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## Food insecurity, dietary quality and health in the Netherlands

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# Stellingen behorend bij het proefschrift getiteld

## Food insecurity, dietary quality and health in the Netherlands

1. The issue of food insecurity needs to be better assessed and addressed in the Netherlands. (this thesis)
2. Interventions aimed at improving eating behaviour among people experiencing food insecurity should not merely focus on nutrition education, but take into account a wider range of social, environmental and financial factors. (this thesis)
3. Promoting a healthier food environment including less fast-food outlets can be a promising strategy for improving dietary quality among food insecure households. (this thesis)
4. Consideration of finance-related barriers for healthy eating like financial scarcity or food insecurity can aid a better understanding of individual dietary behaviors in lower socioeconomic position populations. (this thesis)
5. Both population-based and risk-group based interventions are needed to reduce food insecurity and improve dietary quality. (this thesis)
6. Indirect indicators such as income are poorly suited as proxies for the experience of food insecurity. (adapted from Rose, J of Nutr 1999; 129(2):517S-520S)
7. Due to the multifaceted and context-dependent nature of food insecurity it currently is an unsettled issue how it is best assessed. (adapted from Carrillo-Álvarez et al., Int J Environ Res Public Health 2021 18(18):9829)
8. Health care providers should assess for and address social determinants of health such as food insecurity directly with patients and families. (adapted from O'Brien, Soc Work Health Care 2019 58(8):719-745)
9. Food banks are limited in their capacity to ameliorate short- or long-term food insecurity, nor are they able to meet nutritional requirements of those in need. (adapted from Bazerghi et al., J Community Health 2016 41(4):732-14)
10. Perceived food insecurity is not solely a matter of being poor: "If men define situations as real, they are real in their consequences". (Thomas theorem by William Isaac Thomas and Dorothy Swaine Thomas (1928))