

Environment and Seasons in an Aging Population: an Epidemiological Approach Propositions

1. The seasonality of lifestyle factors is not only influenced by meteorological factors. It may be also influenced by societal schedules (e.g. vacations, Christmas) (this thesis).
2. Low ambient temperature and apparent temperature explains most of the seasonality of cardiovascular risk factors and insulin resistance, especially among elderly (this thesis).
3. The built environment infrastructure may contribute to increase the exposure to traffic-related air pollution among active commuters, by placing them close to car emissions (this thesis).
4. Although active commuters inhale more pollutants than motorized commuters, the benefits of more physical activity are not outweighed by air pollution exposure while commuting (this thesis).
5. The seasonal variation of cognitive performance among population with unimpaired cognitive function may be a sign of healthy aging (this thesis).
6. Electric cars should not be the most important strategy to reduce the traffic-related pollution (e.g. noise, heat islands, air pollution, car crashes), as these do not necessarily promote a people-friendly built environment.
7. *“Active transportation modes could also be perceived as pathways to improve the total urban environment”*. Rojas-Rueda D. PLoS ONE. 2016; 11(3).
8. *“If all 167 European cities achieved a cycling mode share of 24.7% over 10,000 premature deaths were estimated to be avoidable annually”* Mueller N. Preventive Medicine. 2018; 109:62-70.
9. Global warming will not reduce the cold-related cardiovascular risk, but it will increase the weather-related health risks.
10. *“An understanding of how different components of the environment interact could influence both personal decisions and regulatory policies, for instance, to create better access to nutrition, more walkable areas, and more public greenspaces. (...) Therefore, to change individual choices, it is important to examine the larger social and natural environments that shape such choices”*. Riggs DW. Circ Res 2018; 122(9): 1259-75.
11. *“Problems cannot be solved at the same level of awareness that created them”*. Albert Einstein

Magda Cepeda, Rotterdam, September 19th 2018