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Metabolic syndrome and employment exit

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Propositions accompanying the dissertation

Metabolic syndrome and employment exit

Longitudinal findings from the Lifelines Cohort Study and Biobank

by Katharina Runge

1. Preventing early-stage cardio-metabolic health problems has the potential to prolong working lives. *(This dissertation)*
2. Becoming unemployed or work disabled at advanced age is a cardio-metabolic health risk. *(Chapter 5)*
3. Workers with a healthy lifestyle invest into their health and career. *(This dissertation)*
4. Poor self-rated health does not fully capture the risk for health-related employment exit. *(Chapter 4)*
5. Older workers in lower skilled occupations have a higher risk of developing the metabolic syndrome. *(Chapter 2)*
6. Unhealthy behaviors cluster among older blue-collar workers and partially explain their increased metabolic syndrome incidence risk. *(Chapter 2)*
7. Workers with more metabolic syndrome components face a higher risk for future work disability. *(Chapter 3)*
8. Commercial actors and government leaders have a shared responsibility to protect and improve health and advance health equity. *(Editorial of the Lancet series 'Unravelling the commercial determinants of health', 2023)*
9. Old age is like everything else. To make a success of it, you've got to start young. *(Theodore Roosevelt, 1858-1919)*
10. Alone we can do so little, together we can do so much. *(Helen Keller, 1880-1968)*