



# Netherlands



## Country report card - children

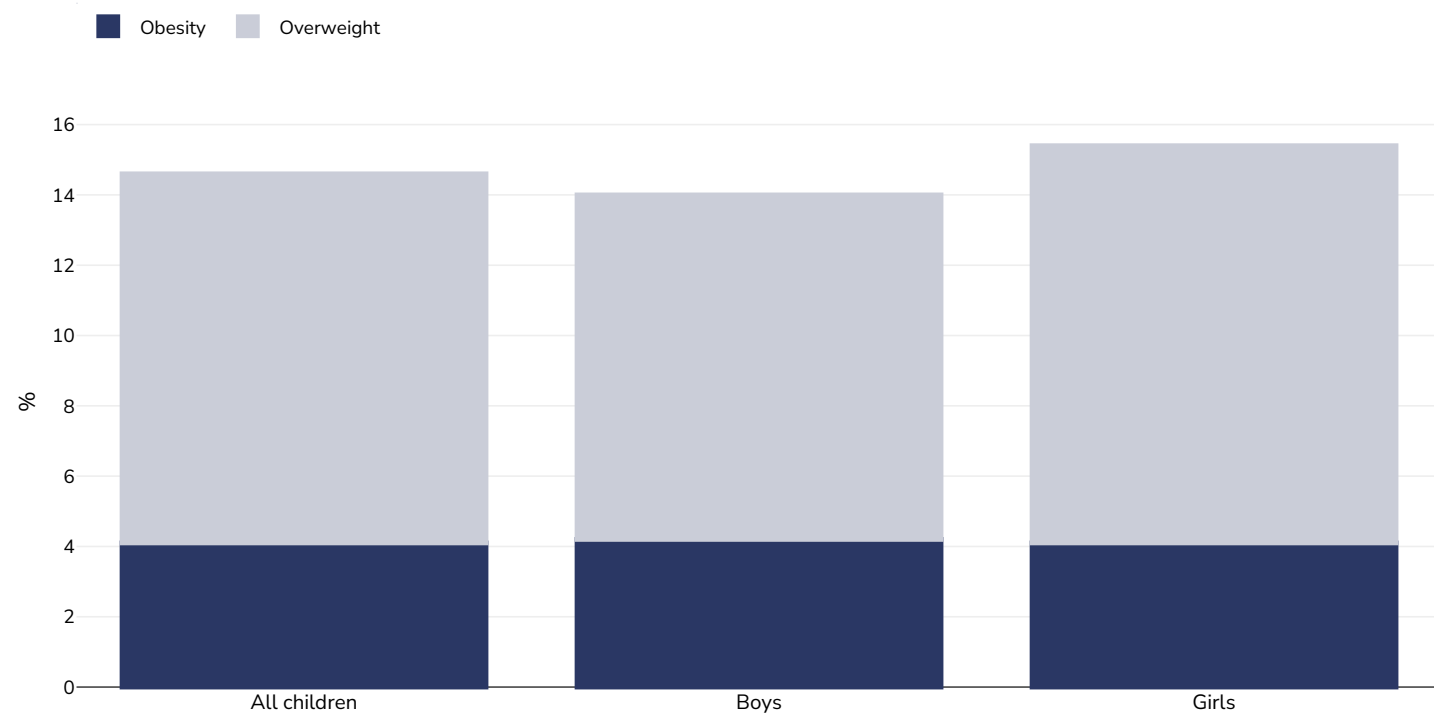
*This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for children, including adolescents (aged 5 to 18 years). Where available, data on common and relevant obesity drivers and comorbidities are also presented.*

