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Healthy aging in context

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Stellingen

Propositions to accompany the dissertation

Healthy ageing in context: Family, welfare state and the life course

Maja Djundeva

1. Personal relationships with partners and children over the life course can introduce advantages or adversities that have a cumulative effect on health in later life (this book).
2. Most older Europeans follow traditional partnership trajectories (one stable marriage without a disruption such as divorce or widowhood), with the main exception of older adults in Northern European countries, as well as those with higher socioeconomic status in both childhood and adult life (Chapter 2).
3. Individuals with poor childhood health are less likely to find a partner at any point over the life course, and if they do, they are more likely to have a disrupted partnership trajectory with more than one disruption (Chapter 2).
4. Older widowed men in England have higher scores on inflammation biomarkers such as C-reactive protein compared to their counterparts who are stably married over the life course (Chapter 3).
5. Older men with many partnership transitions over the life course in Germany are more likely to have higher cholesterol levels compared to their counterparts who are stably married over the life course (Chapter 3).
6. Delaying childbirth confers health benefits for the self-rated health of women in later life, either as a mediator between higher education and better health or independently of that association (Chapter 4).
7. Older parents who receive instrumental support from adult children are more depressed if they do not need such support, i.e. when they are in good physical health, compared to when they truly need instrumental support (Chapter 5).
8. The wealthiest person is a pauper at times compared to the man with a satisfied mind (Johnny Cash)
9. Health is your youth when you're old, a friend when you're lonely and a love that has not grown cold.