

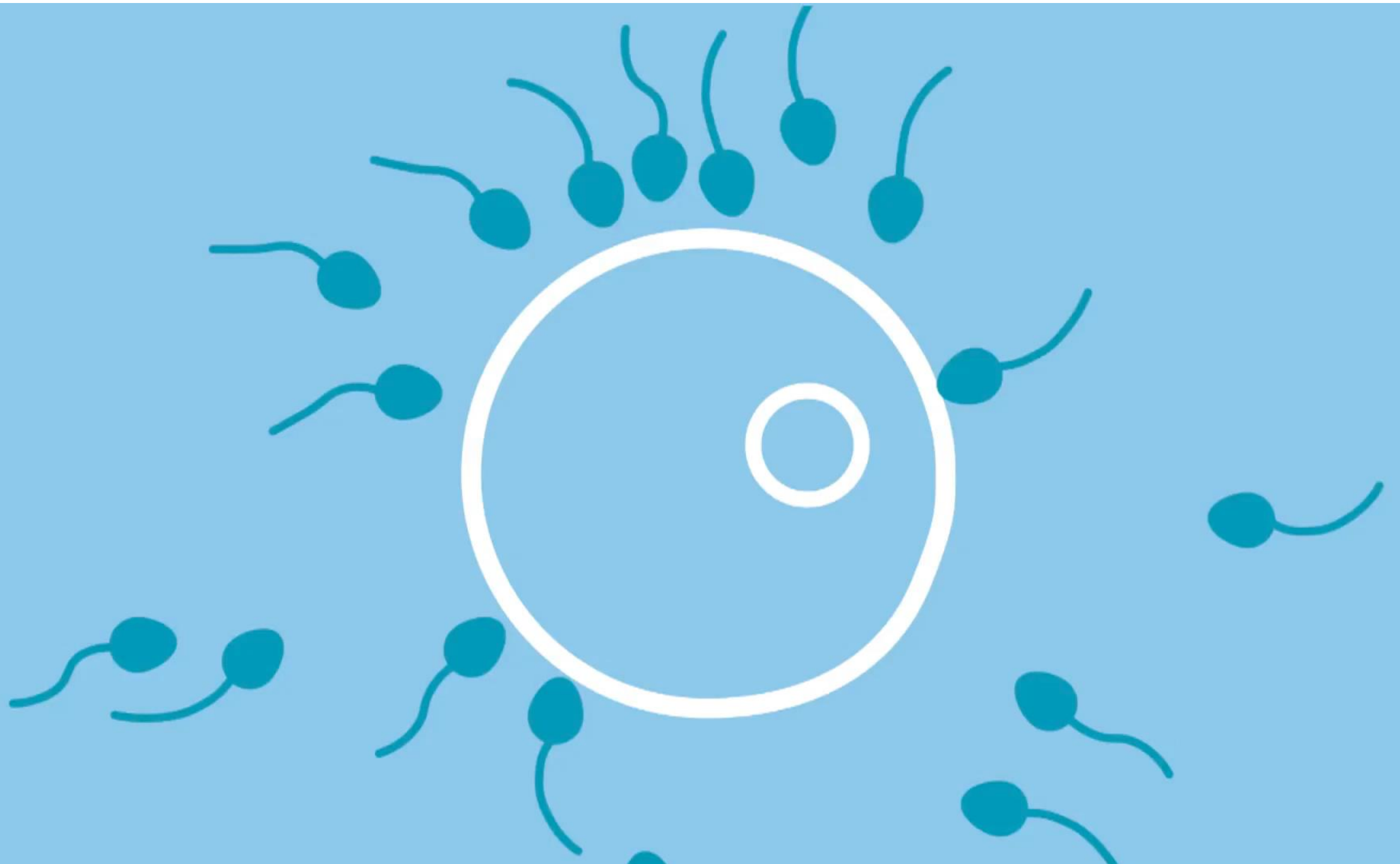


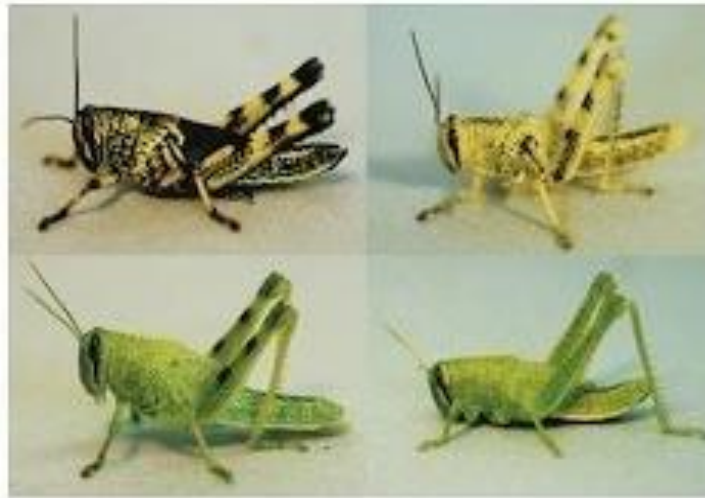
# **De eerste 1000 dagen**

**Prof. dr. Tessa Roseboom**









Alles wat leeft is gevoelig voor de omgeving



Bron: WHO



88 jaar



54 jaar

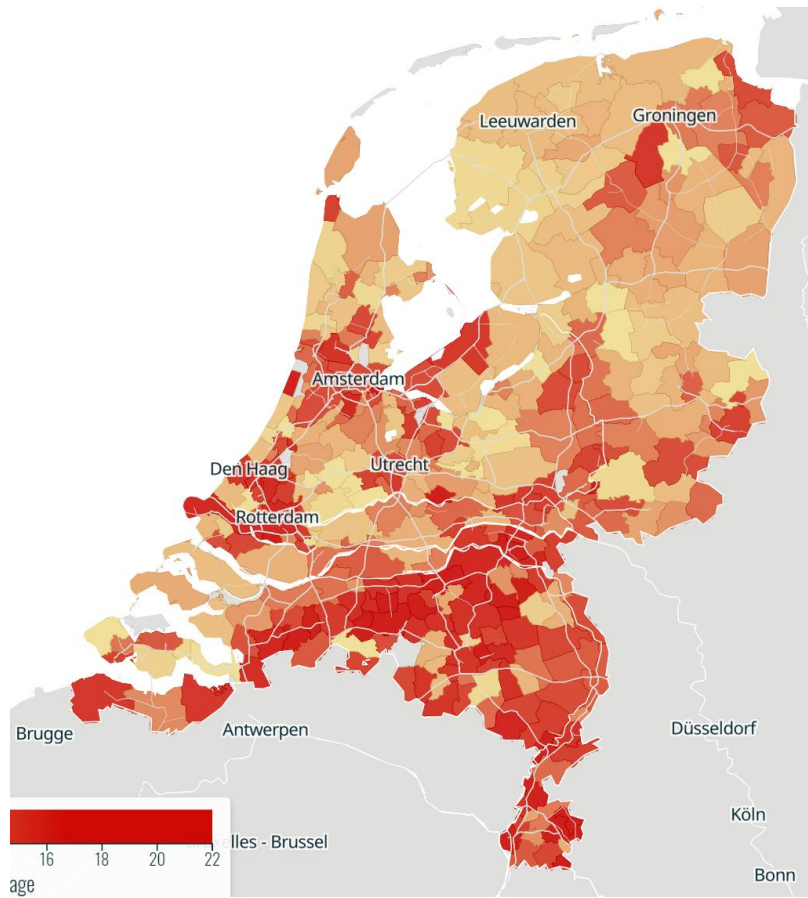


88 jaar

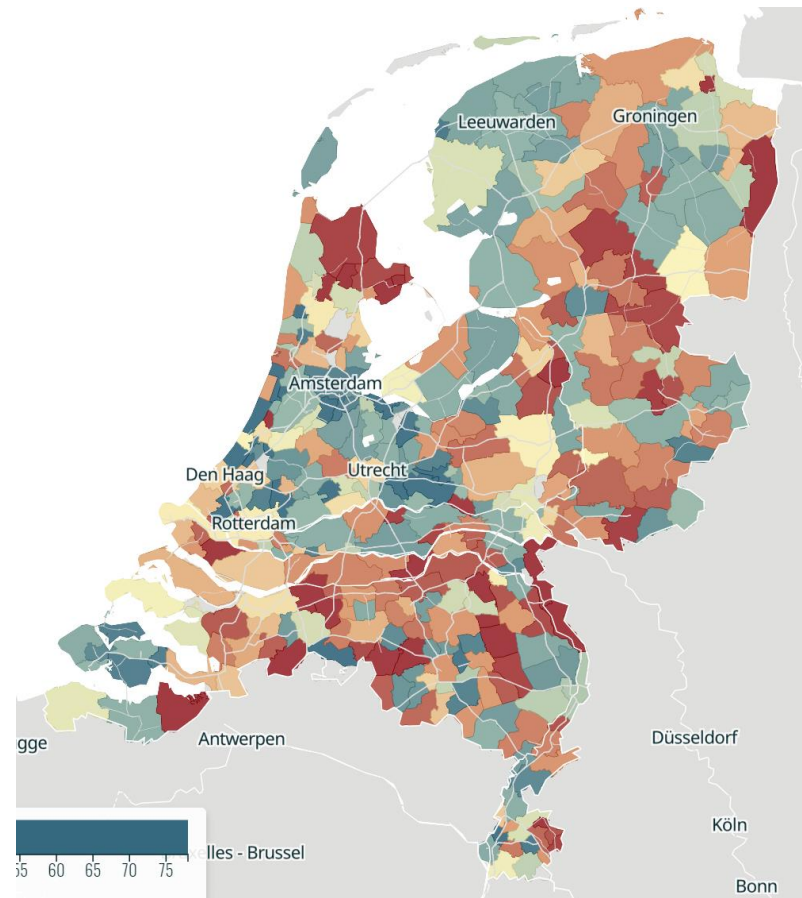


# Kansen in Nederland

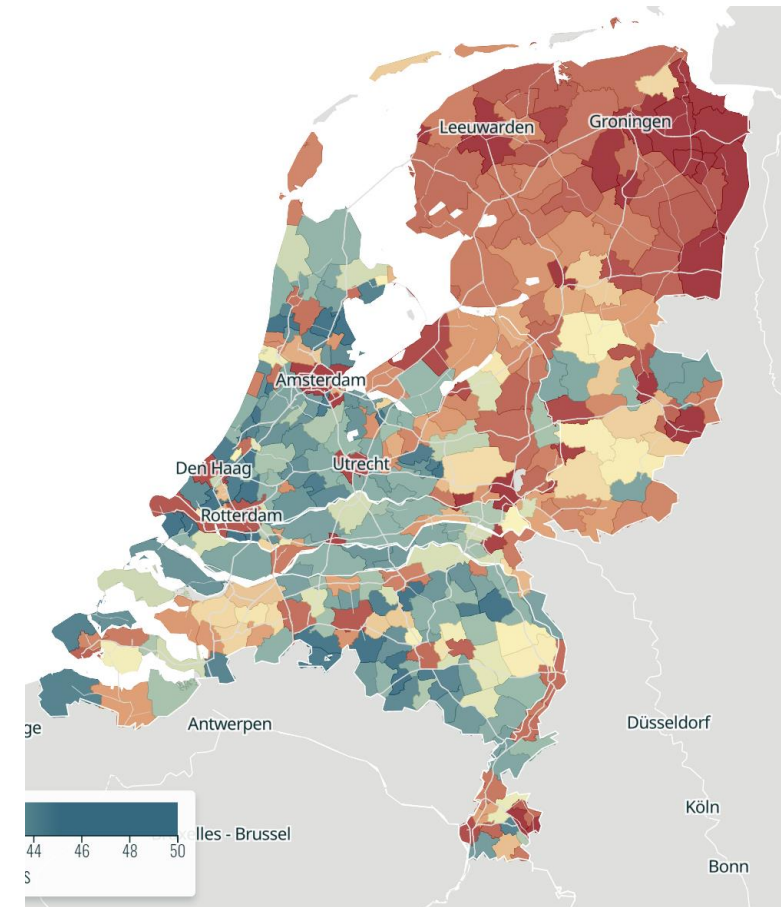
## Geboortegewicht



## Schooladvies



## Inkomen







Het maakt niet echt uit wat de stressor is, armoede, geweld, verwaarlozing.

