

Premature mortality from noncommunicable disease



[no target]

Harmful alcohol use



- By 2040, the number of pupils (12 to 16 years) who have drunk alcohol at some point in their lives has dropped from 45% to no more than 25%
- By 2040, the proportion of pupils who have drunk alcohol in the past month has dropped from 25% to 15%
- By 2040, the proportion of binge drinkers out of the number of pupils who have drunk in the past month has dropped from 71% to 45%
- By 2040, the percentage of Dutch people aged 18 years and over who drink to excess has dropped from 8.8% to 5%, with particular attention being paid to the proportion of drinkers over the age of 50 years.
- By 2040, the total number of Dutch people aged 18 years and over who drink heavily has dropped from 8.5% to 5%, with particular attention being paid to the proportion of heavy drinkers among those between the ages of 18 and 30 years.

Physical inactivity



- By 2040, 75% of the residents of the Netherlands exercise (including intensive exercise) according to the Dutch Exercise Guidelines, as against 47% in 2017.

Sodium intake



[no target]

Tobacco use



- By 2020, the proportion of adults - those older than 18 years - who smoke will be less than 20%
- By 2020, the number of young people who start smoking will have halved (now 75 per day, in 2020, less than 40)

Raised blood pressure



[no target]

Diabetes and obesity



[no target]

- Reduce the percentage of overweight young people from 13.5% to 9.1% or less in 2040
- Reduce the percentage of obese young people from 2.8% to 2.3% or less in 2040
- Reduce the percentage of overweight adults from 48.7% to 38% or less in 2040
- Reduce the percentage of obese adults from 14.5% to 7.1% or less in 2040

Drug therapy to prevent heart attacks and strokes



[no target]

Essential noncommunicable disease medicines and basic technologies to treat major noncommunicable diseases



[no target]