

Introduction pilot results The Netherlands

All results by **age** and sex are for the age categories 35-44, 45-54 and 55-64 years, because we don't have results the age category 25-34 years (there are measurements for the age category 30-70 years). Therefore we don't have age standardized results for the age category 25-64 years.

Results by **education** and sex are for all respondents of 30-70 years, age standardized to the Dutch population in 2010.

Results are only presented for available variables.

RESPONSE RATES

Age (years)	men			women			total		
	invited	measured	response rate (%)	invited	measured	response rate (%)	invited	measured	response rate (%)
30-39	1294	294	22.7	1306	378	28.9	2600	672	25.8
40-49	1334	413	31.0	1303	524	40.2	2637	937	35.5
50-59	1310	511	39.0	1312	550	41.9	2622	1061	40.5
60-70	1396	588	42.1	1408	607	43.1	2804	1195	42.6
30-70	5334	1806	33.9	5329	2059	38.6	10663	3865	36.2

BLOOD PRESSURE

By age and sex

Mean systolic bloodpressure (mmHg) by age and sex

Age (years)	Men			Women		
	N	mean	sd ^a	N	mean	sd ^a
35-44	327	130	13	437	117	13
45-54	454	132	15	557	123	15
55-64	629	140	18	651	133	19

^a standard deviation

Mean diastolic bloodpressure (mmHg) by age and sex

Age (years)	Men			Women		
	N	mean	sd ^a	N	mean	sd ^a
35-44	326	78	9	437	74	10
45-54	454	82	10	557	77	10
55-64	629	83	10	651	79	10

^a standard deviation

Hypertension^a (%) by age and sex

Age (years)	Men		Women	
	N	Hypertension (%)	N	Hypertension (%)
35-44	326	23.0	437	8.5
45-54	454	33.7	557	24.8
55-64	629	57.1	651	43.6

^a systolic bloodpressure \geq 140 mmHg and/or diastolic bloodpressure \geq 90 mmHg and/or use of anti-hypertensive medication

Self-reported hypertension^a (%) by age and sex

Age (years)	Men		Women	
	N	Self-reported hypertension (%)	N	Self-reported hypertension (%)
35-44	325	11.7	433	20.3
45-54	450	17.8	557	27.6
55-64	627	34.8	646	41.6

^a reported in questionnaire: diagnosed by a medical doctor

Prevalence of anti-hypertensive drug treatment^a (%) in the population by age and sex

Age (years)	Men		Women	
	N	drug treatment (%)	N	drug treatment (%)
35-44	315	3.5	417	2.2
45-54	437	7.1	531	11.1
55-64	615	22.0	619	23.3

^a reported in questionnaire

Prevalence of anti-hypertensive drug treatment^a (%) among actual and potential hypertensives^b by age and sex

Age (years)	Men		Women	
	N	drug treatment (%)	N	drug treatment (%)
35-44	71	15.5	34	26.5
45-54	146	21.2	129	45.7
55-64	351	38.5	266	53.8

^a reported in questionnaire

^b systolic bloodpressure \geq 140 mmHg and/or diastolic bloodpressure \geq 90 mmHg and/or use of anti-hypertensive medication

Effectiveness of anti-hypertensive drug treatment^a (%) by age and sex

Age (years)	Men		Women	
	N	Effectiveness (%)	N	Effectiveness (%)
35-44	11	36.4	9	66.7
45-54	31	35.5	59	61.0
55-64	135	38.5	143	49.7

^a systolic bloodpressure $<$ 140 and diastolic bloodpressure $<$ 90 among men and women taking medication (self-reported)

By education and sex (age 30-70 years)

Mean systolic blood pressure (mmHg) by education and sex (30-70 years)

Education	Men		Women	
	N	mean	N	mean
low	641	134	772	126
middle	483	135	547	124
high	633	133	658	123

^a age standardized

Mean diastolic blood pressure (mmHg) by education and sex (30-70 years)