*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

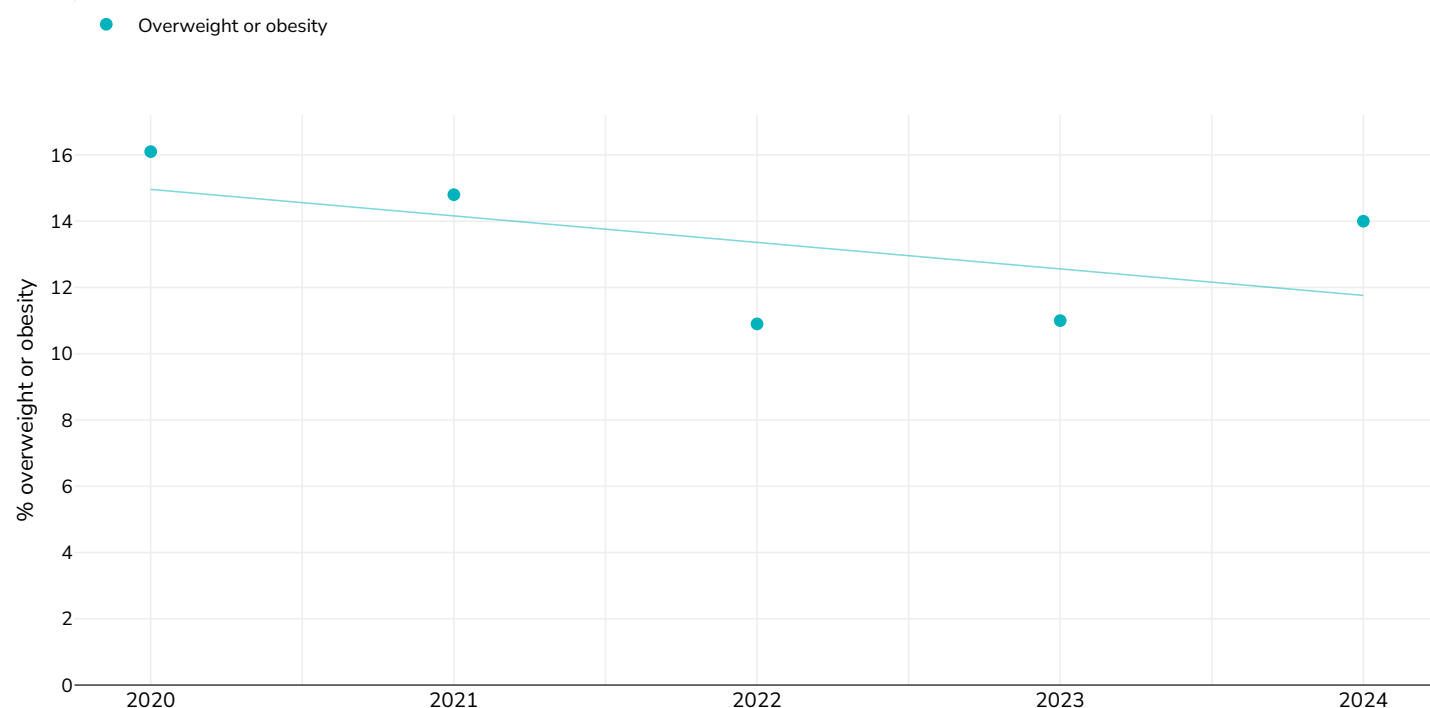
## Children, 2024



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

## % Children living with overweight or obesity in the Netherlands

### 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

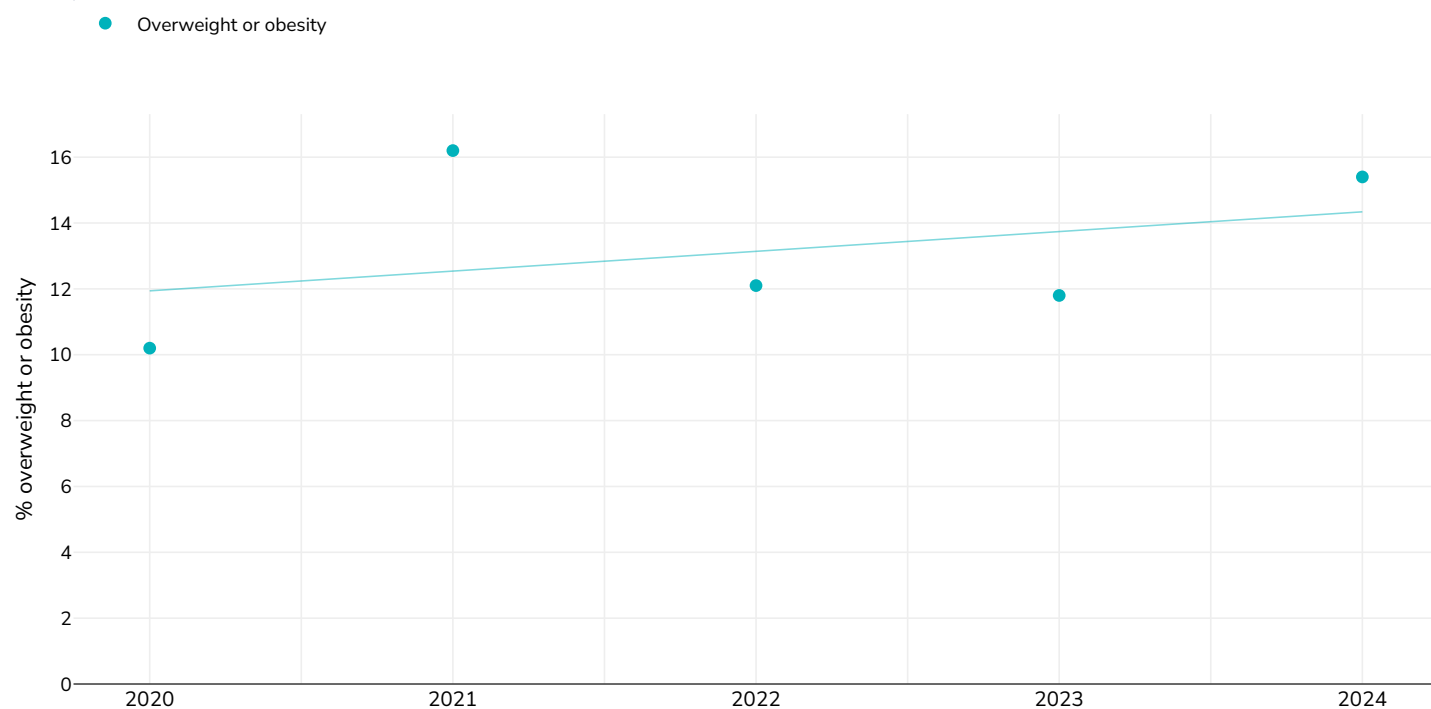
2023: Health Survey Netherlands (2023). Available at: <https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465>. Last accessed: 12.03.24

2024: Health Survey Netherlands (2024). <https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465>. [Accessed 17.07.25]

*Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.*

*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:

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

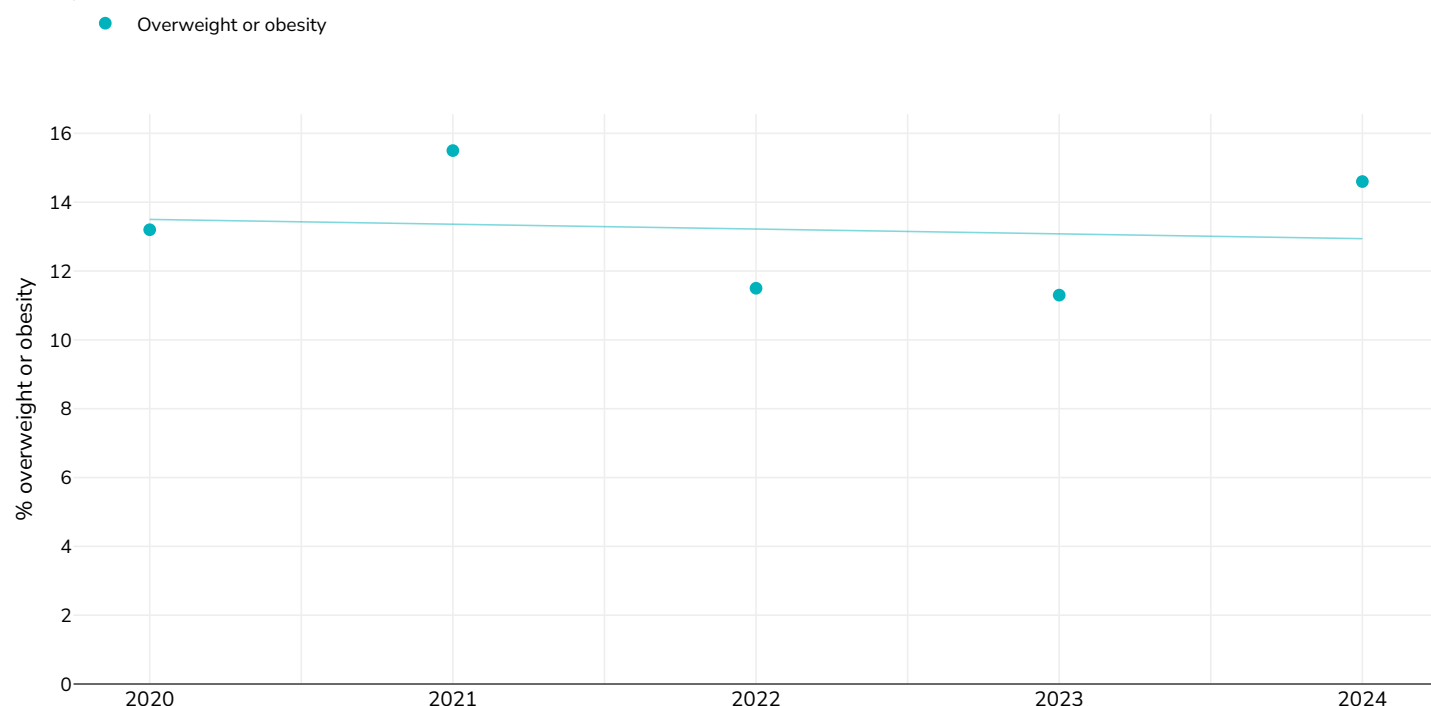
2023: Health Survey Netherlands (2023). Available at: <https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465>. Last accessed: 12.03.24

