Netherlands



Country report card - children

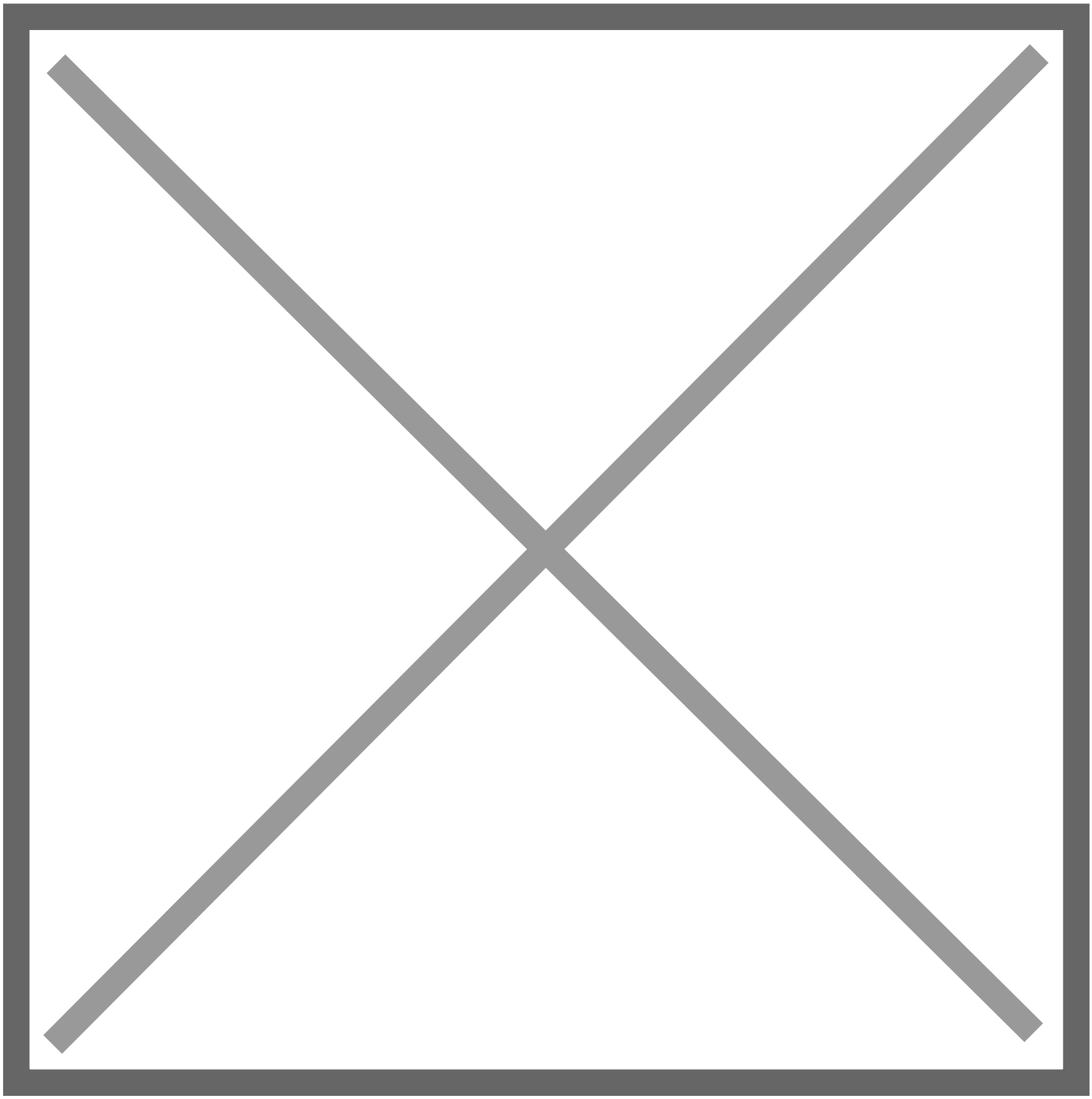
This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/netherlands-153/.

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Obesity prevalence

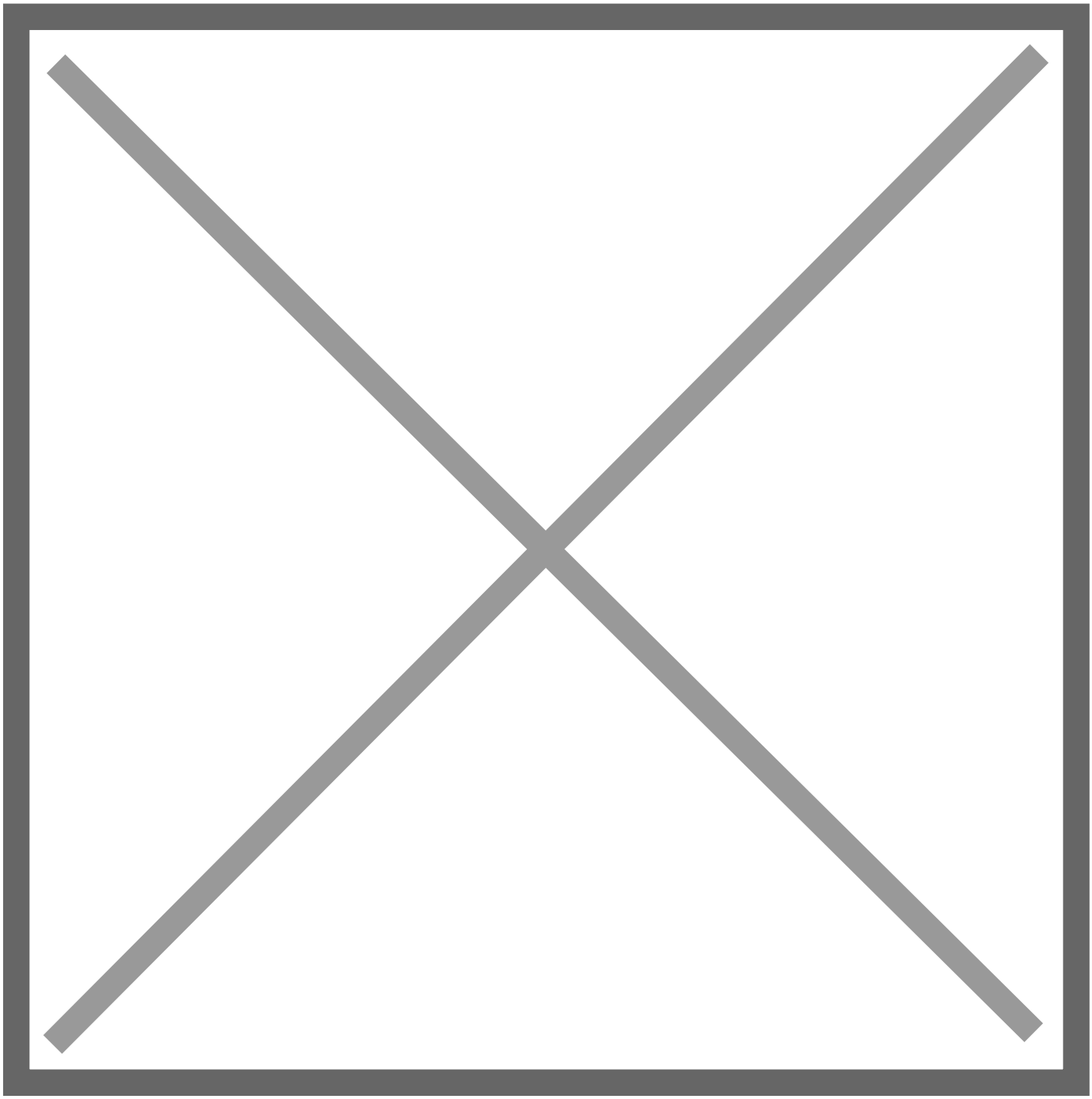
Children, 2024



Survey type:	Self-reported
Age:	4-12
Area covered:	National
References:	Health Survey Netherlands (2024). https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465. [Accessed 17.07.25]
Cutoffs:	IOTF

% Children living with overweight or obesity in the Netherlands

Boys and girls

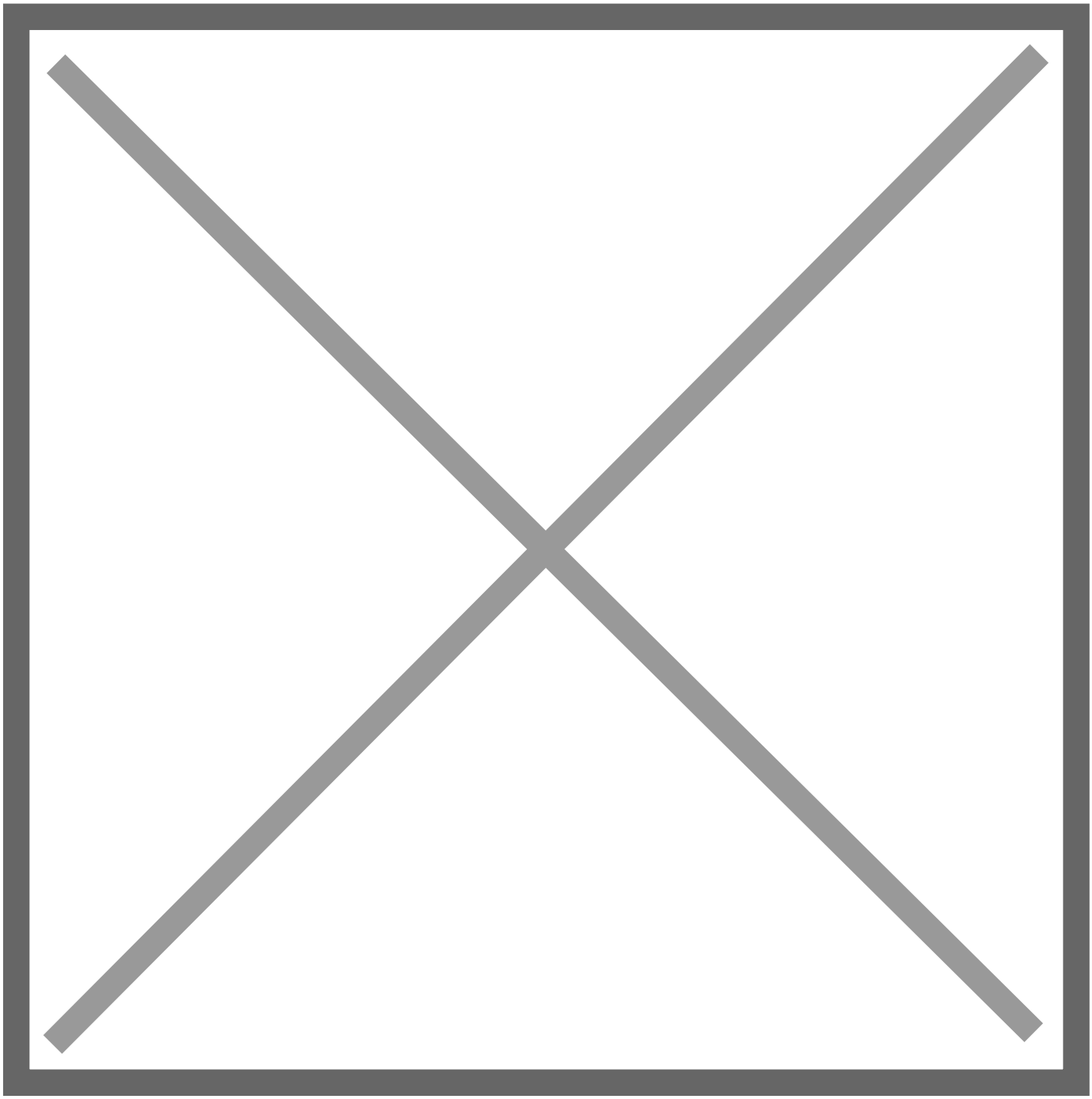


Survey type:	Self-reported
References:	2020: Health Survey of Statistics Netherlands (2020). Available at: https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465. Last accessed: 05.05.21 2021: Health Survey Netherlands (2021). Available at: https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465. Last accessed: 02.06.23 2022: Health Survey Netherlands (2022). Available at: https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465. Last accessed: 02.06.23 2023: Health Survey Netherlands (2023). Available at: https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465. Last accessed: 12.03.24 2024: Health Survey Netherlands (2024). https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Boys