Education	Men		Women	
	N	mean	N	Mean
low	641	80	772	77
middle	483	81	547	76
high	632	80	658	76

^a age standardized

Hypertension^a (%) by education and sex^b (30-70 years)

Education	Men		Women	
	N	Hypertension ^a (%)	N	Hypertension ^a (%)
low	641	38.6	772	29.7
middle	483	39.1	547	26.8
high	632	35.3	658	22.1

^a systolic bloodpressure \geq 140 mmHg and/or diastolic bloodpressure \geq 90 mmHg and/or use of anti-hypertensive medication

^b age standardized

Self-reported hypertension^a (%) by education and sex^b (30-70 years)

Education	Men		Women	
	N	Self-reported hypertension (%)	N	Self-reported hypertension (%)
low	640	23.4	772	35.3
middle	486	19.7	546	32.3
high	635	20.4	658	23.5

^a reported in questionnaire: diagnosed by a medical doctor

^b age standardized

Prevalence of anti-hypertensive drug treatment^a (%) in the population by education and sex^b (30-70 years)

Education	Men		Women	
	N	drug treatment (%)	N	drug treatment (%)
low	618	12.4	735	14.2
middle	469	12.5	526	12.8
high	623	9.0	637	9.5

^a reported in questionnaire

^b age standardized

Prevalence of anti-hypertensive drug treatment^a (%) among actual and potential hypertensives^b by education and sex^c (30-70 years)

Education	Men		Women	
	N	drug treatment (%)	N	drug treatment (%)
low	295	27.4	299	42.3
middle	203	25.5	134	44.8
high	230	20.4	134	33.9

^a reported in questionnaire

^b systolic bloodpressure \geq 140 mmHg and/or diastolic bloodpressure \geq 90 mmHg and/or use of anti-hypertensive medication

^c age standardized

Effectiveness of anti-hypertensive drug treatment^a (%) by education and sex^b (30-70 years)

Education	Men		Women	
	N	Effectiveness (%)	N	Effectiveness (%)
low	113	38.4	150	69.2
middle	70	55.4	66	64.1
high	63	47.1	58	64.1

^a systolic bloodpressure $<$ 140 and diastolic bloodpressure $<$ 90 among men and women taking medication (self-reported)

^b age standardized

LIPIDS

By age and sex

Mean serum total cholesterol (mmol/l), elevated serum total cholesterol^a (%) and actual or potential elevated serum total cholesterol^b (%) by age and sex

Age (years)	N	mean.	sd ^c	% ≥ 5.0 mmol/l	% ≥ 5.0 mmol/l and/or medication
Men					
35-44	326	5.37	1.03	63.8	64.4
45-54	452	5.51	0.99	72.6	76.1
55-64	620	5.56	1.09	68.6	82.1
Women					
35-44	410	4.95	0.88	44.2	44.4
45-54	545	5.50	0.94	70.3	73.0
55-64	637	6.01	1.09	84.8	90.3

^a total cholesterol ≥ 5.0 mmol/l

^b total cholesterol ≥ 5.0 mmol/l and/or use of lipid lowering medication

^c standard deviation

Mean serum HDL-cholesterol (mmol/l) by age and sex

Age (years)	Men			Women		
	N	mean.	sd ^a	N	mean.	sd ^a
35-44	326	1.14	0.25	410	1.43	0.31
45-54	452	1.21	0.28	545	1.53	0.34
55-64	620	1.25	0.29	637	1.58	0.38

^a standard deviation

Self-reported elevated blood cholesterol^a (%) by age and sex

Age (years)	Men		Women	
	N	Self-reported elevated blood cholesterol (%)	N	Self-reported elevated blood cholesterol (%)
35-44	324	9.6	433	6.0
45-54	447	15.9	552	12.5
55-64	624	32.5	647	28.1

^a reported in questionnaire: diagnosed by a medical doctor

Prevalence of lipid lowering drug treatment^a (%) in the population by age and sex

