

Propositions belonging to the thesis

Social inequalities in children's lifestyle behaviors and health outcomes

1. There is a clustering of energy-related lifestyle behaviors in school-aged children. Children from families with a low socioeconomic status are overrepresented in the “high screen time and physically inactive” cluster. (This thesis)
2. Inverse socioeconomic gradients in child television viewing time are present from the preschool period to the late school period. (This thesis)
3. Child ethnic background has an independent association with current asthma at 10-years of age. Children with a non-western ethnic background relatively more often have ‘current asthma’ compared to children with a Dutch background. (This thesis)
4. Being born into poverty or experiencing multiple episodes of poverty as a child is associated with relatively more negative child health outcomes, such as having overweight, asthma, or a lower health-related quality of life. (This thesis)
5. With regard to families where the father had a low educational level before the child was born, obtaining a higher educational level by the father in the preschool period may contribute to circumstances where there is a relatively lower risk for the child to have overweight at school age (compared to maintaining the same educational level). (This thesis)
6. “Social media use in the last 30 minutes before bed is an independent risk factor for disturbed sleep among young adults.” (Levenson et al., Sleep, 2017)
7. Society can make a high return on investment by doing health promotion in ‘the first 1000 days’. (Adapted from Darling et al., Archives of Disease in Childhood, 2020)
8. “Evaluating the costs and benefits of preventive public health research and programs could lead to more efficient healthcare spending as well as increased sustainability for such programs.” (Ammerman et al., American journal of preventive medicine, 2009)
9. “It is not primarily the stressor; it is how people cope with the stressor that will determine the consequences for health and well-being.” (Dijkstra, Frontiers in Psychology, 2016)
10. Public health focuses on denominators — everyone benefits when people are healthier. (Adapted from Frieden, The New England Journal of Medicine, 2015)
11. “不积跬步，无以至千里；不积小流，无以成江海。”（荀子）
“A long journey can be covered only by taking one step at a time.” (Xun Kuang)