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Leiden
The Netherlands

Food insecurity, dietary quality and health in the Netherlands

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Citation

Velde, L. A. van der. (2022, March 1). *Food insecurity, dietary quality and health in the Netherlands*. Retrieved from <https://hdl.handle.net/1887/3277065>

Version: Publisher's Version

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List of publications

International publications

- 2021 ***Effectiveness of the Beyond Good Intentions Program on Improving Dietary Quality Among People With Type 2 Diabetes Mellitus: A Randomized Controlled Trial***
van der Velde LA, Kiefte-de Jong JC, Rutten GE, Vos RC.
Frontiers in Nutrition.
doi: 10.3389/fnut.2021.583125
- 2020 ***The interplay between fast-food outlet exposure, household food insecurity and diet quality in disadvantaged districts***
van der Velde LA, Zitman FM, Mackenbach JD, Numans ME,
Kiefte-de Jong JC.
Public Health Nutrition.
doi: 10.1017/S1368980020004280
- 2020 ***Exploring food insecurity and obesity in Dutch disadvantaged neighborhoods: a cross-sectional mediation analysis***
van der Velde LA, Nyns CJ, Engel MD, Neter JE, van der Meer IM,
Numans ME, Kiefte-de Jong JC.
BMC Public Health.
doi: 10.1186/s12889-020-08611-x
- 2020 ***Comparing saliva and urine samples for measuring breast milk intake with the 2H oxide dose-to-mother technique among children 2–4 months old***
Matsiko E, Hulshof P, **van der Velde L**, Kenkhuis M, Tuyisenge L,
Melse-Boonstra A.
British Journal of Nutrition.
doi:10.1017/S0007114519002642
- 2019 ***Needs and perceptions regarding healthy eating among people at risk of food insecurity: a qualitative analysis***
van der Velde LA, Schuilenburg LA, Thrivikraman JK, Numans ME,
Kiefte-de Jong JC
International Journal for Equity in Health.
doi: 10.1186/s12939-019-1077-0

- 2019 ***Diet quality in childhood: the Generation R Study***
van der Velde L A, Nguyen AN, Schoufour JD, Geelen A, Jaddoe VW, Franco OH, Voortman T.
 European journal of nutrition.
 doi: 10.1007/s00394-018-1651-z
- 2019 ***Factors associated with early introduction of complementary feeding and consumption of non-recommended foods among Dutch infants: the BeeBOFT study***
 Wang L, van Grieken A, **van der Velde LA**, Vlasblom E, Beltman M, L'Hoir MP, Boere-Boonekamp MM, Raat H.
 BMC Public Health.
 doi: 10.1186/s12889-019-6722-4

Bibliography available online at ORCID: <https://orcid.org/0000-0002-7666-1572>

Manuscripts

Food insecurity status is of added value in explaining poor health: a cross-sectional study among parents living in disadvantaged neighborhoods in the Netherlands

van der Velde LA, Steyerberg EW, Numans ME, Kiefte-de Jong JC.
 Accepted for publication, *BMJ Open*

Extending the theory of planned behavior for explaining dietary quality: The role of financial scarcity and food insecurity status

van der Velde LA, van Dijk WW, Numans ME, Kiefte-de Jong JC.
 Provisionally accepted, *Journal of Nutrition Education and Behavior*

The Food Environment Around Primary Schools in a Diverse Urban Area in The Netherlands: Linking Fast-Food Density and Proximity to Neighborhood Disadvantage and Childhood Overweight Prevalence

Smagge, BA, **van der Velde, LA**, Kiefte de Jong, JC
 Under review, *Frontiers in Public Health*

Food insecurity in the disadvantaged neighborhoods: a socioecological examination

Janssen, JM, **van der Velde, LA**, Kiefte de Jong, JC

Submitted for publication

National publications

Articles

- 2021 ***Veranderingen in ervaren voedselzekerheid en eetgedrag in Nederland sinds de COVID-19-uitbraak [Changes in perceived food insecurity and eating behavior in the Netherlands since the COVID-19-crisis]***

Van der Velde LA, Numans ME, Kiefte-de Jong JC

TSG - Tijdschrift voor gezondheidswetenschappen

doi: 10.1007/s12508-021-00311-0

- 2018 ***Onzichtbare honger? Voedselonzekeerheid in de Haagse Krachtwijken [Invisible hunger? Food insecurity in disadvantaged neighborhoods in The Hague]***

Van der Velde LA, Numans M, Middelkoop BJ, Kiefte-de Jong JC.