Age (years)	Men		Women	
	N	drug treatment (%)	N	drug treatment (%)
35-44	302	1.7	400	1.0
45-54	430	6.7	504	5.0
55-64	589	21.1	607	12.2

^a reported in questionnaire

Prevalence of lipid lowering drug treatment^a (%) among those with elevated total cholesterol^b by age and sex

Age (years)	Men		Women	
	N	drug treatment (%)	N	drug treatment (%)
35-44	189	1.6	166	1.8
45-54	311	4.5	348	2.9
55-64	390	10.8	501	7.6

^a reported in questionnaire

^b total cholesterol \geq 5.0 mmol/l

Effectiveness of cholesterol treatment^a (%) by age and sex

Age (years)	Men		Women	
	N	Effectiveness (%)	N	Effectiveness (%)
35-44	5	40.0	4	25.0
45-54	29	51.7	25	60.0
55-64	120	65.0	71	46.5

^a serum total cholesterol < 5.0 mmol/l among men and women taking medication

By education and sex (age 30-70 years)

Mean serum total cholesterol (mmol/l), elevated serum total cholesterol (%)^a and actual or potential elevated serum total cholesterol^b (%) by education and sex^c (30-70 years)

Education	N	mean	% ≥ 5.0 mmol/l	% ≥ 5.0 mmol/l and/or medication
Men				
low	630	5.45	65.7	74.1
middle	480	5.33	62.1	67.2
high	628	5.46	67.7	73.4
Women				
low	749	5.48	67.5	70.6
middle	527	5.42	61.1	65.0
high	635	5.41	61.7	63.7

^a total cholesterol ≥ 5.0 mmol/l

^b total cholesterol ≥ 5.0 mmol/l and/or use of lipid lowering medication

^c age standardized

Mean serum HDL-cholesterol (mmol/l) by education and sex^a (30-70 years)

Education	Men		Women	
	N	mean	N	mean.
low	630	1.19	749	1.47
middle	480	1.18	527	1.49
high	628	1.23	635	1.55

^a age standardized

Self-reported elevated blood cholesterol^a (%) by education and sex^b (30-70 years)

Education	Men		Women	
	N	Self-reported elevated blood cholesterol (%)	N	Self-reported elevated blood cholesterol (%)
low	639	20.8	771	16.6
middle	483	17.3	545	15.5
high	632	17.7	657	12.2

^a reported in questionnaire: diagnosed by a medical doctor

^b age standardized

Prevalence of lipid lowering drug treatment^a (%) in the population by education and sex^b (30-70 years)

Education	Men		Women	
	N	drug treatment (%)	N	drug treatment (%)
low	602	12.4	711	8.0
middle	449	9.4	510	6.4
high	607	8.6	616	2.9

^a reported in questionnaire

^b age standardized

Prevalence of lipid lowering drug treatment^a (%) among those with elevated total cholesterol^b by education and sex^c (30-70 years)

Education	Men		Women	
	N	drug treatment (%)	N	drug treatment (%)
low	395	6.2	530	6.2
middle	280	6.9	304	3.7
high	405	4.0	365	1.2

^a reported in questionnaire

^b total cholesterol \geq 5.0 mmol/l

^c age standardized

Effectiveness of cholesterol treatment^a (%) by education and sex^b (30-70 years)

NB. Possibly not reliable because of small numbers

Education	Men		Women	
	N	Effectiveness (%)	N	Effectiveness (%)
low	105	60.8	83	34.0
middle	50	44.6	32	55.3
high	56	41.1	17	48.5

^a serum total cholesterol < 5.0 mmol/l among men and women taking medication

^b age standardized

GLUCOSE

By age and sex

Mean fasting plasma glucose (mmol/l) by age and sex

Age (years)	Men			Women		
	N	mean	sd ^a	N	mean	sd ^a
35-44	244	5.56	1.41	328	5.07	0.46
45-54	362	5.62	0.65	439	5.29	0.64
55-64	474	5.90	0.96	523	5.57	0.74