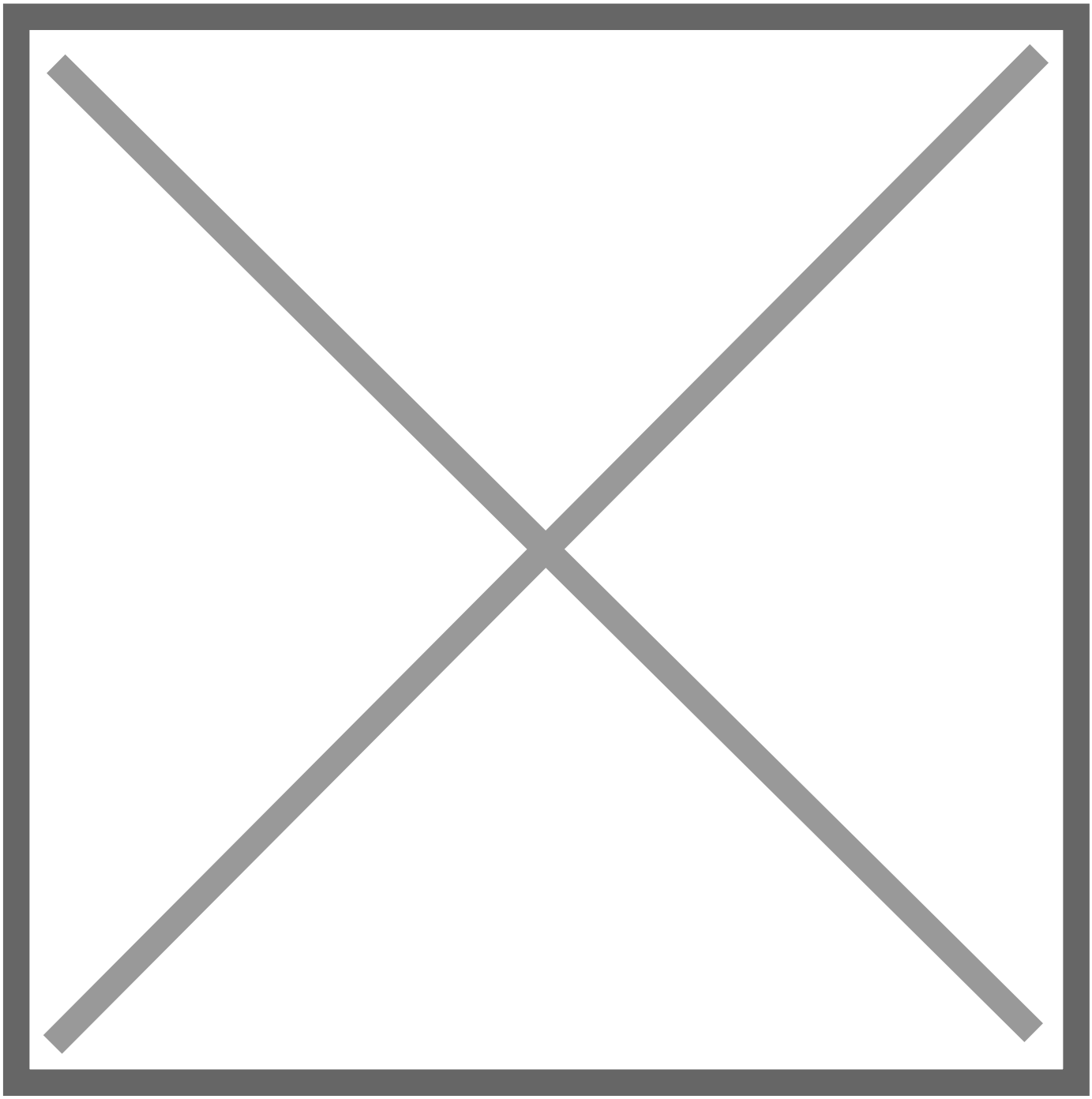


Survey type:	Self-reported
References:	2020: Health Survey of Statistics Netherlands (2020). Available at: https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465. Last accessed: 05.05.21 2021: Health Survey Netherlands (2021). Available at: https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465. Last accessed: 02.06.23 2022: Health Survey Netherlands (2022). Available at: https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465. Last accessed: 02.06.23 2023: Health Survey Netherlands (2023). Available at: https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465. Last accessed: 12.03.24 2024: Health Survey Netherlands (2024). https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465.

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Girls



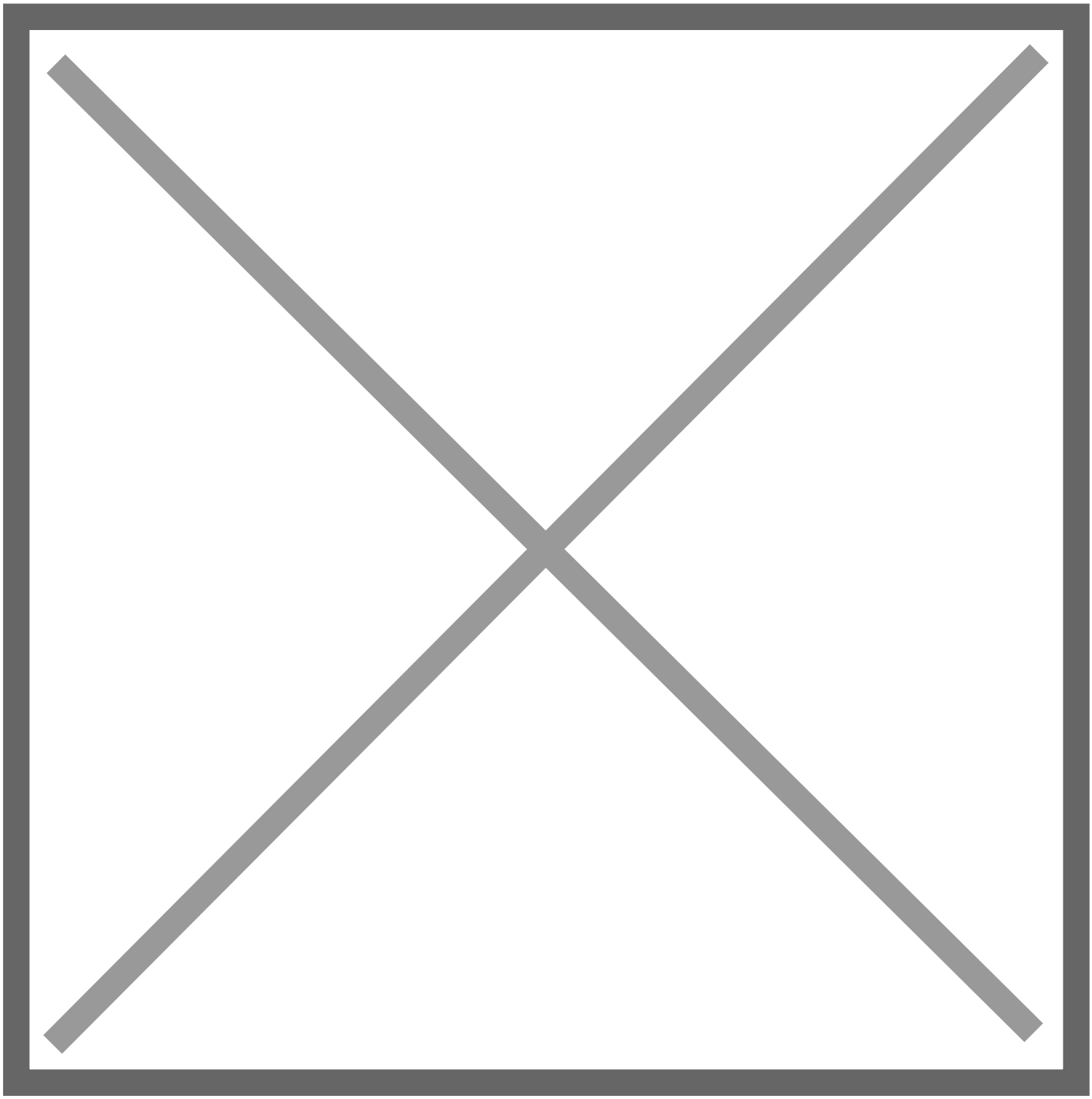
Survey type:	Self-reported
References:	2020: Health Survey of Statistics Netherlands (2020). Available at: https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465. Last accessed: 05.05.21 2021: Health Survey Netherlands (2021). Available at: https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465. Last accessed: 02.06.23 2022: Health Survey Netherlands (2022). Available at: https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465. Last accessed: 02.06.23 2023: Health Survey Netherlands (2023). Available at: https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465. Last accessed: 12.03.24 2024: Health Survey Netherlands (2024). https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Children living with overweight or obesity in the Netherlands 1980-2003

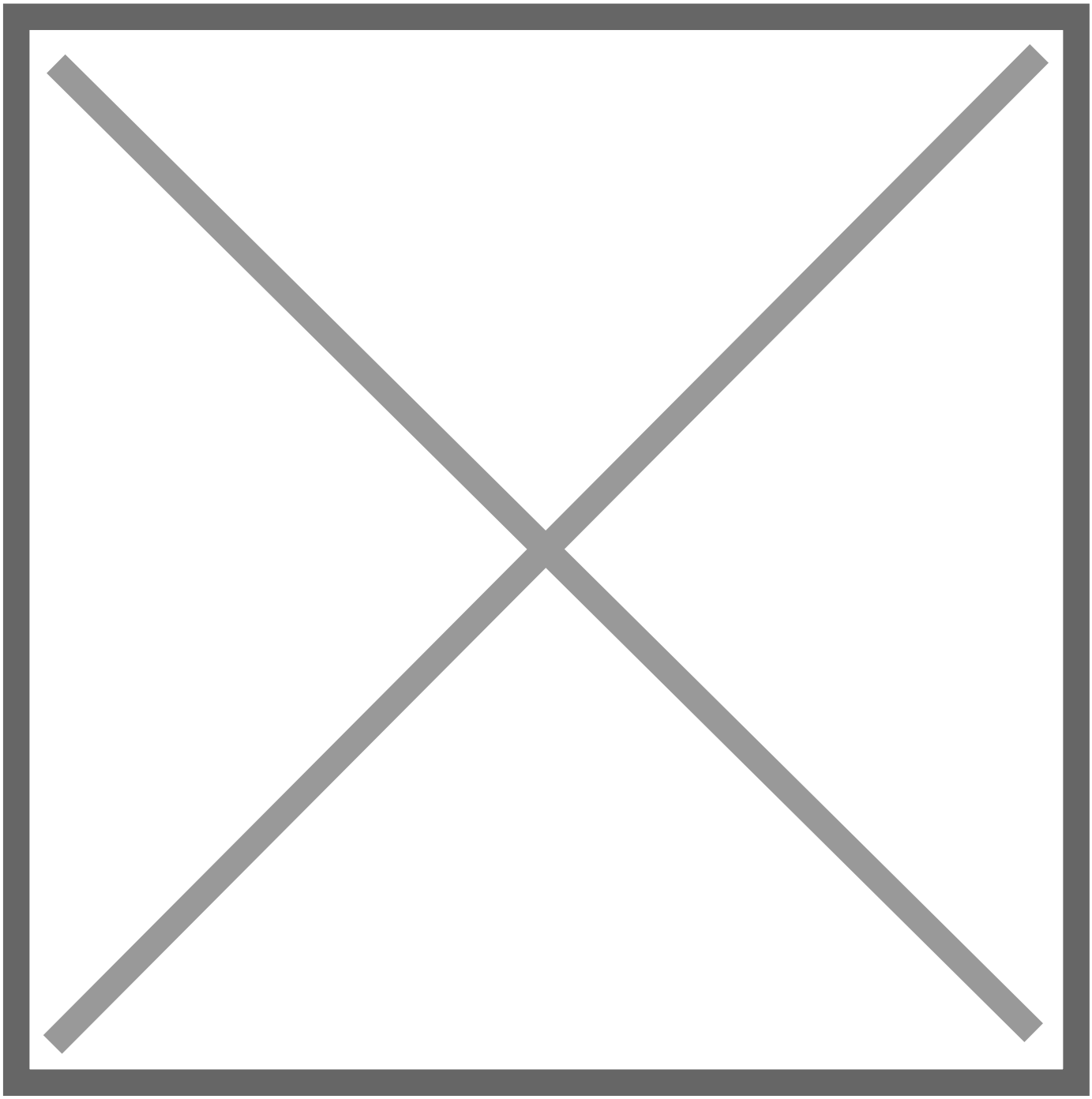
Boys



Survey type:	Measured
References:	1980, 2003: van den Hurk K, van Buuren P, van Buuren S, Verkerk PH and HiraSing RA. (2007). Prevalence of overweight and obesity in the Netherlands in 2003 compared to 1980 and 1977. Archives Dis Child, 92: 992 - 995. 1997: Katja van den Hurk, Paula van Dommelen, Stef van Buuren, Paul H Verkerk, Remy A HiraSing. Prevalence of overweight and obesity in the Netherlands in 2003 compared to 1980 and 1997. Arch Dis Child 2007;92:992–995. doi: 10.1136/adc.2006.115402
Definitions:	IOTF

