



**INFO  
BROCHURE**

CHAIR GROUP

**HEALTH  
&  
SOCIETY**

**“MOST  
HEALTH  
ISSUES  
HAVE A  
COMPLEX  
NATURE”**



**WAGENINGEN UR**



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# OUR FOCUS AND MISSION

**Being healthy is important for individuals, families, communities, and for society at large. Even though in the last century great progress has been made, for instance through improved sanitation, better nutritional quality and medical and technological innovation, maintenance and improvement of population health continues to be a challenge in the 21st century. In high income countries, and increasingly also in middle and low income countries, chronic illnesses such as dementia, diabetes, cancers and respiratory diseases constitute a fair amount of the disease burden. Trends indicate that these chronic diseases are likely to become even more important over the next decades. At the same time the burden of infectious diseases remains a concern, due to newly and re-emerging diseases, such as Ebola, avian influenza, SARS, tuberculosis and cholera.**

**Many of the health issues today relate to societal developments like changing consumption patterns, health inequalities, aging populations, urbanization, globalization of travel and trade, climate change, and changing roles of governments at national and international level. Moreover, most of these health issues have a complex nature, meaning that issues arise from the interplay between individuals, groups or communities and factors within their socio-ecological context. Our mission is to analyse these interactions and to identify the causes of disease as well as the resources and assets for health. The results of this analysis are used to design and evaluate strategies to facilitate development of health and well-being. Moreover, the analysis of these complex health issues as well as the road to solutions, require input from multiple scientific and societal disciplines. For this, our research and education uses a multi- and interdisciplinary approach, working together with natural and social scientific disciplines, health professions, health policy and industry.**

**Our approach to health is inspired by three schools of thought. Firstly, the Ottawa Charter for health promotion, that specifically addresses the socio-ecological context of health. Secondly, the life-course perspective that relates to the notion of health development during the lifespan. Lastly, the Salutogenic Model of Health, which examines and encourages factors that keep people healthy, rather than looking at pathogenic factors which cause disease.**

**Together with Cultural Geography (GEO), Rural Sociology (RSO) and Sociology of Development Change (SDC) the chair group Health and Society is part of the Centre for Space, Place and Society (CSPS). This centre seeks to advance critical-constructive scholarship within the social sciences by particularly focussing on issues of socio-spatial and environmental justice. The chair group HSO collaborates with the other CSPS chair groups around the themes foodscapes, grassroots political agency, health and care, and tourism.**

**The staff members of the chair group Health and Society coordinate and lecture several courses in the Bachelor and Master programmes Health and Society. You can find more detailed information about the education programmes, our courses, and our staff in this brochure.**

**We hope you will find the topics in this brochure inspiring. If you would like to know more about our research or education, or exchange ideas with us, simply contact a member of our team. We will be happy to discuss your ideas.**

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**Prof.dr. Maria Koelen**



RESEARCH

1



RESEARCH

**RESEARCH**





## 1.1

# RESEARCH PROGRAMMES HEALTH AND SOCIETY

The health and society group uses a socio-ecological approach to study the reciprocal interaction between everyday life practices of individuals, groups, and communities and their social, natural, and built environment. This approach involves a holistic view of health that includes equity, autonomy, social justice, participation and empowerment. Our activities include the analysis of societal health issues, the interpretation of how various determinants influence health development and outcomes, and the translation of knowledge from research into action in public health and health care, while combining insights from multiple disciplines and stakeholders.

The Health and Society research programme is built around the following areas:

**The social environment** of health, covering social relations (e.g. households, family, friends), social surroundings (e.g. neighbourhoods, schools, workplaces), and social institutions (e.g. cultural and religious institutions, economic and political systems);

**The built and natural environment**, covering the availability, design features and quality of houses and offices, playgrounds, sidewalks and landscapes, altogether referred to as the physical environment;

**Lifestyle**, as the result from interaction between individuals and their social and physical environment.

The themes we study concern eating practices, physical activity, workplace health, green environment and health, landscape, urban planning, and the ageing society. Our research involves a disciplinary, sociological and social psychological perspective as well as an applied, multi-disciplinary perspective, using insights from systems thinking and organizational development theory.

Within our group, we apply a combination of research techniques. This mixed methodology concerns both the combination of qualitative and quantitative research methods as well as traditional and action research.

## 1.2

# RESEARCH PROJECTS HEALTH AND SOCIETY

The chair group Health and Society is involved in a range of research projects. Listed below are some of our current projects.

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## REDUCING CARBON EMISSIONS IN THE EU THROUGH SUSTAINABLE DIETS (SU-EATABLE)

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This EU-LIFE16 project aims to engage EU citizens to change their lifestyles and to adopt a sustainable and healthy diet that will help the EU to achieve a reduction in GHG emissions. The 3-year project started in 2018 and is a collaboration between the Barilla Center for Food & Nutrition, GreenApes, The Sustainable Restaurant Association and HSO. Activities involve 1) the development of an IT system enabling understanding, learning and adoption of sustainable diets and monitoring of impact on CO2 emissions and water usage; 2) Apply, monitor, evaluate the IT system in experiments in canteens and companies; 3) assess the socio-economic impact of sustainable diets.

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**Contact person:**  
Dr.ir. Laura Bouwman

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## AN INTEGRAL APPROACH TO POVERTY: MORE ROOM TO QUIT SMOKING?

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Living with financial problems often goes hand in hand with problems in other domains, such as relational, social or health problems. The stress caused by these problems is one of the main reasons why smokers with a low income don't (or can't) choose for the cheapest and healthiest option: quit. Quite often, smoking is one of the few enjoyable things left. It is plausible that intrinsic motivation to quit will increase when attention is paid to the underlying problems. The project is part of the programme 'Healthy Future Nearby' (2015-2020) of the Dutch NUTSOHRA foundation.

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**Contact person:**  
Dr. Kirsten Verkooijen

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## **EMPOWERMENT OF PREGNANT WOMEN TO HAVE A HEALTHIER DIETARY INTAKE. THE DEVELOPMENT, IMPLEMENTATION AND EVALUATION OF AN INTEGRAL STRATEGY**

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The overall goal of this research project is to improve the dietary intake of low socioeconomic status (SES) pregnant women. This project aims to develop, implement and evaluate an integral strategy that empowers low SES pregnant women to have a healthier dietary intake. This is relevant for both society and science, as maternal nutrition is crucial for optimal foetal development and population health. Pregnant women are receptive to changing dietary intake during pregnancy. Midwives acknowledge their potential role in promoting healthier dietary intake, but lack time and specific knowledge and skills for an integral strategy tailored to the needs of low SES pregnant women, their everyday life, family situation, and physical and social environment. Moreover, there is currently no integral strategy fitting concurrent antenatal care that focuses on empowering pregnant women to have a healthier dietary intake. In this project, such an integral strategy will be developed, implemented and evaluated jointly with all stakeholders, including pregnant women and their partners.

**Contact person:**  
**Dr.ir. Sabina Super**

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## **PARTIGAN: COMMUNITY GREENING IN ARNHEM AND NIJMEGEN**

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The aim of the project is to investigate how the greening of the living environment can stimulate the active green participation of especially more vulnerable citizens as a way to improve their health and to reduce socioeconomic health disparities. The project will focus on two cities, Arnhem and Nijmegen, that both are already working on citizen participation and incorporating the green environment in health and environmental policies. The project is executed by a consortium of renowned research organisations (Wageningen University and Research, VU Amsterdam, Radboud University Nijmegen), the cities of Arnhem and Nijmegen, nature and societal organisations and green initiatives of citizens with expertise in the field of nature-health interactions, landscape architecture, citizen science, diversity, participatory action research and community participation.

**Contact person:**  
**Dr.ir. Lenneke Vaandrager**

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## **ADDRESSING HEALTH INEQUALITIES IN VULNERABLE URBAN NEIGHBOURHOODS BY SOCIAL COMMUNITY ENTERPRISES**

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The overarching goal of this project is to measure the impacts of social community enterprises on the health of residents with low socioeconomic status. This project is based on the assets model of health: residents and communities are supported to identify and mobilize assets for their own health and well-being. Six social community enterprises have been selected as case studies in socially vulnerable neighbourhoods of the city of Arnhem. Their aim is to create, in co-creation with residents, added value for community members by deploying a mixture of social, economic and environmental activities. Core of the approach is that residents participate, make choices by themselves, improve their local community and by doing so improve their health. Concrete activities are creation of informal meeting places, creation of social enterprises, training of working skills, taking care of the physical environment and initiating support networks. This research is conducted in close collaboration with Erik Hendriks (Municipality Arnhem and external PhD of HSO) and Jan Hassink (WUR Plant Sciences).

