



Health Promotion
Switzerland

Health Promotion Switzerland

Creating Opportunities Together



Health Promotion made in Switzerland



A LEADING NATIONAL PLAYER

In Switzerland, a wide variety of state and non-state institutions and organizations are active in health promotion and prevention.

Health Promotion Switzerland is a public, semi autonomous foundation established by an Act of Parliament (Federal Health Insurance Act of 1994, in force since 1996). The Federal Health Insurance Act requires it to initiate, coordinate and evaluate policies to promote health and prevent disease (Art. 19, Federal Health Insurance Act), and how it is to be funded (Art. 20). By law, the Foundation Council is composed of representatives from the federal government, the cantons, Swiss health insurance companies, the Swiss Accident Insurance Fund (SUVA), medical and other healthcare professions, public health research, and associations active in health promotion and consumer protection, as well as other partners. This governance structure allows key stakeholders to work together to promote health and improve the quality of life.

DEDICATED STAFF

Health Promotion Switzerland has about 30 full-time positions, employing people from all parts of Switzerland and from some other countries, all dedicated to meeting the professional standards expected of one of Switzerland's leading health promotion organizations.

FUNDING HEALTH PROMOTION

Healthcare in Switzerland is regulated by the Swiss Federal Health Insurance Act of 1994. All Swiss citizens are required by law to purchase their own health insurance. Via health insurances, every insured person pays annually 2.25 USD (2.40 CHF) to Health Promotion Switzerland. That way, the annual budget accounts for about USD 16.7 Mio. (11.7 Mio. EUR).

LONG-TERM ENGAGEMENT FOR SUCCESS

Our vision: Individuals are well-informed, capable of living their lives – and motivated to do so – in a way which benefits their health and well-being and enhances their quality of life. The best possible societal structures are in place to support this process.

According to our long-term strategy for 2007–2018, we have the following strategic goals:

- Strengthening Health Promotion and Prevention: Health promotion and prevention are established; institutional coordination and networking ensured.
- Healthy Body Weight: Larger proportion of individuals with a healthy weight.
- Mental Health and Stress, focusing on workplace health promotion: More people are better equipped to shape and control their lives, thereby improving their mental health and decreasing stress-related disorders and illnesses.

CREATING OPPORTUNITIES TOGETHER

Health Promotion Switzerland is aware that the great challenges in health promotion and prevention require cooperation with committed partners such as the:

- Federal government agencies, e.g. the Federal Office of Public Health (FOPH), State Secretariat for Economic Affairs (SECO), Federal Office of Sport (FOSPO)
- Swiss cantons
- Swiss health insurance companies
- Swiss Accident Insurance Fund (SUVA)
- medical and other healthcare professions
- Public Health Switzerland and other public health research centers and networks
- associations active in health promotion and consumer protection
- Swiss private sector, small, medium-sized and large enterprises
- networks and partners in the field of workplace health promotion/nutrition and physical activity

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STRENGTHENING HEALTH PROMOTION AND PREVENTION

The global, long-term strategic goal of Health Promotion Switzerland is to strengthen and embed health promotion and prevention in the minds of people, as well as in the public and private sectors. The promotion and preservation of Swiss public health is a vast strategic task, essentially involving all sectors and levels of policy-making and activity. The Foundation initiates processes and supports endeavours which encourage and strengthen health promotion and prevention.

Health Promotion Switzerland has developed activities and tools for strengthening health promotion and prevention:

- National Conference for Health Promotion – held annually since 2001
- Swiss Model For Outcome Classification (SMOC) in Health Promotion and Prevention – a tool for analysis and quality development in health promotion and prevention.
- quint-essenz – an online tool for managing projects and assuring quality in health promotion and prevention.

- Best Practice Concept developed by Health Promotion Switzerland.
- Friendly Work Space® Label – establishing standards and criteria for workplace health management.

We support innovative national platforms, networks and databases

- National Alliance For Health Literacy, a cooperation between Health Promotion Switzerland and Merck Sharp & Dohme-Chibret AG, since 2007
- Impact Santé – Swiss platform for health risk assessment, since 2005
- Health Coaching – A cooperation with the Swiss College of Primary Care Medicine (KMH/CMPR) (2008–2011)
- Database Policy-Monitoring – in cooperation with POLSAN, the results of our policy-monitoring regarding legal foundations and policy development for health promotion and prevention are collected in a publicly accessible database.



«Equity and Sustainable Development – these are the foundations of our vital partnership over many years.»

David McQueen, President International Union for Health Promotion and Education – IUHPE



«Health Promotion Switzerland has efficiently established healthy body weight programs with 22 out of 26 Swiss cantons. Taking the diversity and complexity of the Swiss health system into account, this is an overwhelming success!»

Felix Gutzwiller, Member of the Council of States/Director Institute for Social and Preventive Medicine, University of Zurich



«Health Promotion Switzerland is a strong and professional partner.»

Yves André Jeandupeux, Head of Human Resources, Swiss Post, holder of the label «Friendly Work Space®»

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HEALTHY BODY WEIGHT

One of our strategic long-term goals (2007–2018) is to contribute to a larger proportion of individuals living in Switzerland with a healthy body weight. Our work focuses especially on the 1.8 million children and adolescents – about a quarter of the overall population of 7.8 million – living in Switzerland.

In 2007, Health Promotion Switzerland started together with seven cantons to develop Cantonal Intervention Programmes aimed at health promotion and primary prevention of overweight and obesity in children and adults. By 2010, Health Promotion Switzerland had successfully expanded its cooperation to 22 out of 26 cantons. The nationwide programme including other projects are a striking success!

WORKPLACE HEALTH PROMOTION

In Switzerland, more than 4.3 million people – over half of the total population of 7.8 million – are in employment. Our strategic long-term goal (2007–2018) is that more people should be better equipped to shape and control their lives, thereby improving their mental health and decreasing stress-related disorders and illnesses. A healthy, motivated and well-qualified workforce is fundamental to the future social and economic well-being of Switzerland.



Health Promotion Switzerland is developing tools, projects and activities for Workplace Health Promotion:

National Conference for Workplace Health Promotion: held annually since 2004

Friendly Work Space®: a label establishing standards and criteria for workplace health management

KMU-vital: a Web-based programme for workplace health promotion in small and medium-sized enterprises

SWiNG: analysis and implementation tools for stress management at the workplace

S-Tool: the stress barometer for your enterprise

Life Domain Balance: a checklist for small and medium-sized enterprises

Generation Management: manage the demographic challenge systematically

Information:

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