestyle.

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Target age group:	Dospělí
Organisation:	NL Active
Find out more:	<a href="http://www.loketgezondleven.nl">www.loketgezondleven.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="https://www.loketgezondleven.nl/leefstijlinterventies/interventies-zoeken/1402406">https://www.loketgezondleven.nl/leefstijlinterventies/interventies-zoeken/1402406</a> [Accessed 20 March 2019].

## Salt reductions in some foods in the Netherlands: monitoring of food composition and salt intake

Temme EHM et al. (2017) Salt reductions in some foods in the Netherlands: monitoring of food composition and salt intake. *Nutrients*, 9(7), 791.

Categories:	Health Effectiveness Reviews (obesity related)
Find out more:	<a href="http://www.ncbi.nlm.nih.gov">www.ncbi.nlm.nih.gov</a>
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework <a href="http://www.wcrf.org/NOURISHING">www.wcrf.org/NOURISHING</a>

## The Socially Responsible Procurement (MVI)

The Socially Responsible Procurement (MVI) rules apply to procurement by public organisations for catering, which include criteria with regard to nutrition. The MVI criteria tool is a user-friendly means for (government) organizations to view the criteria for socially responsible purchasing online. Government organizations can determine themselves how high their goals should be. The MVI criterion tool presents the criteria for socially responsible procurement on 3 levels: basic (1 leaf), significant (2 leaves) and ambitious (3 leaves). The national government reviews the criteria every year and refines them where necessary.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
References:	<a href="https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=6#step3=338">https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=6#step3=338</a>

## What is your style

An after-school multidisciplinary intervention program for overweight children. Children take nutrition and exercise classes and are coached to a healthier lifestyle.

Categories:	Evidence of Multidisciplinary Intervention
Target age group:	Děti
Organisation:	Health bv
Find out more:	<a href="http://www.workoutwijs.nl">www.workoutwijs.nl</a>
Linked document:	<a href="#">Download linked document</a>
References:	Available from: <a href="http://www.workoutwijs.nl">http://www.workoutwijs.nl</a> [Accessed 20 March 2019].

PDF created on July 16, 2025