**Contact person:**  
**Dr.ir. Lenneke Vaandrager**

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## **EMERGING ZOOSES IN RELATION TO THE CHANGING SOCIO-ECONOMIC ENVIRONMENT**

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Zoonoses appear to crop up randomly. Some factors that influence their emergences have been identified, e.g. a combined human and animal high population density. An interdisciplinary group of researchers of Wageningen University & Research have identified the biological and socio-economic drivers and the main impacts of emerging zoonoses on a local and global scale. The study resulted in schematic diagrams for several infections. The outcomes can support policy-makers taking preventive measures against the emergence of zoonoses.

**Contact person:**  
**Dr.ir. Lenneke Vaandrager**

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## SAMENOORD

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SameNoord is a project in the northern part of the Dutch community Wijchen. The aim of SameNoord is to reduce health inequalities in the neighbourhood. Researchers, professionals and parents collaborate to establish a positive impact on health of families with a low income/education and related to that, health challenges. The project is part of the programme 'Healthy Future Nearby' (2015-2020) of FNO. Partners in the project are: Municipal Health Service (MHS) Nijmegen, Radboud University and Medical Centre, AMPHI collaborative centre, a welfare organization and the Wijchen Municipality. WUR is involved in the research to facilitate and evaluate the impact of the project in terms of perceived health, lifestyle behaviour, participation in (research) activities, and the social and physical environment of health.

**Contact person:**  
Dr.ir. Annemarie Wagemakers

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## HAVING A LOW-INCOME IN A TEMPTING FOOD ENVIRONMENT. THE ROLE OF SOCIAL NORMS AND A SCARCITY MINDSET

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This project aims to provide possible explanations for the often reported unhealthy diets among people with a low-income by focusing on social norms, a scarcity mindset, and their interaction. The first part of the project addresses the questions to what social norms low-income people are exposed and how these relate to eating behaviour. The second part focuses on a scarcity mindset, which has been shown to lead to more impulsive behaviour and less cognitive control. Furthermore, it is also investigated whether a scarcity mindset makes people more prone to social norm cues. This research is conducted by PhD student Sofie van Rongen (CPT) and supervised by Prof.dr. Emely de Vet (CPT) and dr. Kirsten Verkooijen

**Contact person:**  
Dr. Kirsten Verkooijen

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## CITIZEN PARTICIPATION AND CITIZEN SCIENCE

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Participation of citizens in health promotion programmes contributes to the effectiveness of the programmes and to the creation of supportive environments in health. Citizen science is defined as the general public engagement in scientific research activities. The more citizens or a community get involved in a programme and/or research activities, the chances that changes are realized will increase. Moreover, in the field of public health, citizen science cannot only contribute to the building of support and capacity of a research project, but also contribute to health benefits of citizens themselves. In this project, a number of questions related to citizen participation and citizen science will be addressed in collaboration with (amongst others) Wageningen Environmental Research, RIVM, and Hogeschool van Amsterdam.

**Contact person:**  
Dr.ir. Annemarie Wagemakers

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## SPORT FOR POSITIVE DEVELOPMENT AND SOCIAL INCLUSION

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Sport is often recognised as an avenue for the positive development of (young) people, because sports participation has been positively linked to improvements in physical, cognitive, social, and emotional health. In line with these findings, policymakers and health professionals in the Netherlands, and elsewhere in the world, encourage socially vulnerable youth to participate in sport. As socially vulnerable youth participate less in sport than their non-vulnerable peers, encouraging them to participate in sport may support these youths in leading a healthy and productive life. However, to date, our understanding of the role of sport in positive youth development has been primarily based on research conducted in non-vulnerable populations. Moreover, we know very little about how sport can potentially support these youths in their personal development and under which conditions sport can do so. In collaboration with Stichting Life Goals and de Sportwerk-plaats the value of sports participation for socially vulnerable people is investigated.

**Contact person:**  
Dr.ir. Sabina Super



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## ESCAPING OBESITY THROUGH SURGERY?

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Bariatric surgery is increasingly used as a tool to battle obesity in western societies. The chair group Health and Society has joined a team of researchers from the University of Montpellier (France) and the University of Lausanne (Switzerland) on a multi-disciplinary research project that aims to investigate how obese individuals experience and manage physical transformations after undergoing bariatric surgery. The aim of the project is to contribute to a better comprehension of the ethical, clinical, social and economic issues linked to the decision, the undertaking, and the follow up of bariatric surgery.

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**Contact person:**  
**Dr. Kirsten Verkooijen**

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## INCLUSIVE GREEN INITIATIVES IN URBAN AREAS

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Local health and social care partnerships that stimulate community engagement of vulnerable populations are promising for health promotion. In the Netherlands, some of these partnerships include stakeholders from the green, agricultural and voluntary sector. Examples are green care farms, farms that combine agricultural activities with social care and support services, e.g. day services for people with dementia and supported workplaces for vulnerable populations such as vulnerable youth and people with mental health problems or intellectual disabilities. Clients, or participants in the vocabulary of care farmers, are involved in agricultural production and farm-related activities. The aim of this research is to explore opportunities and constraints of urban green care facilities such as parks, gardens and farms.

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**Contact person:**  
**Dr.ir. Lenneke Vaandrager**







***– understanding, learning and adoption of sustainable diets and monitoring of impact on CO2 emissions and water usage***



## 1.3

# PhD PROJECTS AT HEALTH AND SOCIETY

LETTE HOGELING

## THE OVERALL EVALUATION OF HEALTHY FUTURES NEARBY

Families with lower socio-economic background have higher chance of being less healthy and are thus more vulnerable. In the course of four years, starting spring 2016, a range of interventions is implemented to promote health and wellbeing of disadvantaged families in the Netherlands. The scope of these interventions, collected under and supported by the FNO programme 'Healthy Futures Nearby' is either inter-sectoral or is defined by a community setting. All interventions aim to reduce inequalities in health. In the overall evaluation the combined effects of the interventions and underlying mechanisms for reducing health inequalities will be identified. The research is conducted in collaboration with WECR (Wageningen University & Research) and the Verwey-Jonker Institute.

YVETTE BEULEN

## WHY PREGNANT WOMEN EAT WHAT THEY EAT

Pregnant women – like the general population – do not meet nutrition guidelines sufficiently, especially those with a lower socioeconomic status (SES). Promotion of a healthy diet by midwives is promising as antenatal dietary intake affects maternal and child health, thus pregnant women are open to dietary changes during this critical transition, and midwives are an important information source. Currently, however, nutrition communication by Dutch midwives is limited and focuses primarily on risks.

This study aims to improve dietary intake of low SES pregnant women in the Netherlands, to reduce health inequalities. It contributes to an understanding of why pregnant women eat what they eat and opportunities to provide nutrition advice in midwifery practice, which will be used to (further) develop a tool. The project is a collaboration with the department of Human Nutrition and Health, funded by the Edema-Steernberg foundation, and actively engages pregnant women, midwives and other stakeholders.



JEANINE AHISHAKIYE

## UNDERSTANDING THE SOCIAL DETERMINANTS DRIVING INFANT AND YOUNG CHILD FEEDING AMONG RWANDAN HOUSEHOLDS

The project is part of the interdisciplinary GORILLA birth cohort study on biological and social determinants of child growth in the Muhanga district, a poor-resource setting in Rwanda. Despite extensive policy efforts, 38% of children aged 0-5 years in this area is still stunted. This project focuses on the social determinants and applies the Salutogenic Model of Health (SMH) to gain insight in everyday challenges, resources and strategies with regards to infant and young child feeding (IYCF). The SMH posits salutogenesis as a health promoting process that functions alongside pathogenesis (processes causing disease). It traces how people engage resources to cope well with everyday challenges. While many children in the Muhanga district suffer stunting, some grow well. Such children are positively deviant (PD) in localities where many families experience almost insurmountable challenges. Mixed research methods will be used to gain insight in challenges experienced by caregivers and other community members and the resources and strategies applied with regards to IYCF during the first 12 months of child life. Subsequently, social and biological data will be integrated to compile a comprehensive PD profile that is used to identify opportunities for enabling PD practices for the wider community.

