

Propositions belonging to the thesis

Lifestyle Factors in Myopia Development

1. Not just high myopia, but also low and intermediate myopia are associated with pathologies in adulthood, illustrating the need to prevent as many myopic diopters in childhood as possible (this thesis).
2. More hours of digital near work increases the risk of myopia, this association can be moderated by outdoor exposure (this thesis).
3. Parental myopia represents both shared genetics and shared environment; myopic parents should therefore guide their children towards a lifestyle with less near work and more counteractions by increasing outdoor exposure (this thesis).
4. COVID-19 measures such as social isolation and home confinement may be effective to prevent COVID-19 infections, but facilitate myopia development and progression (this thesis).
5. Myopia prevention policies should be inclusive with special attention to girls, children from myopic parents, from socioeconomic disadvantaged families, and from non-Dutch background (this thesis).
6. More greenery in cities will not just increase outdoor play, improve health and mental wellbeing, it also contributes to a rich biodiversity, prevention of flooding and extreme heat and reducing our carbon footprint.
7. Apple needs to provide a public screen time application programming interface for researchers to measure smartphone use more accurately (Screen Time API).
8. “Play Streets” by closing streets from traffic during school holidays are a playful means to increase physical activity and decrease sedentary time in children (D’Haese et al., 2015 *Int J Behav Nutr Phys Act*).
9. Extended paternity leave may improve gender equality, but compensating only 70% of the fathers salary makes this regulation mainly attractive to affluent households.
10. Instead of identifying causes and distributions of diseases, it is time for epidemiologists to use a consequential approach in their studies to prevent disease and improve health (Sandro Galea, 2013; *American Journal of Epidemiology*).
11. Working on a PhD during periods of national lockdown will progress the completion of the thesis as well as the myopia of the PhD-candidate.

