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**Turning the tide: countering syndemic
vulnerability in a Dutch fishermen community**
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Stellingen behorende bij het proefschrift getiteld
**‘TURNING THE TIDE:
COUNTERING SYNDEMIC VULNERABILITY IN A DUTCH
FISHERMEN COMMUNITY’.**

- 1) Rather than a static health status, syndemic vulnerability is temporary, it can be countered [*this thesis*].
- 2) To address population wide patterns of poor health, start by treating the defects of a given society; “medicine is a social science, and politics is nothing but medicine on a grand scale” (adapted from Rudolf Virchow, 1848).
- 3) It is time to change the public health rhetoric which argues that “social conditions affect health outcomes and then, in turn, argues that the appropriate solution is to eat better, exercise more, drink less and give up smoking” (adapted from David McQueen, 1989).
- 4) As we repeat what we don’t repair (Pinterest Verb), understanding the longitudinal effects of historical trauma on family health is key to breaking the intergenerational cycle of poor health.
- 5) “Family is the life jacket in the stormy sea of life” (J.K Rowling, 1999, in: Harry Potter and the Prisoner of Azkaban), confirmed by all participants in the studies of this thesis.
- 6) There is no such thing as hard-to-reach populations. Ethnographic research is a prerequisite to understand what people stand to lose when engaging in care [*this thesis*].
- 7) Implementing a two-generation approach in health care is easier said than done [*this thesis*].
- 8) Without understanding families’ food traditions, the implementation of weight-related health promotion is prone to fail [*this thesis*].
- 9) Writing, it’s a kind of disorder: A requirement to keep trying different ways to describe something that urgently needs describing, even if you aren’t entirely sure what it is (after Jenny Diski, 2005).
- 10) It takes a village to raise a Doctor of Philosophy.