2024: Health Survey Netherlands (2024). <https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465>. [Accessed 17.07.25]

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

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 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

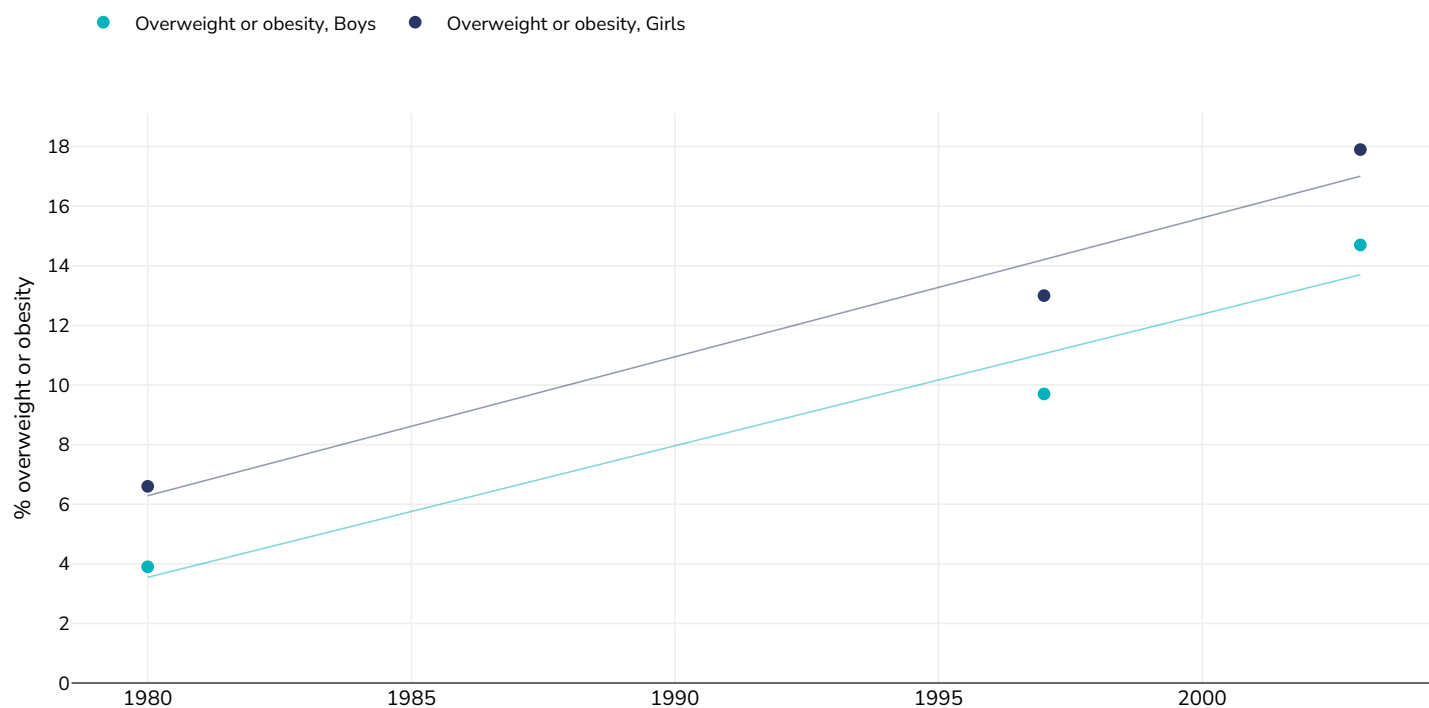
2023: Health Survey Netherlands (2023). Available at: <https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465>. Last accessed: 12.03.24

2024: Health Survey Netherlands (2024). <https://opendata.cbs.nl/statline/#/CBS/nl/dataset/81565NED/table?ts=1620225801465>. [Accessed 17.07.25]

