



Universiteit
Leiden

The Netherlands

Time to tip the scales: tackling overweight and obesity in primary care

Hout, W.J. van den

Citation

Hout, W. J. van den. (2026, January 16). *Time to tip the scales: tackling overweight and obesity in primary care*. Retrieved from <https://hdl.handle.net/1887/4286951>

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/1887/4286951>

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

Time to tip the scales

Tackling overweight and obesity in primary care

Willemijn J. van den Hout

Time to tip the scales: tackling overweight and obesity in primary care

The work in this thesis was conducted at the department of Public Health and Primary Care of the Leiden University Medical Center.

ISBN: 978-94-6522-725-2

Cover design: Noortje van den Hout

Lay-out and printing: Ridderprint | www.ridderprint.nl

Financial support for printing this thesis was kindly provided by the SBOH (employer GP trainees in the Netherlands).

© 2025 Willemijn J. van den Hout, Leiden, The Netherlands. All rights reserved. No part of this book may be reproduced, stored, or transmitted in any form or by any means, without prior permission of the author.

Time to tip the scales

Tackling overweight and obesity in primary care

Proefschrift

ter verkrijging van
de graad van doctor aan de Universiteit Leiden,
op gezag van rector magnificus prof. dr. S. de Rijcke,
volgens besluit van het college voor promoties
te verdedigen op vrijdag 16 januari 2026
klokke 11.30 uur

door

Willemijn Julia van den Hout

geboren te Utrecht

in 1992

Promotor:

Prof. dr. M.E. Numans

Co-promotores:

Dr. P.G. van Peet

Dr. D.O. Mook-Kanamori

Leden promotiecommissie:

Prof. dr. M.A. Adriaanse

Prof. dr. S.C. Cannegieter

Prof. dr. G.J. Geersing, Universiteit van Utrecht

Prof. dr. ir. J.C. Seidell, Vrije Universiteit van Amsterdam

Contents

Chapter 1	General introduction	7
Part I	Current practices	22
Chapter 2	Recording practices of body mass index, overweight and obesity by Dutch general practitioners: An observational study	25
Chapter 3	Dutch general practitioners' perspectives on addressing obesity: A qualitative study	43
Part II	Identification of high-risk patients	68
Chapter 4	Association of mental health and negative life events with weight change in patients with overweight: A cohort study	71
Chapter 5	The value of measuring waist circumference in general practice: A mixed-methods study	91
Chapter 6	General discussion	121
Chapter 7	Nederlandse samenvatting	144
	List of publications	150
	Dankwoord	152
	Curriculum Vitae	154