

To the Minister of Health, Welfare and Sport

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Subject: presentation of advisory report *Physical Activity Guidelines 2017*

Dear Minister,

Please find enclosed the Physical Activity Guidelines 2017. A committee of experts has explored the latest scientific developments and insights regarding the relationship between physical activity levels, sedentary behaviour and chronic diseases and disability, and they have translated their findings into these new guidelines. In accordance with your request, due account has been taken of the extent to which the guidelines can be quantified and how they can be implemented.

Thanks to the progress made in the past decade in the field of research methodology, the committee was able to scrutinize current scientific knowledge using stringent quality requirements, which are described in detail. This transparent and systematic approach to assessing the literature will make it easier for the guidelines to be updated in the future.

In order to ensure the translation of these guidelines into practice, experts from the National Institute for Public Health and the Environment (RIVM) and the Knowledge Centre for Sport Netherlands were involved with the Committee for Physical Activity Guidelines 2017 as observers. Today RIVM will publish findings about the extent to which the Dutch population currently complies with the guidelines.

All committee members updated their statements of interests after the committee had completed its work. This process revealed that one member had a personal financial interest which had inadvertently not been reported previously. However, the reconstruction of the committee process revealed that the content of the guidelines was not affected by this. All relevant interests are available on the council's website as is customary.

The Standing Committees on Public Health and Health Care have reviewed the guidelines. During the review it was observed that it is vital for public health that the population of the Netherlands engages in more physical activity on a sustained basis. This is not just a matter for individuals but also for the government, which can encourage this by working with other parties.

I wholeheartedly endorse the recommendations.

Yours sincerely,
(signed)
Professor W.A. van Gool
President