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

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



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

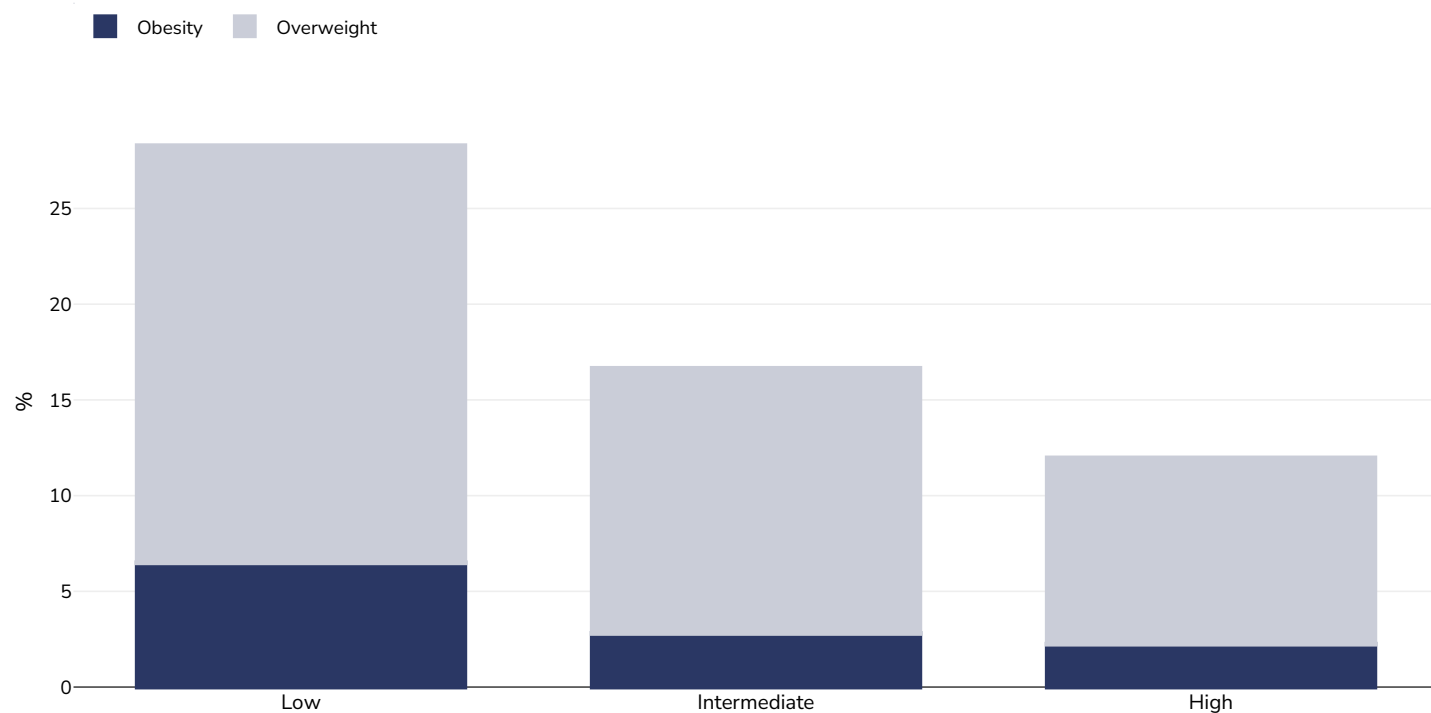
Definitions:

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

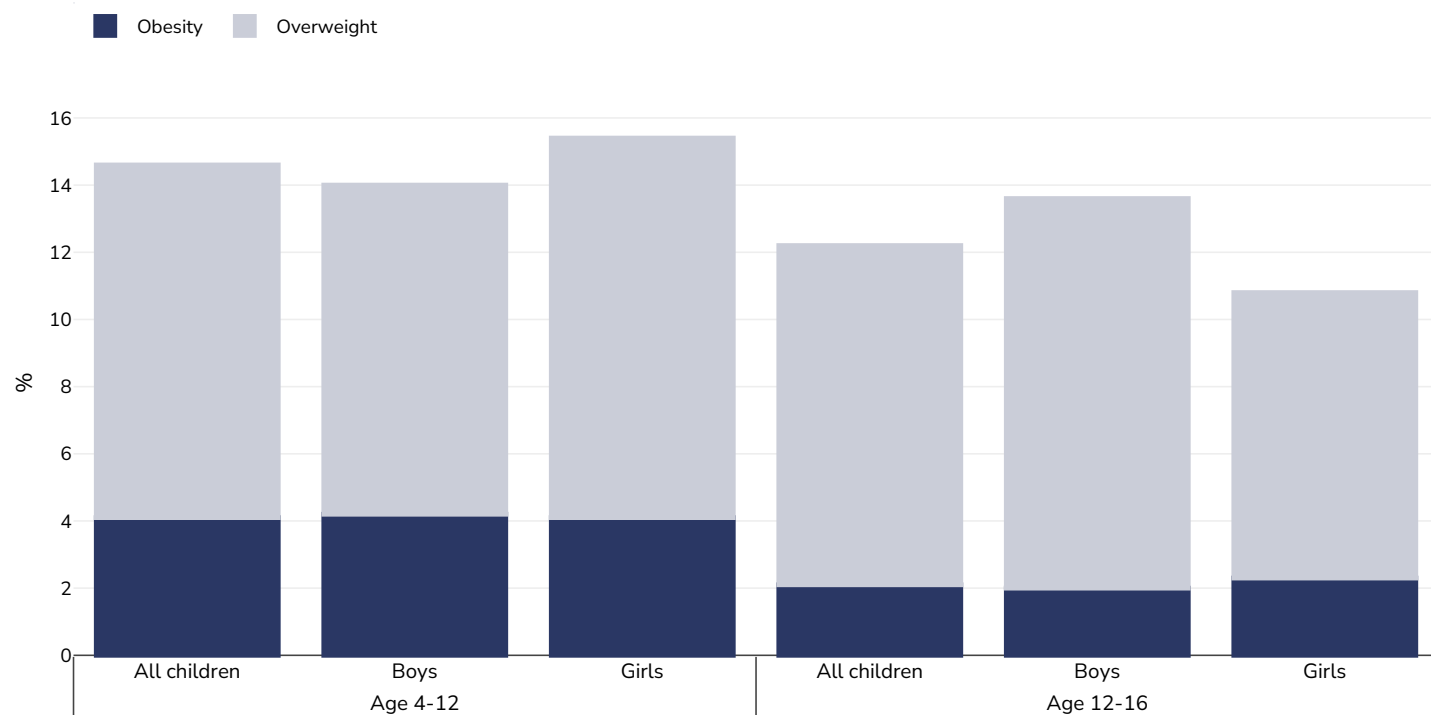


Survey type:	Self-reported
Age:	2-11
Area covered:	National
References:	Annual Report Youth Monitor 2022. Statistics Netherlands (CBS). <a href="https://www.cbs.nl/en-gb/news/2022/45/less-overweight-and-obesity-among-children-of-higher-educated-parents">https://www.cbs.nl/en-gb/news/2022/45/less-overweight-and-obesity-among-children-of-higher-educated-parents</a> [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

