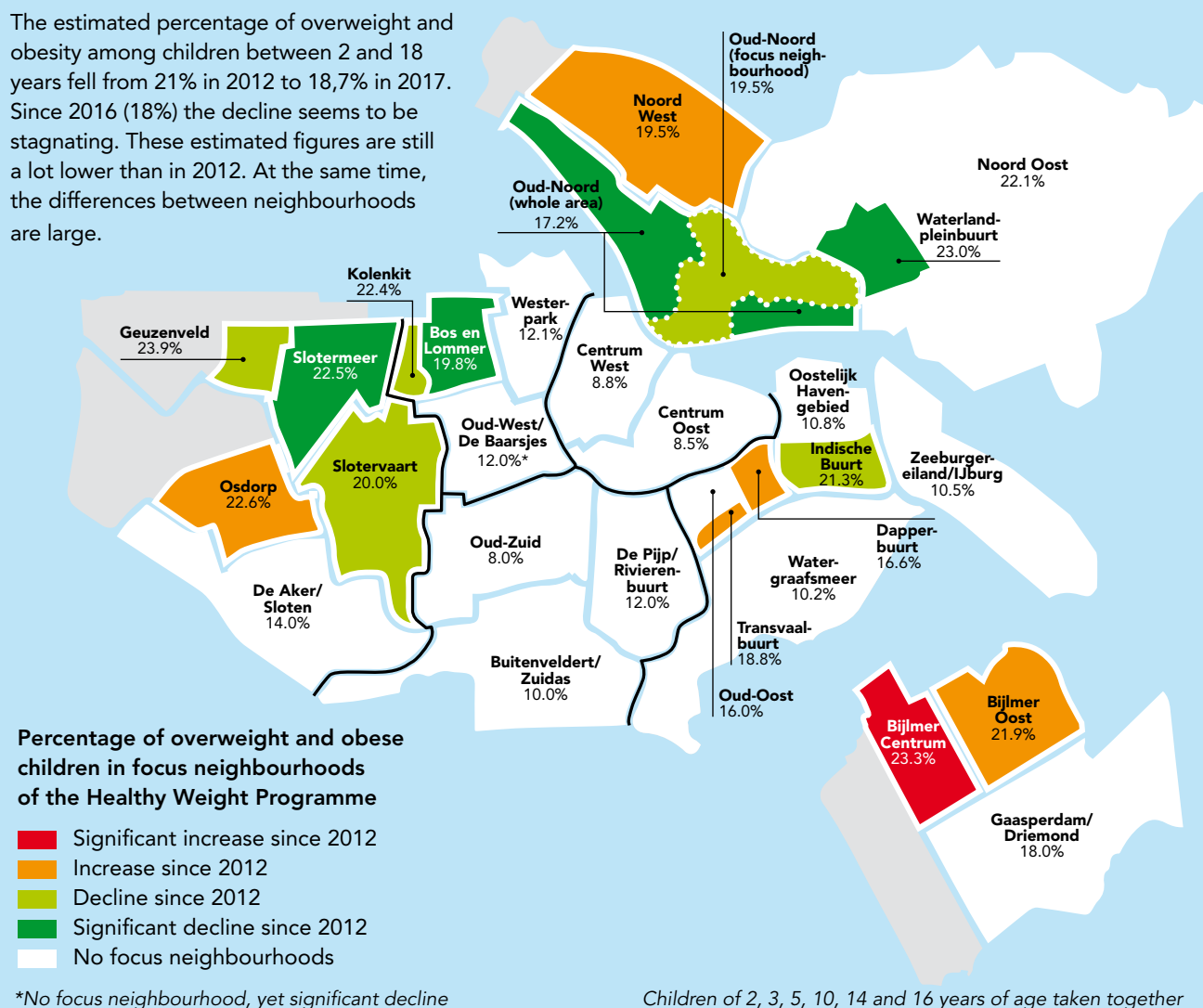




Weight and lifestyle of children in Amsterdam

The decline might be stagnating

The estimated percentage of overweight and obesity among children between 2 and 18 years fell from 21% in 2012 to 18,7% in 2017. Since 2016 (18%) the decline seems to be stagnating. These estimated figures are still a lot lower than in 2012. At the same time, the differences between neighbourhoods are large.