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Girls

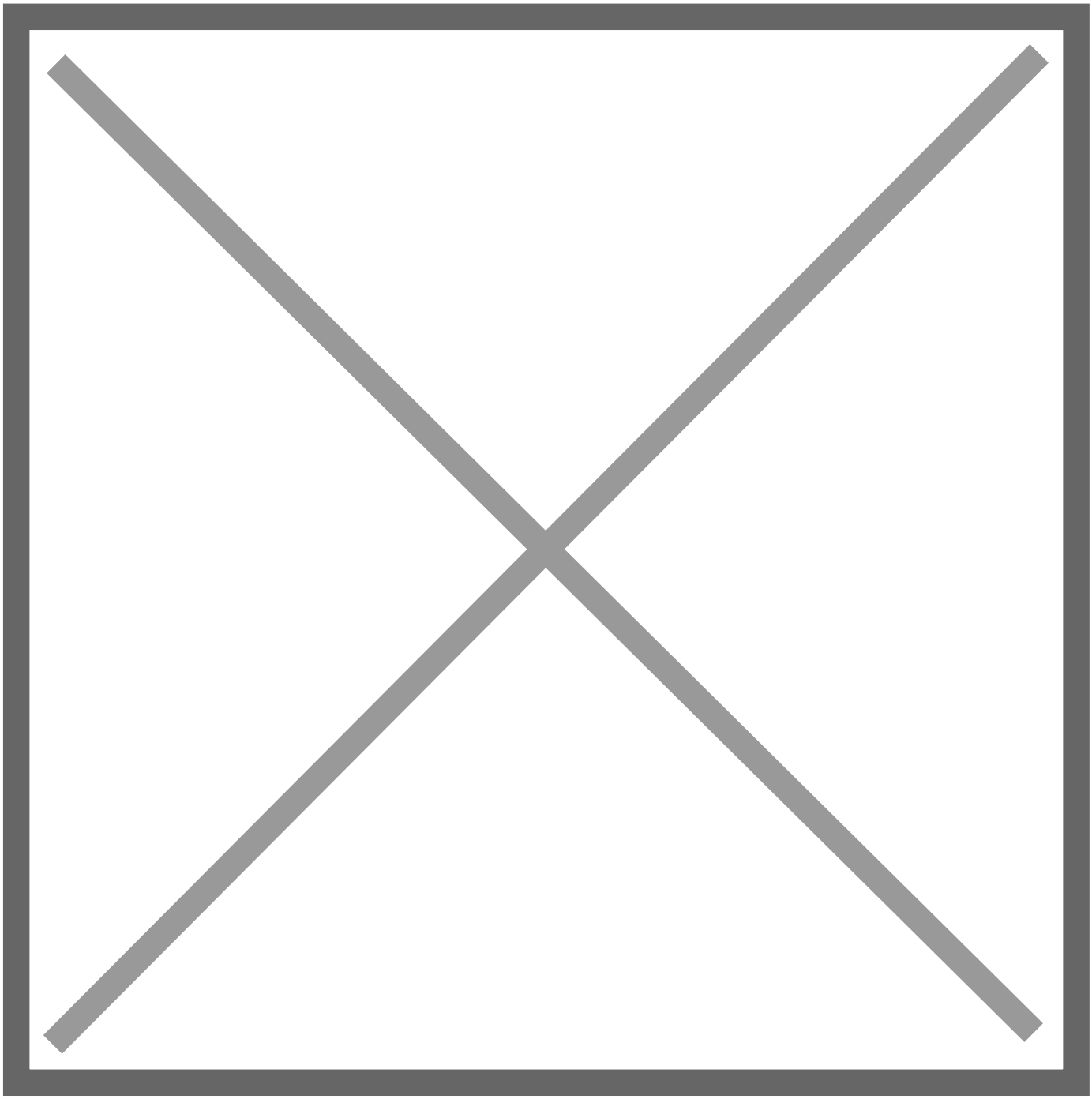


Survey type:	Measured
References:	1980, 2003: van den Hurk K, van Buuren P, van Buuren S, Verkerk PH and HiraSing RA. (2007). Prevalence of overweight and obesity in the Netherlands in 2003 compared to 1980 and 1977. Archives Dis Child, 92: 992 - 995. 1997: Katja van den Hurk, Paula van Dommelen, Stef van Buuren, Paul H Verkerk, Remy A HiraSing. Prevalence of overweight and obesity in the Netherlands in 2003 compared to 1980 and 1997. Arch Dis Child 2007;92:992–995. doi: 10.1136/adc.2006.115402
Definitions:	IOTF

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Overweight/obesity by education

Children, 2018-2021

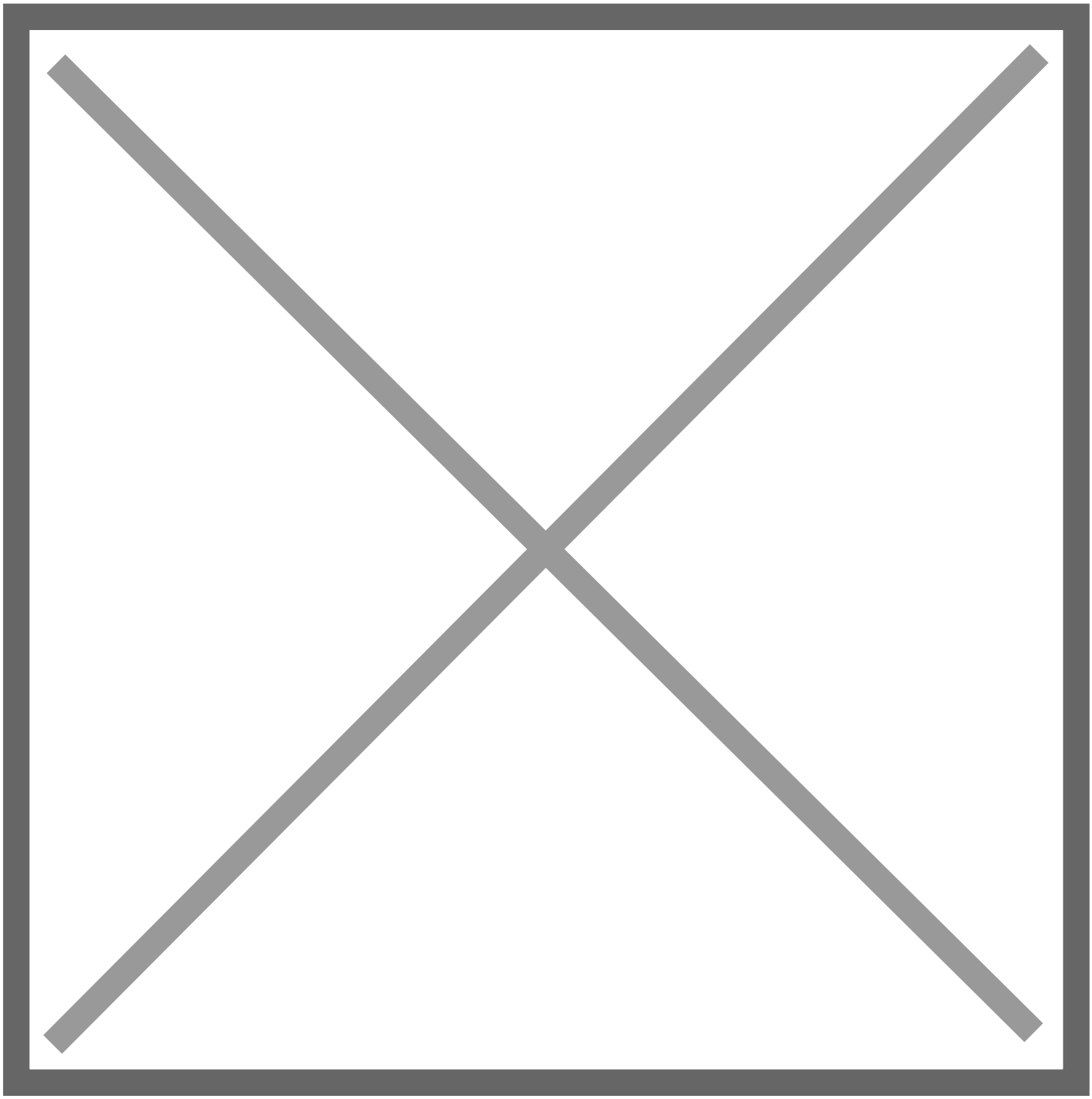


Survey type:	Self-reported
Age:	2-11
Area covered:	National
References:	Annual Report Youth Monitor 2022. Statistics Netherlands (CBS). https://www.cbs.nl/en-gb/news/2022/45/less-overweight-and-obesity-among-children-of-higher-educated-parents [Accessed 17.07.25]
Notes:	Data from National Health Survey/Lifestyle Monitor (2018-2021)

Definitions:	Parent's education level
Cutoffs:	IOTF

Overweight/obesity by age

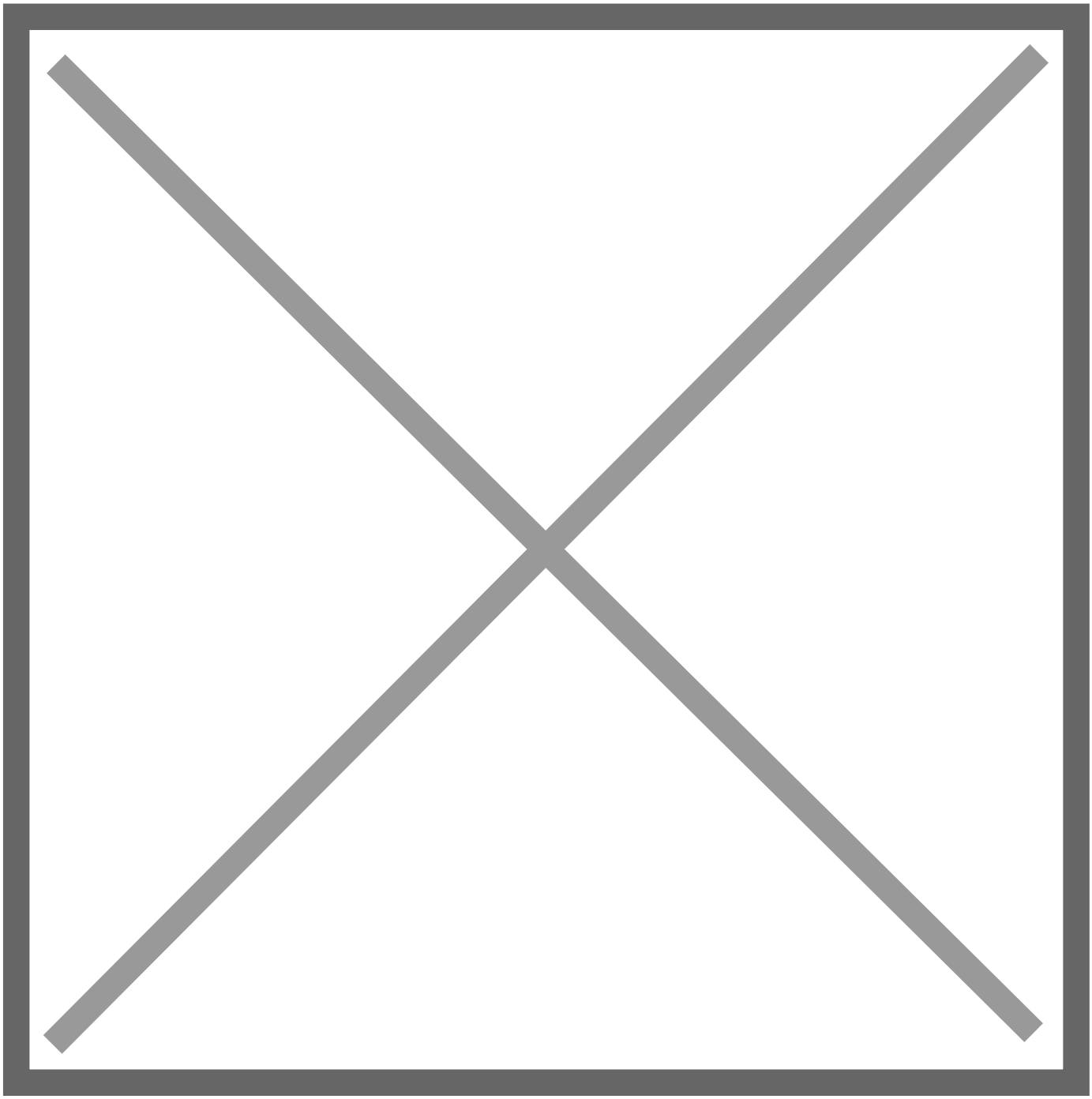
Children, 2024



Survey type:	Self-reported
Area covered:	National
References:	Health Survey Netherlands (2024). https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465. [Accessed 17.07.25]
Cutoffs:	IOTF

