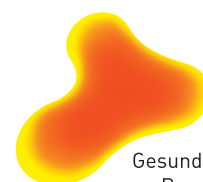


Longterm Strategy of Health Promotion Switzerland

Creating Opportunities Together.



Gesundheitsförderung Schweiz
Promotion Santé Suisse
Promozione Salute Svizzera

Impressum

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1. Mission

Contributing effectively towards a healthier Switzerland

Health Promotion Switzerland, a foundation, makes an important contribution towards better health in Switzerland. The Federal Health Insurance Act requires it to initiate, coordinate and evaluate policies to promote health and prevent disease (art. 19), and to provide their funding (art. 20).¹ This paper explains the Foundation's principles; it also identifies three core fields of activities in which the Foundation plays the key role as a coordinator. The Foundation ensures that resources earmarked for health promotion and prevention in Switzerland are used effectively.

The Foundation's long-term objective is to improve the health of the Swiss population. Its endeavours are guided by the Ottawa Charter,² which is based on a comprehensive concept of health comprising life settings (i.e. work, school, social environment, the family), politics (structural policies) and individual health competence.

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.

(Vision of the Foundation, Health Promotion Switzerland, in its 2002 Guidelines.)

The Foundation defines health promotion and prevention as follows:

Health promotion strengthens individual and social health resources (salutogenic approach) which enable individuals and groups to enjoy a lifestyle conducive to health and well-being, and to enhancing their quality of life. **Prevention** reduces or mitigates risk factors which are detrimental to health or cause illness. (2002 Guidelines)

Sustainable endeavours to improve public health in general and to prevent certain diseases are closely associated and complement each other. Health promotion and prevention are pillars of an effective public health system. The Foundation coordinates work at the national level, and coordinates programmes to achieve its strategic goals.

Focused efforts for greater impact

The Foundation sees itself as part of the public health system in which it plays a leading role through its core themes. This paper represents the Foundation's focused endeavours in three strategic fields to enhance the effectiveness and visibility of its contributions to health promotion and prevention.

¹⁺² Footnotes s. page 19

2. Principles

Health Promotion Switzerland relies on fundamental principles; they not only ensure its cohesion, but are wholly shared by its leaders and staff. These principles also convey to actors in the field of health promotion and prevention the demands which the Foundation places on itself and on its cooperating partners.

Sustainability

The policies of Health Promotion Switzerland seek to achieve lasting improvements in public health. Committed to the principles of sustainable development, its contributions towards improved health in qualitative, social and economic terms follow a multi-sectoral approach. Health Promotion Switzerland avails itself of the competences and strengths of its partners and other actors in health promotion and prevention.

Economy, coherence, competence

The population's improved health and higher quality of life reduce economic burdens due to ill health. The Foundation makes both efficient and effective use of its resources so that they may achieve the greatest possible salutogenic impact. Its efforts are coherent in the sense that they consistently aim to improve public health. The Foundation is committed to the concept of best practice by doing the best possible things in the best possible manner at the time, and by placing its knowledge and know-how at the disposal of its partners. It thereby promotes a continuous learning process not only within the Foundation itself, but also among its partners.

Advocacy, dialogue

Being committed to advocacy, the Foundation strongly encourages public interest in improved, reliable structures in health promotion and prevention. It strengthens communication and cooperation between health promotion and prevention specialists and actors in the realms of science and politics, the private sector and civil society. The Foundation pursues a policy of open and transparent communication and information both internally and externally.

Partnerships

The Foundation is aware that the great challenges in health promotion and prevention require cooperation with committed partners and other actors. Health Promotion Switzerland assumes a leadership role in the three core themes outlined in this paper. Cooperating with its public and private partners, the Foundation leads the implementation process by negotiating concepts and strategies for specific programmes and projects.

Equal opportunities

Health Promotion Switzerland's objectives and activities concern everyone living in this country, taking into account cultural, gender and class-specific, religious, ethnic and regional differences as well as Switzerland's multilingual situation. Everyone shall have fair and equal access to health resources, and enjoy equal opportunities of developing and maintaining their health. In the sense of equal health opportunities, the Foundation is particularly interested in marginalised groups. Equality of opportunity is a cross-sectoral issue; it is being addressed at all levels and in all areas of the Foundation's activities.

3. Objectives

The Foundation has set itself clear strategic goals for the year 2018, which it intends to reach in three four-year cycles by leading this process while cooperating with its partners and further actors. This paper provides guidelines for the achievement of the Foundation's strategic long-term goals, which will be broken down and implemented in several cycles. True to its principles, the Foundation focuses its efforts on selected areas of health promotion and prevention where it initiates and promotes sustainable programmes and projects, and ensures their coordinated implementation.

