

Next to best health decisions

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Propositions
accompanying the thesis

NEXT TO BEST HEALTH DECISIONS

Exploring two cases: smoking behavior and childhood vaccination

Kim Romijnders

This thesis

- Health communication should be targeted to specific user groups in order to support decision-making about smoking behavior as exclusive e-cigarette users are a distinct user group from dual users of both cigarettes and e-cigarettes | this thesis.
- All parents, regardless of their vaccine decision, experienced some level of decisional conflict in their decision-making process about childhood vaccination, and thus they may require additional decisional support | this thesis.
- People need information concerning recommended, unrecommended and next to best health options that they can trust in order to improve decision-making | this thesis.
- Since the decision-making process leading to a next to best health decision was described as elaborate, time-consuming, and difficult, public health experts should clearly communicate the pros and cons of each option to the public in order to facilitate a decision-making process | this thesis.

General field

- What constitutes a good health decision should not be based solely on scientific expertise but also on the perspective on the health topic of the decision-maker.
- As decisions in the two investigated examples did not meet one or several of the criteria of informed decision-making, further research is needed to form a uniform and clear definition of informed decision-making and create consensus on how to measure the outcome of an informed decision across fields and subjects.
- In order to improve decision-making, it is important to determine both the cognitive beliefs and knowledge of participants to assess whether they may be informed, mis-informed, or uninformed.

Valorization

- Testing the effect of communicating about the recommended, unrecommended, and next to best health options should receive more attention from policy makers, public health experts, and the public (valorization).

General

- “The only freedom which deserves the name is that of pursuing our own good in our own way, so long as we do not attempt to deprive others of theirs, or impede their efforts to obtain it. Each is the proper guardian of his own health, whether bodily, or mental or spiritual. Mankind are greater gainers by suffering each other to live as seems good to themselves, than by compelling each to live as seems good to the rest.” Mill JS. INTRODUCTORY. On Liberty. Cambridge: Cambridge University Press; 1859:7-30.