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Personalized lifestyle interventions for the prevention and treatment of type 2 diabetes

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STELLINGEN

behorende bij het proefschrift getiteld

Personalized lifestyle interventions for the prevention and treatment of type 2 diabetes

1. Integrating more elaborate phenotyping, such as diabetyping based on glucose and insulin dynamics, enables providing more adequate medical and lifestyle treatment for people with type 2 diabetes (*this thesis*)
2. The effectiveness of personalized lifestyle advice depends on the underlying pathophysiology of type 2 diabetes, such as liver or muscle insulin resistance and beta-cell function. (*this thesis*)
3. The real promise of personalized lifestyle advice is in real-time providing it (*this thesis*)
4. Personalized approaches to type 2 diabetes care highlight the need for interdisciplinary collaboration between healthcare professionals, including GPs, dieticians, pharmacists and physiotherapists to develop comprehensive, patient-centered strategies for disease prevention and management (*this thesis*)
5. Personalized lifestyle advice cannot compete with the obesogenic food environment
6. We should not expect that a chronic condition, like type 2 diabetes, that took years to develop can be solved by a short-term treatment such as a combined lifestyle intervention.
7. Increased government intervention in addressing the obesity and diabetes pandemic is not patronizing but rather protective of its citizens.
8. If we want the new generation to grow up healthier, healthy food and nutrition education should be offered at all schools.
9. The influence of social media on consumer behavior makes it more important than ever to address misleading marketing practices.