KRISTEL POLHUIS

## FROM DIET TO EVERYDAY-SOCIAL LIFE: A SALUTOGENIC APPROACH TOWARDS ENABLING HEALTHFUL EATING AMONG PEOPLE WITH TYPE 2 DIABETES (ACRONYM: D2SAL)

This project departs from the complexity of everyday-life and uses the Salutogenic Model of Health to investigate how people with T2DM can be supported in practically and socially organising change towards healthy eating. Literature search, narrative analysis and assets mapping is applied to trace how people with T2DM give meaning to challenging life-events that have led to turning points for dietary choices along their life-course and the personal, social- and physical environmental resources they apply to face these challenges. The findings will be used to develop a learning trajectory that aims to initiate the development of agency and sensitivity to the dynamics of the everyday-life context with regards to self-management of T2DM. The tools will be tested in a randomized controlled trial that compares 'advice as usual' with advice empowered with the study insights in the primary care setting. Findings aim to contribute to effective interventions that aim to accomplish change of the everyday dietary patterns of adults with T2DM. The project is a collaboration with the department of Nutrition and Health, funded by the Edema-Steernberg foundation.



LISANNE MULDERIJ

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### CARE-PHYSICAL ACTIVITY INITIATIVES IN THE NEIGHBOURHOOD

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Physical activity (PA) is an important contributor to health and well-being, but people with a low socioeconomic status (SES) are less engaged in PA than high SES citizens. Therefore, the project ‘*care-PA initiatives in the neighbourhood*’ studies care-PA initiatives, for example combined lifestyle interventions (CLIs), for vulnerable citizens. CLI focus on improving health and societal participation by targeting multiple (health) behaviours (e.g. physical activity, diet). Within this mixed-methods project, four research questions will be answered, focusing on (1) the impact and (2) the action elements of care-PA initiatives, (3) the societal costs and benefits associated with care-PA initiatives, and (4) alternative funding methods for integrated care, prevention, and care-PA initiatives at neighbourhood level. Research activities include, among others, body measurements, questionnaires, focus groups, in-depth interviews, concept mapping, and capacity mapping. The research started in 2016 and is conducted in collaboration with IQ healthcare (Radboudumc).

ROALD PIJPKER

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### THE POTENTIAL OF GREEN PROGRAMMES FOR REHABILITATION OF YOUNG EMPLOYEES WITH BURNOUT: A SALUTOGENIC APPROACH

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Burnout is an increasing occupational disease in the Netherlands, particularly among young employees (18-30), with associated sick leave costs of around €1.8 billion. Although the development of burnout is fostered through a complex interplay between psychological, environmental and societal factors, current guidelines used by general practitioners emphasize individual-level approaches. These approaches are important but suboptimal in both reducing burnout complaints and promoting a return to work sustainably. Moreover, although research on burnout started in the early seventies, still little is known about what constitutes effective rehabilitation. Simultaneously, a growing amount of studies suggest that so-called green programmes are suitable for rehabilitation. Hence, the overarching aim of this thesis is to explore the potential of green programmes for the rehabilitation of young employees with burnout.

This thesis aims explicitly to 1) assess effectiveness and factors influencing the effectiveness of existing rehabilitation programmes; 2) understand how young employees develop burnout and rehabilitate throughout the life course using their perspective; 3) examine how green programmes are developed and the extent to which they capture mechanisms underlying rehabilitation as identified in the first two objectives; and 4) to evaluate effectiveness and process of green programmes on rehabilitation of young employees. A mixed methods approach will be used. The research is conducted in close cooperation with Esther Veen of the Rural Sociology Group.

MARJA DE JONG

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### VOORSTAD ON THE MOVE. EVALUATION OF A COMMUNITY HEALTH PROMOTION PROGRAMME IN A SOCIOECONOMIC DEPRIVED CITY DISTRICT IN DEVENTER

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Voorstad on the Move (VoM) is a community health promotion programme, implemented during 3,5 years, in one city district. Socioeconomic status, as well as the health status of the inhabitants are relatively low in Voorstad, compared to other parts of the city. Based on exploration of the health situation, concurrent views on health promotion, and insights from literature, VoM is grounded in a social-ecological perspective and puts three action principles center core: citizens’ participation, intersectoral collaboration, and a health supportive environment.

The research aims to study the impacts and action principles of VoM. The main research questions concern the inhabitants’ perceptions on health and health supportive environments, the perceived benefits of citizen participation in terms of health literacy and empowerment, and the factors and mechanisms that contribute to citizen participation and intersectoral collaboration. Methodologically, this study will generate more insight in the benefits of action research working with the integral ecological model for development, implementation and evaluation.

YVETTE BUIST

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### CONNECTING PUBLIC HEALTH, CLIMATE ADAPTATION AND AGE-FRIENDLY CITIES AND COMMUNITIES

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Due to climate change extreme weather events occur more frequently, which influences the environment and therefore also public health. Effects of climate change lead to an increased health burden, lost productivity and higher health care expenditure due to potential increase in allergies and infectious diseases. In addition, populations around the world are rapidly ageing and societies that adapt to these changing demographics by investing in healthy aging can enable individuals to live longer and healthier lives. Using a mixed method approach this study will link the fields of Public Health, Climate Adaptation and Age-friendly Cities and Communities (friendly for all ages). In addition, a cross country comparison will be performed to gain insight in Public Health, Climate Adaptation and Age-friendly Cities and Communities across varied cultural, socio-political and policy contexts. Currently a research proposal is been written. The data collection will start in the autumn of 2019.



# 1.4 NETWORKS

## A GLOBAL ONE HEALTH (AGOH)

The GOH approach uses multiple disciplines to seek transnational solutions for improving the health of humans, animals and plants, and ultimately, the sustainability of the ecosystems of planet Earth. The chair group Health and Society actively participates in the working group of AGOH.

**Contact person:**  
Prof. dr. Maria Koelen

[www.wur.nl/en/About-Wageningen/  
Strategic-Plan/Global-One-Health.htm](http://www.wur.nl/en/About-Wageningen/Strategic-Plan/Global-One-Health.htm)

## GLOBAL WORKING GROUP SALUTOGENESIS (GWSAL)

The aim of GWSAL is to advance and promote the science of salutogenesis (philosophy, theory, methodology, evidence) and thus to contribute to the scientific base of health promotion and of the IUHPE.

**Contact person:**  
Dr. ir. Lenneke Vaandrager

[www.iuhpe.org/index.php/en/global-  
working-groups-gwgs/gwg-on-  
salutogenesis](http://www.iuhpe.org/index.php/en/global-working-groups-gwgs/gwg-on-salutogenesis)



## 1.5

# ETC-PHHP SUMMER SCHOOLS IN HEALTH PROMOTION

The *European Training Consortium in Public Health and Health Promotion (ETC-PHHP)* organizes an annual summer school focused on developing practical and theoretical tools to enhance health promotion strategies in Europe. The course which is held each July/August, is conducted at post-graduate (Master) level and constitutes 200 hours of formal study. The learning approach is based on salutogenic principles using a Pan-European perspective.

The 28th residential Summer School will be held in Girona, Spain. The theme will be *'Implementing sustainable development goals for healthy local governance'*. The course will be held from 14 July – 28 July 2019.

The course will be based on both theoretical and practical elements of health promotion, which is underpinned by an emphasis on adult learning and participant interaction. This includes field visits to exemplary local programmes and opportunities for sharing knowledge and experiences with international colleagues involved in promoting health in its broadest sense. Participants have the opportunity to develop insights into the socio-cultural and political contexts of other health systems. This is facilitated through each participant providing a brief "country presentation" at the start of the course.

Participants also engage in developing a live project, including research, as part of an international multidisciplinary working group. The 28th Summer School will provide you with a unique experience that will inspire you in promoting health and wellbeing in your own contexts. An additional benefit is the long-lasting international networks with participants and academic tutors developed over the 2-week course.

