

TABELLENBOEK

GEZONDHEIDSMONITOR 2016

FIT & GEZOND IN OVERIJSSEL

THEMA SPORT & BEWEGEN



TABEL 1. SPORTERS IN OVERIJSEL

| | Regelmatige sporters (minimaal 40 keer per jaar sporten) (in %) | | | Sporters volgens RSO (minimaal 12 keer per jaar sporten) (in %) | | |
|-------------------|--|-----------------------|----------------------|--|-----------------------|----------------------|
| | Volwassenen (19-65 jaar) | Ouderen (≥65 jaar) | Totaal (≥19 jaar) | Volwassenen (19-65 jaar) | Ouderen (≥65 jaar) | Totaal (≥19 jaar) |
| Almelo | 47 | 32 | 43 | 59 | 42 | 55 |
| Borne | 59 | 40 | 54 | 71 | 48 | 65 |
| Dalfsen | 51 | 37 | 48 | 67 | 48 | 62 |
| Deventer | 55 | 37 | 51 | 69 | 47 | 65 |
| Dinkelland | 61 | 44 | 57 | 74 | 52 | 69 |
| Enschede | 50 | 37 | 47 | 65 | 42 | 61 |
| Haaksbergen | 60 | 43 | 56 | 70 | 54 | 66 |
| Hardenberg | 53 | 33 | 49 | 66 | 41 | 60 |
| Hellendoorn | 56 | 40 | 52 | 70 | 49 | 65 |
| Hengelo | 49 | 40 | 47 | 63 | 49 | 59 |
| Hof van Twente | 59 | 40 | 54 | 72 | 48 | 65 |
| Kampen | 49 | 31 | 45 | 62 | 40 | 57 |
| Losser | 53 | 36 | 49 | 67 | 45 | 61 |
| Oldenzaal | 59 | 44 | 55 | 70 | 51 | 65 |
| Olst-Wijhe | 53 | 38 | 50 | 68 | 49 | 64 |
| Ommen | 53 | 39 | 49 | 66 | 48 | 62 |
| Raalte | 57 | 41 | 54 | 71 | 50 | 66 |
| Rijssen-Holten | 51 | 28 | 46 | 66 | 37 | 60 |
| Staphorst | 45 | 28 | 42 | 58 | 37 | 55 |
| Steenwijkerland | 48 | 34 | 44 | 67 | 42 | 61 |
| Tubbergen | 59 | 36 | 54 | 70 | 47 | 66 |
| Twenterand | 46 | 33 | 43 | 62 | 42 | 57 |
| Wierden | 62 | 34 | 55 | 74 | 45 | 67 |
| Zwartewaterland | 48 | 32 | 45 | 67 | 38 | 61 |
| Zwolle | 56 | 37 | 52 | 72 | 46 | 68 |
| IJSSELLAND | 53 | 36 | 49 | 68 | 45 | 63 |
| TWENTE | 53 | 37 | 49 | 66 | 46 | 61 |
| Totaal | 53 | 38 | 49 | 66 | 46 | 62 |

TABEL 2. LIDMAATSCHAP VAN EEN SPORTVERENIGING IN OVERIJSEL

| | Lidmaatschap van een sportvereniging (in %) | | |
|-------------------|---|-----------------------|----------------------|
| | Volwassenen (19-65 jaar) | Ouderen (≥65 jaar) | Totaal (≥19 jaar) |
| Almelo | 31 | 21 | 29 |
| Borne | 42 | 29 | 39 |
| Dalfsen | 37 | 23 | 32 |
| Deventer | 35 | 22 | 31 |
| Dinkelland | 46 | 28 | 41 |
| Enschede | 32 | 23 | 30 |
| Haaksbergen | 42 | 33 | 39 |
| Hardenberg | 38 | 22 | 33 |
| Hellendoorn | 39 | 30 | 37 |
| Hengelo | 32 | 29 | 32 |
| Hof van Twente | 42 | 29 | 38 |
| Kampen | 33 | 24 | 30 |
| Losser | 36 | 25 | 33 |
| Oldenzaal | 41 | 27 | 37 |
| Olst-Wijhe | 37 | 27 | 32 |
| Ommen | 33 | 27 | 31 |
| Raalte | 41 | 30 | 37 |
| Rijssen-Holten | 33 | 18 | 29 |
| Staphorst | 30 | 18 | 27 |
| Steenwijkerland | 27 | 22 | 25 |
| Tubbergen | 39 | 24 | 36 |
| Twenterand | 33 | 23 | 31 |
| Wierden | 44 | 22 | 39 |
| Zwartewaterland | 36 | 20 | 31 |
| Zwolle | 34 | 24 | 32 |
| IJSSELLAND | 35 | 24 | 31 |
| TWENTE | 36 | 25 | 33 |
| Totaal | 36 | 27 | 32 |

