

Making lifestyle work : long-term effects in the prevention of type 2 diabetes

Citation for published version (APA):

Roumen, C. (2009). *Making lifestyle work : long-term effects in the prevention of type 2 diabetes*. [Doctoral Thesis, Maastricht University]. Universitaire Pers Maastricht. <https://doi.org/10.26481/dis.20091106cr>

Document status and date:

Published: 01/01/2009

DOI:

[10.26481/dis.20091106cr](https://doi.org/10.26481/dis.20091106cr)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

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Making Lifestyle work: Long-term effects in the prevention of type 2 diabetes

1. Feasible changes in diet and physical activity prevent deterioration of glucose tolerance and reduce diabetes risk by 47% over a mean of 4.1 years. (*this thesis*)
2. Participants of the lifestyle intervention with low socio-economic status and worse metabolic profile seem prone to discontinue participation. The question is no longer whether lifestyle interventions might be effective, but how to increase adherence in groups that need it the most. (*this thesis*)
3. Two possible ways to improve adherence, in lifestyle interventions that aim to prevent/postpone type 2 diabetes mellitus, are by increasing perceived susceptibility for developing diabetes and by decreasing misconception about own adherence. (*this thesis*)
4. Maximal aerobic capacity is an important parameter of physical health that can be increased by feasible lifestyle changes. (*this thesis*)
5. Already in the ancient world, overweight/obesity was treated, by exercise, sweating, food restriction, vomiting and occasionally bloodletting. Nowadays, prevention and treatment of type 2 diabetes and vascular dysfunction have essentially the same components.
NHG-Standaard Cardiovasculair risicomangement, version 2007.
NHG-Standaard Diabetes mellitus type 2, second revision, version 2006.
Fernández-Real et al. Diabetes Care. 2002, 25:2249-55.
Fernández-Real et al. Diabetes. 2002: 51:1000-4
6. What we know already is a great obstacle to find out those things that we do not know.
Harry Himsworth, cited in Gale, Diabetologia, 2006:49;1989-1995
7. Estimates from the Food and Agriculture Organization of the United Nations suggest that 963 million people in poor countries are food-deprived. According to the World Health Organization, globally, there are more than 1 billion overweight adults worldwide, of whom at least 300 million are obese. The phrase; 'divide and conquer' or in latin 'devide et impera' may both reflect the cause and solution of these contrasting human health problems.
Diouf, J. Speech at High-Level Meeting on Food Security for All Madrid, 26–27 January 2009. <http://www.who.int/dietphysicalactivity/publications/facts/obesity/en/>

8. 'The Public' as a homogeneous body does not exist and campaigns that do not take into account the many differences – including age, race, culture, religion, outlook and activities – between individuals are unlikely to succeed.
Matthaei, Int J of Clin Pract. December 2007, 61 (Suppl. 157), 31–37
9. The word 'lifestyle' got true meaning when deviating lifestyle behavior became more standard than deviant.
10. The founding of 'global sharing' and 'open innovation' websites would not be necessary if 'sharing' would be a natural occurring characteristic.
11. Een negatieve houding tegenover gehandicapt zijn is van grote invloed (geweest) op wat wij mensen met een beperking aandoen, hoe wij dit doen en de gevolgen die dit heeft voor hun familie.
Wills, 1994, blz. 249. Uit: 'Kind en hemiparese' van Van Loen en Verheijden.

Cheryl Roumen

Maastricht, 6 November 2009