^a standard deviation

Mean glycated haemoglobin (HbA1c) (%) by age and sex

Age (years)	Men			Women		
	N	mean	sd ^a	N	mean	sd ^a
35-44	324	5.4	0.5	402	5.3	0.3
45-54	445	5.5	0.4	538	5.5	0.4
55-64	615	5.7	0.6	627	5.6	0.4

^a standard deviation

Self-reported diabetes^a (%) by age and sex

Age (years)	Men		Women	
	N	Self-reported diabetes (%)	N	Self-reported diabetes (%)
35-44	324	1.5	430	1.2
45-54	448	2.2	553	3.6
55-64	619	8.4	645	5.1

^a reported in questionnaire

Actual or potential diabetes^a (%) by age and sex

Age (years)	Men		Women	
	N	Diabetes (%)	N	Diabetes (%)
35-44	325	2.2	408	1.0
45-54	449	3.6	543	3.3
55-64	620	11.1	634	6.6

^a fasting plasma glucose ≥ 7 mmol/l or HbA1c $\geq 6.5\%$ or taking medication for diabetes (self-reported)

Prevalence of diabetes treatment^a (%) in the population by age and sex

Age (years)	Men		Women	
	N	diabetes treatment (%)	N	diabetes treatment (%)
35-44	328	0.9	435	0.2
45-54	453	1.8	556	2.3
55-64	629	7.3	650	3.1

^a reported in questionnaire

Prevalence of diabetes treatment^a (%) among actual and potential diabetics^b by age and sex

Age (years)	Men		Women	
	N	drug treatment (%)	N	drug treatment (%)
35-44	7	42.9	4	25.0
45-54	16	50.0	18	72.2
55-64	69	66.7	41	48.8

^a reported in questionnaire

^b fasting plasma glucose ≥ 7 mmol/l or HbA1c $\geq 6.5\%$ or taking medication for diabetes (self-reported)

Effectiveness of diabetes treatment^a (%) by age and sex

Age (years)	Men		Women	
	N	Effectiveness (%)	N	Effectiveness (%)
35-44	3	0	1	100
45-54	8	25.0	13	53.9
55-64	45	46.7	18	50.0

^a blood glucose < 6 mmol/l or HbA1c $< 6.5\%$ among men and women taking diabetes medication

By education and sex (age 30-70 years)

Mean fasting glucose (mmol/l) by education and sex^a (30-70 years)

Education	Men		Women	
	N	mean	N	mean
low	493	5.81	615	5.33
middle	384	5.66	423	5.30
high	474	5.58	504	5.27

^a age standardized

Mean HbA1c (%) by education and sex^a (30-70 years)

Education	Men		Women	
	N	mean	N	mean
low	627	5.6	734	5.5
middle	479	5.5	521	5.5
high	617	5.5	628	5.5

^a age standardized

Self-reported diabetes^a (%) by education and sex^b (30-70 years)

Education	Men		Women	
	N	Self-reported diabetes (%)	N	Self-reported diabetes (%)
low	627	5.8	767	4.0
middle	482	3.5	544	3.9
high	632	3.7	657	2.8

^a reported in questionnaire: diagnosed by a medical doctor

^b age standardized

Actual or potential diabetes^a (%) by education and sex^b (30-70 years)

Education	Men		Women	
	N	Diabetes (%)	N	Diabetes (%)
low	632	7.2	745	4.9
middle	480	5.6	525	3.5
high	624	4.7	634	3.4

^a fasting plasma glucose ≥ 7 mmol/l or HbA1c $\geq 6.5\%$ or taking medication for diabetes (self-reported)

^b age standardized

Prevalence of diabetes treatment^a (%) in the population by education and sex^b (30-70 years)

