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Health, disadvantage, and the welfare state

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Stellingen

behorende bij het proefschrift getiteld

Health, Disadvantage, and the Welfare State

1. Health is a vital outcome of social policy and deserves more systematic study as such in welfare state research (*this dissertation, chapter 2*).
2. Personal narratives are essential for understanding how care and support systems should be designed to align with the lived experiences of those who rely on them (*this dissertation, chapter 3*).
3. Socio-economic and health problems are not related in a linear and unidirectional way; their relational trajectory twists and turns within people's lives (*this dissertation, chapter 3*).
4. Tailoring services to individual needs is not sufficient to solve the broader lack of integration between policies and systems (*this dissertation, chapter 4*).
5. The adoption of Health in All Policies is fundamentally a political process (*this dissertation, chapter 5*).
6. "Medicine is a social science, and politics nothing but medicine at a larger scale" – Rudolf Virchow (1848)
7. Counterintuitively, complex social issues might best be remedied with simple social policies.
8. The academic community bears a responsibility to treat research participants in vulnerable positions ethically and with respect.
9. Scientists should strive to address the big questions of our times, even if doing so precludes providing precise or definitive answers.
10. One has to learn to take responsibility for their own choices, because, in the words of Joan Didion, "to free us from the expectations of others, to give us back to ourselves – there lies the great, singular power of self-respect" – *Self-respect, its source, its power* originally published in Vogue in 1961
11. Before I began this dissertation, a former teacher gave me the advice: "You should pursue a PhD if you seek to encounter yourself." I now understand what she meant.