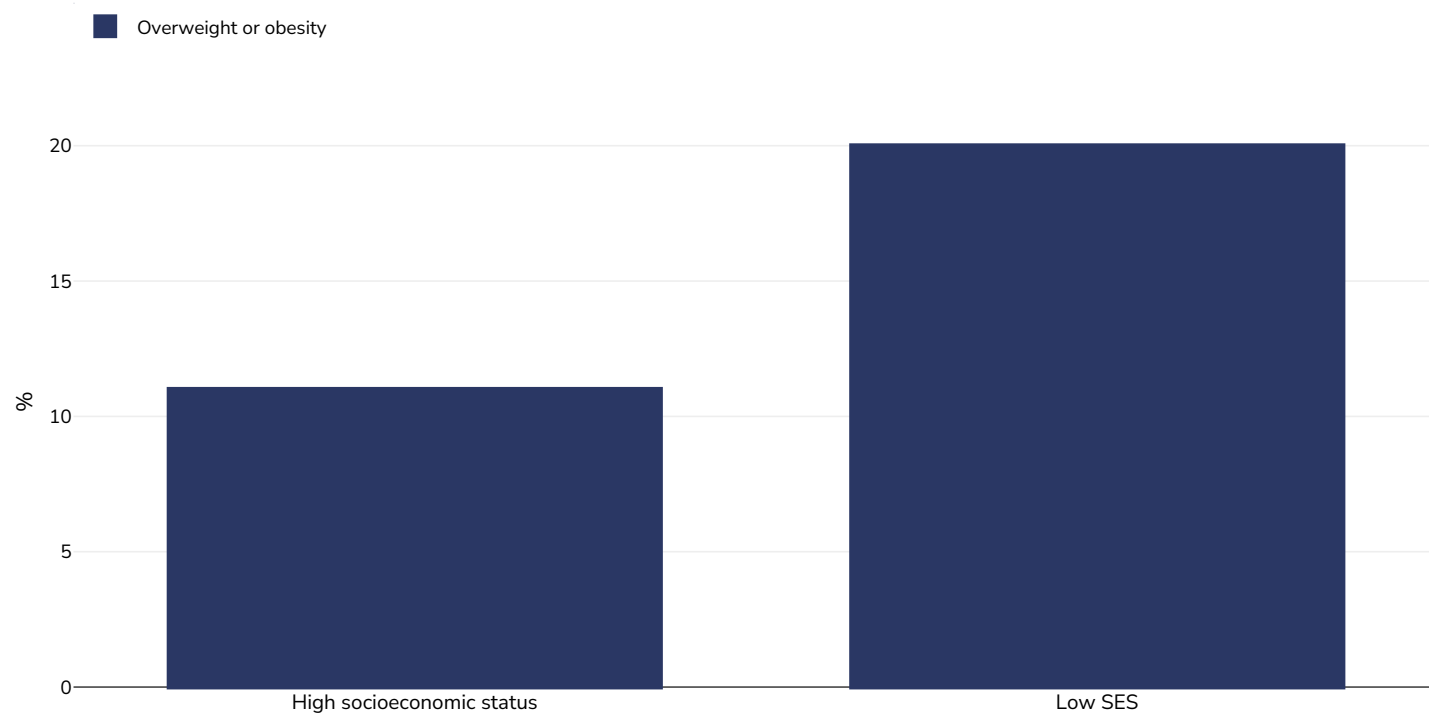
### Children, 2024



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

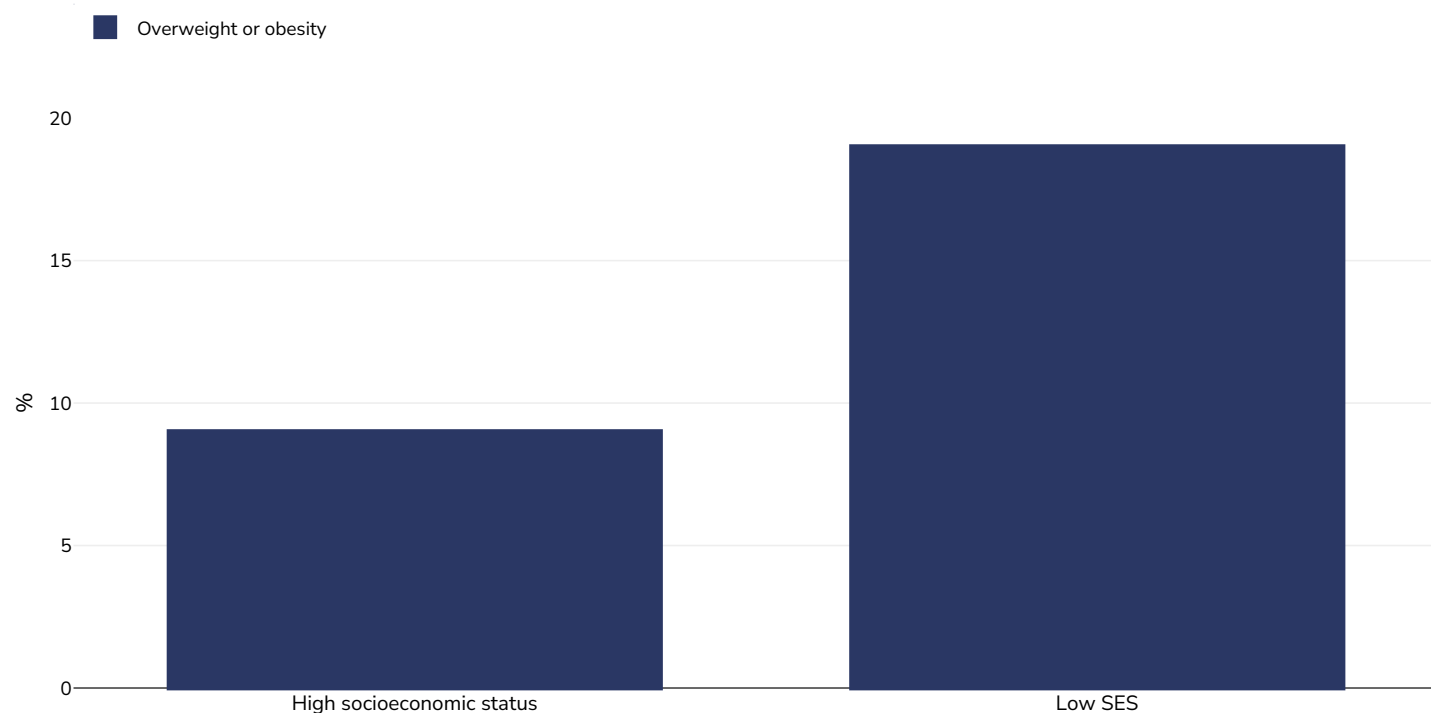
## Overweight/obesity by socio-economic group