The Foundation based its selection of three core themes on the following criteria:

- **relevance:** the selected issue is highly relevant to health promotion and prevention;
- **significance:** the issue is highly significant to the population and to society in general, to which it presents a growing challenge;
- **feasibility:** interventions are feasible;
- **jurisdiction:** legal responsibility resides with the cantons.

Based on these criteria the Foundation has identified one global strategic goal and two core issues, in each of which it has set itself qualitative und quantitative strategic objectives to be implemented in several cycles.

3.1 STRENGTHENING HEALTH PROMOTION AND PREVENTION

Global strategic goal

It is the global, long-term strategic goal of Health Promotion Switzerland 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.

Objectives for 2018

How achievements are measured

Health promotion and prevention are established; institutional coordination and networking ensured.

- All cantons implement and regularly assess health promotion and prevention policies;
 - all cantons have designated health promotion and prevention officers;
 - the most important health and accident insurers, and their most important interest groups implement health promotion and prevention policies and programmes;
 - the general public know that health promotion and prevention have a positive impact on their health and quality of life (health surveys).
-

The Foundation's global strategy to strengthen health promotion and prevention makes an important contribution towards general awareness, solid policies and a reliable network of relevant actors at all levels. It also creates useful structures and provides the necessary prerequisites for successful interventions in the two areas most urgently requiring lasting improvements, i.e. Healthy Weight and Mental Health – Stress.

3.2 HEALTHY WEIGHT

Overweight and obesity among adults – and increasingly among adolescents and children, as well – present a serious social problem in all industrialised countries, where it has acquired epidemic proportions. Numbers have reached alarming levels in Switzerland: one third of the Swiss population is overweight, with men more severely affected than women, and lower social strata suffering more than the rest. Obesity and secondary illnesses – diabetes, coronary disorders, hypertension and increased risk of cancer, as well as negative mental, social and economic consequences – reduce individual life expectancy. In Switzerland the annual economic burden of diseases related to overweight is estimated at approx. CHF 2.7 billion.

Despite the complexity of the causes of and risk factors for over- and underweight – the latter predominantly affecting young women, most of them have been identified and scientific evidence is clear. There is a close association between healthy weight and mental health. Activities in these two areas require an integrative approach, particularly to address psycho-social determinants and overlapping issues.

With a healthy-weight strategy addressing both personal circumstances and individual behaviour, Health Promotion Switzerland intends to help shift the trend in a healthy direction and to increase the number of people with a healthy weight (baseline: 2002 Swiss Health Survey). Its health promotion and prevention policies take into account the interplay of social and economic structures (including helpful infrastructures), genetic predisposition and individual behaviour. Their key elements are positive structures, adequate physical activity and healthy dietary habits; they will dovetail with already existing policies, building on insights provided by numerous national and international programmes, and creating and benefitting from synergies. The aim is to enhance everyone's ability to achieve or maintain healthy weight.

Objectives for 2018

How achievements are measured

Larger proportion of individuals with a healthy weight.

- Swiss Health Survey, Youth Surveys;
 - the Foundation and competent institutions have developed indicators to measure trends.
-

3.3 MENTAL HEALTH – STRESS

Mental health forms an integral part of a comprehensive health concept, contributing significantly to good quality of life. In the complex field of psychological disorders, whose causes are more complex still, Health Promotion Switzerland has decided to focus on stress as a crucial trigger of psychological distress and physical disorders. Stress is the result of an imbalance between internal and external demands and pressures and the physical, mental and social resources available; it may result from both over- or under-load.

The Swiss Health Observatory has found that the rate at which the Swiss population are affected by psychological disorders is higher than the international average. At least once in their lifetimes, about half the population are beset by psychological problems and secondary illnesses, i.e. depressive disorders and suicidality, which often result in long-term impairment and social exclusion. More women than men perceive their mental well-being as poor; women seek professional help more often. The suicide rate in Switzerland is alarmingly high – 19 out of 100,000 persons, i.e. four deaths each day. More men than women commit suicide. Young adults aged 15 to 24, and men aged 50+ are considered at risk of having psychological problems. Disabilities (the rate of disability pensions) due to psychological disorders are increasing. Mental illness seriously affects individual quality of life and places a great burden on the economy. In Switzerland, annual secondary costs of work-related stress alone are estimated at CHF 4.2 billion (*SECO*³ studies on the economic burden of stress).