Epidemiologisch Bulletin

Available at: <https://www.ggdhaaglanden.nl/over/publicaties-en-onderzoek/epidemiologisch-bulletin/epidemiologisch-bulletin-2018.htm>

Book chapter

- 2020 ***Overgewicht en obesitas bij kinderen [Overweight and obesity in children]***
(book chapter)

Vos RC, Kiefte-de Jong JC, **van der Velde LA**

Informatorium voor Voeding en Diëtetiek – Supplement 106 – december 2020.

doi: 10.1007/978-90-368-2596-2_4

Portfolio

Courses and training

- 2021 Basic Qualification for Teaching (BKO) course: *Guiding workgroups*
LUMC
- 2021 Basic Qualification for Teaching (BKO) course: *Developing study assignments*
LUMC
- 2021 Basic Qualification for Teaching (BKO) course: *Assessment*
LUMC
- 2021 Workshop: *How to create impact with your research in an online society*
Epidemiology congress WEON
- 2021 Workshop: *Dealing with Stress and Perfectionism*
LUMC
- 2020 Nutritional leadership workshop: *How to stay visible in an online world?*
De Nederlandse Academie van Voedingwetenschappen (NAV)
- 2020 Brightspace training
Leiden University
- 2020 5-day online summer school *Population Health Management*
LUMC
- 2019 Course on guiding students performing their '*Critical Appraisal of a Topic*' (CAT) project
LUMC
- 2019 KNAW masterclass for postdocs and Phd-students: *Interdisciplinary perspectives on the food environment and public health*
The Royal Netherlands Academy of Arts and Sciences [De Koninklijke Nederlandse Akademie van Wetenschappen (KNAW)]
- 2019 Course: *Methods in Social Epidemiology*
University of Antwerp

- 2019 Course: *Scientific Writing for PhDs*
Leiden University
- 2018 Course: *Open interview and qualitative data analysis for PhDs*
Leiden University
- 2018 Course: *Effective communication with low-literate people*
Pharos
- 2018 Course: *Presenting skills for PhDs*
Leiden University
- 2018 BROK Course
NFU
- 2017 Course: *Time management and self-management for PhDs*
Leiden University
- 2017 Spring course: *Population Health Management: Epidemiology and Methods*
LUMC

International and national congress attendance and presentations

- 2021 *Nutritional Science Days*
Oral presentation: Extending the theory of planned behavior for explaining dietary
quality: The role of financial scarcity and food insecurity status
Chair of the session on eating behaviour, pregnancy and children
De Nederlandse Academie van Voedingwetenschappen (NAV)
- 2021 Conference Nutrition Disparity Network: *Values and Nutrition Equity*
Wageningen University and Research (WUR) & Edema-Steenberg Foundation
- 2021 Annual Dutch Epidemiology Conference WEON: *Science in an online society*
Pre-conference workshop attendance on how to create impact with your research in an online society

- Netherlands Epidemiological Society [in Dutch: Vereniging voor Epidemiologie (VvE)]
- 2021 Work conference LUMC-Campus The Hague
Oral presentation on food insecurity research project
LUMC-Campus The Hague
- 2020 Conference Nutrition Disparity Network: *Collective action on nutrition disparity*
Wageningen University and Research (WUR) & Edema-Steenberg Foundation
- 2020 Career event symposium of the Vereniging voor Epidemiologie (VvE) Netherlands Epidemiological Society (in Dutch: Vereniging voor Epidemiologie (VvE))
- 2020 NAV Public lecture by Prof. dr. Marianne Geleijnse: *Healthy eating: about beliefs and evidence* [in Dutch: 'Gezond eten: over geloven en bewijzen']
De Nederlandse Academie van Voedingswetenschappen (NAV)
- 2020 Third Annual Conference: *Lifestyle as Medicine: Person empowered lifestyle medicine*
Lifestyle 4 Health (Het Nederlands Innovatiecentrum voor Leefstijlgeneeskunde)
- 2020 Work conference LUMC-Campus The Hague
Oral presentation on food insecurity research project
LUMC-Campus The Hague
- 2019 CEPHIR seminar: *An integrated approach to poverty: more room for healthy behaviors?* [in Dutch: Een integrale aanpak van armoede: meer ruimte voor gezond gedrag?]
Academische Werkplaats Publieke Gezondheid in de regio's Rotterdam Rijnmond, Zeeland en Zuid-Holland Zuid: Centre for Effective Public Health In the larger Rotterdam area (CEPHIR)
- 2019 NAV public lecture by Prof. Dr. Gerjan Navis: *Nutrition and medicine: reinventing the dream team!* [in Dutch: Voeding en Geneeskunde: reinventing the dream team!]
De Nederlandse Academie van Voedingswetenschappen (NAV)