### Boys, 2021-2022



Survey type:	Self-reported
Age:	11-15
References:	Rakić 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 scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

## Girls, 2021-2022

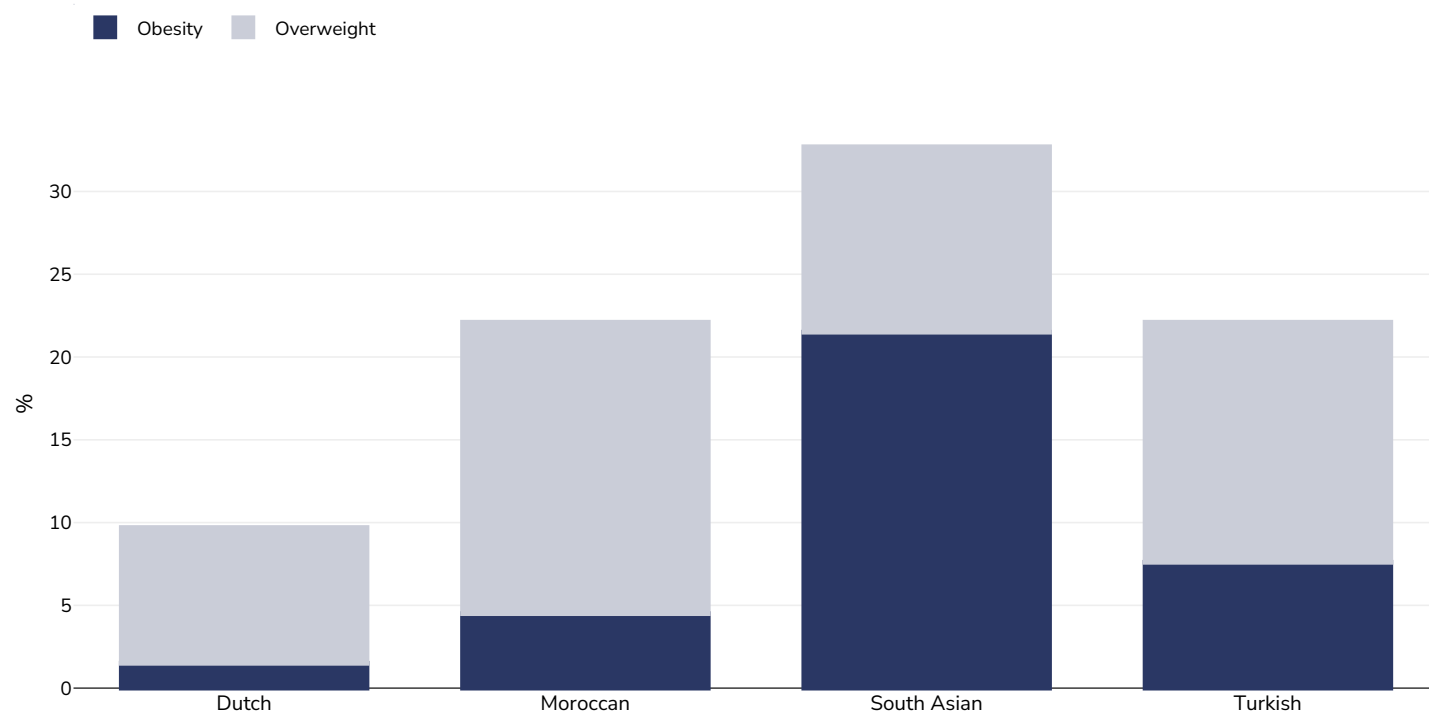


Survey type:	Self-reported
Age:	11-15
References:	Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international 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 scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