Stress beïnvloedt de architectuur en de structuur van het brein, en daarmee de levenslange functie.

Nog voor je op deze wereld bent, kruipt armoede in je lichaam, je ziel en je organen, om je vervolgens nooit meer helemaal los te laten. Dat beperkt je groei en beïnvloedt zelfs je DNA. Kinderarmoede gaat daarom om veel meer dan kinderen.

## Armoede houdt je klein. Letterlijk

### Stress onder de allerkleinsten

Maar hoe zit dat met die vier volle Johan Cruijff ArenA's met kinderen die de eerste duizend dagen hebben doorstaan?

Kinderen die opgroeien in armoede lopen een grote kans om blootgesteld te worden aan chronische stress. Dat is zeker het geval als het de ouders onvoldoende lukt om de nodige veiligheid te bieden, bijvoorbeeld door het inzetten van een ondersteunend sociaal netwerk.

Daarbij komt dat met name bij langdurige armoede of generatiearmoede de kans op langdurige deprivatie groot is.

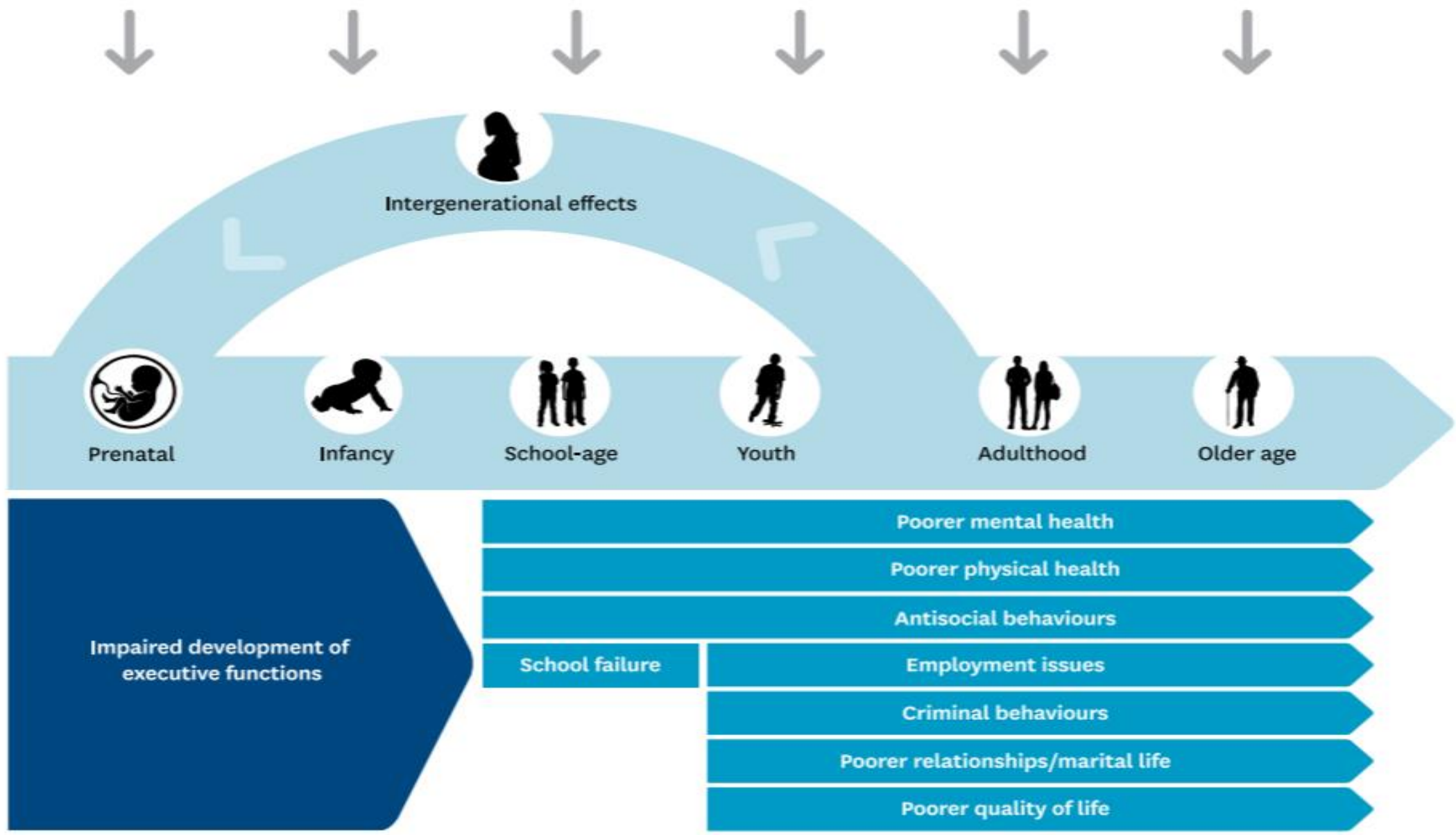
Shit begint dan te clusteren: huiselijk geweld, onderwijsachterstanden, middelengebruik in het gezin, ongezonde leefstijl – want een goed ontbijt is een tijdrovende luxe – psychische problematiek en verwaarlozing of afwezigheid van de ouders. \*