More information can be found on the website:

[etcsummerschool.wordpress.com](http://etcsummerschool.wordpress.com)  
or contact [lenneke.vaandrager@wur.nl](mailto:lenneke.vaandrager@wur.nl)



## 1.6

# COMPLETED PhD THESES

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## 2018

NIELS HERMENS

– **Intersectoral action for positive youth development through sports**

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## 2017

SABINA SUPER

– **S(up)port your future!: A salutogenic perspective on youth development through sport**

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VALERIE MAKOGÉ

– **Understanding poverty-related diseases in Cameroon from a salutogenic perspective**

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KARLIJN LEENAARS

– **The Care Sport Connector in the Netherlands**

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MIEKE SNIJDERS

– **Integrating rigorous research and community participation in Aboriginal community-based research**

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LEA DEN BROEDER

– **Citizen science for health in all policies. Engaging communities in knowledge development**

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## 2016

MARION HERENS

– **Promoting physical activity in socially vulnerable groups. A mixed method evaluation in multiple community-based physical activity programmes**

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EMILY SWAN

– **Understanding healthful eating from a salutogenic perspective**

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## 2011

JEANETTE LEZWIJN

– **Towards salutogenic health promotion. Organising healthy ageing programmes at the local level**

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JENNEKEN NAALDENBERG

– **Health aging in complex environments. Exploring the benefits of system thinking for health promotion practice**

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## 2010

ANNEMARIE WAGEMAKERS

– **Community health promotion. Facilitating and evaluating coordinated action to create supportive social environments**

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EDUCATION

2



EDUCATION





# 2.1

## EDUCATION PROGRAMMES HEALTH AND SOCIETY

The **Bachelor Health and Society (BGM)** and the **Master Communication Health and Life Sciences**, specialisation **Health and Society (MCH)** at Wageningen University & Research offer the unique opportunity to study health issues both inside and outside the health care sector taking into account the interaction between lifestyle and the social and physical environment.

The aim of the programmes is to train students to become context-sensitive experts who are able to analyze health from a broad perspective and to promote health and well-being of individuals, communities and populations through scientific research, policy advice and engagement of practice. The staff of the chair group Health and Society lectures diverse courses in both programmes. In addition, our staff members supervise students during their Bachelor or Master thesis.



### BACHELOR PROGRAMME HEALTH AND SOCIETY - BGM

The BGM programme trains students to become experts in the health domain. During the programme, a social scientific perspective is applied to analyze emerging issues, such as obesity, ageing and inequities in health. This perspective emphasizes the social embedding of health and health promotion and the importance of social processes, structures and institutions.

The social scientific disciplines of sociology, social psychology and communication are complemented with concepts from economic, management and policy-oriented scientific disciplines. Knowledge about communication optimizes the collaboration with different parties, and economics teaches students to solve health issues as efficient as possible. This way, students can stimulate people in different ways to adopt a healthy lifestyle.

### MASTER PROGRAMME COMMUNICATION, HEALTH AND LIFE SCIENCES - MCH

In September 2007, Wageningen University started the two-year Master programme Health and Society, currently as a specialization of Communication Health and Life Sciences (MCH). The 'MSc Communication Health and Life Sciences, specialisation Health and Society' programme aims to train students to become context-sensitive experts in the field of scientifically and societal relevant, complex health issues. Students can do so in science and practice of health promotion, often in multi- and interdisciplinary teams.

The design of the programme reflects its social-scientific focus on issues in the domain of health, health promotion and systems of health care. Issues are addressed from a sociological perspective, combined with perspectives from, amongst others, social psychology, communication and public policy, centralizing the link between health and human relationships. As such, the programme offers a broad social scientific analysis of health issues, with a specific emphasis on the interaction between individual and environment.





*– Pregnant women are open to dietary changes during this critical transition, and midwives are an important information source*



# 2.2

## COURSES LECTURED BY THE CHAIR GROUP HEALTH AND SOCIETY

### BSc courses

#### PERIOD 1 SEPTEMBER - OCTOBER

##### **HSO 10806** Introduction to Health and Society

Dr.ir. Sabina Super  
Dr.ir. Annemarie Wagemakers  
Drs. Franshelis Garcia

In this introductory course relevant principles of health and society will be addressed. The course starts with historical developments in thinking about disease, health and health promotion. Next, we elaborate on causes and consequences of demographic, social, and economic health differences, using an interdisciplinary perspective (psychology, sociology, epidemiology). Specific attention is paid to the interaction between societal developments and health and ethical considerations. We also discuss global health, infectious diseases and environmental health. Furthermore we address health systems in the Netherlands, including health policies regarding care, cure and prevention, and the organisation of formal and informal health care.

#### PERIOD 2 OCTOBER - DECEMBER

##### **HSO 20306** Environmental Assets for Health

Dr. Marleen Bekker  
Dr.ir. Lenneke Vaandrager

This course starts from the basic principles of Health Promotion and elaborates on different perspectives that underlie research in health and society. The perspectives addressed include Health Promotion Principles, Salutogenesis, Ecological Health approach and Life Course perspective. The perspective that you take as a starting point affects the issues you identify, the way you set up research and the solutions that you find. In this course we will look at the environmental determinants of health in different levels of the built environment. The central questions in this course are: what environmental determinants for health are present, how do these determinants influence health, and what are possibilities to take health into account when designing an environment. We will discuss the topics of housing and work environments; healthy architecture; nature and health; climate and energy; healthy

#### PERIOD 4 FEBRUARY - MARCH

##### **HSO 30306** Health Policy and Action

Dr.ir. Annemarie Wagemakers  
Prof.dr.ir. Katrien Termeer (PAP)

In this course we review the influence of global, national and local health policies on the organisation of public health systems. For instance, policies of the World Health Organization (WHO) and European Union (EU) influence the organization of health systems on the national level. Likewise, national health policies determine local health policy and thereby local health systems. Decision-making during the development of health policies, depends on the actors involved and on the context in which the policy-making takes place. We take a closer look at health policy on the global, national and local level and discuss theories, decision-making models and tools in the field of health policy development and in network societies. We also unravel the policy-making process and address priority setting in health. The functioning of organisations and actors within the health field is strongly related to health policies. Public health and society professionals have an important role in promoting and protecting health. They collaborate with policy-makers, with professionals within the health care sector, professionals of other sectors and communities. We discuss theories and methods to set policy on the agenda, and to develop, implement and evaluate policy. We also study policy implementation from the perspective of specific stakeholders such as general practitioners, health promotion professionals and the public. As such, the course helps students to prepare themselves for their professional life, for example as a researcher, health promoter, health policy advisor or manager.

cities; online geographical tools and their use for municipal healthy planning under the upcoming Environment Act; blue zones; and environmental health inequalities and justice. Students will conduct their own local-level research in practice assignments such as making use of Geographical Information Systems, and assessing social and physical determinants of health and comparing several assessment tools in a neighbouring residential area to the WUR campus.

#### PERIOD 3 JANUARY

##### **HSO 20806** Health Psychology

Dr. Kirsten Verkooijen  
Drs. Franshelis Garcia

Health psychology is a field that aims to use psychological theory and evidence to promote individual and population health. In this course, students will get acquainted with theories and research methods common in the field of health psychology. Topics that are addressed centre around three themes: 1) predicting and changing health behaviour; 2) coping with stress and illness; and 3) mental health. During the course, students work in small groups on a research assignment including the formulation of a research question, quantitative data collection, statistical analysis with SPSS, and scientific writing.



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**PERIOD 5  
MARCH - APRIL**

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**HSO 10306  
Global Health**

Ir. Caro-Lynn Verbaan  
Dr.ir. Meghann Ormond (GEO)

This introductory course uses a health promotion perspective to critically examine global health concerns, underlying causes and potential actions to address these concerns. The scientific domain of health promotion values health as a human right and a major source for social, economic and personal development and focuses on achieving equity in health. Global health concerns those problems and challenges that cross national borders and require national and international interdisciplinary action for priority setting and intervention. Emerging concerns range from infectious disease e.g. malaria, to women- and child health, 'second epidemic' problems such as smoking and food-related issues. The course provides a critical view upon health measurement and health priority setting, the determinants underlying global health concerns and the ways these issues are addressed by the health system and through interdisciplinary, international collaborations.