- 2019 Conference Nutrition Disparity Network: *From Differences to Potential*
Oral presentation: Needs and perceptions regarding healthy eating among people at risk of food insecurity: a qualitative analysis
 Wageningen University and Research (WUR) & Edema-Steenberg Foundation
- 2019 Annual Dutch Epidemiology Conference WEON on *healthy ageing*
Poster presentation: Exploring food insecurity and obesity in Dutch families: a mediation analysis
 Netherlands Epidemiological Society (in Dutch: Vereniging voor Epidemiologie (VvE))
- 2019 *FENS 13th European Nutrition Conference* in Dublin, Ireland
Poster presentation: Needs and perceptions regarding healthy eating among people at risk of food insecurity: a qualitative analysis
Poster presentation: Exploring food insecurity and obesity in Dutch families: a mediation analysis
 Federation of European Nutrition Societies (FENS)
- 2019 *Nutritional Science Days*
Oral presentation: Needs and perceptions regarding healthy eating among people at risk of food insecurity: a qualitative analysis
Chair of the session on biomarkers of health and disease
 De Nederlandse Academie van Voedingswetenschappen (NAV)
- 2019 Work conference LUMC-Campus The Hague: *From preconception to toddler: the first 1000 days* [in Dutch: Van preconceptie tot peuter: de eerste 1000 dagen]
Assisted in the practical implementation of the conference (e.g. workshop preparation, participant registration)
 LUMC-Campus The Hague
- 2019 *CBS Knowledge Symposium*
 LUMC
- 2019 Symposium: *Money, Stress and Behaviour* [in Dutch: Geld, Stress en Gedrag]
 Nibud/ Leiden University

- 2019 Work conference LUMC-Campus The Hague
 Oral presentation & Workshop on food insecurity research project
 LUMC-Campus The Hague
- 2018 FEAM/ALLEA Symposium: *Health inequalities - an interdisciplinary discussion of socioeconomic status, health and causality*
 Hosted by the Royal Netherlands Academy of Arts and Sciences (KNAW)
- 2018 Symposium: *Implementing: thinking and doing* [in Dutch: Implementeren: denken én doen]
 Academische Werkplaats Publieke Gezondheid Noordelijk Zuid-Holland (AWPG-NZH) & SAMEN
- 2018 *Nutritional Science Days*
 Oral presentation The relation between food insecurity and obesity and its potential mediators
 Chair of the session on elderly and physical functioning.
 De Nederlandse Academie van Voedingswetenschappen (NAV)
- 2018 Voeding Nederland congress '*De Eetprikkel*'
 Poster presentation Food insecurity in The Hague: Characteristics of food insecure families in The Hague [in Dutch: '*Voedselonzekeerheid in Den Haag: Karakteristieken van voedselonzekere families in de Haagse krachtwijken*']
 Selected for the plenary poster pitch for the best posters.
 Voeding Nederland
- 2018 NAV public lecture by Prof. dr. Martijn Katan: *How does nutrition become a science again?* [in Dutch: Hoe wordt voeding weer een wetenschap?]
 De Nederlandse Academie van Voedingswetenschappen (NAV)
- 2018 Work conference LUMC-Campus The Hague
 Oral presentation on food insecurity research project
 LUMC-Campus The Hague
- 2017 *Healthy Food Congress*
- 2017 Opening Symposium of the Amsterdam Centre for World Food Studies (ACWFS)
 Amsterdam Centre for World Food Studies (ACWFS)

