



# Press release

Statistics Netherlands

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## ***More overweight people and fewer smokers***

The new data by Statistics Netherlands on health and lifestyles shows that the number of overweight people increased again in 2000. Obesity occurs more often among less educated than among highly educated people. Heavy drinking has been stable for years. Smoking on the other hand is decreasing. Visits to a GP or specialist have stayed the same in the last ten years.

### ***More overweight people***

The number of overweight people is on the increase. Ten years ago one in five people over 20 was too heavy. In 2000 this was one in four. One out of ten people are seriously overweight, which is one and a half times more than 1991. Men are more often overweight than women. There are substantial differences according to education level. More than one in three people with primary education only is overweight. This number is twice the number of college or university graduates.

### ***Heavy drinking stable***

In the last decade the number of people over 16 drinking alcohol has increased from 79% in 1991 to 86% in 2000. One in eight people drink six glasses or more at least one day a week. There was no change in this figure over the last ten years. Heavy drinking is a lot more common among men than among women.

### ***Number of smokers decreasing***

Smoking is getting less common. In 2000 some 33% of all people over 16 smoked, against 38% a decade ago. The decrease was twice as high among men as among women. The number of smokers fell between 1991 and 2000, 8% among men, 4% among women. The higher the education level, the fewer smokers there are.

The number of heavy smokers also fell in the last decade. In 1991 some 13% of the population smoked 20 cigarettes a day or more, in 2000 this was down to 10%.

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### ***Little change in demand for medical care***

Three out of four people visited their GP at least once in 2000. Almost four in ten saw a specialist. These figures didn't change in the last decade. Women are more often searching curative care than men.

Visits to dentists increased from 72% in 1991 to 78% in 2000. Men visit the dentist less often than women do.

**Detailed information about trends in health, curative care and life-style can be found on Statline, at [www.cbs.nl](http://www.cbs.nl) as of June 28.**

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Table 1: Smoking and drinking

	1981	1986	1991	1995	1998	1999	2000
% of the population over 16							
Smokers	.	.	38	36	35	34	33
Drinkers	.	.	79	80	85	86	86

**Source:**  
**Statistics**  
**Netherlands**

Table 2: Overweight

	1981	1986	1991	1995	1998	1999	2000
% of the population over 20							
Overweight	17	17	19	20	23	24	25
Serious overweight	5	5	6	7	8	9	9

**Source:**  
**Statistics**  
**Netherlands**

Table 3: Demand of curative care

	1981	1986	1991	1995	1998	1999	2000
% of the population							
GP	69	73	76	75	76	76	76
Specialist	36	38	39	39	38	38	38
Dentist	61	68	72	75	78	77	78
Physiotherapy	7	11	14	14	15	16	16
Alternative medicine	4	5	6	6	6	7	6

**Source:**  
**Statistics**

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