

STELLINGEN behorende bij het proefschrift

"Alcohol consumption and health: Contributions to the explanation of the U-shaped curve"

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1. Light and moderate drinkers not only have lower mortality rates than abstainers and heavy drinkers but they also have better self-reported health (*this thesis*).
2. Regular drinkers are better off than sporadic drinkers with regard to self-reported health (*this thesis*).
3. Wine drinkers enjoy better health than drinkers of other beverages; these differences are partly explained by the fact that they also have other healthy behaviors (*this thesis*).
4. The elevated health risk of heavy drinkers is partly due to binge drinking (*this thesis*).
5. Abstainers and heavy drinkers not only have worse health than light-moderate drinkers, but they are also more likely to be exposed to psychosocial stressors (*this thesis*).
6. When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied. (Herophilus of Chalcedon, Physician to Alexander the Great).
7. Policies targeted at the larger sector of the population manifesting lesser degrees of individual risk may produce greater public health benefit than a focus on a smaller proportion of the population at higher risk (Prevention Paradox).
8. Absence of evidence is not evidence of absence (Carl Sagan).
9. The size of a drop of blood on television is like a river of real blood (Simon Peres).
10. The precise and cautious way of working of the Dutch is characterized by the saying: 'Beleid is beleid' (Han van der Horst).
11. First law of bicycling: 'no matter which way you ride, it is against the wind'. (Murphy's Law).