Selection of other meetings and presentations

- 2021 NAV Autumn forum: *The food environment*
Oral presentation (pitch) on the publication '*The interplay between fast-food outlet exposure, household food insecurity and diet quality in disadvantaged districts*'
 De Nederlandse Academie van Voedingwetenschappen (NAV)
- 2020 *Haagse Praat* (the internal referral meeting for professionals within the GGD Haaglanden)
Oral presentation on food insecurity in The Hague
 GGD Haaglanden
- 2020 Discussion meeting: *Direct Giving*
 Municipality of The Hague [in Dutch: Gemeente Den Haag]
- 2020 IVO In-depth session: *Gender in research*
 IVO Institute
- 2019 NAV Autumn forum: *Nutrition labels*
 De Nederlandse Academie van Voedingwetenschappen (NAV)
- 2019 Capita selecta meeting clinical epidemiology: *The do and don'ts of validation of prediction models*
 LUMC
- 2019 Leiden Leadership Lunch: *Public Leadership in Debt Relief* [in Dutch: Publiek Leiderschap in de Schuldhulpverlening]
 Leiden University
- 2019 LUMC Knowledge day [in Dutch: LUMC Wetenschapsdag]
Oral presentation on food choices and eating behavior
 LUMC
- 2018 The Hague Knowledge day [in Dutch: Haagse Kennisdag]
 Municipality of The Hague [in Dutch: Gemeente Den Haag]
- 2018 Pop-Up College at the Haagse Markt on healthy eating
Assisted with program development and implementation
 Leiden University/ Haagse markt

2017-2019 Attended the Upbringing meeting [in Dutch: Opvoedingsoverleg] multiple times.

These meetings focus on upbringing and nutrition

Oral presentation: Voedselzekerheid in Haagse krachtwijken

2017 Attended the Workgroup dietary habits [in Dutch: Werkgroep Voedingsgewoonten (WeVo)].

These meetings focus on ongoing research about nutrition and health

2017-2022 Science lunch presentations at LUMC, department of Public Health and Primary Care

Regular attendance

LUMC

2017-2022 Coffee & Research presentations LUMC-Campus The Hague

Oral presentations (multiple) and weekly attendance

LUMC-Campus The Hague

Teaching activities

2021 Course: *Nutrition and Public Health*

Lectures on food choices, dietary intake assessment methods, body composition, nutrition and non-communicable diseases.

Workgroups on dietary intake assessment methods and nutrition and non-communicable diseases

Assignment grading

Leiden University College (LUC)

2021 Theme day healthy eating at Schoonhovens college

Lecture on healthy eating (theme day opening for all second grade students vwo | havo | mavo)

Schoonhovens college

2021 Course: *Social Determinants of Health*

Course coordinator (responsible for the course planning and communication, lecture planning, assignment development and grading)

Leiden University College (LUC)

- 2021 5-day summer school *Population Health Management*
Interactive lecture: Behaviour and Population Health Management
 LUMC
- 2020 IMC Weekendschool
Interactive lectures (4 times) on nutrition and a healthy lifestyle for 7th and 8th grade students
 IMC Weekendschool, a Sunday school for motivated children from socio-economically disadvantaged neighborhoods
- 2020 Course: *Nutrition and Public Health*
Lectures on food choices, dietary intake assessment methods, body composition, nutrition and non-communicable diseases.
Workgroup on food choice and dietary intake assessment methods
Assignment grading
 Leiden University College (LUC)
- 2019 Course: *Nutrition and Public Health*
Lectures on food choices, body composition, and nutrition and non-communicable diseases.
Assignment grading
 Leiden University College (LUC)
- 2019 Work conference LUMC-Campus The Hague
Workshop on food insecurity
 LUMC-Campus The Hague
- 2019 Weekend school MOVE Foundation
Lecture on nutrition and health for 8th grade students of the Weekend school
 MOVE Foundation/ Boerhaave museum
- 2018 Symposium: *Implementing: thinking and doing* [in Dutch: Implementeren: denken én doen]
Workshop on food insecurity in The Hague
 Academische Werkplaats Publieke Gezondheid Noordelijk Zuid-Holland (AWPG NZH) & SAMEN

- 2017 Family day of the Vobis Foundation
Workshop on a healthy lifestyle
Vobis Foundation/ Stichting Hindustani