## 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.

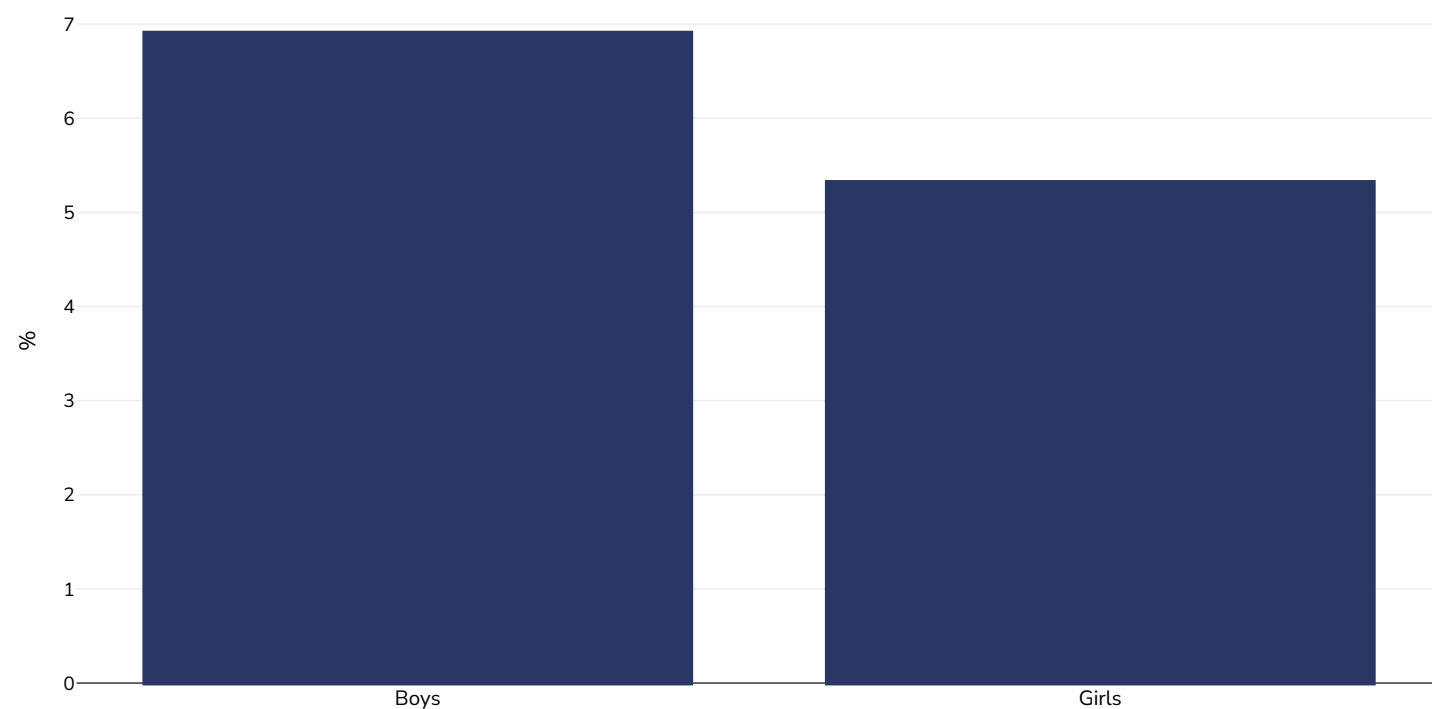
### Children, 2015



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*." <i>Obesity</i> , vol. 15, no. 2, Feb. 2007, pp. 483-483, 10.1038/oby.2007.561. Available at: <a href="https://academic.oup.com/eurpub/article/28/6/1023/5035077?login=true">https://academic.oup.com/eurpub/article/28/6/1023/5035077?login=true</a> . Accessed 6 May 2021.
Definitions:	Ethnic groups as defined by publication of origin.
Cutoffs:	IOTF

## Double burden of underweight & overweight

### 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. <a href="https://doi.org/10.1016/S0140-6736(23)02750-2">https://doi.org/10.1016/S0140-6736(23)02750-2</a> .
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, 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): <a href="https://data-browser.hbsc.org">https://data-browser.hbsc.org</a> .

**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, 2022



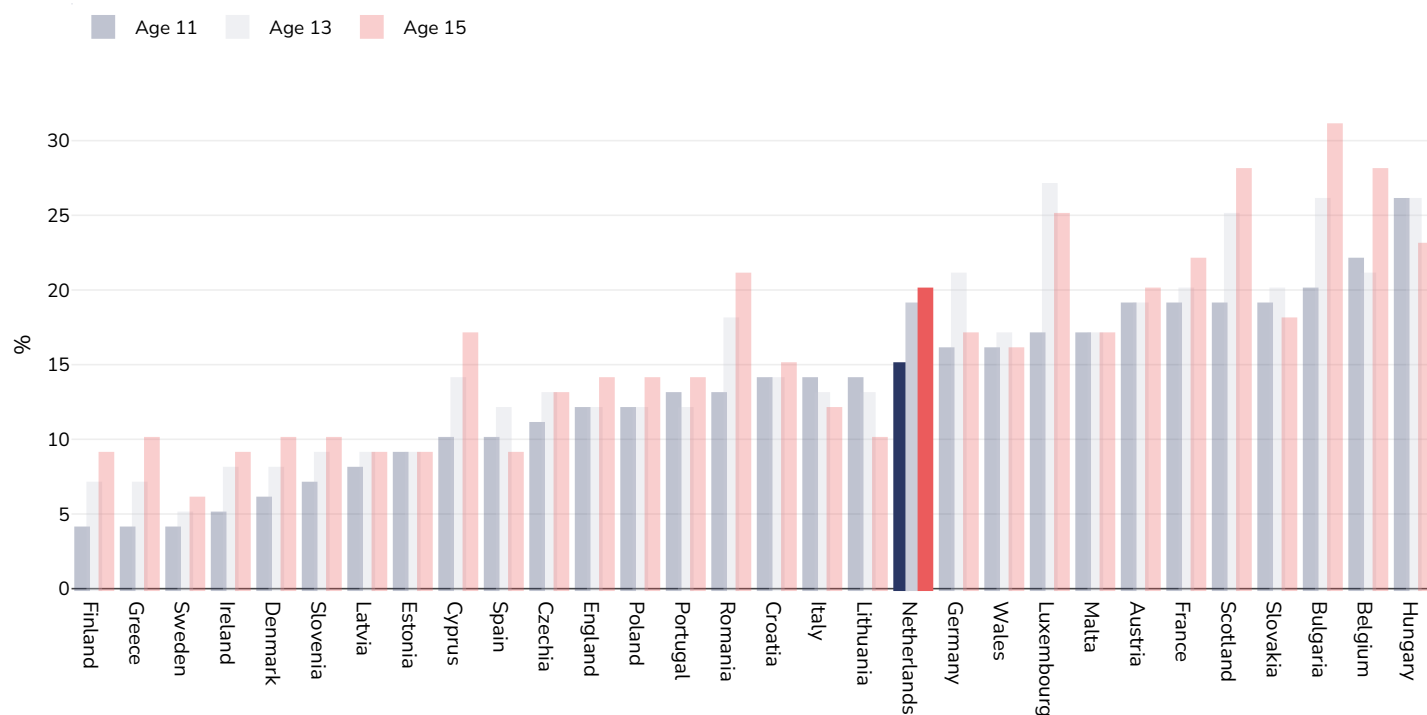
Survey type:	Self-reported
Area covered:	National
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international 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): <a href="https://data-browser.hbsc.org">https://data-browser.hbsc.org</a> .

**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

## Prevalence of at least daily carbonated soft drink consumption

### Boys, 2021-2022



Area covered:

