University of Groningen

Perspectives on health and health promotion in community-dwelling older people

Marcus-Varwijk, Anne Esther

DOI:
[10.33612/diss.171365999](https://doi.org/10.33612/diss.171365999)

IMPORTANT NOTE: You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.

Document Version
Publisher's PDF, also known as Version of record

Publication date:
2021

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):
Marcus-Varwijk, A. E. (2021). *Perspectives on health and health promotion in community-dwelling older people: a mixed-methods study*. [Thesis fully internal (DIV), University of Groningen]. University of Groningen. <https://doi.org/10.33612/diss.171365999>

Copyright

Other than for strictly personal use, it is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), unless the work is under an open content license (like Creative Commons).

The publication may also be distributed here under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license. More information can be found on the University of Groningen website: <https://www.rug.nl/library/open-access/self-archiving-pure/taverne-amendment>.

Take-down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

Downloaded from the University of Groningen/UMCG research database (Pure): <http://www.rug.nl/research/portal>. For technical reasons the number of authors shown on this cover page is limited to 10 maximum.

perspectives on health
and health promotion in
community-dwelling
older people

a mixed-methods study

Anne Esther Marcus-Varwijk

perspectives on health
and health promotion in
community-dwelling
older people
a mixed-methods study

Thesis, University of Groningen, The Netherlands

© 2021 Anne Esther Varwijk

All rights reserved. No part of this dissertation may be reproduced or transmitted in any form or by any means without prior permission of the author.

Cover & lay-out: liz & ted, www.lizented.nl

Printing: Ridderprint, www.ridderprint.nl

The author gratefully acknowledges
financial support for printing this thesis by:
SHARE, University Medical Center Groningen
& University of Groningen.

rijksuniversiteit
 groningen

perspectives on health and health promotion in community-dwelling older people

a mixed-methods study

Proefschrift

ter verkrijging van de graad van doctor aan de
Rijksuniversiteit Groningen
op gezag van de
rector magnificus prof. dr. C. Wijmenga
en volgens besluit van het College voor Promoties.

De openbare verdediging zal plaatsvinden op
woensdag 9 juni 2021 om 14.30 uur

door

Anne Esther Varwijk

geboren op 24 maart 1985
te Elburg

Promotores

Prof. dr. J.P.J. Slaets

Prof. dr. A.V. Ranchor

Copromotores

Dr. C.H.M. Smits

Dr. T.L.S. Visscher

Beoordelingscommissie

Prof. dr. E. Buskens

Prof. dr. E.J. Finnema

Prof. dr. D. van Bodegom

voor mijn vader ...

table of contents

01	general introduction	10
02	impact of a nurse-led health promotion intervention in an aging population Results from a quasi-experimental study on the "Community health consultation offices for seniors" (published 2018)	32
03	optimizing tailored health promotion for older adults Understanding their perspectives on healthy living (published 2016)	58
04	experiences and views of older people on their participation in a nurse-led health promotion intervention "Community health consultation offices for seniors" (published 2019)	80
05	the use of motivational interviewing in nurse-led health promoting consultations for community-dwelling older people A naturalistic study (submitted)	122
06	general discussion	142
07	summary	166
	Samenvatting	168
	Dankwoord	170
	About the author	171
	Research institute SHARE	172

*“ If I’d known
I was gonna live
this long,
I’d have taken
better care
of myself ”*

quote by a 100-year-old woman¹