



# **Health in Switzerland**

## **- National Health Report 2008**

### ***Introduction and Overview***

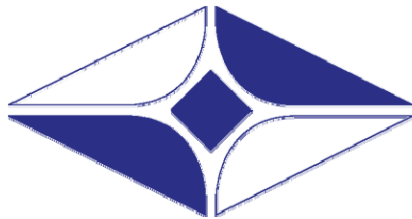
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**IUSPM Lausanne**  
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# **Initial considerations on the report's underlying concept**



# National Health Reports - *Concepts*

## Traditional

- **Illness (health)**
- **Risk factors**

## Modern

- **Health (illness)**
- **Health determinants**

## Goals:

- **Health promotion/prevention  $\approx$  Health care provision**
- **Health determinants show areas and approaches for health policy and action**



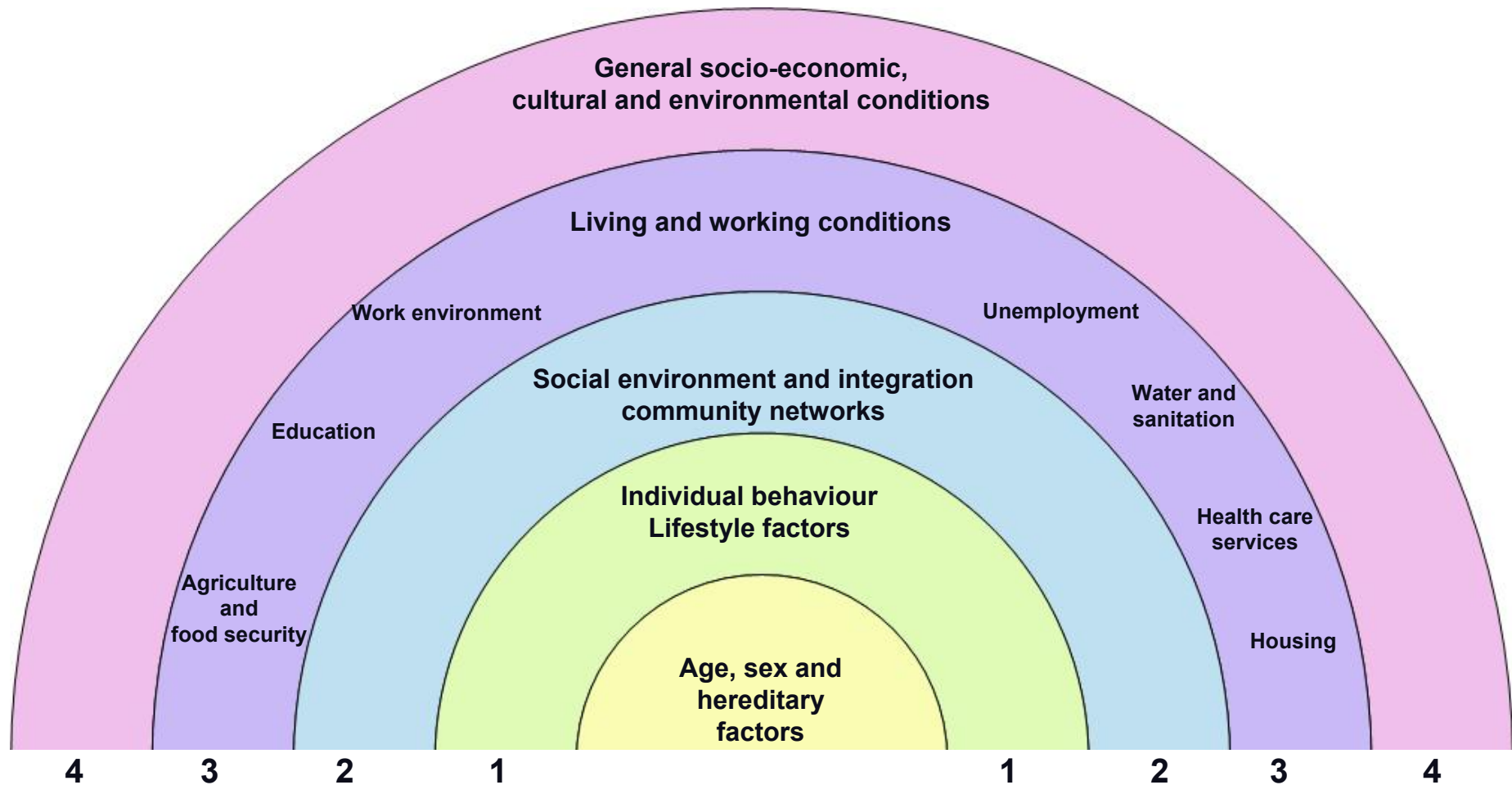
# Why this approach

?



# Main health determinants

(Dahlgren & Whitehead 1991)





# Content of the report

## 5 main chapters – 18 thematic chapters

- The concept of health determinants
- A healthy life
- Impairments to good health
- Fundamental health determinants (education; phys. environment)
- Health care system (demand, costs, financing)

**Concluding synthesis** highlights health determinants;  
shows areas for health policy & action



# **Health in Switzerland**

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### **The most important findings**



## **A Healthy Life (Part II)**

- **Low infant and child mortality**
- **Rising life expectancy and disability-free life expectancy**
- **Social gradient with respect to life expectancy and mortality**
- **Good psycho-social and physical health in childhood/youth pays off over entire lifetime**
- **New definition of “old age” needed**



## **Impairments to good health (Part III)**

- **Poor mental health requires attention (depression, anxiety disorders, substance addiction)**
- **Coronary mortality: social gradient**
- **Age is a main risk factor for cancer**
- **Lethal domestic and recreational accidents twice as frequent as lethal traffic accidents (2004)**
- **Lethal traffic accidents: social gradient**



# Educational determinants (Part IV)

## Education level is related to

- **Health literacy and behaviour**
- **Professional prospects & economic situation**
- **Afford better quality and quantity of health care (medical care, living environment, food)**
- **Perceived state of health**



## Major future challenges

- **Chronic diseases and mental health problems**
- **Costs to the health care system**
- **Health & working potential of older working population**
- **Unequal distribution of health !**

**HPP runs into limits:**

**Focus on changes in individual behaviour**

**Change in individual behaviour ⇒ dependent on living conditions & circumstances**



## The Swiss Health Report ....

- ⇒ **Creating living conditions that enables to live a healthy live**
- ⇒ **Social health determinants as signposts for HPP**  
*(changes in health follow closely behind social changes !)*
- ⇒ **Coordinated activities in all social sectors**