National

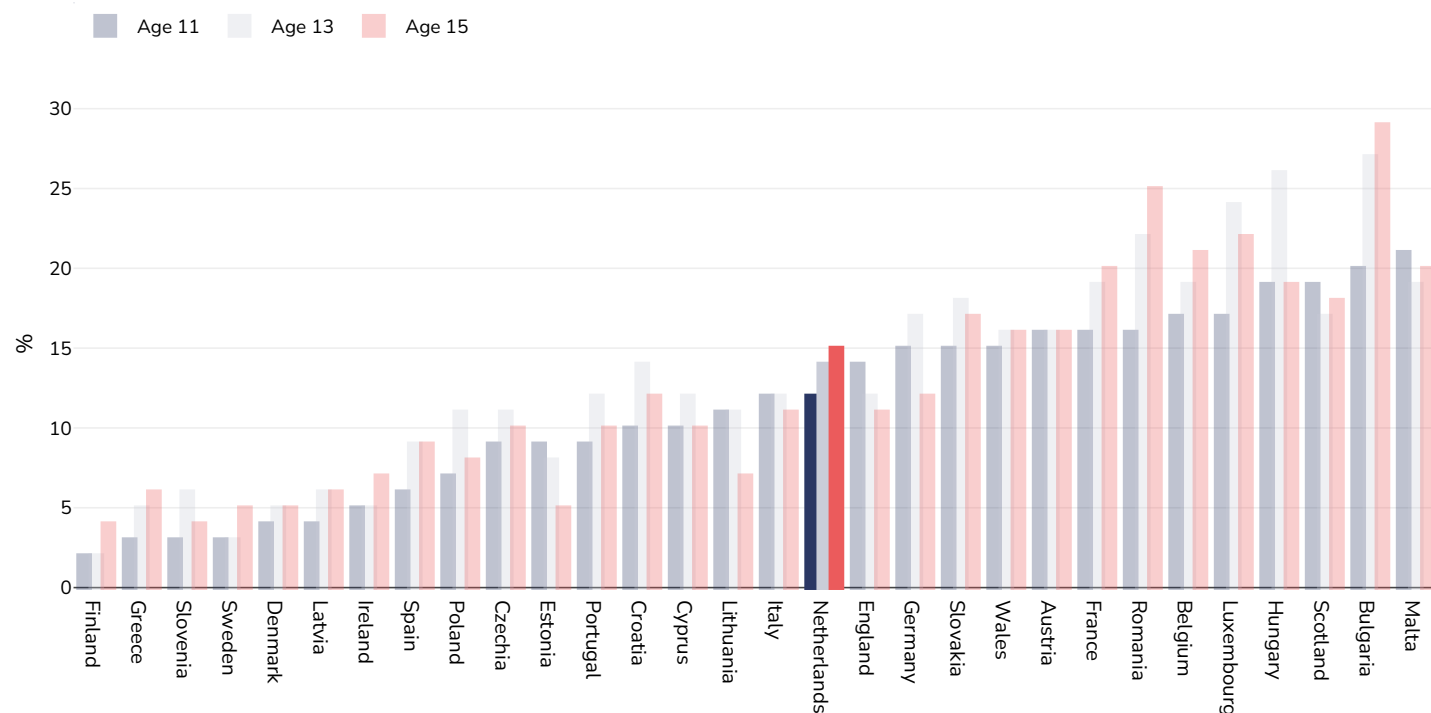
References:

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, 2021



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

## Boys, 2021



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

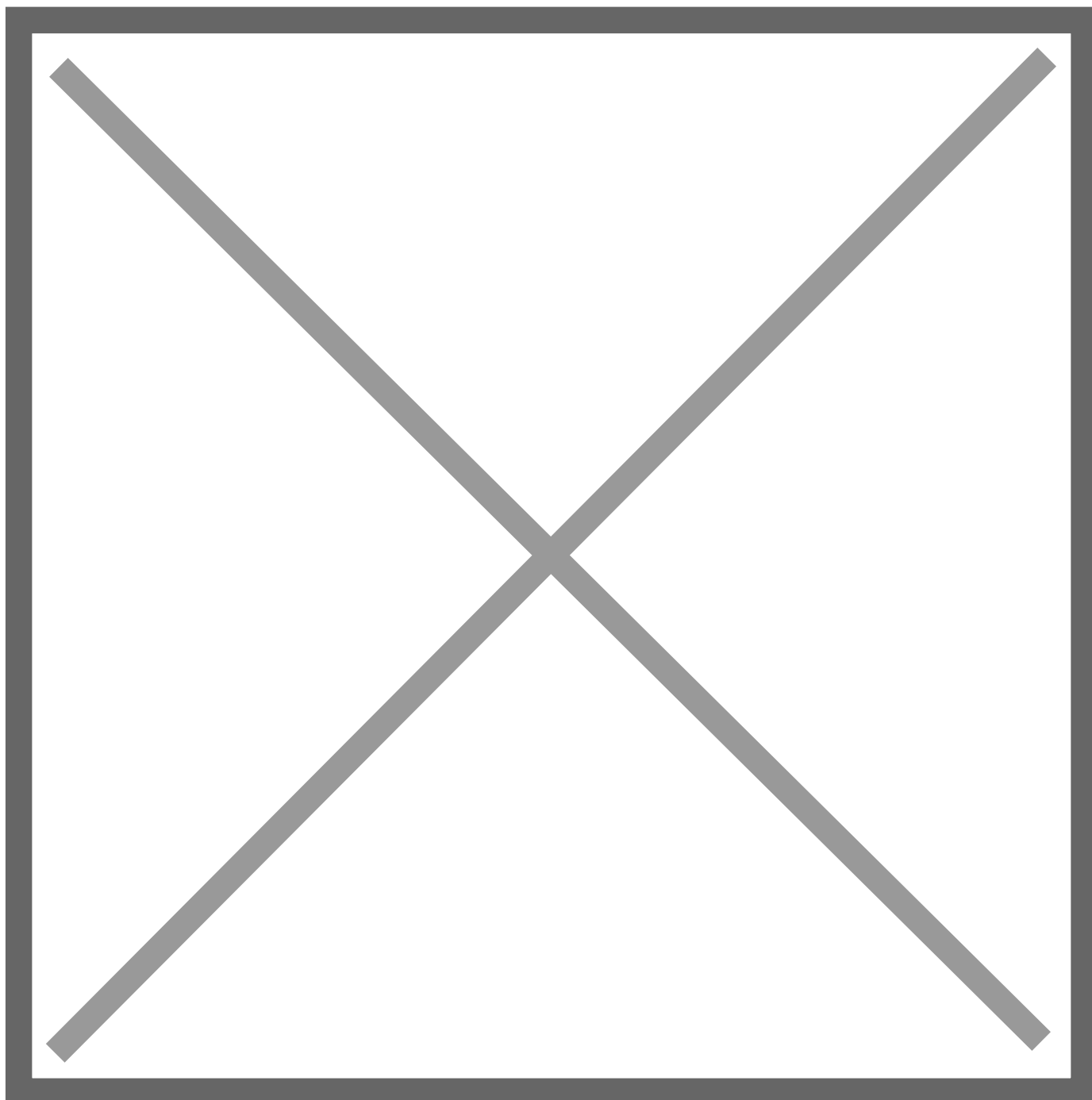
## Girls, 2021



Area covered:	National
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <a href="http://vizhub.healthdata.org/gbd-compare">http://vizhub.healthdata.org/gbd-compare</a> . (Last accessed 23.04.25)
Definitions:	Number living with depressive disorder per 100,000 population (Under 20 years of age)

## Mental health - anxiety disorders

Children, 2021

**References:**

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

## Boys, 2021



### References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)



## Girls, 2021



### References:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

PDF created on September 17, 2025