

## Stellingen behorende bij het proefschrift:

### *Socioeconomic Inequalities in Overweight and Obesity in Low- and Middle-Income Countries*

Sociaal-economische ongelijkheid in overgewicht en obesitas in lage- en middeninkomenslanden

1. Over the past two decades, overweight and obesity have increased more rapidly among women from less educated and lower occupational classes in most low- and middle- income countries (*this thesis*).
2. Lower education is associated with longer duration of breastfeeding in low- and middle- income countries (*this thesis*).
3. Socioeconomic differences in reproductive behaviour contribute little to socioeconomic inequalities in overweight and obesity in low- and middle-income countries (*this thesis*).
4. Conditional Cash Transfers are effective in improving dietary diversity, but they may lead to unintentional increases in body mass index among children in Colombia (*this thesis*).
5. The education component of the Colombian Conditional Cash Transfer programme was not effective in bringing about changes in child caregiving practices (*this thesis*).
6. Increased physical activity may reduce mortality as much as smoking cessation among elderly men (Holme et al. BMJ 2015).
7. Being exposed to corrupt environments corrupts the individual (Gächter et al. Nature 2016).
8. Violence against women by an intimate partner is a major contributor to the ill-health of women (Multi-Country study on women's health and domestic violence against women, WHO, 2005).
9. Hunger is one of the most urgent global health challenges, yet 1.3 billion tons of food are globally lost or wasted every year (Global food losses and food waste– Extent, causes and prevention, FAO 2011).
10. Music reduces pain and anxiety during the postoperative period (Hole et al. Lancet 2015).
11. "One cannot think well, love well, sleep well, if one had not dined well" (Virginia Woolf, In: *A room of One's Own*, 1929).

