



## Facts about Netherlands

<b>Capital:</b>	Amsterdam
<b>Official language:</b>	Dutch
<b>Ethnic groups:</b>	Dutch 81%, EU 5% Indonesian 2% Turkish 2% Surinamese 2% Moroccan 2% Dutch Caribbean 1%, Other 5%
<b>Government:</b>	Parliamentary democracy under a constitutional monarchy
<b>Area:</b>	41 848 km <sup>2</sup>
<b>Population (2011):</b>	16 668 600
<b>EU accession:</b>	25 March 1957

## HES in Netherlands

Health examination survey have been conducted since 1987. The last HES was in 1999-2001, Risk and Health in the Netherlands, a Survey by Municipal Public Services.

The target population for the NL de Maat 2010 was the general population aged 30-70 living in the Netherlands. The sample size was 15 000 persons.

The survey was carried out in specifically established examination sites across the Netherlands. The fieldwork lasted 10 to 12 weeks in each location, and was carried out by a locally hired staff.

The survey was organized by the National Institute for Public Health and the Environment (RIVM) in collaboration with the Julius Center for Health Sciences and Primary Care (Julius Centre) and Julius Clinical Research (JCR).

In addition to the EHES core measurements, Hb1Ac and DNA will be analysed from the blood samples. The questionnaires included several additional items, e.g. physical activity and nutrition.

All participants received the invitation by mail and a reply card (with questions on willingness to participate, preferred visit times/days, contact information, and a few questions for those who are not willing to participate). Participants could also reply by internet with a special login code. If a participant did not return the reply-card in two weeks, the outsourced company made a home visit. In case of refusing, at least some "non-response" questions, height and weight were asked/measured at home.

An incentive of 50€ was hoped to raise the participation rate from earlier surveys.

The timing of next full-size HES is open due to lack of funding.



Blood samples of one participant



Snack offered to the participants

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