Als dit het geval is, dan wordt de jeugdige blootgesteld aan wat we *early-life stress* noemen. Onschuldig is dat niet. Kinderen die verregaand te maken hebben gehad met *early-life stress*, hebben vaker verstoorde hormoonhuishoudingen en immuunsystemen, en gaan op cognitief en sociaal-emotioneel niveau disfunctioneren.

Je zou kunnen zeggen: de samenleving heeft er baat bij als ieder mens zijn potentieel kan ontwikkelen. Dat niemand geremd wordt door een tekort aan voedingsstoffen, liefdevolle aandacht en stimulatie. Want veel van de zorgkosten nu komen voort uit het verhelpen van vroeger opgelopen schade. Het is armoede die zich genesteld heeft in ziel en organen.

'de  
Correspondent





Intergenerational effects



Prenatal



Infancy



School-age



Youth



Adulthood



Older age

Impaired development of executive functions

Poorer mental health

Poorer physical health

Antisocial behaviours

School failure

Employment issues

Criminal behaviours

Poorer relationships/marital life

Poorer quality of life

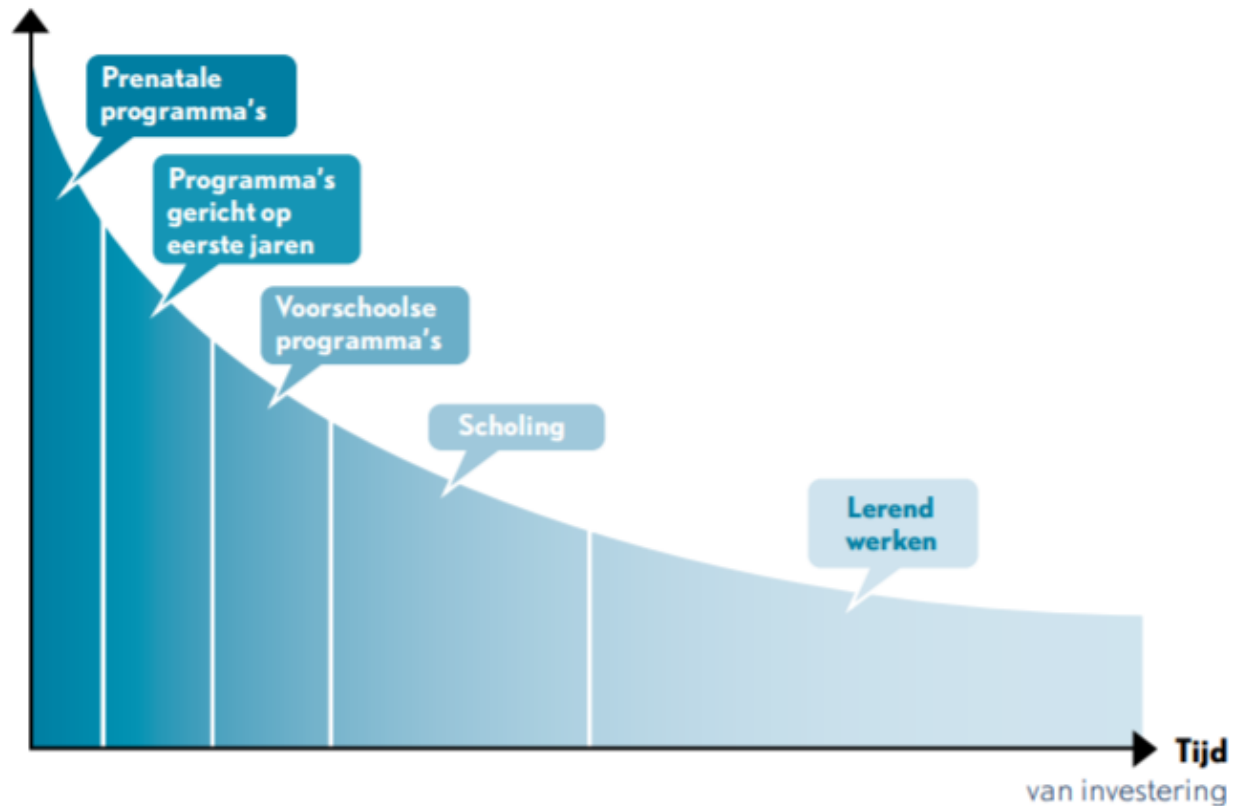


**Ze hadden bijna allemaal een slechte start**



# HOE EERDER JE INVESTEERT HOE GROTER HET RENDEMENT

Rendement  
van investering



Everyone gains when we invest, develop and sustain the early development of the world's greatest natural resource – its people.

*James Heckman*

# Argumenten voor creëren van klimaat waarin kinderen kans krijgen hun potentieel te ontwikkelen







Children under 18 have special rights as children

**ARTICLE 2**

All children have these rights, no matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is, whether they have a disability, whether they are rich or poor. No child should be treated unfairly on any basis.



**ARTICLE 3**

All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

**ARTICLE 4**

The government has a responsibility to make sure your rights are protected. They must help your family to protect your rights and create an environment where you can grow and reach your potential.



