



Faculty of Health Sciences

WEBINAR

Hosting a visiting scientist from Netherlands



Thursday,
13 February 2025



17:00

TOPIC

A healthy lifestyle: self-regulation and self-responsibility, or a Nanny State?

An unhealthy lifestyle is a major problem; to the individual and to society, as leads to substantial direct and indirect costs.

Currently, there now is worldwide an increased effort to get the population to adopt a health lifestyle.

Critical questions are: what determines a healthy lifestyle (i.e. health behaviour)? To what extend can people actually self-regulate their physical activity behaviour? or is such behaviour largely determined by contextual factors and do we need a Nanny to guide us?

This lecture will address these questions, taking the Public Health perspective into account.

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Time	Item	Presenters
17:00	Opening & Welcoming	IEP Director: Dr L Samuels
17:10	Introduction of the Guest	Prof JD Pillay
17:15	Guest Lecture	Prof Willem van Mechelen
18:00	Questions & Discussion	Prof JD Pillay
18:10	Vote of Thanks	Executive Dean: Prof G Mchunu/ Deputy Dean: Prof P Pillay

BRIEF BIOGRAPHY



Professor
Willem van Mechelen

Professor Willem van Mechelen (MD, PhD) has a background in physical education, human movement sciences, epidemiology, (occupational and sports) medicine and public health/primary care. He has an international reputation in occupational medicine, sports medicine and Public Health. He has received a number of prestigious (inter-) national prizes and awards, such as the American College of Sports Medicine Citation Award and the Burger-penning of the Dutch College of Occupational Physicians. He is an honorary member of the same college, as well as of the Royal Dutch Association of Physical Education Teachers. He also has had a prize named after him, was awarded in 2017 an honorary doctorate degree from the Vrije Universiteit, Brussels, Belgium and was made a member of the Wall of Fame of Amsterdam University of Applied Sciences in the same year. He is a knight in the Order of the Dutch Lion. His current Google Scholar H-index is 149 and he has >85.100 citations. He has successfully supervised 80 PhD-students and is ranked position 5446 (2023) in the 'career-long'-list in the Scopus database of the '100,000 most-cited authors across all scientific fields' worldwide. (Ioannidis et al., 2024; <https://elsevier.digitalcommonsdata.com/datasets/btchxktzyw/7>). Willem has, as former director of both the EMGO+ Institute and the Amsterdam Public Health Research Institute of Amsterdam UMC, ample experience in all aspects of managing and governing a large professional organisation, including aspects of regular quality evaluations according to Standard Evaluation Protocols of the KNAW (research) and the NVAO (education).