Overweight/obesity by socio-economic group

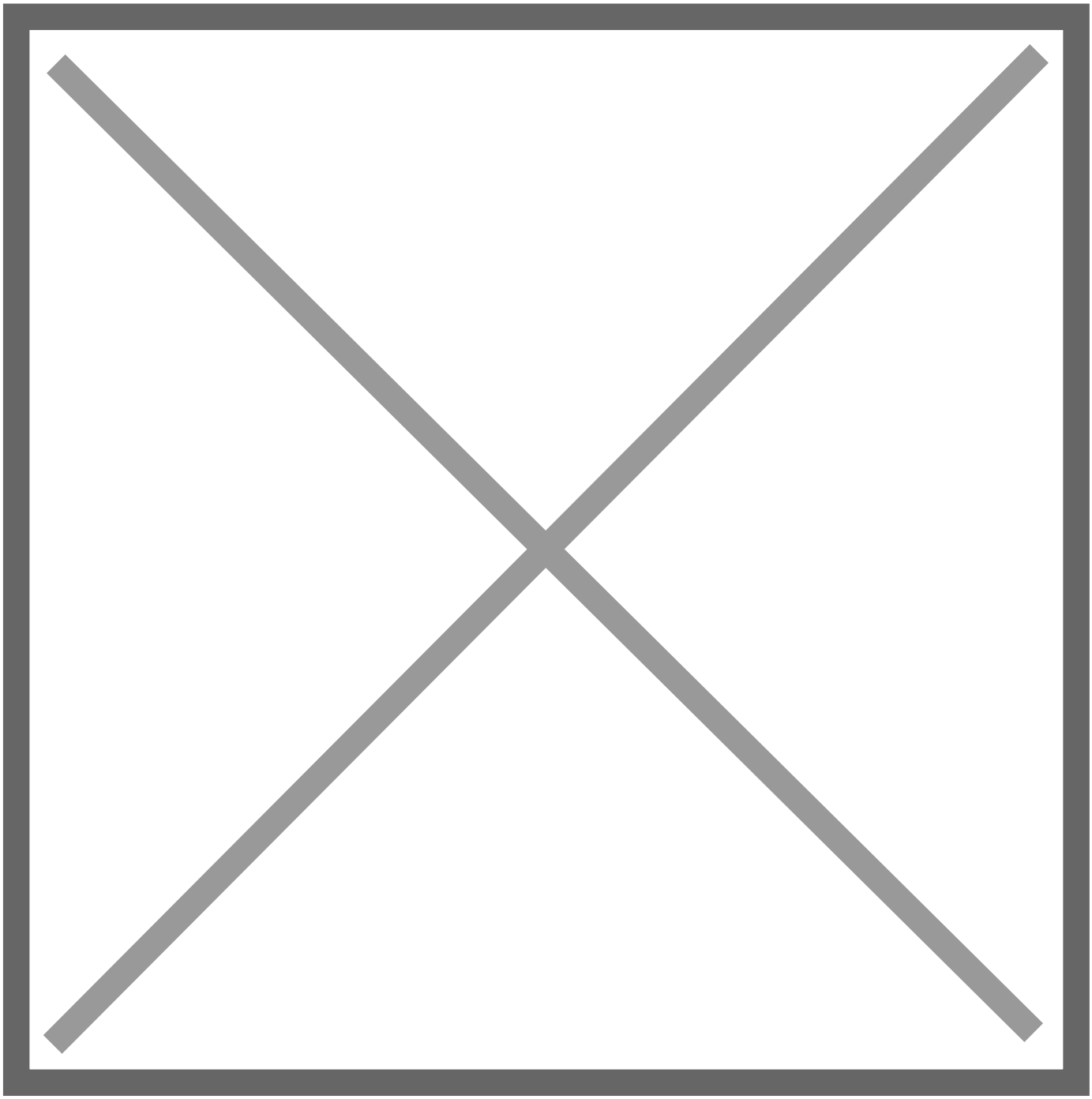
Boys, 2021-2022



Survey type:	Self-reported
Age:	11-15
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'

Notes:	Family affluence scale. HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Definitions:	+2SD
Cutoffs:	WHO 2007

Girls, 2021-2022



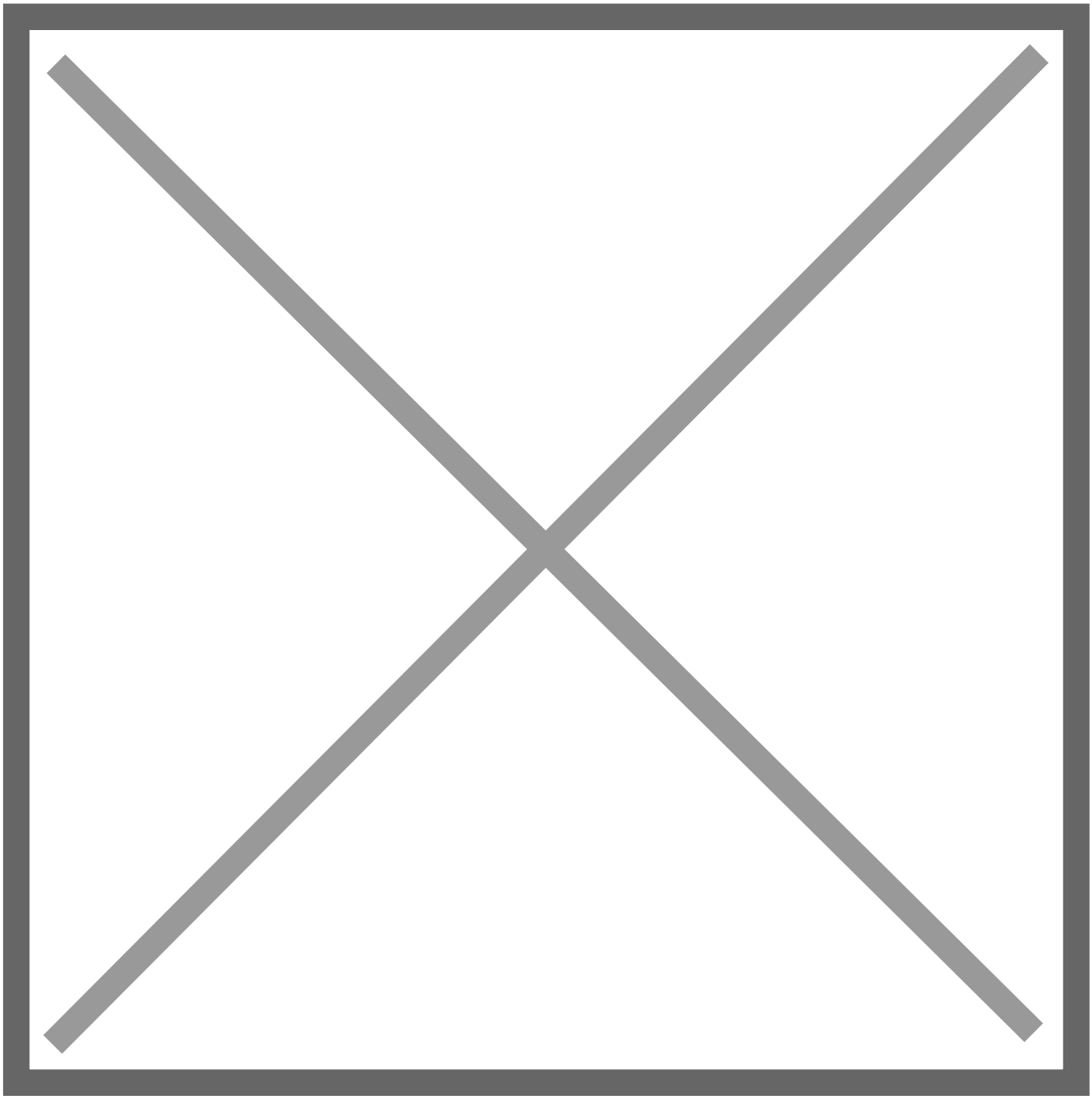
Survey type:	Self-reported
Age:	11-15
Area covered:	National

References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'
Notes:	Family affluence scale. HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Definitions:	+2SD
Cutoffs:	WHO 2007

Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

Children, 2015

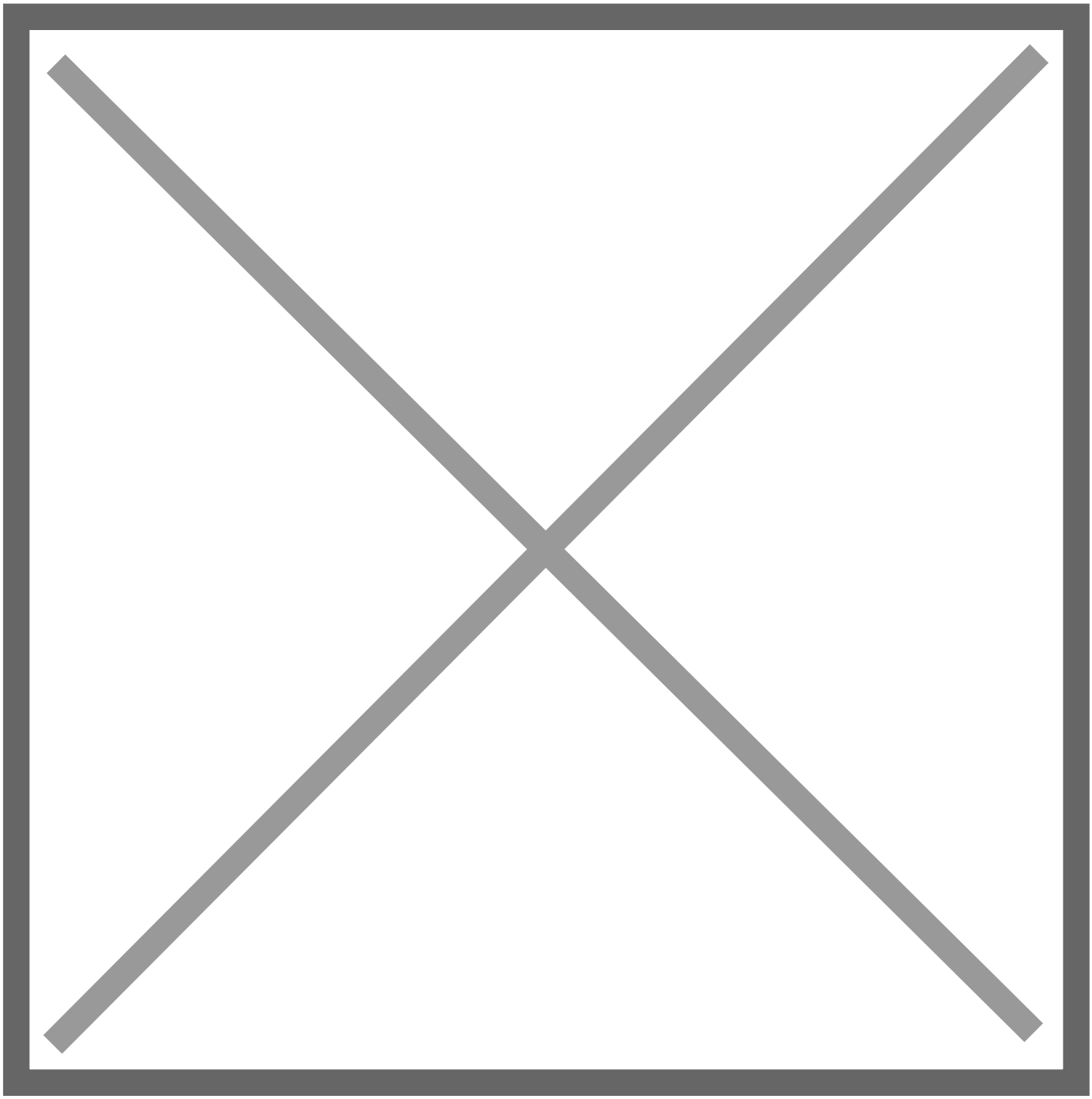


Survey type:	Measured
Age:	2-15
Sample size:	77,058
Area covered:	Regional - The Hague

References:	Cornelisse-Vermaat, Judith R., and Henriëtte Maassen van den Brink. "Ethnic Differences in Lifestyle and Overweight in the Netherlands*." Obesity, vol. 15, no. 2, Feb. 2007, pp. 483–483, 10.1038/oby.2007.561. Available at: https://academic.oup.com/eurpub/article/28/6/1023/5035077?login=true. Accessed 6 May 2021.
Definitions:	Ethnic groups as defined by publication of origin.
Cutoffs:	IOTF

Double burden of underweight & obesity

Children, 2022

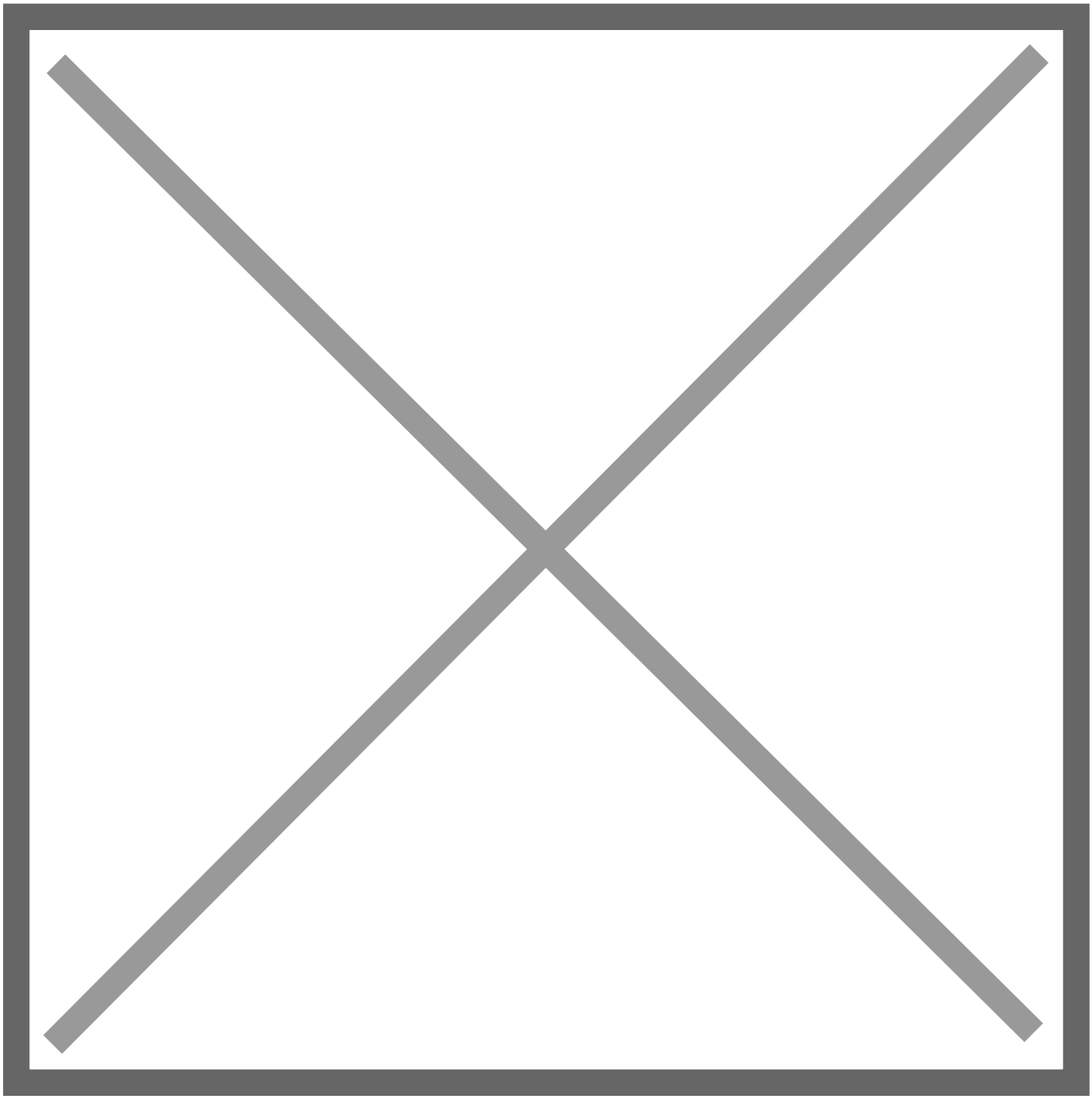


Survey type:	Measured
Age:	5-19
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2.
Notes:	Age standardised estimates

