

Propositions accompanying the thesis:

Successful ageing in China: The importance of health behaviours

By

Zeyun Feng

- I. Health behaviours are important for health and quality of life outcomes among older people in China. (this thesis)
- II. Health behaviours are generally stable across time among older people in China. (this thesis)
- III. Social cohesion increases the likelihood of adequate vegetable and fruit consumption and being socially active, while lowering the likelihood of being a daily smoker among older people in China. (this thesis)
- IV. Higher income is positively associated with social participation over time among older people in China. (this thesis)
- V. Health professionals should prioritize a focus on behavioural profiles that are associated with the occurrence of more depressive symptoms. (this thesis)
- VI. "Social cohesion is something to be 'encouraged', 'fostered', or 'protected'." (J. Jenson. Defining and measuring social cohesion. 2010)
- VII. "In promoting active ageing, consideration of the role of the social environment and ensuring that it is supportive of older people's physical activity are important." (A.P.Nieboer and J.M. Cramm. BMC Geriatrics. 2019)
- VIII. "Working to make the world more age friendly is an essential and urgent part of our [response to] changing demographics." (World Health Organization, Ageing, 2021).
- IX. "Prevention is better than cure." (Dutch philosopher Desiderius Erasmus. 1500)
- X. "It's time to break the mental health taboo in China". (N.F. Fischer, 2019)
- XI. "Our happiness lies in our connections to others. We should not let each other go. We should listen to each other and show understanding." (King Willem-Alexander's Christmas speech, 2019)