

Press release

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Basic information

Name: Per Høgh Poulsen Email: perhpo@rm.dk Phone: +45 7843 3520

Department of: Clinical Medicine

Main supervisor: Johan Hviid Andersen

Title of dissertation: Social inequality in childhood and later effects on mental health and overweight

Date for defence: 6 March 2020 at (time of day): 14 Place: AU Herning, Lokale: 8003-3107 (Auditorium Herning) SIEMENS, Birk Centerpark 15, 7400 Herning

Press release (Danish)

Ulighed i sundhed: Hvad betyder opvækstvilkår for unges risiko for depressive symptomer og overvægt?

Der er tale om komplekse forhold, når vi ser på sammenhængen mellem børns opvækst og deres senere trivsel, konkluderer et nyt ph.d.-projekt fra Aarhus Universitet, Health. Projektet er gennemført af Per Høgh Poulsen, der forsvare det d. 06/03

"Det er alment kendt, at socioøkonomiske faktorer har betydning for børn og unges mentale og fysiske helbred. De bagvedliggende årsager til f.eks. overvægt og svær overvægt er dog meget komplekse.

Formålet med dette ph.d.-projekt var at undersøge de langsigtede konsekvenser ved at vokse op i social ulighed. Hvordan er sammenhængen mellem socioøkonomiske og psykosociale faktorer i barndommen og depressive symptomer og overvægt i ungdom og tidlig voksenalder?

Projektet er gennemført som en befolkningsundersøgelse blandt ca. 3.000 unge født i Vestjylland. Til grund for analyserne ligger både registeroplysninger og spørgeskemasvar fra de unge og deres forældre.

Projektets resultater kan måske være med til at tydeliggøre, hvilke psykosociale og helbredsmæssige faktorer, der kræver en særlig bevågenhed, når vi overvejer forebyggende tiltag i forhold til mentale og fysiske helbredsproblemer blandt børn og unge.

Ph.d.-projektet er gennemført af Per Høgh Poulsen, fysioterapeut og cand.sicent.san. ved Arbejdsmedicin, Regionshospitalet Herning og Institut for Klinisk Medicin, Aarhus Universitet.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 06/03 2020 kl.14 i AU Herning, Lokale: 8003-3107 (Auditorium Herning) SIEMENS, Birk Centerpark 15, 7400 Herning. Titlen på projektet er "Social inequality in childhood and later effects on mental health and overweight". Yderligere oplysninger: Ph.d.-studerende Per Høgh Poulsen, e-mail: perhpo@rm.dk, tlf. 7843 3520.

Bedømmelsesudvalg:

Henriette Nørmølle Buttenschøn, lektor (formand for bedømmelsesudvalget)
Institut for Klinisk Medicin, Aarhus Universitet og
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Erik Hemmingsson, lektor
The Swedish School of Sport and Health Sciences
GIH, Stockholm

Kirsten Nabe-Nielsen, lektor
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Press release (English)

Inequality in health: Childhood and the risk of depressive symptoms and overweight in young people

Matters are complex when it comes to the association between children's upbringing and their later well-being. This is the conclusion of a new PhD dissertation from Aarhus University, Health. The study was carried out by Per Høgh Poulsen, who is defending his dissertation on 06/03.

It is well known that socioeconomic factors influence the mental and physical health of children and adolescents. The underlying reasons behind for instance overweight and obesity are, however, very complex.

The aim of this PhD study was to examine the longterm consequences of growing up in a context of social inequality. What is the association between socioeconomic and psychosocial factors in childhood and depressive symptoms and overweight in youth and early adulthood?

The study has been conducted as a population study among 3.000 young people born in West Jutland. The analyses are based on register data and questionnaire responses from the young people and their parents.

The results may highlight psychosocial and health-related factors which need special attention when considering preventive initiatives related to mental and physical health problems in children and young people.

The PhD study was taken out by Per Høgh Poulsen, physioterapist and MSc in Health Science at Dept. of Occupational Medicine, research clinic, Regional Hospital Herning and Department of Clinical Medicine, Aarhus University.

The defence is public and takes place on 06/03 at 14 pm in AU Herning, Lokale: 8003-3107 (Auditorium Herning) SIEMENS, Birk Centerpark 15, 7400 Herning. The title of the project is "Social inequality in childhood and later effects on mental health and overweight." For more information, please contact PhD student Per Høgh Poulsen, email: perhpo@rm.dk, Phone +45 7843 3520.

Assessment committee:

Associate Professor Henriette Nørmølle Buttenschøn (chairman and moderator of the defence)
Department of Clinical Medicine - NIDO | danmark, Aarhus University and Herning Regional Hospital

Associate Professor Erik Hemmingsson
The Swedish School of Sport and Health Sciences, GIH, Stockholm

Associate Professor Kirsten Nabe-Nielsen
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