Definitions:	Combined prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:	BMI < -2SD and BMI > 2SD

Insufficient physical activity

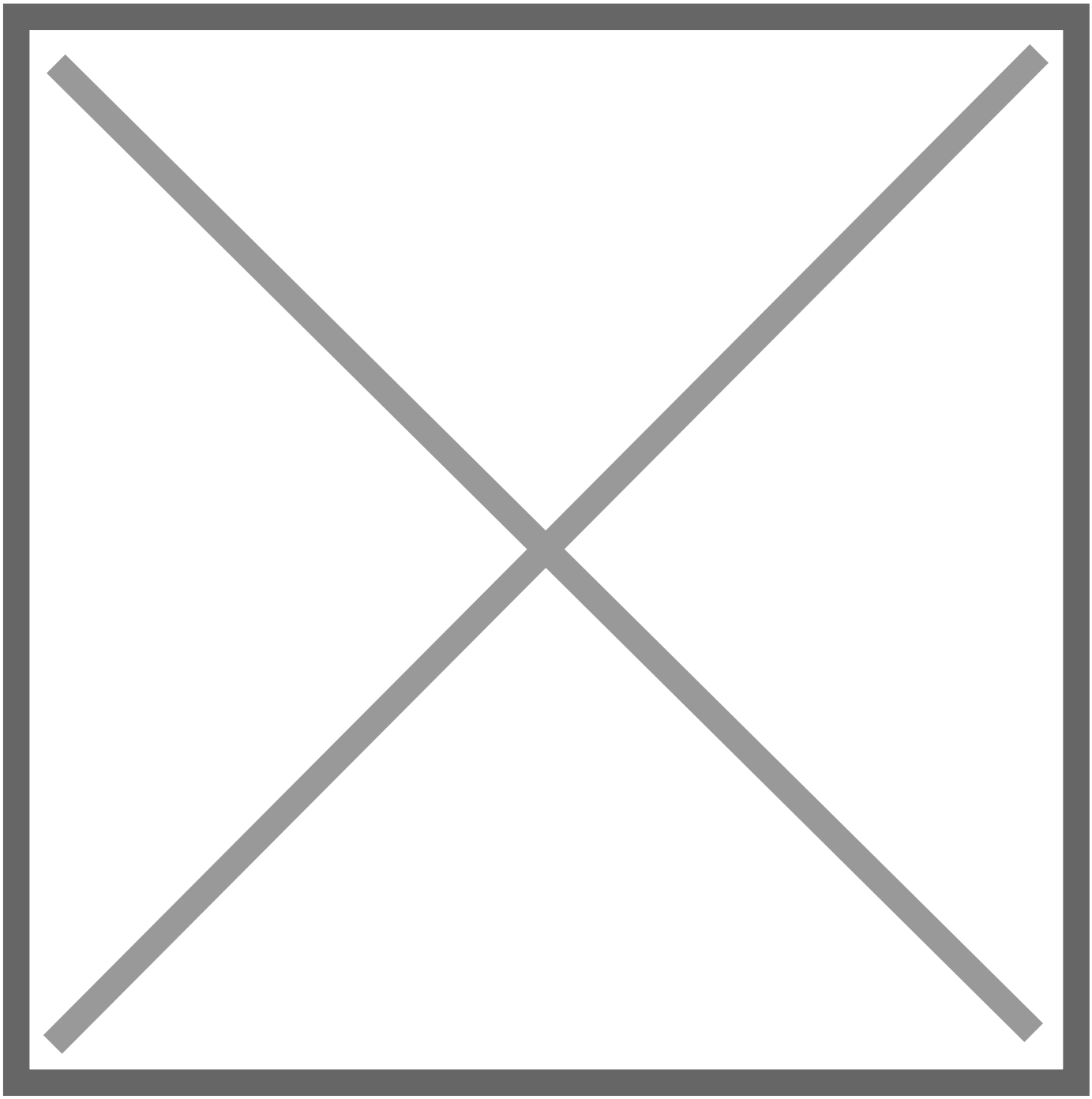
Boys, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO.Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org.

Notes:	Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily. NB. National except Belgium (Flemish speaking region only)
Definitions:	% reporting less than 60 minutes of MVPA daily

Girls, 2021-2022

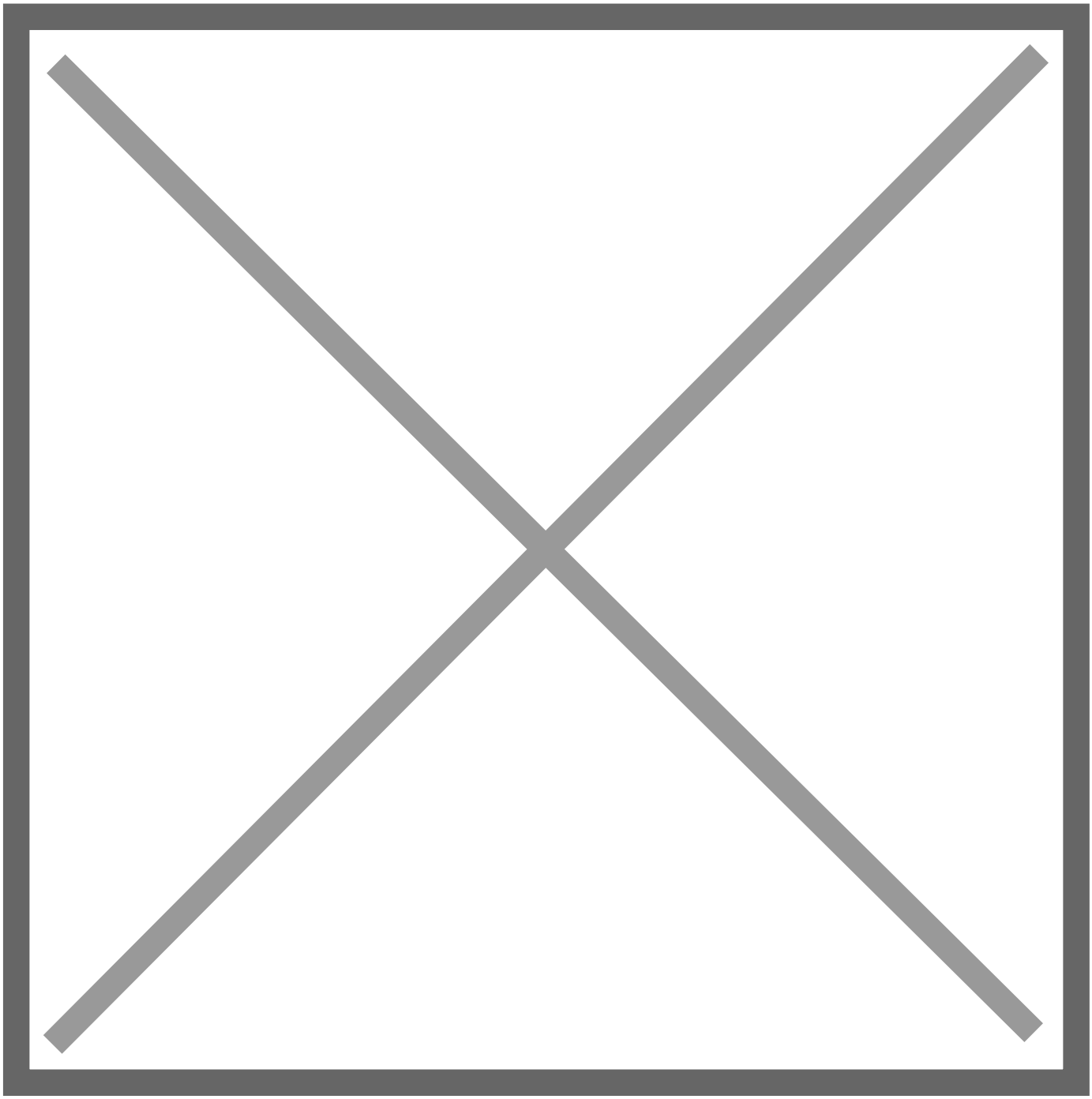


Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO.Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): https://data-browser.hbsc.org.

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Definitions:	% reporting less than 60 minutes of MVPA daily

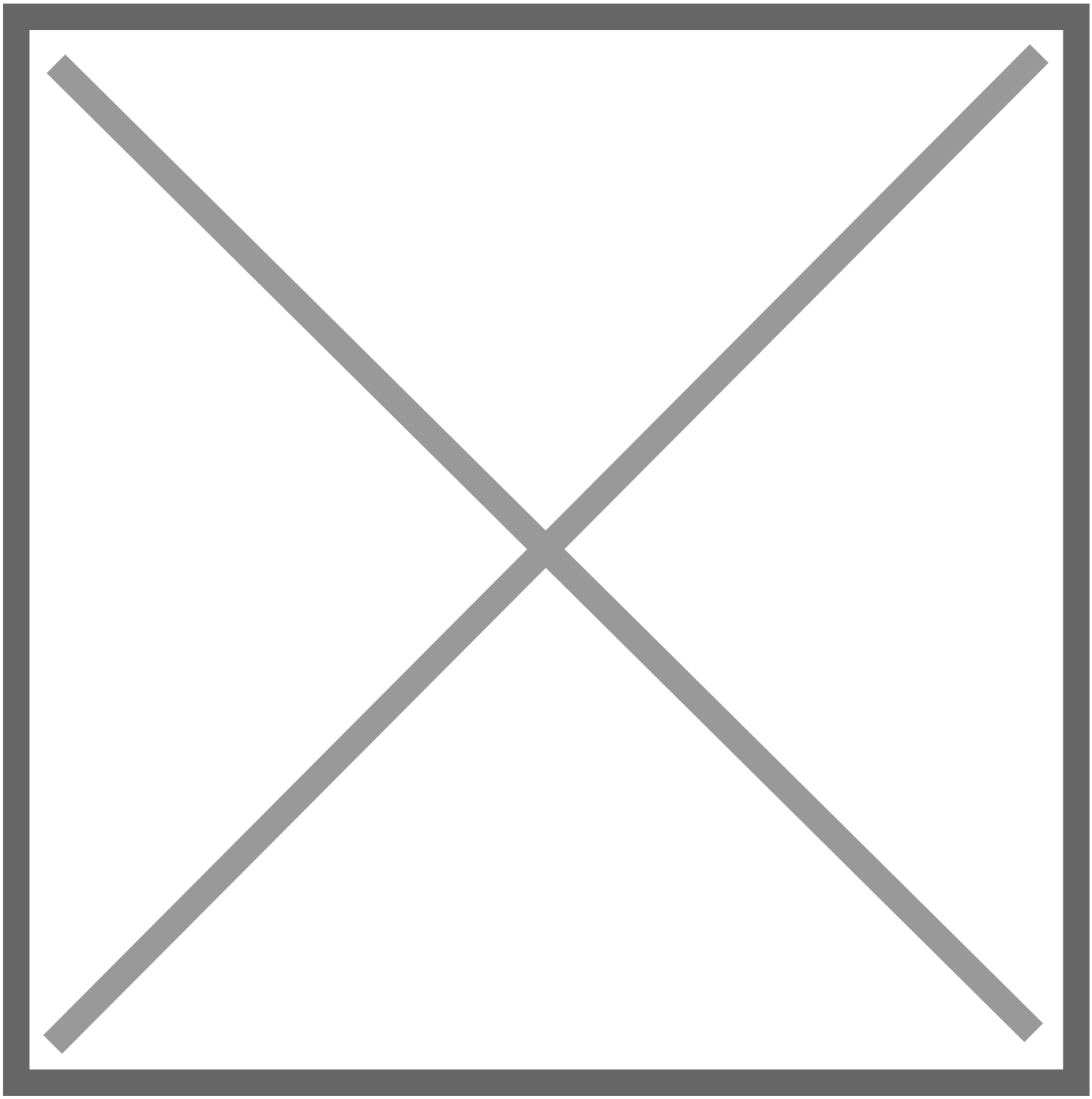
Prevalence of at least daily soft drink consumption