Student supervision

- 2021 B. Smagge. Student Leiden University College.
Project title: 'The Food Environment Around Primary Schools in a Diverse Urban Area in The Netherlands: Linking Fast-Food Density and Proximity to Neighborhood Disadvantage and Childhood Overweight Prevalence'
- 2021 M. Nikolova & I. Behimehr. PRE-University students.
Project title: 'Barriers and facilitators for adopting a plant-based diet and development of an intervention to facilitate a plant-based diet'
- 2020-2021 R. Wortelboer. Student Leiden University College.
Project title: 'Evaluation of a community fridge initiative in The Hague (the Vers & Vrij initiative)'
- 2020 E. Todelo & J. Boelema Robertus. Students Statistics and Data Science, Leiden University.
Project title: 'The added value of food insecurity on predicting poor health'
- 2020 J. Janssen. Student Health Sciences, VU Amsterdam.
Project title: 'Food insecurity in the disadvantaged neighborhoods in The Hague, the Netherlands: Does it predict diet quality?'
- 2020 E. van Ooteghem. Medical student, LUMC.
Project title: 'Food frequency questionnaire to assess diet quality: a validation study'
- 2019 F. Zitman. Epidemiology student, EpidM (Department of Epidemiology & Biostatistics, Amsterdam UMC - location VUmc)
Project title: 'Fast-food foodscape moderates the association between food insecurity status and dietary quality in disadvantaged districts in The Hague'
- 2019 G. Scholten. Student Health Sciences, VU Amsterdam.
Project title: 'Effectiveness of the Beyond Good Intention program on diet quality among a pre-selected group of type 2 diabetes patients after two and a half years follow-up: a Randomized Controlled Trial.'

- 2019 J. Addison. Student Leiden University College.
Project title: 'Local healthy food prices and food insecurity in The Hague, the Netherlands'
- 2018 M. Engel. Student Health Sciences, VU Amsterdam.
Project title: 'Food security and the consumption of fruit, vegetables and fish in disadvantaged neighborhoods in The Hague'
- 2018 E. de Schrijver. Student Leiden University College.
Project title: 'Psychosocial, financial and environmental determinants of food insecurity among households living in disadvantaged neighborhoods in The Hague: A Qualitative analysis'
- 2018 L. Schuilenburg. Medical student, LUMC.
Project title: 'Psychosocial and financial determinants of food insecurity among households living in disadvantaged neighborhoods in The Hague'
- 2017 K. Kloss. Psychology student, Leiden University.
Project title: 'Psychological aspects of food insecurity'
- 2017 C. Nyns. Medical student, LUMC.
Project title: 'Food security in disadvantaged families in The Hague'

Societal impact

- 2021 ***Tweede prijs voor artikel over blootstelling aan fastfood restaurants, voedselonzeekerheid en voedingskwaliteit***
News items published by Academische Werkplaats Publieke Gezondheid Noordelijk Zuid-Holland (AWPG-NZH). Published on December 6, 2021. Available at: <https://www.awpgnzh.nl/tweede-prijs-voor-artikel-over-blootstelling-aan-fastfood-restaurants-voedselonzeekerheid-en-voedingskwaliteit/>
- 2021 ***Specialist in beeld: Laura van der Velde. Meer aandacht voor voedselonzeekerheid is hard nodig***
Article published in *Nederlands Tijdschrift voor Voeding & Diëtetiek*, a professional magazine of the Dutch Association of Dietitians for dietitians and other professionals involved in nutrition. Published on September 14, 2021.

- Available at: <https://ntvd.media/artikelen/meer-aandacht-nodig-voor-voedselonzekeheid/>
- 2021 ***Veranderingen in voedselzekerheid en eetgedrag sinds COVID-19 crisis***
News items published by Academische Werkplaats Publieke Gezondheid Noordelijk Zuid-Holland (AWPG-NZH). Published on September 1, 2021. Available at <https://www.awpgnzh.nl/veranderingen-in-voedselzekerheid-en-eetgedrag-sinds-covid-19-crisis/>
- 2021 ***Laura van der Velde wint de Young Professional Award 2021***
News items published by Academische Werkplaats Publieke Gezondheid Noordelijk Zuid-Holland (AWPG-NZH). Published on August 29, 2021. Available at <https://www.awpgnzh.nl/laura-van-der-velde-wint-de-young-professional-award-2021/>
- 2021 ***LUMC vriendenboekje Laura van der Velde: 'Ook in Nederland voedselonzekeheid'***
Film interview aimed at spotlighting LUMC-researchers. Online on YouTube on August 12, 2021
Available at <https://www.youtube.com/watch?v=f-ZbGpObRxQ>
- 2021 ***De passie van: NAV-lid Laura van der Velde***
Article published in *VoedingNU*, an independent magazine focused on food, nutrition and health. Published on July 6, 2021.
Available at: <https://www.voedingnu.nl/artikelen/de-passie-van-nav-lid-laura-van-der-velde>
- 2020 ***Update promotieonderzoek naar voedselzekerheid in Haagse achterstandswijken***
News items published by Academische Werkplaats Publieke Gezondheid Noordelijk Zuid-Holland (AWPG-NZH). Published on September 24, 2020. Available at <https://www.awpgnzh.nl/update-promotieonderzoek-naar-voedselzekerheid-in-haagse-achterstandswijken/>
- 2020 ***Het onderzoek van... Laura van der Velde. Voedselonzekeheid in Nederland***
Blog published at the website of *I'm a Foodie*, an evidence based food collective. Published on August 26, 2020.
Available at: <https://www.iamafoodie.nl/voedselonzekeheid-in-nederland/#>

