

## Propositions

### Healthy Ageing: Health Promotion for People with Frailty and Chronic Conditions

1. In people with frailty, increasing social contact or social support to reduce social frailty may contribute to health-related quality of life. (*This thesis*)
2. Both maintaining a regular frequency of physical activity and changing a low level of physical activity to a regular frequency of physical activity are associated with relatively low levels of frailty among community-dwelling older adults. (*This thesis*)
3. The Tilburg Frailty Indicator is a reliable and valid instrument to assess frailty in studies with community-dwelling older people in Spain, Greece, Croatia, the Netherlands and the United Kingdom. (*This thesis*)
4. Peer support provided by patients themselves in a group, or provided by non-professionals like community workers, may have a positive effect on glycemic control among patients with type 2 diabetes. (*This thesis*)
5. Multifactorial interventions with individualized targets and communication between health professionals and patients may have a positive effect on prevention and control of diabetic retinopathy among patients with type 2 diabetes. (*This thesis*)
6. Health before conception is associated with the outcomes of pregnancy; life-course research pin-points the preconception period as a 'window-of-opportunity' for health promotion to increase health across generations. (based on *Stephenson J., Lancet 2018*)
7. Adopting healthy lifestyle behaviors, including not smoking, drinking alcohol moderately, healthy diet, regular exercise, and maintaining an optimal weight, can lower the risk of mortality. (based on *Loef M., Preventive Medicine 2012*)
8. "The mission of public health is to provide access to quality health care and apply diverse disease prevention strategies by focusing on modifiable risk factors of morbidity and mortality, promoting health, and reducing health disparities." (*Vaithinathan, A. et al., Journal of Evidence-Based Medicine 2016*)
9. "Everyone benefits when people are healthier." (*Frieden TR., The New England Journal of Medicine 2015*)
10. "Happiness does not cure illness but it does protect against becoming ill." (*Veenhoven R., Journal of Happiness Studies 2008*)
11. "Life offers you a thousand chances, all you have to do is take one." (*Mayes F., Under the Tuscan Sun: At Home in Italy 1997*)