

Stellingen

1. Although smoking is related to a lower body weight among women, there are large differences between populations in the magnitude of this effect.
2. Among men, there are populations in which smoking is not related to relative body weight, and in these populations smoking is less common and ex-smoking more common than in other populations.
3. There may be subgroups in a population who would be in need and benefit more than others from weight management after stopping smoking.
4. The inequalities in health consequences of overweight seem to become wider in many countries.
5. There are considerable differences in body fat distribution between populations, mainly because of differences in degree of overweight, partly due to other factors.
6. An optimal indicator of body fat distribution remains to be seen.
7. There is no use of replacing arbitrary cut-off points with other similarly arbitrary cut-off points.
8. Regarding morbidity and mortality, having a high BMI and a low waist-hip ratio is not at all the same as having a low BMI and a high waist-hip ratio.
9. Being either a physician or a statistician, or even both simultaneously, is neither a necessary nor sufficient qualification for being an epidemiologist. What is necessary is an understanding of the principles of epidemiologic research and the experience to apply them.
Kenneth J. Rothman and Sander Greenland, Modern Epidemiology, 1998
10. It is very difficult, but important, to know where the line between very difficult and impossible goes.
11. From an international perspective the concept 'foreigner' is non-existing.
12. When a Finn sees a lemon, he/she takes it, eats it with awful grimaces and in the end says: "Got you!"
Freely translated from Veikko Huovinen, Hamsterit

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