

# Wicked problems and challenging opportunities

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*Propositions belonging to the PhD dissertation:*

# Wicked problems and challenging opportunities

## Development of integrated public health policies for the prevention of obesity

1. 'Integrated' is a better term to describe the goal of policies to prevent wicked problems than 'integral', which suggests that the final goal of 'integration' can be objectively determined. *(this dissertation)*
2. The need for intersectoral collaboration means that hard-domain policy sectors have to share the ownership of their 'shop' with someone they don't know or trust very well, so they fear loss of autonomy and feel resistant towards collaboration. *(this dissertation)*
3. Citizen participation can be an excellent driver for more intersectoral collaboration. *(this dissertation)*
4. You need balls to study the development of integrated public health policies. *(this dissertation)*
5. Universities need to invest in students' capability to understand 'what' integrated public health policies are, 'which' obstacles they might encounter during their development, and 'how' they can pro-actively initiate their development. *(valorization)*
6. Obesity prevention is urgently needed in communities whose traditional lifestyles are suddenly invaded by office jobs, energy-dense imported foods, and Western ideals, since these communities have not had a chance to gradually prepare themselves to resist the obesogenic environment.
7. In small island nations with strong traditional cultures, health promoters need to focus on strengthening healthy characteristics that already exist within these cultures and that make people proud.
8. Health behavior is better understood if we not only look prospectively beyond the present, but also delve retrospectively into the past, so health promoters need to learn how to apply methods used by historians.
9. Integrated public health policy is just ordinary human understanding in sophisticated language. *(adapted from Johann Wolfgang von Goethe)*
10. Most success seems to be born out of 'serendipity'; a 'happy accident'. *(inspired by a Persian fairytale, The Three Princes of Serendip)*
11. To complete a PhD dissertation in time, the best approach is to write while drunk and revise while sober and accept that the first draft of everything is crap. *(adapted from Ernest Hemingway)*

*Anna Marie Hendriks, Friday March 4<sup>th</sup> 2016*