TABEL 3. VOLDOEN AAN NNGB IN OVERIJSEL

| | Voldoen aan NNGB (in %) | | |
|-------------------|-----------------------------|-----------------------|----------------------|
| | Volwassenen (19-65 jaar) | Ouderen (≥65 jaar) | Totaal (≥19 jaar) |
| Almelo | 66 | 69 | 67 |
| Borne | 64 | 74 | 67 |
| Dalfsen | 61 | 72 | 64 |
| Deventer | 66 | 75 | 68 |
| Dinkelland | 62 | 75 | 65 |
| Enschede | 68 | 74 | 69 |
| Haaksbergen | 63 | 79 | 67 |
| Hardenberg | 62 | 72 | 64 |
| Hellendoorn | 67 | 75 | 69 |
| Hengelo | 65 | 74 | 67 |
| Hof van Twente | 65 | 75 | 68 |
| Kampen | 67 | 70 | 67 |
| Losser | 59 | 75 | 64 |
| Oldenzaal | 66 | 76 | 68 |
| Olst-Wijhe | 60 | 76 | 64 |
| Ommen | 63 | 75 | 66 |
| Raalte | 65 | 76 | 67 |
| Rijssen-Holten | 60 | 72 | 63 |
| Staphorst | 52 | 65 | 55 |
| Steenwijkerland | 58 | 69 | 61 |
| Tubbergen | 62 | 80 | 66 |
| Twenterand | 59 | 68 | 61 |
| Wierden | 67 | 76 | 69 |
| Zwartewaterland | 63 | 71 | 65 |
| Zwolle | 66 | 77 | 68 |
| IJSSELLAND | 64 | 74 | 66 |
| TWENTE | 65 | 74 | 67 |
| Totaal | 64 | 74 | 67 |

TABEL 4. OVERGEWICHT IN OVERIJSEL

| | Overgewicht (incl. ernstig overgewicht) (in %) | | |
|-------------------|--|-----------------------|----------------------|
| | Volwassenen (19-65 jaar) | Ouderen (≥65 jaar) | Totaal (≥19 jaar) |
| Almelo | 53 | 60 | 55 |
| Borne | 51 | 61 | 54 |
| Dalfsen | 43 | 62 | 47 |
| Deventer | 47 | 55 | 49 |
| Dinkelland | 44 | 60 | 48 |
| Enschede | 47 | 63 | 51 |
| Haaksbergen | 49 | 62 | 53 |
| Hardenberg | 50 | 64 | 53 |
| Hellendoorn | 47 | 66 | 51 |
| Hengelo | 49 | 60 | 51 |
| Hof van Twente | 52 | 60 | 55 |
| Kampen | 47 | 67 | 51 |
| Losser | 52 | 65 | 55 |
| Oldenzaal | 50 | 60 | 52 |
| Olst-Wijhe | 50 | 61 | 53 |
| Ommen | 50 | 60 | 52 |
| Raalte | 48 | 59 | 51 |
| Rijssen-Holten | 46 | 60 | 49 |
| Staphorst | 38 | 65 | 43 |
| Steenwijkerland | 48 | 62 | 51 |
| Tubbergen | 42 | 59 | 46 |
| Twenterand | 54 | 72 | 58 |
| Wierden | 48 | 66 | 52 |
| Zwartewaterland | 47 | 70 | 52 |
| Zwolle | 40 | 57 | 43 |
| IJSSELLAND | 45 | 60 | 49 |
| TWENTE | 49 | 62 | 52 |
| Totaal | 47 | 61 | 50 |