**ARTICLE 9**

You have the right to be protected from kidnapping.

**ARTICLE 12**

You have the right to give your opinion, and for adults to listen and take it seriously.



**ARTICLE 13**

You have the right to find out things and share what you think with others, by talking, drawing, writing or in any other way unless it harms or offends other people.

**ARTICLE 14**

You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.

**ARTICLE 15**

You have the right to choose your own friends and join or leave groups, as long as it isn't harmful to others.

**ARTICLE 16**

You have the right to privacy.

**ARTICLE 17**

You have the right to get information that is important to your wellbeing, from radio, newspapers, books, computers and other sources. Adults should make sure that the information you are getting is not harmful and that you find and understand the information you need.

**ARTICLE 18**

You have the right to be raised by your parents (if possible).



**ARTICLE 19**

You have the right to be protected from being hurt and mistreated, in body or mind.

**ARTICLE 20**

You have the right to special care and help if you cannot live with your parents.

**ARTICLE 21**

You have the right to care and protection if you are adopted or in foster care.

**ARTICLE 22**

You have the right to special protection and help if you are a refugee (if you have been forced to leave your home and live in another country), as well as all the rights in this Convention.

**ARTICLE 23**

You have the right to special education and care if you have a disability, as well as all the rights in this Convention, so that you can live a full life.

**ARTICLE 24**

You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.



**ARTICLE 25**

If you live in one of the countries...

**ARTICLE 26**

You have the right to quality education, and you are encouraged to go to the highest level you can.

**ARTICLE 28**

Your education should help you develop your talents and abilities, and also help you learn to live peacefully, protect the environment and respect other people.

**ARTICLE 30**

You have the right to practice your own culture, language and religion - or any of those. Minority and indigenous groups need special protection of this right.

**ARTICLE 31**

You have the right to play and rest.

**ARTICLE 32**

You have the right to protection from work that harms you, and is bad for your health and education. If you work, you have the right to be safe and paid fairly.

**ARTICLE 33**

You have the right to protection from harmful drugs and from the drug trade.

**ARTICLE 34**

You have the right to be free from sexual abuse.

**ARTICLE 35**

You have the right to be safe from trafficking.

**ARTICLE 36**

You have the right to protection from any kind of exploitation (being taken advantage of).

**ARTICLE 37**

No one is allowed to punish you in a cruel or harmful way.

**ARTICLE 38**

You have the right to protection and freedom from war. Children under 15 cannot be forced to go into the army or take part in war.

**ARTICLE 39**

You have the right to heal if hurt, regardless of body or mind.

**ARTICLE 40**

You have the right to a fair trial and legal system if you are accused of a crime.

**ARTICLE 41**

If the rights in this Convention...

# UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD

IN CHILD-FRIENDLY LANGUAGE



# UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD

IN CHILD-FRIENDLY LANGUAGE



**ARTICLE 1**  
Everyone under 18 has special rights as children.

**ARTICLE 2**  
All children have these rights, no matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is, whether they have a disability, whether they are rich or poor. No child should be treated unfairly on any basis.

**ARTICLE 3**  
All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

**ARTICLE 4**  
The government has a responsibility to make sure your rights are protected. They must help your family to protect your rights and create an environment where you can grow and reach your potential.

**ARTICLE 5**  
Your family has the responsibility to help you learn to exercise your rights, and to ensure that your rights are protected.

**ARTICLE 6**  
You have the right to be alive.

**ARTICLE 7**  
You have the right to a name, and this should be officially recognized by the government. You have the right to a nationality (to belong to a country).

**ARTICLE 8**  
You have the right to an identity - an official record of who you are. No one should take this away from you.

**ARTICLE 9**  
You have the right to live with your parents, unless it is bad for you. You have the right to live with a family who cares for you.



**ARTICLE 10**  
If you live in a different country than your parents do, you have the right to be together in the same place.

**ARTICLE 11**  
You have the right to be protected from kidnapping.

**ARTICLE 12**  
You have the right to give your opinion, and for adults to listen and take it seriously.

**ARTICLE 13**  
You have the right to find out things and share what you think with others, by talking, drawing, writing or in any other way unless it harms or offends other people.

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You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.

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You have the right to special education and care if you have a disability, as well as all the rights in this Convention so that you can live a full life.

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You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

**ARTICLE 25**  
If you live in care or in other situations away from home, you have the right to have those in charge arrange meetings regularly to see if they are the most appropriate.

**ARTICLE 26**  
You have the right to help from the government if you are poor or in need.

**ARTICLE 27**  
You have the right to food, clothing, a safe place to live and to have your basic needs met. You should not be disadvantaged so that you can't do many of the things other kids can do.

**ARTICLE 28**  
You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.

**ARTICLE 29**  
Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.

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You have the right to practice your own culture, language and religion - or any you choose. Minority and indigenous groups need special protection of this right.

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You have the right to be free from sexual abuse.

**ARTICLE 35**  
No one is allowed to kidnap or sell you.

**ARTICLE 36**  
You have the right to protection from any kind of exploitation (being taken advantage of).

**ARTICLE 37**  
No one is allowed to punish you in a cruel or harmful way.

**ARTICLE 38**  
You have the right to protection and freedom from war. Children under 15 cannot be forced to go into the army or take part in war.

**ARTICLE 39**  
You have the right to help if you've been hurt, neglected or badly treated.

**ARTICLE 40**  
You have the right to legal help and fair treatment in the justice system that respects your rights.

**ARTICLE 41**  
If the laws of your country provide better protection of your rights than the articles in this Convention, those laws should apply.

**ARTICLE 42**  
You have the right to know your rights! Adults should know about these rights and help you learn about them, too.