The private sector of Switzerland and Swiss society in general are facing a huge and complex challenge to improve the population's mental well-being. Of great relevance are social and economic factors which cannot be influenced by the individual him or herself. Helpful structures and personal skills for shaping one's own life are crucial to mental well-being. Data from the Swiss Health Survey – particularly the question concerning mastery of life⁴ – provide important clues as to how individuals feel and cope with their lives. In 2002 two thirds of all respondents felt they had too little or no control over their lives. Health Promotion Switzerland intends to make an effective contribution towards improving the mental health of the Swiss population. Together with its partners and other actors, it plans to improve structures and individual coping skills in order to achieve the highest possible level of mental health. Activities in various settings, including the workplace, are aimed at reducing work-related stress and its consequences, with the Foundation building on valuable experiences provided by organisational health promotion programmes.

Health promotion and prevention policies in this strategic area are generally intended to establish a culture of appreciation and recognition, both in the workplace and in our society.

Objectives for 2018

How achievements are measured

More people are better equipped to shape and control their lives, thereby improving their mental health and decreasing stress-related disorders and illnesses.

- Swiss Health Survey (mastery question);
 - national Youth Surveys;
 - the Foundation and competent institutions have developed indicators to measure trends.
-

³⁺⁴ Footnotes s. page 19

Overlapping areas and synergies

The issues of Healthy Weight and Mental Health – Stress are closely associated, with certain areas overlapping where health promotion and prevention policies may prove particularly effective. Mutual influences between areas also indicate potential synergies, which may benefit from the Foundation's specific health promotion and prevention activities.

Interventions help reach objectives

The activities selected by the Foundation will enable it to reach its strategic goals. Its projects are essentially required to meet criteria of relevance, importance of the issue (needs) and feasibility; they must also meet the Foundation's requirements in terms of quality and effect. More detailed criteria will be specified in the implementation planning stage.

4. Implementation

4.1 FOUR-YEAR CYCLES

It will take three four-year cycles to devise and implement this strategy by the year 2018. The Foundation will develop and support activities to improve structural conditions as well as people's individual behaviour by means of strategic programmes, of which each cycle has specific goals. The Foundation is committed to the principle of partnership and cooperation. Both the design and the implementation of its programmes rely on the active involvement of public and private actors. Specific modalities of cooperation with the Swiss government, the cantons and communities, with non-governmental organisations, insurers and the private sector will be defined and established in the context of each strategic programme designed by a group of representatives from these bodies. Goals will be defined for each cycle; the required indicators and policies will be identified. New activities which the Foundation may initiate will be coordinated with the other actors' ongoing activities.

The Foundation greatly values developing as an organisation. With this purpose in mind, appropriate processes and procedures will be defined, evaluated and continually adapted for each cycle of its programmes.

4.2 LEVELS OF ACTION – CONDITIONS AND BEHAVIOUR

Since conditions and behaviour influence each other and are mutually dependent, the Foundation has opted for an integrative approach to implementing its strategy of health promotion and prevention policies, taking into consideration both the structural conditions in which people live, as well as their individual behaviour.

Salutogenic conditions

At the structural level, health promotion and prevention depend on suitable conditions, which may be positively affected by a coherent, salutogenic global health policy. They depend on numerous factors – legislation, working conditions, infrastructure, services, the price of food and housing, etc. – and affect people's settings, which should be designed to be propitious to human health. At the national level, the Foundation is committed to a Swiss health policy with clearly defined objectives. As a member of the World Health Organization WHO, Switzerland is bound to develop such a policy, as well as national strategies designed to improve the health of its population. In the first instance, public health is a cantonal domain, which is why the cantons and communities are particularly relevant to the creation of positive structures. The Foundation's primary role is to raise people's health awareness, and to initiate and coordinate relevant processes and endeavours. It is particularly committed to advocating health promotion and prevention.

Salutogenic behaviour

Individual behaviour is determined by a large number of factors, not all of which can be shaped directly. Nevertheless, some behavioural aspects can be influenced:

- **individual responsibility:** the Foundation promotes and strengthens individual responsibility; its programmes and projects contribute towards improved quality of life and social well-being;
- **health competence:** health is a question of both willingness and ability, i.e. important skills and competences; Health Promotion Switzerland applies the concept of health literacy, motivating and empowering

individuals to embrace healthy lifestyles; it improves their access to relevant information and their ability to understand and examine such information critically in order to apply it in a way which benefits their health.

- **empowerment:** defined as an individual's ability to lead an autonomous life; with regard to health, it means that people are in control of decisions and actions which may affect their health; individual and institutional empowerment depends on sound, salutogenic structures, and raises important political and social issues; the Foundation prioritises equality of opportunity in this area particularly.
- **participation** and empowerment are mutually dependent; participation means that people are involved both in organising their society and in societal decision-making processes; with regard to health, it means that people are actively involved in shaping their environment.