Boys, 2021-2022



Area covered:	National
References:	Health Behaviour in School-aged Children study (2020), Data browser (findings from the 2017/18 international HBSC survey): https://data-browser.hbsc.org.
Definitions:	Proportion who reported drinking sugary soft drinks daily (at least once)

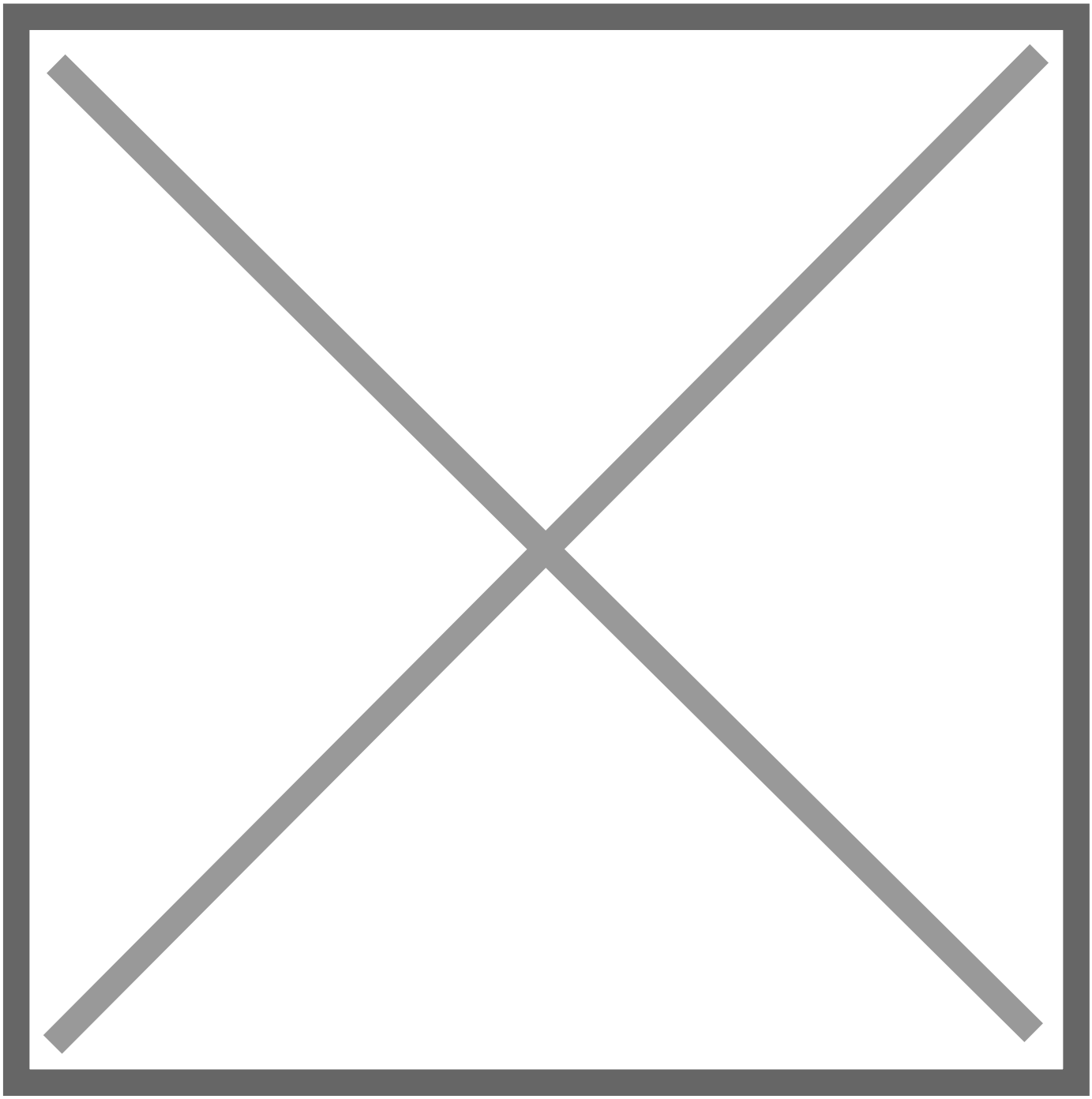
Girls, 2021-2022



Area covered:	National
References:	Health Behaviour in School-aged Children study (2020), Data browser (findings from the 2017/18 international HBSC survey): https://data-browser.hbsc.org.
Definitions:	Proportion who reported drinking sugary soft drinks daily (at least once)

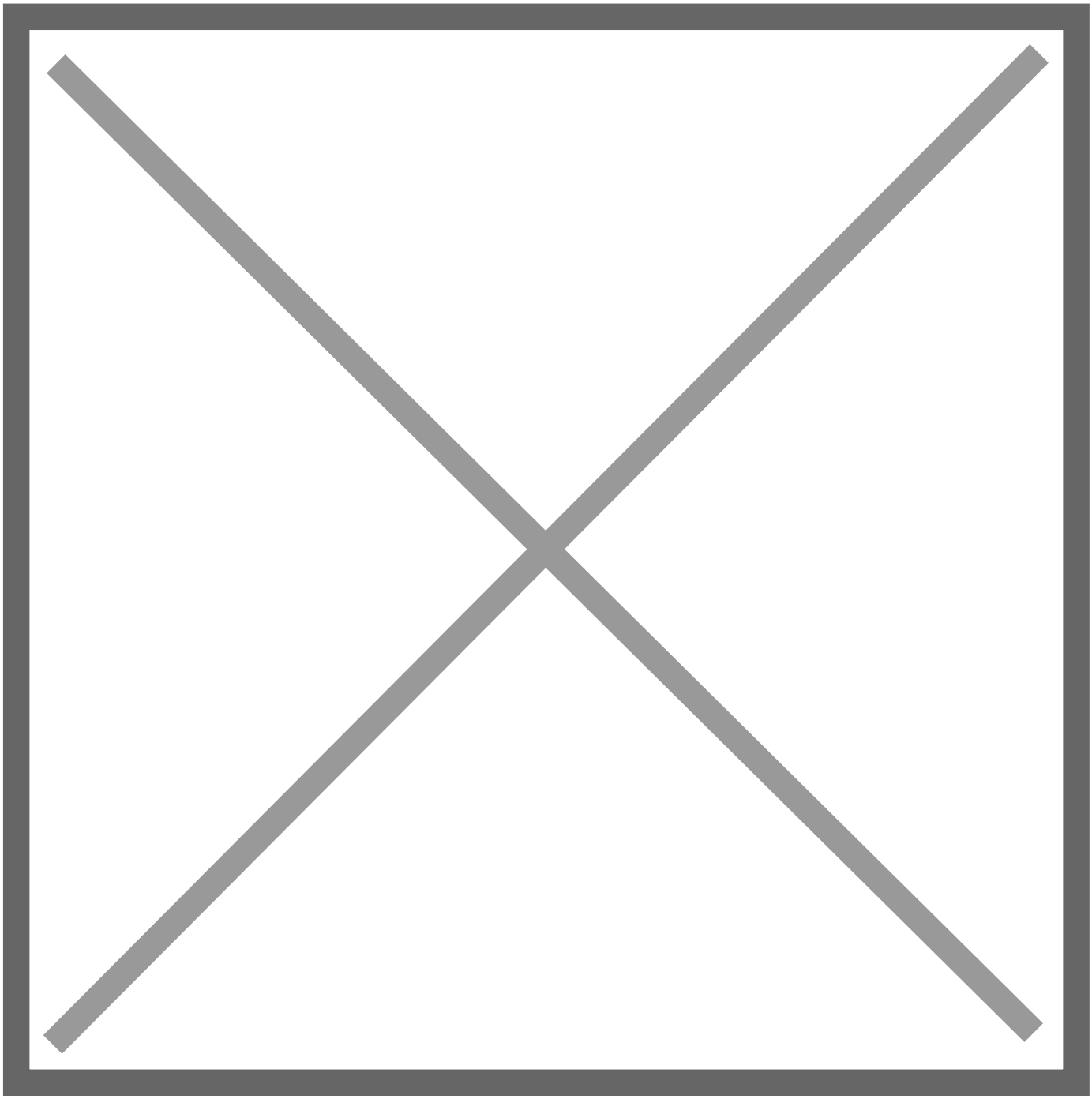
Prevalence of less than daily fruit consumption

Boys, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO
Definitions:	Proportion who reported eating fruit less than daily

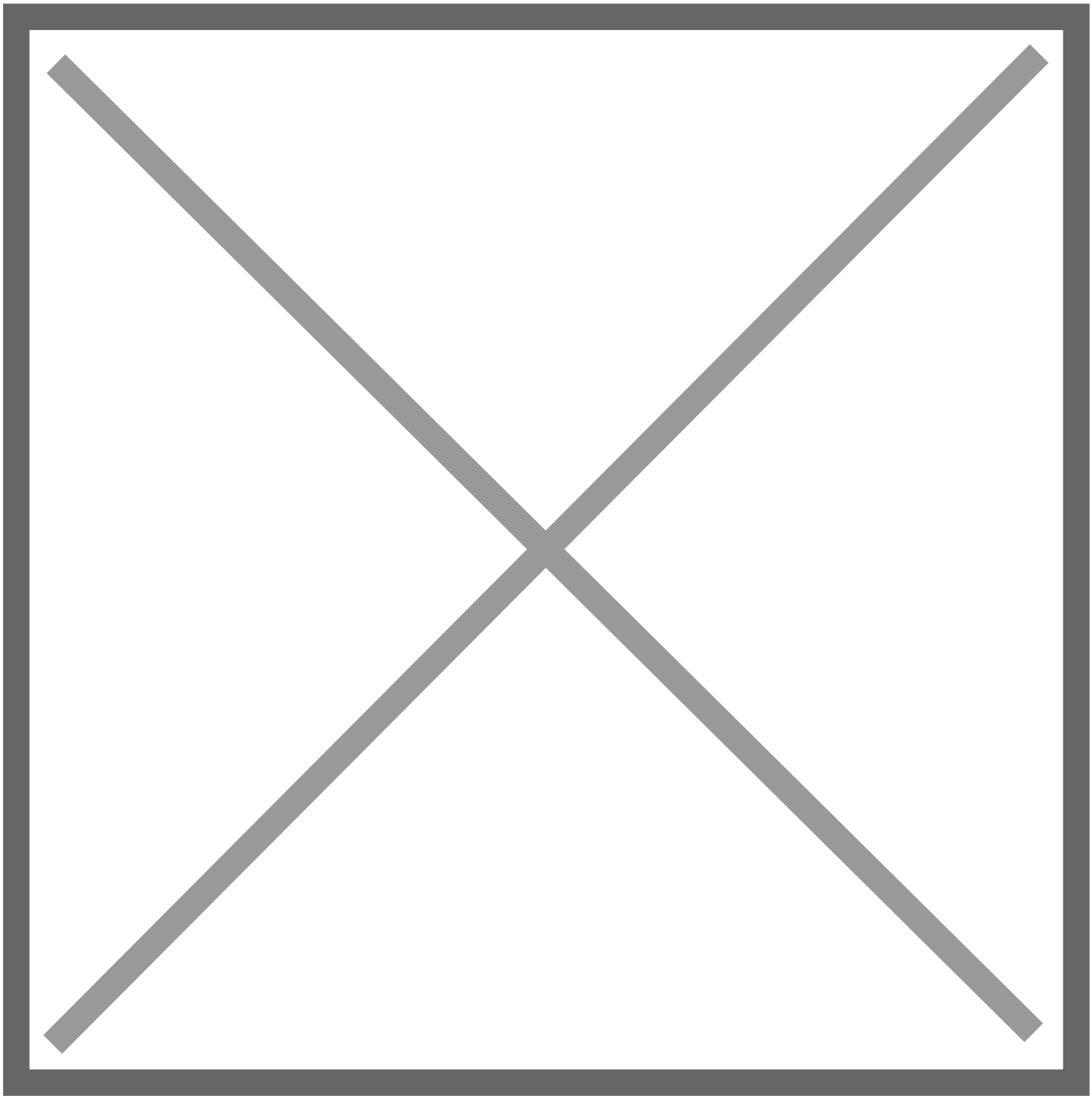
Girls, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO
Definitions:	Proportion who reported eating fruit less than daily