**ARTICLES 43 TO 54**  
These articles explain how governments and other organizations will work to ensure children are protected with their rights.

Eraan herinnerende dat de Verenigde Naties in de Universele Verklaring van de Rechten van de Mens hebben verkondigd dat kinderen recht hebben op bijzondere zorg en bijstand, Indachtig dat, zoals aangegeven in de Verklaring van; de Rechten van het Kind, „**het kind op grond van zijn lichamelijke en geestelijke onrijpheid bijzondere bescherming en zorg nodig heeft, met inbegrip van geëigende wettelijke bescherming, zowel vóór als na zijn geboorte**”,

Bij alle maatregelen betreffende kinderen, ongeacht of deze worden genomen door openbare of particuliere instellingen voor maatschappelijk welzijn of door rechterlijke instanties, bestuurlijke autoriteiten of wetgevende lichamen, **vormen de belangen van het kind de eerste overweging.**

De Staten die partij zijn, **doen alles wat in hun vermogen ligt om de erkenning te verzekeren van het beginsel dat beide ouders de gezamenlijke verantwoordelijkheid dragen voor de opvoeding en de ontwikkeling van het kind.** Ouders of, al naar gelang het geval, wettige voogden, **hebben de eerste verantwoordelijkheid** voor de opvoeding en de ontwikkeling van het kind. Het belang van het kind is hun allereerste zorg.

Om de toepassing van de in dit Verdrag genoemde rechten te waarborgen en te bevorderen, **verlenen de Staten die partij zijn passende bijstand aan ouders en wettige voogden bij de uitoefening van hun verantwoordelijkheden die de opvoeding van het kind betreffen, en waarborgen zij de ontwikkeling van instellingen, voorzieningen en diensten voor kinderopvang.**

EVERY CHILD HAS SOMETHING IN COMMON - THEIR RIGHTS!