Education	Men		Women	
	N	diabetes treatment (%)	N	diabetes treatment (%)
low	638	4.4	770	2.6
middle	485	2.9	545	2.3
high	632	3.0	655	1.7

^a reported in questionnaire

^b age standardized

Prevalence of diabetes treatment^a (%) among actual and potential diabetics^b by education and sex^c (30-70 years)

NB. Possibly not reliable because of small numbers

Education	Men		Women	
	N	drug treatment (%)	N	drug treatment (%)
low	61	63.6	51	30.2
middle	31	31.5	18	27.2
high	33	36.3	20	24.7

^a reported in questionnaire

^b fasting plasma glucose ≥ 7 mmol/l or HbA1c $\geq 6.5\%$ or taking medication for diabetes (self-reported)

^c age standardized

Effectiveness of diabetes treatment^a (%) by education and sex^b (30-70 years)

NB. Possibly not reliable because of small numbers

Education	Men		Women	
	N	Effectiveness (%)	N	Effectiveness (%)
low	35	23.3	27	85.7
middle	16	35.0	12	58.9
high	22	66.2	11	27.3

^a blood glucose < 6 mmol/l or HbA1c $< 6.5\%$ among men and women taking diabetes medication

^b age standardized

ANTHROPOMETRICS AND OBESITY

By age and sex

Mean waist circumference (cm) by age and sex

Age (years)	Men			Women		
	N	mean	sd ^a	N	mean	sd ^a
35-44	329	94.1	9.5	436	82.6	10.3
45-54	454	96.6	10.3	558	86.6	11.9
55-64	629	99.2	9.9	652	89.7	11.8

^a standard deviation

Mean BMI (kg/m²) by age and sex

Age (years)	Men			Women		
	N	mean	sd ^a	N	mean	sd ^a
35-44	329	25.9	3.1	436	24.4	4.0
45-54	454	26.3	3.5	554	25.4	4.6
55-64	629	26.8	3.4	651	26.0	4.4

^a standard deviation

Mean self-reported BMI (kg/m²) by age and sex

Age (years)	Men			Women		
	N	mean	sd ^a	N	mean	sd ^a
35-44	309	25.6	3.0	422	24.2	3.7
45-54	436	26.0	3.4	535	25.0	4.3
55-64	615	26.5	3.4	625	25.7	4.2

^a standard deviation

Prevalence of overweight and obesity^a (%) by age and sex

Age (years)	N	% BMI ≥ 25.0	% BMI ≥ 30.0
Men			
35-44	329	61.1	9.4
45-54	454	60.4	13.4
55-64	629	67.4	16.2
Women			
35-44	436	36.7	9.2
45-54	554	43.3	13.9
55-64	651	53.5	17.1

^a overweight: BMI ≥ 25.0 kg/m²; obesity: BMI ≥ 30.0 kg/m²

Prevalence of central obesity^a (%) by age and sex

Age (years)	Men		Women	
	N	Waist circumference \geq 102 cm (%)	N	Waist circumference \geq 88 cm (%)
35-44	329	18.8	436	27.3
45-54	454	29.1	558	39.4
55-64	629	35.5	652	50.9

^a men: waist circumference \geq 102 cm; women: waist circumference \geq 88cm

By education and sex (age 30-70 years)

Mean waist circumference (cm) by education and sex^a (30-70 years)

Education	Men		Women	
	N	mean	N	mean
low	641	97.3	773	87.4
middle	484	96.7	545	86.5
high	633	94.0	658	84.4

^a age standardized

Mean BMI (kg/m²) by education and sex^a (30-70 years)

Education	Men		Women	
	N	mean	N	mean
low	640	26.6	772	25.8
middle	485	26.4	543	25.3
high	634	25.5	655	24.5

^a age standardized

Mean self-reported BMI (kg/m²) by education and sex^a (30-70 years)

Education	Men		Women	
	N	mean	N	mean
low	617	26.3	743	25.5
middle	470	26.2	531	25.1
high	622	25.2	639	24.2

