# Drivers

## Netherlands

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Insufficient physical activity

Adults, 2016

Men, 2016

% insufficient physical activity

References:

Women, 2016

Children, 2016

Survey type: Self-reported
Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Boys, 2016

Survey type: Self-reported

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Girls, 2016

Survey type: Self-reported

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Sugar consumption

Adults, 2016

References:

Source: Euromonitor International

Definitions:

Sugar consumption (Number of 500g sugar portions/person/month)
Estimated per capita sugar sweetened beverages intake

Adults, 2016

References:

Source: Euromonitor International
### Prevalence of at least daily carbonated soft drink consumption

**Children, 2014**

<table>
<thead>
<tr>
<th>Country</th>
<th>% Prevalence</th>
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</thead>
<tbody>
<tr>
<td>Finland</td>
<td>40</td>
</tr>
<tr>
<td>Estonia</td>
<td>35</td>
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<tr>
<td>Sweden</td>
<td>30</td>
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<tr>
<td>Denmark</td>
<td>25</td>
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<tr>
<td>Latvia</td>
<td>20</td>
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<tr>
<td>Lithuania</td>
<td>15</td>
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<tr>
<td>Ireland</td>
<td>10</td>
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<tr>
<td>Italy</td>
<td>10</td>
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<tr>
<td>Czechia</td>
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<tr>
<td>United Kingdom</td>
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<td>Austria</td>
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<tr>
<td>Portugal</td>
<td>10</td>
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<td>Spain</td>
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<td>Germany</td>
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<td>Poland</td>
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<td>Estonia</td>
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<td>Romania</td>
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<td>France</td>
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<tr>
<td>Hungary</td>
<td>5</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>5</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>5</td>
</tr>
<tr>
<td>Malta</td>
<td>5</td>
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</tbody>
</table>

**Survey type:** Measured


**Notes:** 15-year-old adolescents

**Definitions:** Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)
Prevalence of confectionery consumption

Adults, 2016

References:
Source: Euromonitor International

Definitions: Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)
Prevalence of sweet/savoury snack consumption

Adults, 2016

References: Source: Euromonitor International

Definitions: Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)
Estimated per capita fruit intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita fruit intake (g/day)
Prevalence of less than daily fruit consumption

Children, 2014

Survey type: Measured


Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less than daily vegetable consumption

Children, 2014

Survey type: Measured
Age: 12-17


Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per capita whole grains intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders

PDF created on May 23, 2024