**HSO 31306  
Systematic Reviews in Health and Society**

Prof.dr. Maria Koelen  
Drs. Franshelis Garcia  
Dr.ir. Sabina Super

Questions related to health and society are often complex questions. Studying the available literature can help to answer these complex questions. A literature review is a critical and in-depth evaluation of previous research, and is an essential part of almost any scientific process. This course will teach students knowledge and skills necessary to conduct a systematic literature review. Among others, students will learn how to select a topic and theoretical perspective, to formulate relevant research questions, and to conduct a systematic literature search. Students are further taught how to critique the literature and how to develop their argument. Finally, students will learn to critically appraise each other's work and formulate constructive feedback.

**MSc courses**

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**PERIOD I  
SEPTEMBER - OCTOBER**

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**CPT 31006  
Integral Approaches in Communication,  
Health and Life Sciences**

Drs. Julissa Galarza Villamar (COM)  
Ir. Roald Pijpker  
Dr.ir. Lenneke Vaandrager  
Prof.dr. Maria Koelen  
Dr. Marleen Bekker  
Dr.ir. Annemarie van Paassen (COM)

Current societal challenges include environmental degradation, climate change, antimicrobial resistance and ageing societies. These challenges are inherently complex and many different scientific and professional disciplines are trying to understand and solve them from their own perspective. These different perspectives can lead to heated debates about "the right way" to solve things. How can we move forward with research and action on these issues, while taking into account different disciplines and stakeholder perspectives?

Working on transdisciplinary societal issues is core to the MSc programme Communication, Health and Life Sciences. Students therefore need to learn about existing paradigms and strategies for change that have significance for these type of issues. By using Integral Theory to analyse complex societal issues, we learn about different starting points and how to take into account the perspectives of different stakeholders and disciplines. Students will also apply Integral Theory to analyse and assess existing interventions. In order to navigate within this inter- and transdisciplinary landscape, students need to become aware of their own knowledge and attitudes by means of a reflection paper.

**HSO 31806  
Advances in Health and Society**

Dr. Kirsten Verkooijen  
Drs. Franshelis Garcia  
Dr. Hester Moerbeek (CHL)

The theory that more equal societies are healthier has been confirmed in many different contexts. This applies as well to the idea that inequality has powerful psychosocial effects. In this course, we will review these processes and study the aetiological pathways used in science to explore the emerging health gaps. Case-studies on e-health and genetics are presented to unfold the theories, concepts and methods of each pathways and to critically reflect whether and how pathways are intertwined. To support students in the analysis and reflection on the pathways, hands-on experts whose job is to reduce health inequalities in practice, will present their approaches. Innovative theories, including the Salutogenic Model of Health and Intersectionality, are reviewed for their role in understanding and acting upon the health and well-being of disadvantaged populations.



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**PERIOD 2**  
**OCTOBER - DECEMBER**

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**LUP 36306**  
**Foodscales, Urban Lifestyles and Transition**

Dr.ir. Laura Bouwman  
Dr.ir. Gerrit-Jan Carsjens (LAR)  
Dr. Esther Veen (RSO)  
Prof.dr. Arnold van der Valk (LAR)

Today, landscape architects and planners are confronted with new challenges such as the shaping of foodscales. Foodscales are places and spaces where food is produced, processed, acquired, distributed, consumed and the waste processed. Foodscales can be found everywhere in both urban and rural areas. The notion of foodscale is increasingly being used within landscape design, spatial planning, health promotion and food studies as a tool to describe our food environments and to assess the potential impact on food choice and food behaviour. Foodscale is a concept of growing importance on the path towards more sustainable and healthy lifestyles.

This course focuses on advanced theories and concepts in the domain of sustainable food planning, planning for healthier lifestyles and management of healthier and more sustainable social practices. Theories and concepts are presented through a reading list and in lectures and elaborated and applied in a practical assignment.

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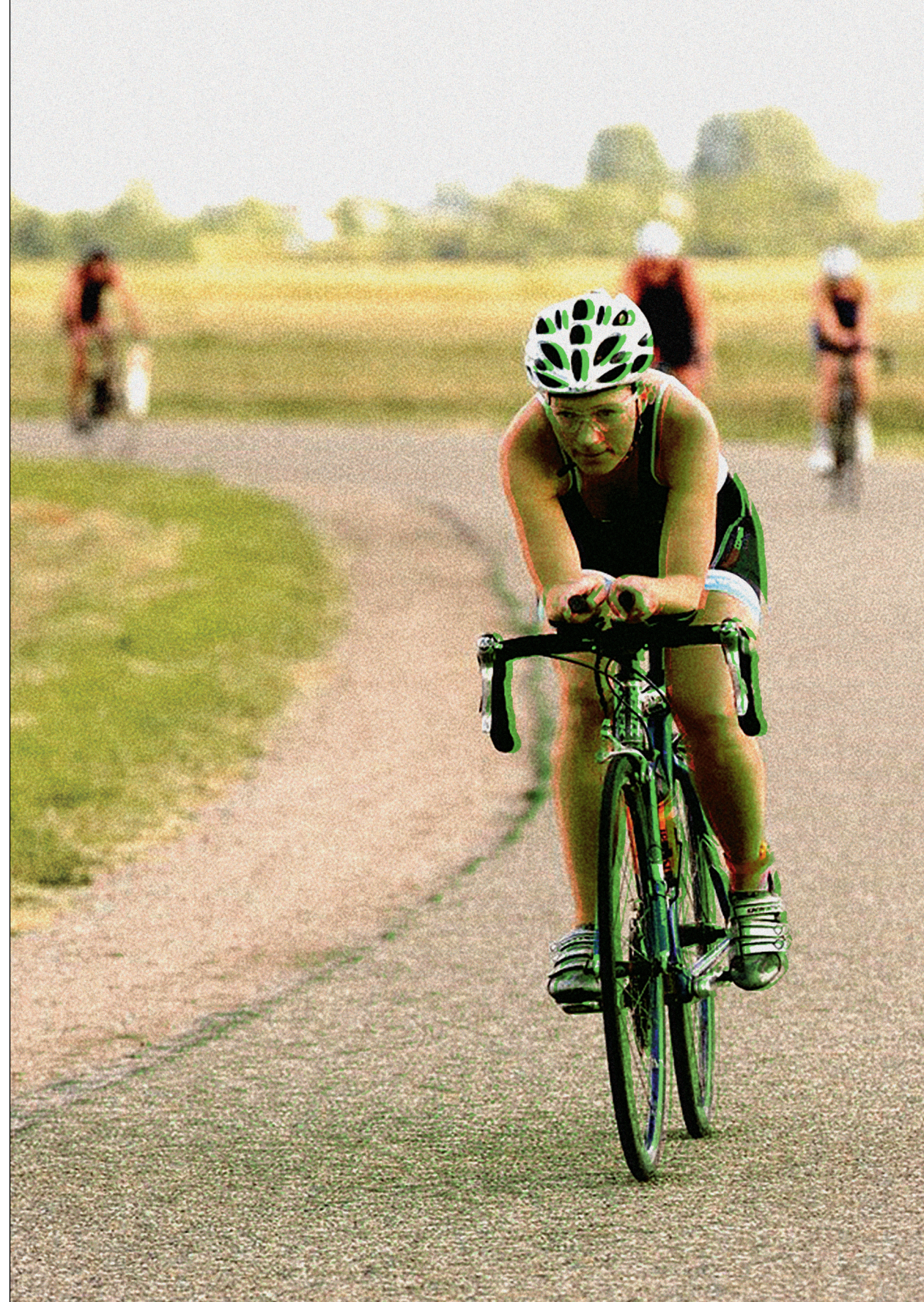
**PERIOD 5**  
**MARCH- APRIL**

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**HSO 30806**  
**Settings for Health Promotion**

Dr.ir. Lenneke Vaandrager  
Dr. Laurens Klerkx (COM)

Much of what makes people healthy or sick - income, social position, where people live, level of literacy, culture, political system - lies outside the health sector. Health promotion practices require a shift in emphasis from disease focused messages about risk, to a more ecological approach taking into account social, environmental, and cultural contexts in which people live, work, recreate and play (families, schools, workplaces, recreation and communities). A setting is defined as a place or social context in which people engage in daily activities, in which environmental, organisational and personal factors interact with health and well-being. Settings offer an opportunity to effectively and cost-effectively promote health and well-being, but may also constrain it. In this course we focus settings such as: family/household, educational settings, workplaces, recreation, prisons, hospitals and communities. By means of an in-depth case study, students will explore a certain health promotion issue from a settings perspective, to get concrete experience with the settings approach.