^a age standardized

Prevalence of overweight and obesity^a (%) by education and sex^b (30-70 years)

Education	N	% BMI \geq 25.0	% BMI \geq 30.0
Men			
low	640	65.9	16.4
middle	485	64.2	12.3
high	634	51.6	8.5
Women			
low	772	49.9	15.9
middle	543	45.9	15.6
high	655	36.7	9.4

^a overweight: BMI \geq 25.0 kg/m²; obesity: BMI \geq 30.0 kg/m²

^b age standardized

Prevalence of central obesity^a (%) by education and sex^b (30-70 years)

Education	Men		Women	
	N	Waist circumference \geq 102 cm (%)	N	Waist circumference \geq 88 cm (%)
low	641	33.6	773	45.0
middle	484	26.7	545	40.5
high	633	19.8	658	31.8

^a men: waist circumference \geq 102 cm; women: waist circumference \geq 88cm

^b age standardized

SELF-PERCEIVED HEALTH AND OTHER SELF-REPORTED CHRONIC DISEASES

By age and sex

Prevalence of men and women who reported a (very) good health (%) by age and sex

Age (years)	Men		Women	
	N	(very) good health ^a (%)	N	(very) good health ^a (%)
35-44	324	90.1	432	89.6
45-54	449	87.5	553	86.1
55-64	623	89.1	640	83.1

^a self-perceived health (very)good or excellent, reported in questionnaire

Prevalence of self-reported myocardial infarction (%) by age and sex

Age (years)	Men		Women	
	N	myocardial infarction ^a (%)	N	myocardial infarction ^a (%)
35-44	325	0.9	432	0.0
45-54	448	1.1	551	0.2
55-64	621	5.2	642	1.7

^a reported in questionnaire

Prevalence of self-reported stroke (%) by age and sex

Age (years)	Men		Women	
	N	stroke ^a (%)	N	stroke ^a (%)
35-44	325	0.0	431	0.7
45-54	448	0.7	551	0.7
55-64	621	3.9	640	2.4

^a reported in questionnaire

By education and sex (age 30-70 years)

Prevalence of men and women who reported a (very) good health (%) by education and sex^b (30-70 years)

Education	Men		Women	
	N	(very) good health ^a (%)	N	(very) good health ^a (%)
low	636	81.8	769	83.6
middle	485	90.9	541	86.8
high	632	93.0	656	89.9

^a self-perceived health (very)good or excellent, reported in questionnaire

^b age standardized

Prevalence of self-reported myocardial infarction (%) by education and sex^b (30-70 years)

Education	Men		Women	
	N	myocardial infarction ^a (%)	N	myocardial infarction ^a (%)
low	636	4.5	761	0.3
middle	485	2.0	545	1.1
high	633	1.7	656	0.7

^a reported in questionnaire

^b age standardized

Prevalence of self-reported stroke (%) by education and sex^b (30-70 years)

Education	Men		Women	
	N	stroke ^a (%)	N	stroke ^a (%)
low	636	1.3	761	2.8
middle	485	2.5	545	1.3
high	633	1.5	655	0.2

^a reported in questionnaire

^b age standardized

SMOKING

By age and sex

Prevalence of current smokers and ex-smokers (%) by age and sex

Age (years)	N	current smokers (%)	ex-smokers (%)
Men			
35-44	321	22.1	25.6
45-54	448	24.6	34.4
55-64	623	20.9	51.0
Women			
35-44	433	19.9	24.7
45-54	554	19.7	37.9
55-64	647	18.1	45.4

By education and sex (30-70 years)

Prevalence of current smokers and ex-smokers (%) by education and sex^a

Education	N	current smokers (%)	ex-smokers (%)
Men			
low	638	34.3	39.1
middle	482	23.8	35.1
high	628	13.2	36.1
Women			
low	773	26.4	32.7
middle	547	16.9	38.6
high	658	14.3	36.5

^a age standardized