Preschool age
2 and 3 years olds



Elementary education
5 and 10 year olds



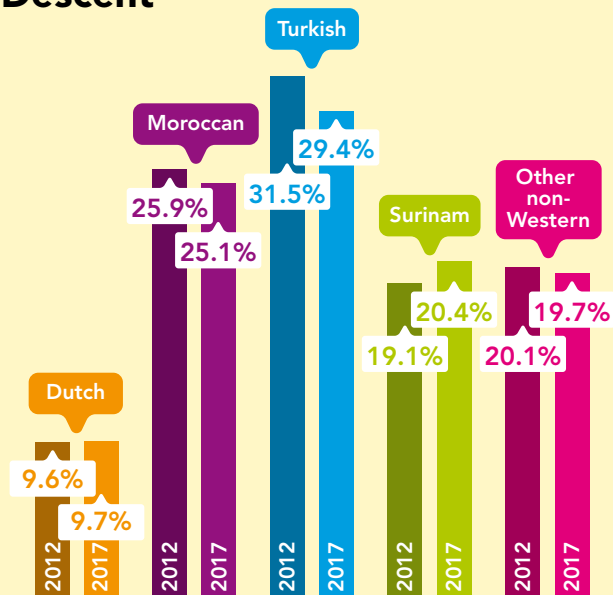
Secondary education
14 and 16 year olds

Age

We still see that overweight and obesity are more common among older children. The number of overweight and obese children in primary education has decreased since 2012. The decline might be stagnating here as well. For the first time since 2012 we see an increase among preschool children in 2017.

	Preschool age 2 and 3 years olds	Elementary education 5 and 10 year olds	Secondary education 14 and 16 year olds
2012	8.8%	20.3%	23.5%
2017	9.6%	16.7%	23.0%

Descent



In Amsterdam, most children are of Dutch, Moroccan and other non-Western descent. The percentage of overweight and obesity is highest among children of Turkish descent¹. The percentage did not change significantly between 2012 and 2017 for any group.

¹ If at least one of the parents is born abroad, then a child is of non-Dutch descent.

Lifestyle

What goes well?



Children and young people drink sugary drinks less often



Babies are breastfed for longer

What can be done better?



Young people in secondary education more often spend two hours or more a day on TV or computer outside school hours



Children and young people are not physically active. For example, only half of primary school pupils exercise at least one hour a day



28.1% of high school students have sleeping problems

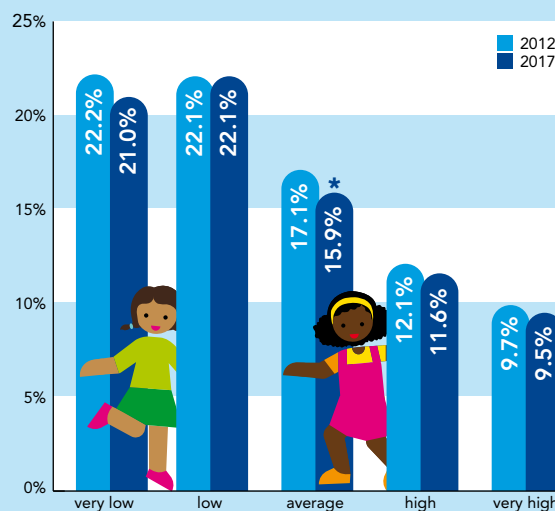
Numbers to city district

Center	8.7%
South	9.9%
East	13.1%
West	14.4%*
North	19.8%
New West	20.6%
Southeast	20.9%

*significant decrease

Socio-economic status (SES)

In families with higher educated parents, more household income and/or better jobs, there are generally fewer children who are overweight or obese. The percentage of overweight and obese has declined significantly among children with an average SES.



*significant decrease

About this factsheet:

- The figures in this factsheet are based on the Youth Health Care measurements. Children in Amsterdam are measured and weighed when they are 2, 3, 5 and 10 years old and in the second and fourth grade of secondary education. Due to a lower turnout among 14 and 16 year olds, there is some uncertainty in the measurements among teenagers.
- The Netherlands Institute for Social Research | SCP made a mistake (and subsequently corrected it) in the calculation of the socio-economic status (SES) of neighbourhoods in the Netherlands in previous years. In addition, this year also includes children in special education, among whom the overweight prevalence is higher. As a result, the data in this factsheet are not entirely comparable with those in earlier factsheets.

For more information, go to www.amsterdam.nl/healthyweightprogramme and www.ggdgezondheidinbeeld.nl