Ministerie van Volksgezondheid,  
Welzijn en Sport

Nationaal actie programma

# Kansrijke Start

*Investeren in de eerste 1000 dagen van het leven*





Ministerie van Volksgezondheid,  
Werk en Zorg

Actieprogramma

# Kansrijke Start



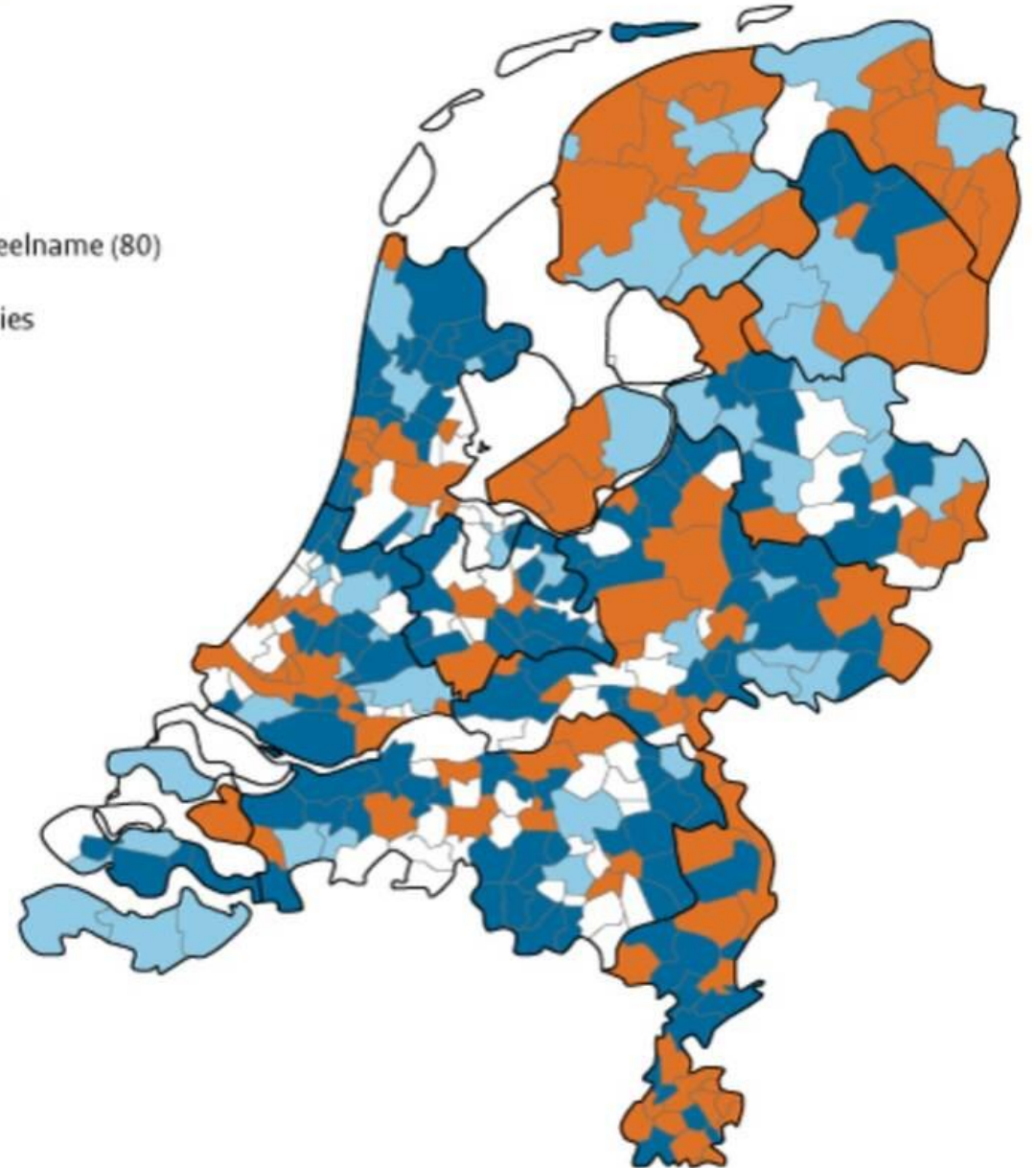
## Lokale coalities Kansrijke Start

Per gemeente, peildatum 1 februari 2021

Tranche

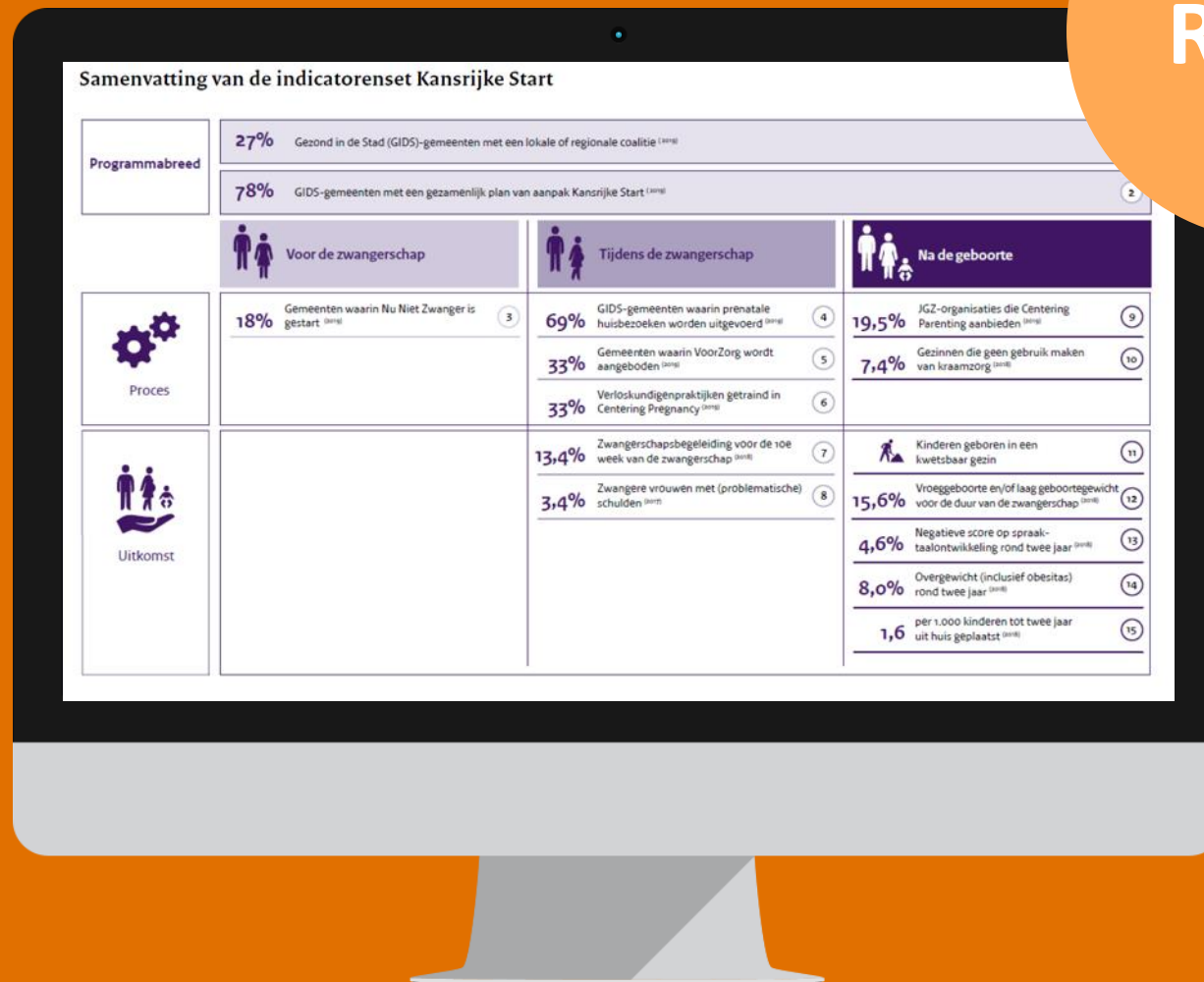
-  1 (98)
-  2 (49)
-  3 (128)
-  Geen deelname (80)

— Provincies



Bron: Gemeenten

# Monitor



RIVM

CBS

YHC

vektis

# Omzien naar elkaar, vooruitkijken naar de toekomst

Coalitieakkoord 2021 – 2025

VVD, D66, CDA en ChristenUnie



# Omzien naar elkaar, vooruitkijken naar de toekomst

Coalitieakkoord 2021 – 2025

VVD, D66, CDA en ChristenUnie

## Preventie, sport en bewegen

- We willen meer aandacht voor preventie en een gezonde levensstijl van jongs af aan. Kinderen die ongezond opgroeien staan veelal op een achterstand. Vermijdbare gezondheidsverschillen pakken we daarom aan. We zetten de doelen van het **Preventieakkoord** door, met als doel een **gezonde generatie in 2040** met een focus op de jeugd door sport, voeding en bewegen. Dit vraagt een brede aanpak, met stimulering van gezonde keuzes en ontmoedigen van ongezonde keuzes, zonder mensen in hun vrijheid te beperken.
- We voeren in elke gemeente het programma **Kansrijke Start** in. Zo ondersteunen we vrouwen en pasgeborenen bij de eerste 1000 dagen die cruciaal zijn voor gezondheid, welzijn en latere ontwikkeling.