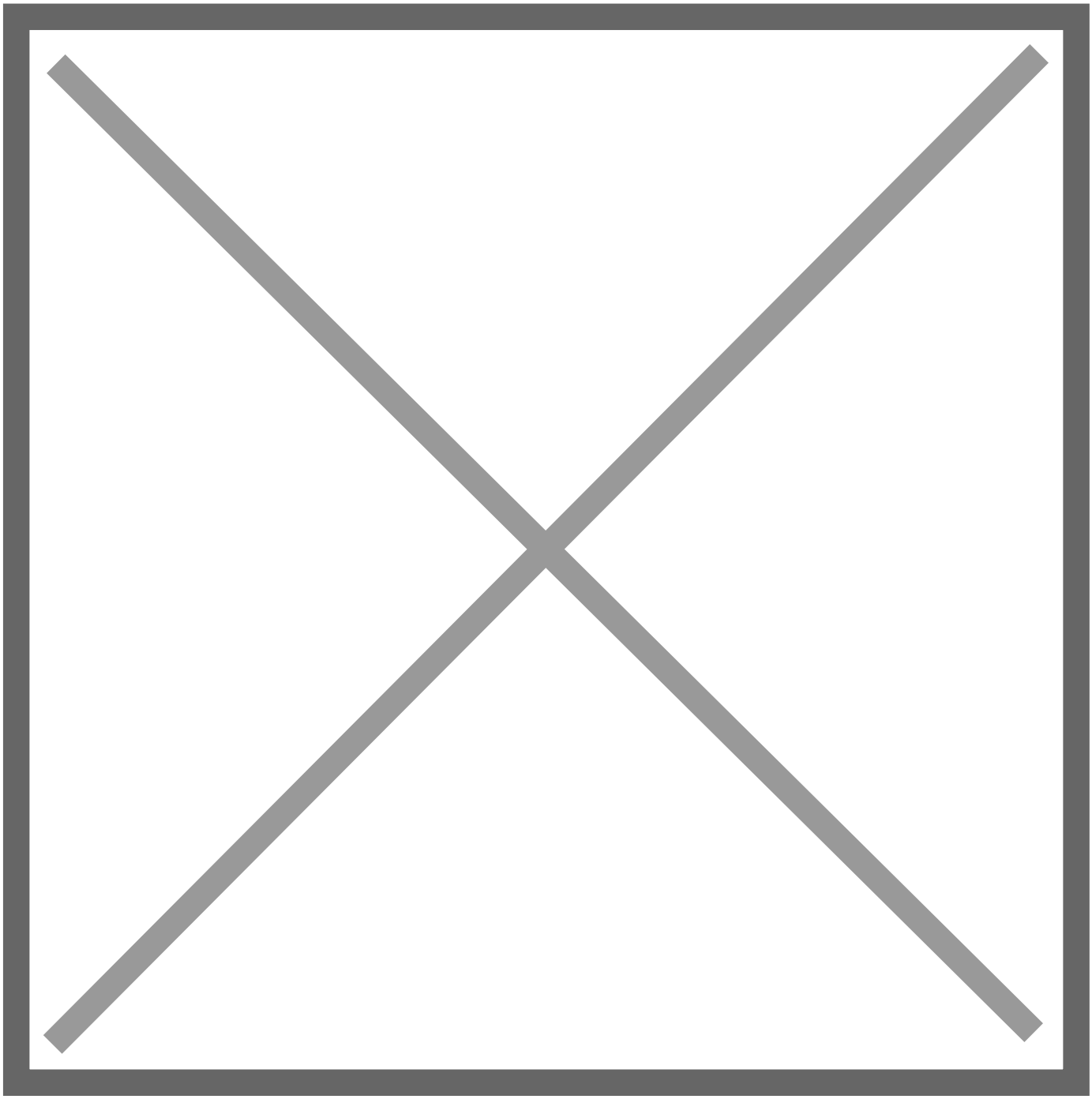
Prevalence of less than daily vegetable consumption

Boys, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

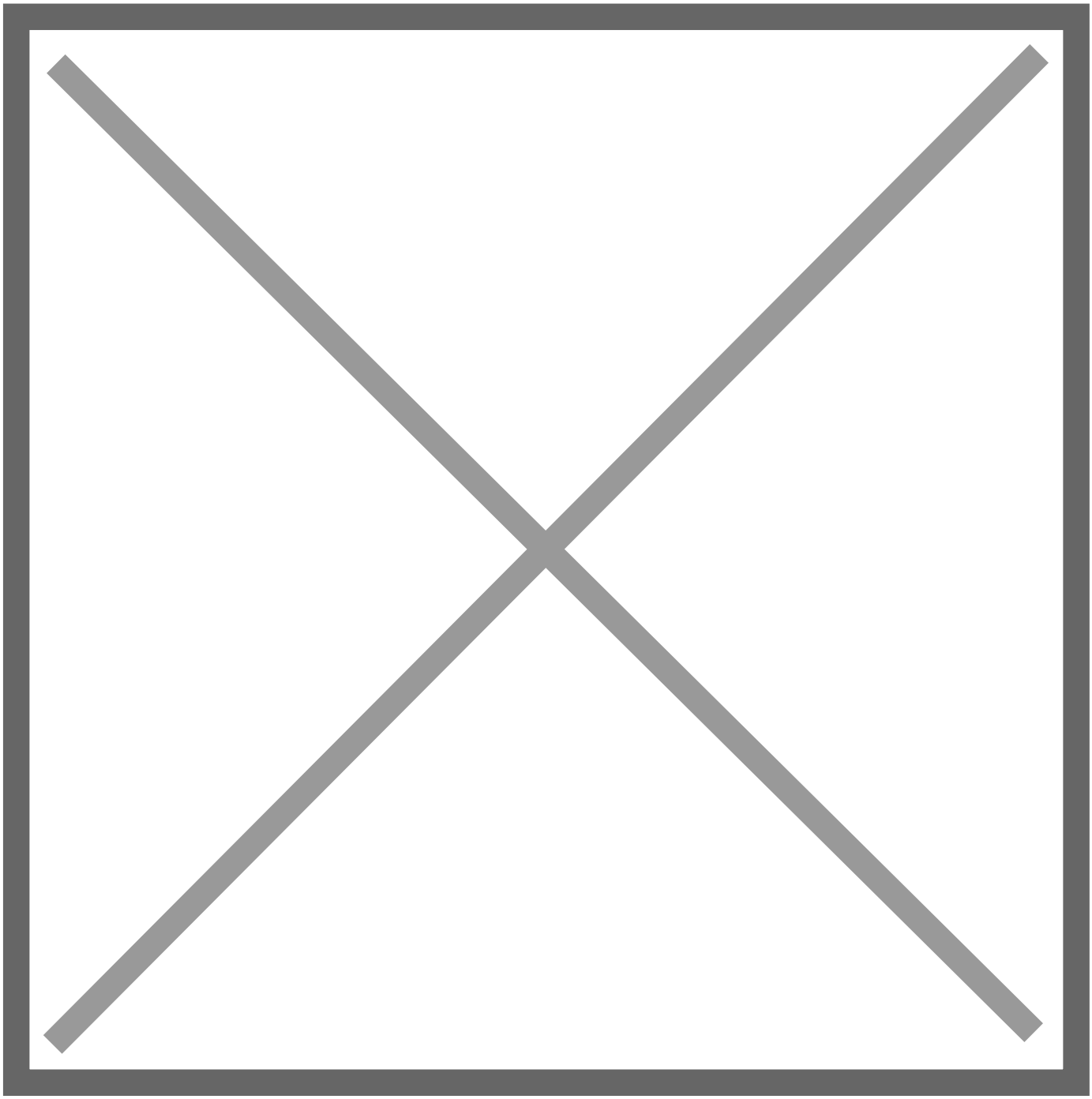
Girls, 2021-2022



Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

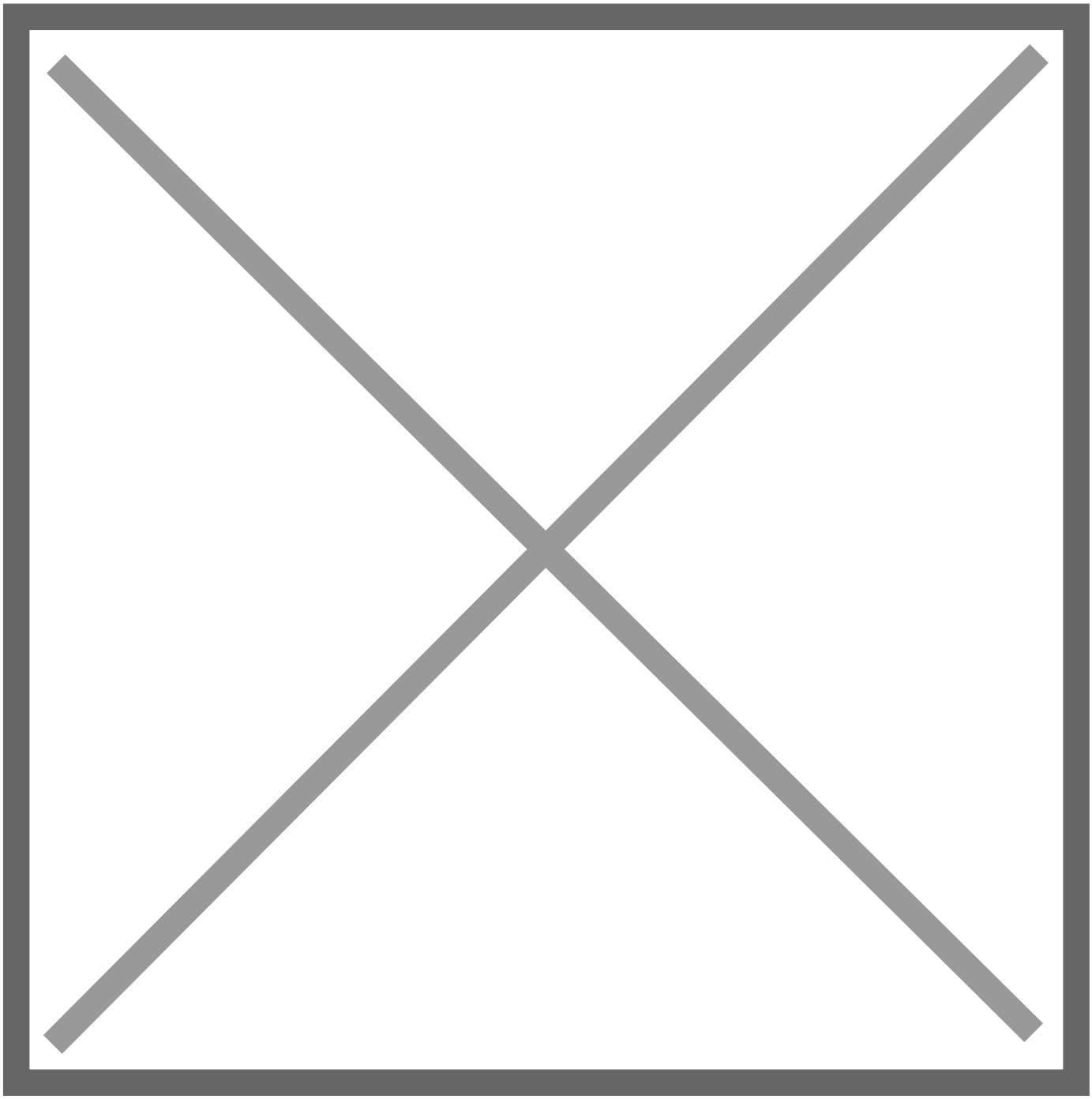
Mental health - depression disorders

Children, 2023



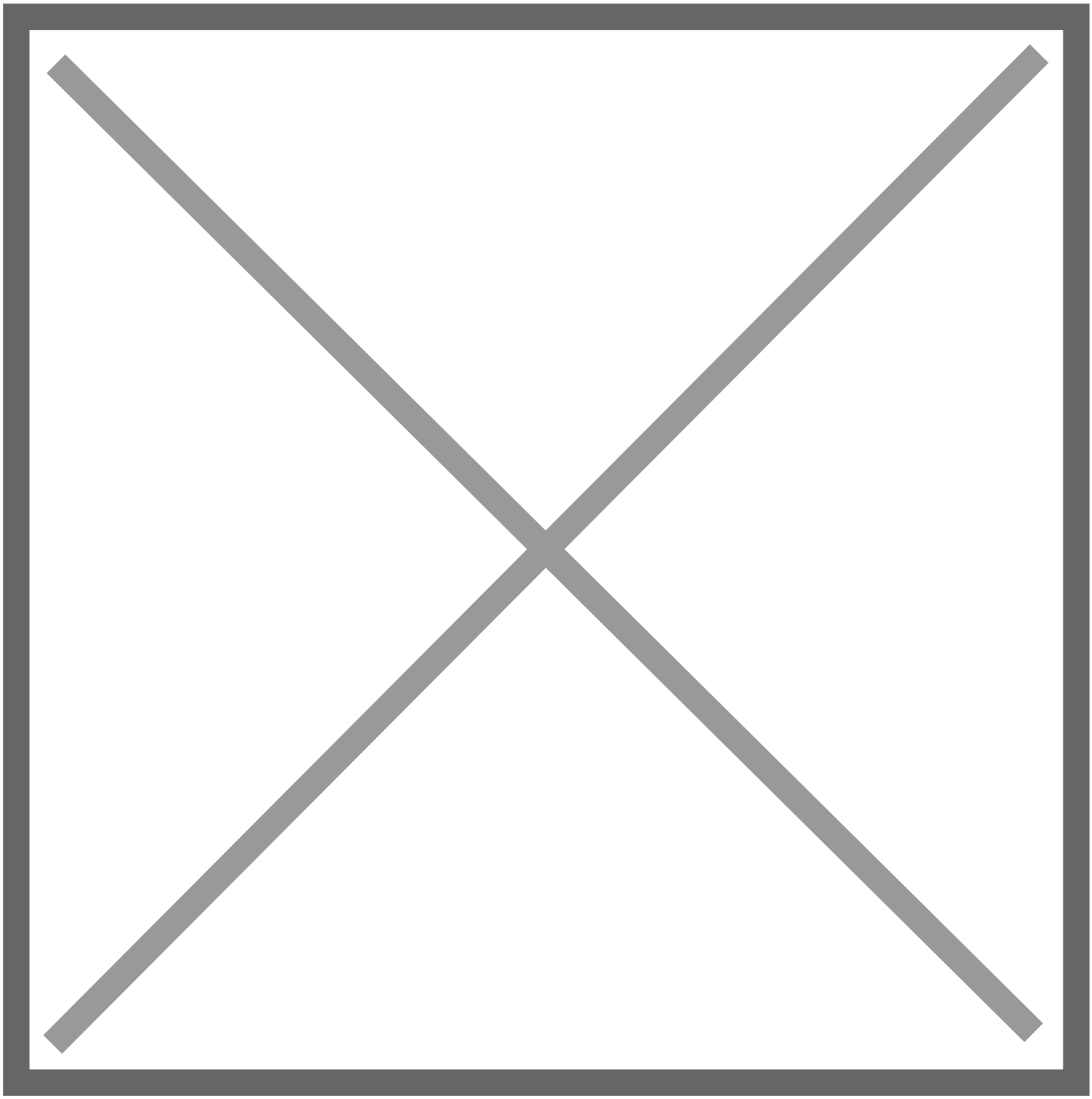
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with depressive disorders per 100,000 population (under 20 years of age)

