Amsterdam children are getting healthier

12% fall in the total number of children who are overweight or obese

Declining trend
Between 2012 and 2015, the percentage of overweight children (aged 2 to 18) fell from 21% to 18.5%.

Number of overweight children fell by 12%.

Absolute decrease in the number of overweight children
-2,500
From more than 27,000 to 24,500.*

Despite an additional 5,000 children in Amsterdam since 2012.

Socio-economic status (SES)

There has been a decline in the percentage of overweight and obese children among those with a low or very low SES.
**Age**
There has been a slight decline in the percentage of overweight and obese children among those aged 2, 3, 5, 10, and 14.

**Origin**
In relative terms, the most overweight and obese children in Amsterdam are of Turkish ethnicity. As Dutch children form the largest group in Amsterdam, however, there are a large number of Dutch children who are overweight or obese.

**Lifestyle**
- More and more babies are being breastfed
- Primary school children are drinking sugary drinks less often
- Primary school children are getting more exercise

**Sex**
Girls tend to be overweight slightly more often than boys. The percentage of overweight and obese children has fallen among both boys and girls.