# Een gezonde wereld begint bij een gezonde jeugd



Dutch Youth are the healthiest in the world

**TIME** March 23, 2040  
By Amanda Gardner

In a global assessment across 168 countries, the World Health Organization has ranked the Dutch Youth as the healthiest.

The international benchmarking is based on the health of 21-year olds across a number of key drivers of health (physical activity, nutrition, safe sexual practices, bullying, tobacco, alcohol and other substance use, and relaxation and sleep) – across which the Netherlands now ranks 1st in all categories.

Measuring the health of 21 year-olds as an indicator of youth health comes from the "Healthiest Generation" Program which was launched in 2018, one year before these 21-year olds were born. Youth-related illness (e.g.



# DE GEZONDE GENERATIE

SOAIDS  
Nederland

aidsfonds

ALS  
Stichting ALS Nederland

a  
alzheimer  
nederland

nederlandse  
brandwonden  
stichting

Epilepsiefonds

Diabetes  
Fonds

[HandicapNL]  
IEDEREEN EERLIJKE KANSEN

Hartstichting

Hersenstichting

JKF  
Kinderfonds

KNCV  
TUBERCULOSEFONDS

KWF  
KANKER  
BESTRIJDING

LONG  
FONDS

maag  
lever  
darm  
stich  
ting

MI  
ND

stichting m research

NIERSTICHTING  
Je nieren zijn je leven.

ReumaNederland

PRINSES  
BEATRIX  
SPIER  
FONDS

45 JAAR  
TRAMBOSESTICHTING  
NEDERLAND





## Dutch Youth are the healthiest in the world

**TIME** March 23, 2020  
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In a global assessment across 168 countries, the World Health Organization has ranked the Dutch Youth as the healthiest.

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Measuring the health of 21-year-olds as an indicator of youth health comes from the "Healthiest Generation" Program which was launched in 2018, one year before these 21-year olds were born. Youth-related illness (e.g. obesity, stress, depression, and sexually transmitted diseases) have all been declining steadily since the

**Wist je dat...**

we tijdens de 1e 1000 dagen enorm groeien? Als we in dat tempo doorgroeien, zouden we al een miljoen kilo wegen nog voordat we naar de basisschool gaan.

GO DE GEZONDE GENERATIE

**STEL JE VOOR...**

DAT ALLE KINDEREN VEILIG EN GEZOND KUNNEN OPGROEIEN

GO DE GEZONDE GENERATIE

**GO DE GEZONDE GENERATIE**

**GG**

**DE GEZONDE  
GENERATIE**

**AAN ALLE  
OUDERS**





**Do your little bit of good where you are  
its those little bits of good put together  
that overwhelm the world**

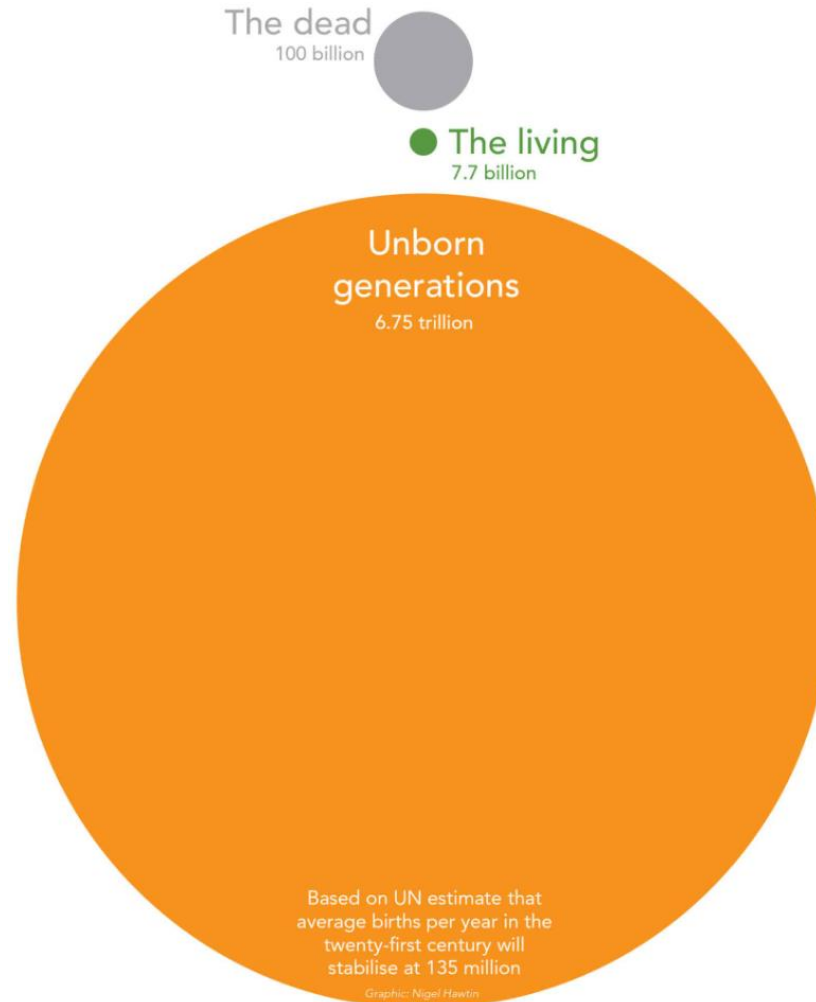
**Desmund Tutu**





## The scale of unborn generations

Looking 50,000 years into the past and 50,000 into the future – assuming that the twenty-first century's birth rate remains constant – all human lives ever lived are far outweighed by all those yet to come



# Ongeboren, ongezien, ongehoord onbeschermd



**Do your little bit of good where you are  
its those little bits of good put together  
that overwhelm the world**

**Desmund Tutu**