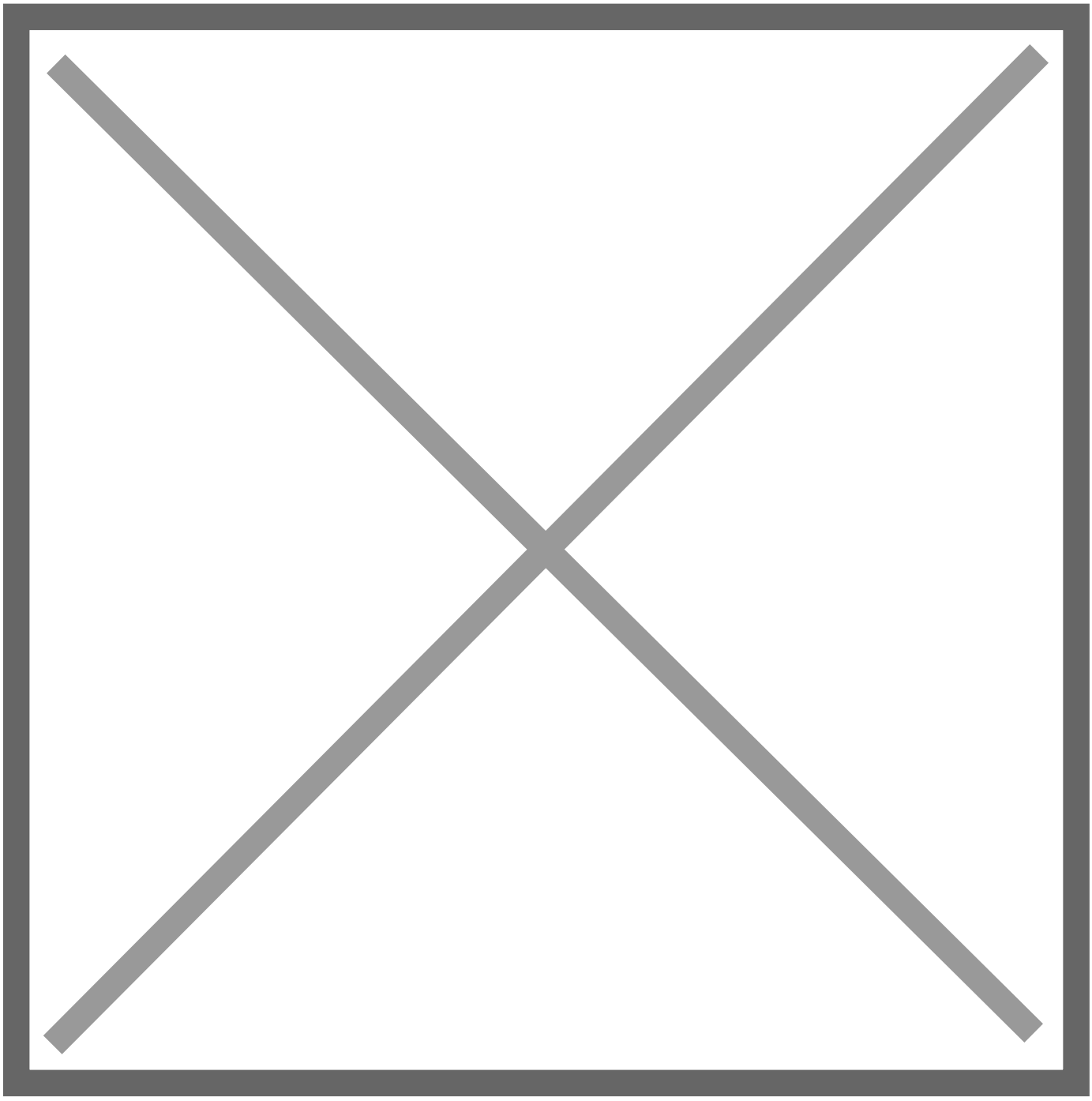
Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
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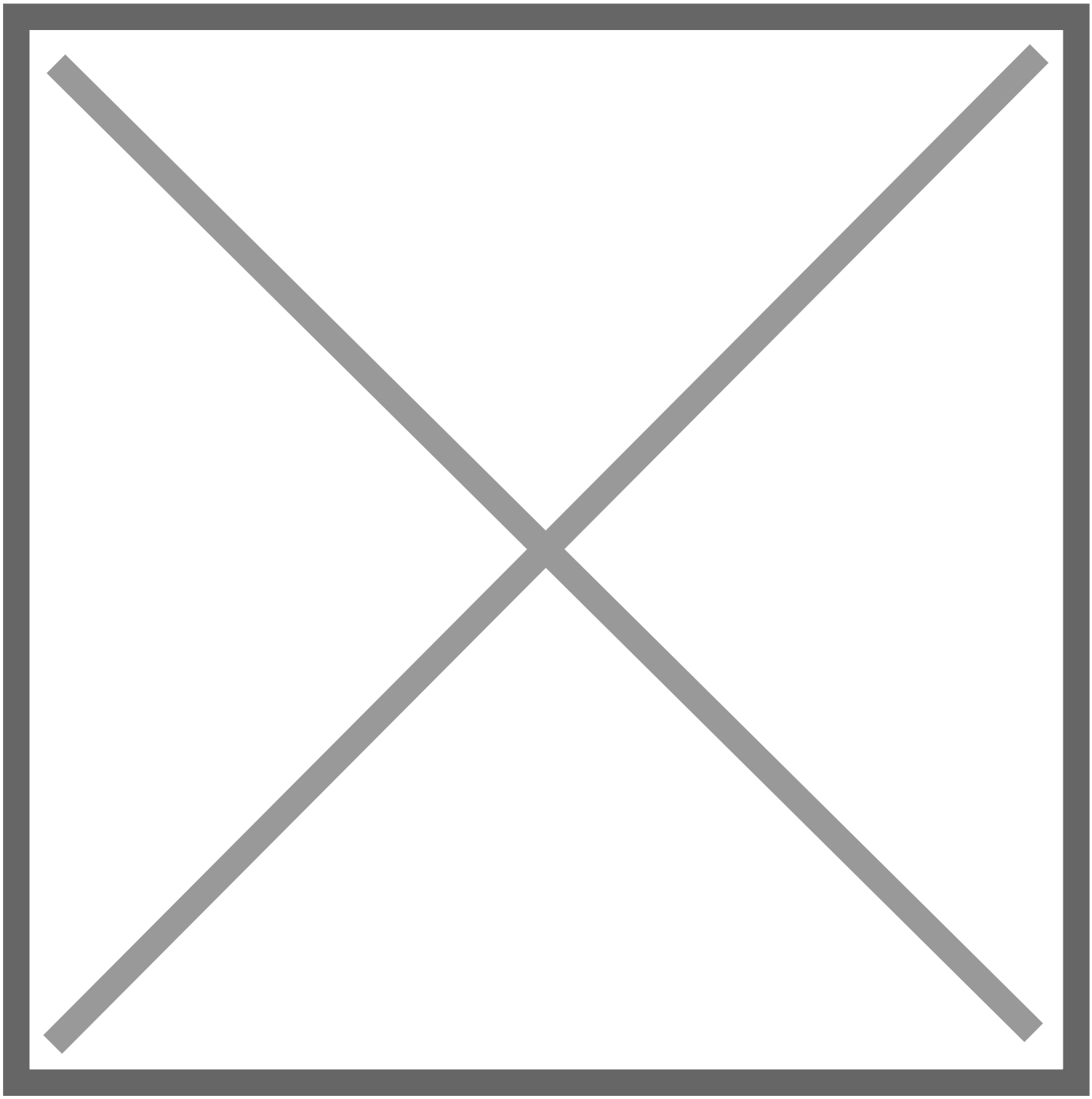
Mental health - anxiety disorders

Children, 2023



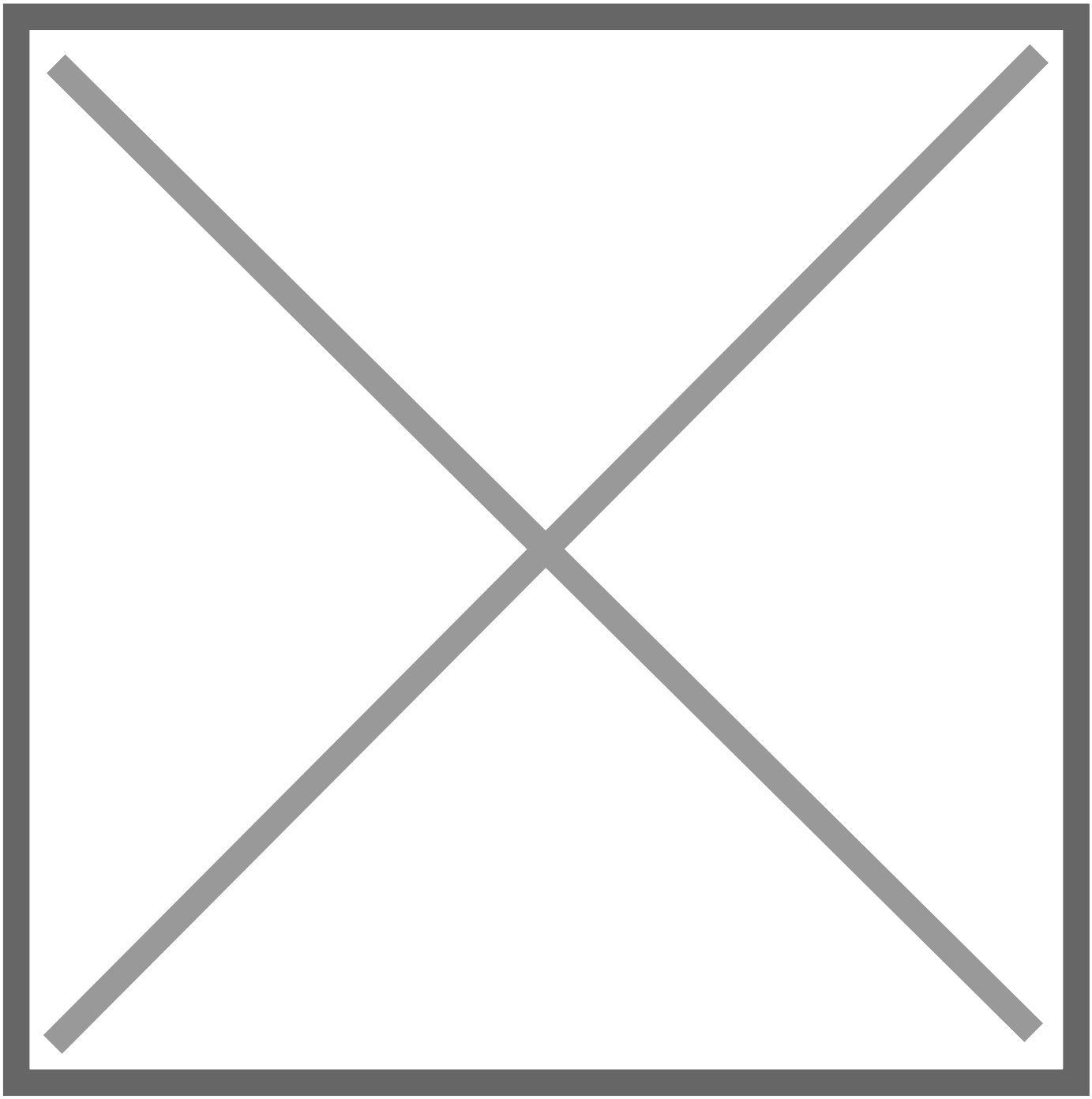
Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Boys, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
Definitions:	Estimated number living with anxiety disorders per 100,000 population (under 20 years of age)

Girls, 2023



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2023. Seattle, WA: IHME, University of Washington, 2025. Available from https://vizhub.healthdata.org/gbd-compare/ [Accessed 17.03.26]
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