

Prevention and treatment of obesity

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Stellingen behorende bij het proefschrift

Prevention and Treatment of Obesity

The Role of Lifestyle Coaches and Health Brokers

1. Leefstijlcoaches hebben de potentie om bij te dragen aan een gezondere leefstijl van volwassenen met (een risico op) obesitas (*dit proefschrift*)
2. Leefstijlcoaches zijn een goede aanvulling in de zorg rondom obesitas voor volwassenen (*dit proefschrift*)
3. De huidige leefstijlcoaches besteden te weinig tijd aan netwerken om een professioneel netwerk op te bouwen en te behouden (*dit proefschrift*)
4. Gezondheidsmakelaars zijn belangrijke schakels in het verbinden van verschillende partijen rondom de preventie van complexe publieke gezondheidsproblemen (*dit proefschrift*)
5. Genes load the gun, lifestyle pulls the trigger (*Elliot Joslin*)
6. Je weet pas wat het probleem was, als je de oplossing hebt (*Horst Rittel en Melvin Webber*)
7. In theory there is no difference between theory and practice. In practice there is (*Stephen A. Small*)
8. De vergoeding van gecombineerde leefstijlinterventies in de basisverzekering is een goede stap in het terugdringen van obesitas (*valorisatie*)
9. Basiselementen van leefstijlcoaching moeten aan bod komen in opleidingen voor alle gezondheidszorgprofessionals (*valorisatie*)
10. Give a man a fish, and he eats for a day. Teach a man to fish, and he eats for a lifetime (*Anne Isabella Thackeray Ritchie*)
11. Waarom moeilijk doen, als het ook samen kan? (*Loesje*)