



Universiteit
Leiden

The Netherlands

**Turning the tide: countering syndemic
vulnerability in a Dutch fishermen community**
Slagboom, M.N.

Citation

Slagboom, M. N. (2023, March 22). *Turning the tide: countering syndemic vulnerability in a Dutch fishermen community*. Retrieved from <https://hdl.handle.net/1887/3576121>

Version: Publisher's Version

License: [Licence agreement concerning inclusion of doctoral thesis in the Institutional Repository of the University of Leiden](#)

Downloaded from: <https://hdl.handle.net/1887/3576121>

Note: To cite this publication please use the final published version (if applicable).

Turning the Tide:
Countering syndemic vulnerability
in a Dutch fishermen community

Margaretha Nienke Slagboom

Turning the tide: Countering syndemic vulnerability in a Dutch fishermen community

Margaretha Nienke Slagboom, 2023

Department of Public Health and Primary Care of the Leiden University Medical Center

ISBN: 9789463618045

Cover design: © Marie van Looveren

Lay-out and printing: Optima | www.ogc.nl

Copyright © M. Nienke Slagboom, Rotterdam, The Netherlands.

© All rights reserved. No part of this thesis may be reproduced, stored or transmitted in any form or by any means without prior permission of the author, or when applicable, of the publishers of the scientific papers.

The studies presented in this thesis were funded by Fonds Nuts Ohra. Financial support for printing of this thesis was kindly provided by the Department of Public Health and Primary Care of the Leiden University Medical Centre.

Turning the tide

Countering syndemic vulnerability
in a Dutch fishermen community

Proefschrift

ter verkrijging van
de graad van doctor aan de Universiteit Leiden,
op gezag van rector magnificus prof.dr.ir. H. Bijl,
volgens besluit van het college voor promoties
te verdedigen op woensdag 22 maart 2023
klokke 13.45 uur

door

Margaretha Nienke Slagboom

geboren te Apeldoorn
in 1984

Promotor

Prof. Dr. R. Reis

Co promotor

Dr. M.R. Crone

Leden promotiecommissie

Prof. Dr. M. Bussemaker

Dr. T.N. Bonten

Dr. B. Kohrt, George Washington University

Prof. Dr. S.P.J. Kremers, Universiteit van Maastricht

Voor alle kinderen – klein en groot - met wie ik stukjes mocht oplopen.

*Voor de toekomstige generatie, voor mijn nichtjes en neefjes:
Geeke, Jiska, Josien, Mozes, Christoph, Tobias en voor Aster Sig.*

The only true voyage of discovery [...] would be not to visit strange lands but to possess other eyes, to behold the universe through the eyes of another.

Marcel Proust, 1923, *La Prisonnière*

TABLE OF CONTENTS

Chapter 1	General introduction	9
Chapter 2	Psychological distress, cardiometabolic diseases and musculoskeletal pain: A cross-sectional, population-based study of syndemic ill health in a Dutch fishing village.	25
Chapter 3	Exploring syndemic vulnerability across generations: A case study of a former fishing village in the Netherlands.	51
Chapter 4	The evaluation of a family-engagement approach to increase physical activity, healthy nutrition, and well-being in children and their parents.	85
Chapter 5	Just one more cookie: An ethnographic study of subversion in a Dutch fishing community.	121
Chapter 6	General discussion	159
Chapter 7	Summary	185
	References	192
Chapter 8	Appendix	217
	Nederlandse samenvatting (Dutch Summary)	219
	Photos and poems Pass It On campaign	226
	List of publications	232
	Curriculum Vitae	234
	Dankwoord (acknowledgements)	236