- 2018 Multiple news items following the publication of the first results of our food insecurity research project, amongst others published online by Omroep West, AD, Nu.nl, Leidsch Dagblad, and HP De Tijd
- 2018 **Radio interview Omroep West**
Radio interview about the first results of our food insecurity research project. Broadcasted on November 30, 2018

Awards and prices

- 2021 Publication prize 2020/2021 (2nd place) for the publication '*The interplay between fast-food outlet exposure, household food insecurity and diet quality in disadvantaged districts*'
De Nederlandse Academie van Voedingswetenschappen (NAV)
- 2021 Young Professional Award
Voeding Nederland
- 2019 Nomination LUMC best poster prize
LUMC

Curriculum Vitae

Laura van der Velde was born on the 19th of January 1991 in The Hague, the Netherlands. She obtained her VWO diploma at *De Vrije School Den Haag*. Thereafter, in 2011, she moved to Wageningen to start her bachelor's and master's studies *Nutrition and Health* at Wageningen University and Research (WUR), including the Minor *Sports, physical activity and health* at Vrije Universiteit Amsterdam. For her master's thesis, she moved to Rwanda for 3 months to conduct research on breastfeeding practices. Thereafter, she conducted a research internship on dietary quality in childhood at Erasmus MC, at the department of Epidemiology (ErasmusAGE). This project resulted in her first scientific publication. After obtaining her master's degree, she was employed as a junior researcher at Erasmus MC, at the department of Public Health. In April 2017 she started her PhD project at the LUMC-Campus The Hague, department of Public Health and Primary Care. Initially she combined these two jobs, then from 2018 onwards she started working fulltime at the LUMC-Campus The Hague. Her PhD project was conducted under the supervision of Prof. dr. Jessica Kiefte-de Jong and Prof. dr. Mattijs Numans, and focused on food insecurity, dietary quality and health in the Netherlands.

During her employment at the LUMC-Campus The Hague, she was involved in multiple grant applications. She was also involved in teaching in various courses and settings, mainly focused on socioeconomic inequalities, nutrition and health. In 2019, 2020 and 2021 she was co-teacher in the course *Nutrition and Public Health*, and in 2021 she coordinated the course *Social determinants of health*, both at Leiden University College. Recognizing the importance of a healthy lifestyle early in life, she has also actively sought opportunities to contribute to educate youth on this topic. For example, she provided workshops and lectures on healthy eating and lifestyle behaviors for youth (and their parents) at schools, Weekend schools and the LUMC Science day.

Laura received the Young Professional Award 2021 (awarded by Voeding Nederland) and received the second place NAV publication price 2020/2021 for her publication entitled '*The interplay between fast-food outlet exposure, household food insecurity and diet quality in disadvantaged districts*'.

From April 2021 onwards, she works as a postdoctoral researcher at the LUMC-Campus The Hague, where she is involved in several projects with a main focus on nutrition, lifestyle and health inequalities.

Dankwoord (Acknowledgements)

Mijn proefschrift is af! Dat ik zo ver ben gekomen en met zo veel plezier terugkijk op de afgelopen jaren is te danken aan de hulp en steun van alle lieve en inspirerende mensen om mij heen.