*– Findings aim to contribute to effective interventions that aim to accomplish change of the everyday dietary patterns*



# 2.3

## BSC MINOR COMMUNICATION, HEALTH AND SOCIETY

This BSc minor provides students with an in-depth understanding of multiple social and bio-physical environmental determinants of health, and their interaction at the individual, local and global level. The BSc minor combines expertise from health psychology, social psychology, health promotion, epidemiology and communication. Overall, the BSc minor aims to give students insight into the multiple causes of and solutions for health issues, to understand the interdependence of the causes and teach them how to address problems through health promotion actions, strategic communication and policy.

Students are challenged to analyse and contribute to developing research and action for emerging health issues at the local, national and global level. For this, diverse scientific methods will be used, such as interviewing, observation, qualitative and quantitative data analysis and analysis of current health issues, policies and lifestyle programmes.

### Minor coordinator:

**Dr. Kirsten Verkooijen**  
0031(0)317 482509  
[kirsten.verkooijen@wur.nl](mailto:kirsten.verkooijen@wur.nl)

CODE	NAME OF THE COURSE	PERIOD, MO/AF	CS OR RO*
<b>CPT-I2306</b>	Introduction to Strategic Communication	1 MO	CS
<b>HNE-24806</b>	Introduction to Epidemiology and Public Health	1 AF	RO
<b>MCB-I0806</b>	Social Psychology	1 AF	RO
<b>HSO-20306</b>	Environmental Assets for Health	2 MO	CS
<b>CPT-I2806</b>	Communication Theory	2 AF	RO
<b>HSO-20806</b>	Health Psychology	3 MO + AF	CS

\* CS = compulsory course

RO = Restricted optional course; a total of 24 credits (4 courses) must be followed.

# 2.4

## WRITING YOUR THESIS AT THE CHAIR GROUP HEALTH AND SOCIETY

Bachelor students at Wageningen University write a BSc thesis in their final (third) year. Master students will start working on their MSc thesis in their second year. The thesis is intended to develop research and communication skills and to analyze problems in a systematic and clear way.

Students from Wageningen University can write their Bachelor or Master thesis supervised by a staff member of the chair group Health and Society. Our staff offers a broad range of topics on emerging health issues. The HSO website also lists examples of completed thesis.

which environmental, organizational and personal factors interact to affect health and wellbeing. Examples of settings are cities, social enterprises, communities, workplaces and families.

- The application of salutogenesis and system innovation to work, communities and neighbourhoods
- Natural outdoor environments and health: environmental justice, healthy urban environments, green/blue spaces and recreation and green daycare

### DR.IR. ANNEMARIE WAGEMAKERS

#### Topics:

- (Community) health promotion: physical activity, reproductive and sexual health, pregnancy, nutrition, societal participation, with a focus on socially vulnerable populations
- Determinants of the social environment of health: social cohesion, empowerment, collaborative networks, alliances for health, public health, Health in All Policies.
- Citizen participation, citizen science, ethics of citizen participation
- Mixed methods research including (participatory) action research methods. For example the evaluation of combined lifestyle programmes.

### TOPICS FOR BSc AND MSc THESIS

#### PROF.DR. MARIA KOELEN

##### Topics:

- Understanding overweight by unravelling the interaction between individuals and their social and physical environment
- Ageing society and health
- Ageing in a supportive environment

#### DR.IR. LENNEKE VAANDRAGER

##### Topics:

- Inclusive healthy settings: contexts in which people engage in daily activities in

**DR.IR. LAURA BOUWMAN***Topics:*

- Understanding how healthful eating is situated in everyday-life
- Identification of the preconditions for the practical and social organisation of eating for human and planetary health and well-being
- Development of new strategies to enable healthful, sustainable eating

**DR. KIRSTEN VERKOOIJEN***Topics:*

- Social psychological determinants of health behaviour
- Social psychological outcomes of health behaviour
- Health promotion in socially vulnerable populations

**DR. MARLEEN BEKKER***Topics:*

- Salutogenesis in All about Health initiatives (as part of big research project 2018-2022)
- Follow up evaluation of research-policy-practice collaborations in the Academic Collaborative centres for Public Health (Academische Werkplaatsen Publieke Gezondheid)
- Urban health and planning
- Health Impact Assessment and Intersectoral policymaking
- Public health advocacy, lobbying and public affairs strategy

**DRS. FRANSHELIS GARCIA***Topics:*

- Psychological and self-management interventions for persons with chronic conditions or medically unexplained symptoms
- Explaining & changing health behaviours

**DR.IR. SABINA SUPER***Topics:*

- Researching the social, cognitive and emotional benefits of sports participation
- Research amongst vulnerable groups including children in youth care, people from low SES groups and elderly
- Explaining people's capacity to cope with stressful or challenging life events (such as poverty or diseases)

**IR. CARO-LYNN VERBAAN***Topics:*

- Understanding (un)healthful eating from a salutogenic perspective, e.g. dieting or eating disorders
- Consumer behaviour related to healthful eating
- Explaining determinants of challenging global health concerns

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**RECENT TOPICS SUPERVISED BY THE CHAIR GROUP HEALTH AND SOCIETY**


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Completed MSc theses:**JULIA HIDDINK:**

- Tackling health inequalities: The potential of social community enterprises

**Supervisor:***Dr.ir. Lenneke Vaandrager***MATHILDE COMPAGNER:**

- Healthful eating: Perceptions of low SES migrants with Type 2 Diabetes mellitus

**Supervisor:***Drs. Kristel Polhuis**Dr.ir. Laura Bouwman***ACHA KHAIRUNNISA:**

- A qualitative study of factors that influence the decision not to smoke among male senior high school students in Tasikmalaya-Jawa Barat Indonesia based on the theory of planned behaviour

**Supervisors:***Drs. Franshelis Garcia**Dr. Kirsten Verkooijen***AUKE ROTHOFF:**

- Midwives and nutrition communication with pregnant women: what is their perceived role and what resources do they need?

**Supervisor:***Dr.ir. Annemarie Wagemakers,**Drs. Yvette Beulen***KILIAN DEELEN:**

- Positive health outcomes of participation in Charity Sports Events: A salutogenic approach to participation in Alpe d'HuZes

**Supervisor:***Dr. Kirsten Verkooijen*Completed BSc theses:**JETTY KOK:**

- Empowerment programmes for pregnant women to obtain a healthier dietary intake

**Supervisor:***Dr.ir. Annemarie Wagemakers,**Drs. Yvette Beulen***LOBKE SLEUTJES:**

- Adherence to web-based interventions for depression

**Supervisor:***Drs. Franshelis Garcia***SJORS HENDRIKS:**

- Alcoholpreventie en Tabakspreventie, waarom is er een verschil in beleid?

**Supervisor:***Dr. Kirsten Verkooijen***KOEN NIEZINK:**

- Healthy aging: a systematic review

**Supervisor:***Dr.ir. Lenneke Vaandrager***FEMKE MULLER:**

- Mind-body therapies (MBTs) to improve health outcomes in adults with diabetes mellitus type 2 (T2DM): a systematic review

**Supervisor:***Drs. Kristel Polhuis**Dr.ir. Laura Bouwman*



# 2.5

## JOB OPPORTUNITIES

The education programmes train students to become multidisciplinary professionals on health issues. After graduation, they can work as health promoter, researcher, policy advisor or manager in health oriented organisations. In their job, graduates can function as capacity builders, using their gained skills for multi- and interdisciplinary teamwork. They are experts in the application of health promotion strategies such as advocacy and mediation, while collaborating with individuals and organisations from diverse backgrounds. Examples of activities are the development and advocacy of health policies and intervention strategies to improve health; research, planning, implementation and evaluation of health promotion interventions and providing science-based advice to policy makers and health-oriented organisations. These skills are increasingly requested within the field of health research and -promotion.

Employment can be found at local, regional and national governmental and non-governmental agencies, including health departments, community health services, profit and non-profit health care organisations, patients' associations, research institutions and voluntary agencies. MCH graduates currently work as junior consultant, advisor or researcher at for instance the National Institute for public Health and the Environment (RIVM), STAP (Dutch Institute for Alcohol Policy), Vilans (national Centre of Expertise for Long-term Care in the Netherlands), the Dutch Consumer and Safety Organisation (VeiligheidNL), and Care Advisors such as Adaptics and Mura Zorgadvies. Other graduates work as researcher or PhD, for example at Wageningen University, the Radboud University Nijmegen and the University Medical Center of Groningen University.

