

Health profile of Sudanese adolescents (Umbada adolescents health survey)

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Propositions (Stellingen)

Contentions corresponding to the dissertation

Health profile of Sudanese adolescents

1. Contrary to common beliefs, the period of adolescence is not synonymous with a period of health; rather it is often with several health problems such as anaemia, chronic and preventable diseases and psychological complaints (this dissertation).
2. The vast majority of Sudanese adolescent females (89.6%) reported genital mutilation, demonstrating the failure of all effort and policies to eradicate this harmful traditional practice (this dissertation).
3. A *less* restrictive and more communicative and receptive family environment is associated with a positive health status during adolescents (this dissertation).
4. The health problems of adolescents in Sudan, with multiple causes and multifaceted solutions, imply that policy formulation and implementation by the government of Sudan with participation of other actors should be regarded as an urgent need (this dissertation).
5. Developing countries are committed to promote reproductive health and women's rights. However additional support is needed from developed nations to adequately address these issues (Thoraya Obaid, Executive Director of UNFPA, August 2004).
6. Many adolescents are ignorant of information regarding reproductive health. The information should be provided to them through the school curriculum, as it provides opportunities for the inclusion of developmentally appropriate information and skills training in a safe and supportive environment (Olukoya, 1994).
7. The increasing prevalence of obesity among young people in developing countries (with indirect welfare costs and loss of productivity) reflects and exacerbates the existing burden of poverty, hunger and malnutrition.
8. To prevent disappointment, a Dutch professor who visits Sudan is well advised to leave his agenda at home.
9. The bicycle is an excellent means of transport and the source of a healthy lifestyle in the Netherlands. In Sudan it is dangerous and risky to use a bicycle due to lack of infrastructures and respect of traffic rules.
10. The change in my carrier from medical practitioner to public health professional and researcher was a meaningful and challenging decision in my life: "You must be the change you wish to see in the world" (Ghandi).

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18 February 2005