Allereerst mijn promotoren Jessica en Mattijs: bedankt voor de fijne begeleiding de afgelopen jaren. Jullie hebben mij ondersteund, uitgedaagd en veel vrijheid gegund, zowel in het onderzoek als in cursussen en activiteiten daarbuiten, waardoor ik de afgelopen jaren ontzettend veel heb mogen doen en leren. Jessica, wat ben ik blij dat ik (via Prof. Oscar Franco) bij jou en het onderzoeksproject naar voedselonzekerheid terecht ben gekomen! Ik heb hier geen moment spijt van gehad en ben je dankbaar voor alle kansen die ik heb gekregen om mij verder te ontwikkelen als academicus en als persoon.

Alle studenten die ik gedurende mijn promotietraject heb mogen leren kennen en begeleiden wil ik graag bedanken voor het samen leren en voor jullie inzet en enthousiasme. In het bijzonder wil ik Claire, Marije, Linde, Femke, Jolien en Bente bedanken: wat ontzettend leuk dat wij ook na jullie stage contact hebben gehouden en dat jullie mee hebben geschreven aan artikelen in dit proefschrift en daarbuiten.

Graag wil ik iedereen bedanken die heeft bijgedragen aan het bereiken van de deelnemers voor mijn onderzoek, bijvoorbeeld door mij te verwelkomen in buurthuizen, scholen en zwembaden, en bij bijeenkomsten en koffieochtenden. In het bijzonder wil ik alle mensen die deel hebben genomen aan het onderzoek bedanken voor hun tijd, inzet en openheid. Zonder jullie was dit proefschrift er niet geweest. De gesprekken die ik met jullie mocht voeren tijdens de interviews of het invullen van vragenlijsten waren zowel voor het onderzoek als voor mijzelf enorm leerzaam en waardevol.

Een groot deel van mijn werkplezier is natuurlijk te danken aan mijn collega's bij de PHEG en de Campus. In het bijzonder mijn *Tijgers van de Campus* Thom & Naomi, de *Beauties with brains* Shelley-Ann, Janna, Fia, Merel, Michelle en Aisha, en alle (oud-)collega's van de Campus: bedankt voor alle gezellige momenten die we samen hebben meegemaakt, zoals onze walking dinner. Het was bijzonder om - als een van de eerste Campus-werknemers - de Campus te zien uitgroeien tot de grote afdeling die het nu is. Aisha, bedankt voor jouw gastvrijheid, hulp en gezelligheid vanaf mijn allereerste dag op de Campus!

Michelle en Anh Nhi, geweldig dat jullie mijn paranimfen willen zijn en mij bijstaan voor, tijdens én na mijn verdediging! Michelle, vanaf het moment dat jij bij de Campus kwam werken hadden wij een klik en sindsdien kan ik lief en leed met je delen. Anh Nhi, wat ben ik blij met jouw vriendschap en wat hebben wij inmiddels al veel gezellige momenten (en etentjes!) gedeeld. Ook ben jij medeauteur van mijn allereerste wetenschappelijke publicatie, het was fijn om jou ook daarbij aan mijn zijde te hebben want zo'n eerste keer submitten is een spannend moment. Lieve Anh Nhi en Michelle, bedankt dat jullie naast mij staan tijdens de verdediging!

Lieve vrienden, bedankt voor de gezelligheid en de broodnodige afleiding de afgelopen jaren! Sophia, Jelah, Petra en Marthe, ook al hebben we uiteindelijk geen boek gelezen, we hebben genoeg avonturen beleefd onder het mom van onze boekenclub en daarbuiten! Anh Nhi, Vincent, Kim, Kirsten en Niels, wat begon met lunches tijdens mijn stage bij ErasmusAGE is uitgegroeid tot een vriendschap en daar ben ik heel blij mee. Studiegenootjes Iris, Laura, Lisanne en Gera, wat leuk dat wij elkaar nog steeds regelmatig zien, ik kijk uit naar ons volgende etentje.

Lieve familie en schoonfamilie, bedankt voor alle heerlijke etentjes en voor alle fijne momenten samen. Papa, mama, Victor, Suze en Felix, bedankt dat jullie er altijd voor mij zijn. Mijn neefjes Glenn en Nolan, wat fijn dat jullie in ons leven zijn gekomen. Lieve Suze, bedankt voor het ontwerpen van de prachtige omslag voor mijn proefschrift!

Lieve Robin, op het moment van mijn verdediging zijn wij al de helft van ons leven samen. Een leven zonder jou kan en wil ik me niet meer voorstellen. Bedankt voor je liefde en steun in alles wat ik doe. Ik heb heel veel zin in de rest van ons leven samen!