# 2.6

## ADMISSION AND REGISTRATION

General information on admission and application procedures for BSc and MSc programmes at Wageningen University is available at [www.wur.nl/en/education-programmes.htm](http://www.wur.nl/en/education-programmes.htm)

### REGISTRATION PROCEDURE FOR COURSES

Firstly, you register at the Student Service Centre (SSC) of Wageningen University. You will receive a student registration number and password for course registration. Up to two weeks before courses start, you can register in MyPortal: <https://myportal.wur.nl>

### QUESTIONS ABOUT ELIGIBILITY FOR COURSES

If you are in doubt as to whether you are eligible to follow a course, please do not hesitate to contact the contact person of the course and/or your study advisor.

### STUDY ADVISORS:

Lonneke Debets, study advisor of the BSc programme and Gerry van Nieuwenhoven, programme director of the MSc programme can provide detailed information on prerequisites for enrolling in the programmes and admission criteria.

#### Contact:

Lonneke Debets: 0031 (0)317 483932  
Gerry van Nieuwenhoven: 0031 (0)317 482500  
E-mail: [bgm@wur.nl](mailto:bgm@wur.nl) or [mch.msc@wur.nl](mailto:mch.msc@wur.nl)

### CONTACT

#### Visiting address:

Wageningen University & Research  
Health and Society  
De Leeuwenborch (WUR Building 201)  
Hollandseweg 1  
6706 KN Wageningen  
The Netherlands  
[www.wur.eu/hso](http://www.wur.eu/hso)

#### Postal address:

P.O. Box 8130  
6700 EW Wageningen  
The Netherlands

#### Secretariat chair group Health and Society:

Room: 2052  
Phone: 0317- 482184/482088  
E-mail: [office.hso@wur.nl](mailto:office.hso@wur.nl)

### STUDENT SERVICE CENTRE (SSC)

#### Visiting address:

Wageningen University & Research  
Forum (WUR Building 102)  
Droevendaalsesteeg 2  
6708 PB Wageningen

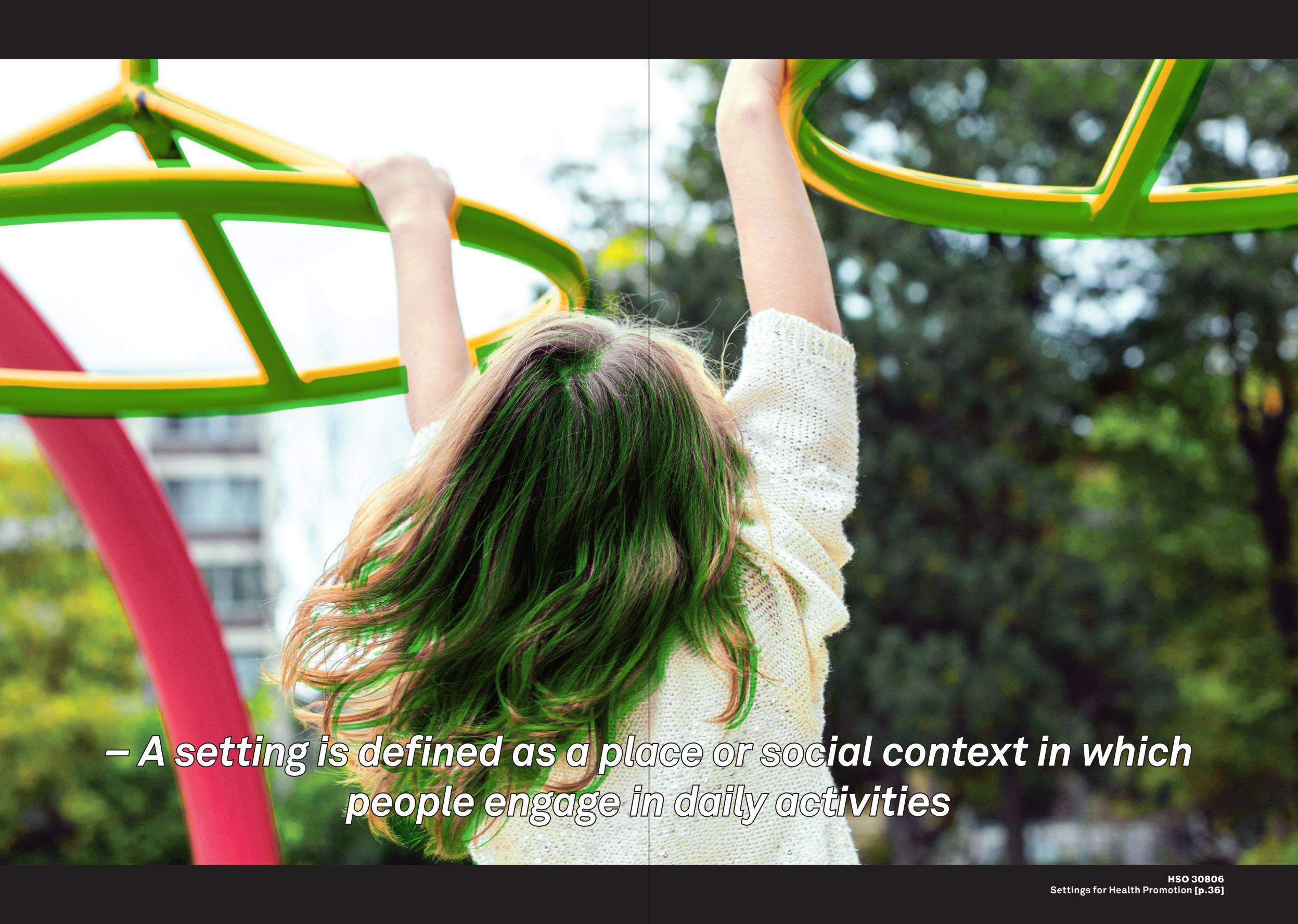
#### Postal address:

P.O. Box 414  
6700 AK Wageningen  
The Netherlands  
General information:  
[www.wur.nl/en/education-programmes.htm](http://www.wur.nl/en/education-programmes.htm)

### COURSE REGISTRATION

Wageningen University:  
<https://myportal.wur.nl>





*– A setting is defined as a place or social context in which people engage in daily activities*



## 2.7

# THE STAFF OF THE CHAIR GROUP HEALTH AND SOCIETY



Professor **MARIA KOELEN** is head of the chair group Health and Society. She studied Social Psychology and Methodology at State University Groningen and received her PhD at Wageningen University. She has special interest in the social, natural and built environment of health and its interaction with lifestyle, health development and quality of life. Most of her research is based on salutogenesis and the life course perspective. Specific themes are: the relation between health and the natural and built environment, lifestyles, and the implications of ageing for society.

Contact: 0031(0)6 22 772 816  
*maria.koelen@wur.nl*



**LENNEKE VAANDRAGER**, PhD, is Associate Professor at the chair group Health and Society, Department of Social Sciences, Wageningen University, The Netherlands. Her main research interests are workplace health promotion and health and the natural environment. Most of her work is inspired by systems thinking and salutogenesis. She has a PhD in health promotion and organisational change. She is coordinator of the European Training Consortium in Public Health and Health Promotion, formed by eleven public health schools and institutions, which organises annual training courses on developing tools for health promotion strategies in Europe.

Contact: 0031(0)317 482462  
*lenneke.vaandrager@wur.nl*



**ANNEMARIE WAGEMAKERS** is Associate Professor and has wide experience with complex public health-promotion projects. Her research focuses on the combined influence of lifestyle and the social and physical environment of health and well-being in real-life settings. The research is usually based on use of socio-ecological models, mixed methods, strong stakeholder participation including low SES groups, and interdisciplinary approaches. Annemarie is project leader and co-promotor of several research projects. Topics addressed in her research are for example combined lifestyle programmes to promote physical activity, healthy nutrition and societal participation; empowerment of pregnant women with low a socio-economic status; alliances for health in primary care and sport; public health policy and citizen participation.

Contact: 0031(0)317 482613  
*annemarie.wagemakers@wur.nl*

**KIRSTEN VERKOOIJEN** is Assistant Professor at the chair group Health and Society. She studied Health Sciences at Maastricht University and specialized in the topics Health Education & Health Promotion and Mental Health Sciences. She wrote her PhD-dissertation on the role of identity in health risk behaviour in adolescence at the University of Southern Denmark. Her current research deals with individual determinants and outcomes of health behaviour with a special focus on physical activity and vulnerable groups.

Contact: 0031(0)317 482509  
*kirsten.verkooijen@wur.nl*



**LAURA BOUWMAN** is Assistant Professor and holds a Master degree in Human Nutrition. After working as a communication manager, she returned to Wageningen University and received her PhD in Communication Science. She joined Health and Society in 2010 to do research on innovative approaches to nutrition promotion. The Salutogenic Model of Health is the starting point for explanatory research on the origins of healthful eating and the development of action strategies that enable the integration of such practices within other life ambitions.

Contact: 0031(0)317 486150  
*laura.bouwman@wur.nl*





**FRANSHELIS GARCIA** is a lecturer and education coordinator. After having obtained her Master's Degree in Clinical and Health Psychology from the Utrecht University she taught several courses in the field of Health Psychology. She joined the HSO-group in June 2016 to contribute to the Bachelor and Master programme. Recently, Franshelis became a board-member of the Wageningen University Teachers' Lounge; a platform developed for and by teachers of Wageningen University aimed to share experiences and ideas to improve the quality of education.

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franshelis.garcia@wur.nl

**MARLEEN BEKKER** is Assistant Professor in the chair group Health and Society. She holds a MSc degree in Health Policy and Administration from Maastricht University, and she received her PhD degree in health policy sciences at Erasmus University Rotterdam 2007. Currently she is project leader of a 6-year ZonMw funded evaluation study on the governance and (assessed) impact of the innovative national All about Health programme, run from Maastricht University. She also supervises PhD candidates in several studies on integrated socio-physical environment approaches to health. In the educational programme she coordinates and teaches the BSc course of Environmental Assets for Health. Finally, she is section president of the Public health practice and policy section of the European Public Health Association with about 2600 members.

Contact: 0031(0)317 487550



**JEANINE AHISHAKIYE** is a PhD researcher. She holds an MSc in Human Nutrition from Ghent University in Belgium. Her research seeks to understand the socio-physical environment driving infant feeding practices among Rwandan households.

Contact: [jeanine.ahishakiye@wur.nl](mailto:jeanine.ahishakiye@wur.nl)

**SABINA SUPER** is a lecturer and researcher at the chair group Health and Society. She obtained her PhD degree in 2017 on a research project focusing on the role of sports participation in the personal development of socially vulnerable young people. Currently she is working on several research projects that focus on people's capacity to cope with stressful or challenging life events (such as poverty or disease). Most of her projects include vulnerable groups such as children in youth care, people with a low socio-economic status or multi-problem families. Her work is inspired by the salutogenic model of health.

Contact: 0031(0)317 480075  
sabina.super@wur.nl



**CARO-LYNN VERBAAN** is a lecturer at the chair group Health & Society. She studied Health & Society in Wageningen, and attained both her bachelor and master degree there. Nutrition behaviour is her main topic of interest, especially driven by the salutogenic perspective. She is also interested in global health concerns and the challenges they bring. For example, she has studied the rationale behind a certain diet, investigated the eating disorder Orthorexia Nervosa, and researched how development aid is implemented and evaluated.

Contact: 0031(0)6 28350799  
caro-lynn.verbaan@wur.nl

**LETTE HOGELING** is a PhD researcher and joined the chair group Health and Society in 2016. She holds a MSc degree in sociology from Radboud University Nijmegen. Over the past decade, she has worked as a researcher and consultant, focusing on sustainable behaviour and development, empowerment and learning. Her PhD research focuses on health inequalities among disadvantaged groups in the Netherlands.

Contact: 0031(0)6 24918807  
lette.hogeling@wur.nl



**YVETTE BUIST** is a PhD researcher at the chair group Health and Society. She holds a BSc in Arts Therapies and obtained a MSc degree in Communication, Health and Life Science at Wageningen University and Research. The themes of her PhD study are Public Health, Environment, Climate Adaptation and Age Friendly Cities.

Contact: 0031 (0)317 481734  
yvette.buist@wur.nl



**CHRISTIANNE CRIJNS** is research assistant and joined the chair group Health and Society in 2017. She holds a MSc degree in Behavioural Economics from Erasmus University Rotterdam. She currently assists in research focusing on health inequalities among disadvantaged groups in the Netherlands.

Contact: 0031(0)317 489756  
*christianne.crijns@wur.nl*



**YVETTE BEULEN** is a PhD researcher at the chair group Health and Society and the chair group Global Nutrition (division of Human Nutrition and Health). She holds a BSc in Dietetics and a MSc in Nutrition and Health (specialisation Epidemiology and Public Health). Her PhD research aims to improve dietary intake of low SES pregnant women in the Netherlands.

Contact: 0031(0)6 14615694  
*yvette.beulen@wur.nl*

**KRISTEL POLHUIS** is a PhD researcher at the chair group Health and Society. Her research applies a salutogenic perspective to enable healthful eating among people with Type 2 Diabetes Mellitus. Kristel holds a MSc in Nutrition and Health, obtained at Wageningen University.

Contact: 0031(0)317 482556  
*kristel.polhuis@wur.nl*



**LISANNE MULDERIJ** is a PhD researcher at the chair group Health and Society. Her research focuses on care-physical activity initiatives (e.g. combined lifestyle interventions) for vulnerable citizens in the Netherlands. Lianne holds a MSc degree in Human Nutrition (specialisation Epidemiology and Public Health), obtained at Wageningen University.

Contact: 0031(0)6 14615509  
*lianne.mulderij@wur.nl*

**MARJA DE JONG** is a part-time (external) PhD researcher since November 2016 and 'advisor public health' at the municipal health service (GGD IJsselland). Marja holds a MSc degree in Human Nutrition (specialization Health Promotion) from Wageningen University. Over the past decades she gained extensive experience in the field of health promotion. Marja's PhD research focuses on the evaluation of a community health promotion programme in a socially deprived city district in the east of the Netherlands.

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**ROALD PIJPKER** is a PhD researcher at the chair group Health and Society. He holds a BSc degree in Sport, Health and Management in Nijmegen and obtained an MSc degree in Communication, Health and Life Sciences, at Wageningen University & Research. Roald's interests lie in (workplace) health promotion and salutogenesis. His current research seeks to understand the potential of green programmes as a setting for rehabilitation, using a salutogenic approach.

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*roald.pijpker@wur.nl*



**CARRY VLEEMING** is deputy administrator of the chair group Health and Society.

Contact: 0031(0)317 482096  
*carry.vleeming@wur.nl*



**KARIN VAN OMMEN** is secretary of the chair group Health and Society.

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**LOUISE PALM** is secretary of the chair group Health and Society and contact person for Prof.dr. Maria Koelen.

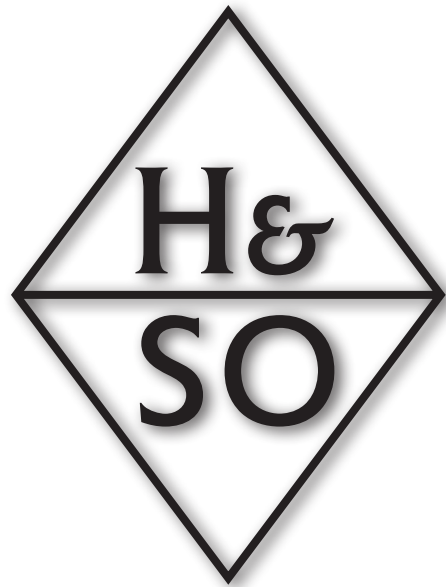
Contact: 0031(0)317 482184  
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*— The more citizens or a community get involved in a programme and/or research activities, the chances that changes are realized will increase*





WAGENINGEN UR

**“OUR  
RESEARCH  
AND  
EDUCATION  
USES A  
MULTI- AND  
INTERDIS-  
CIPLINARY  
APPROACH”**

**COLOPHON**

TEKST: Chair group Health & Society, Wageningen UR  
PHOTOS: Chair group Health & Society, Wageningen UR  
DESIGN: WE-ARE-AMP