4.3 ACTORS AND PARTNERS – PUBLIC AND PRIVATE

To implement its strategy and to reach its strategic goals, the Foundation cooperates with actors and partners from the public and private sectors. Facing these huge challenges and achieving these ambitious goals requires cooperation with the Swiss government, the cantons and communities, insurers and other committed actors from the private sector and civil society. This paper provides the basis for such cooperation. Health Promotion Switzerland is a sound, reliable partner to those who are willing to be guided by its strategy.

The Foundation enters into strategic alliances; it initiates processes, publishes calls for tenders, defines public mandates, and provides financial support to programmes and projects. It agrees on tasks and responsibilities with the Swiss government, the cantons and insurers. However, in no way does the Foundation supplant the commitment required of the Swiss government, cantons and communities to health promotion and prevention – it merely complements, strengthens and coordinates their efforts. As a national institution, the Foundation assumes the lead in the strategic areas of Strengthening Health Promotion and Prevention, Healthy Weight and Mental Health – Stress.

The Swiss government, cantons and communities

The Swiss government – At government level, various federal offices – the Federal Office of Public Health in particular – are important partners. Cooperation is based on clear, mutually agreed roles; it follows the complementarity principle in the sense of complementary policies intended to optimise strategies, avoid competition and wasted efforts, and benefit from synergies.

The cantons – The cantons are key actors both in the design and implementation of this strategy. The Foundation's focus on selected strategic areas facilitates cooperation between it and the cantons, enhancing coherence and increasing its effectiveness. Modalities of cooperation between the Foundation and the cantons will be defined in the context of each strategic four-year cycle. In particular, the Foundation promotes the creation of regional and thematic networks among the cantons, with whom it designs replicable health promotion and prevention modules, thereby keeping costs within reasonable boundaries. The cantons will be kept systematically informed of Foundation activities in their territories.

Communities – Communities are an important setting for the Foundation's activities as they are particularly well placed to sensitise and inform the population and to implement processes responding to people's actual needs. In accordance with the cantons, the Foundation initiates community-based processes and provides support in their implementation.

The private sector

Insurers – The Swiss compulsory insurance system provides health and accident insurers with a “direct link” to the entire Swiss population. Not only can they create incentives for salutogenic behaviour, they are also important political lobbyists for the creation of positive structures. Being the Foundation’s co-founders, insurers are particularly committed to health promotion and prevention. The Foundation provides support and – in analogy to the cantons – designs health promotion and prevention modules streamlined to the requirements of this sector. The cantons’ and insurers’ modules are complementary.

Private and public organisations – Small, medium-sized and large companies play an important role in health promotion. Companies and their interest groups have a particular responsibility as regards societal conditions *and* individual behaviour: as employers, they are co-responsible for the health of their workers; as producers, they manipulate supply and demand by producing goods and providing services which affect people’s health. The Foundation is particularly interested in the workplace setting. Encouraged by positive experiences in organisational health promotion (i.e. *KMU-vital*, a programme designed for small and medium-sized companies), and in cooperation with interested companies and their interest groups, other programmes will be initiated.

Non-Governmental Organisations (NGOs)

NGO activities – be they small local clubs, networks and associations or the big national leagues – contribute greatly to health promotion and prevention. Clubs etc. play an important social role in Switzerland, significantly increasing social capital, including health. Their commitment and competences are extremely valuable to the Foundation, which promotes and strengthens cooperation with them and supports their activities, greatly appreciating these competent partners and actors in the creation and implementation of programmes and projects in the context of this strategy. Moreover, NGOs are important partners in the alliance advocating health promotion and prevention at all levels.

Science

Because health promotion and prevention are not yet solidly established, the Foundation greatly depends on cooperation from universities and scientific institutions, who are crucial partners in devising instruments and methods, in processing and disseminating information. The Foundation submits ideas for studies and surveys in the area of health promotion and prevention.

International networks

Being part of international networks for health promotion and prevention is of great significance to the Foundation because, despite certain differences, health issues are similar all over the western world. The Foundation cooperates with various international institutions; it also participates in networks for health promotion and prevention. Exchanging knowledge and experiences, and mutual learning and cooperation in devising instruments and methods strengthen the Foundation’s competences.

4.4 ACTIVITIES AND USE OF RESOURCES – STRATEGIC PROGRAMMES

This paper focuses the Foundation's endeavours on three strategic goals, which require long-term commitment and investments in order to be achieved. In these areas of health promotion and prevention, the Foundation is the national platform of control over the long-term process, not only in this but also in future generations, playing a leadership role and being in charge of coordinating activities.

Strategic programmes

In accordance with its focus and to control its activities, Health Promotion Switzerland devises strategic, long-term programmes to be implemented in several cycles in the following areas:

- Strengthening Health Promotion and Prevention;
- Healthy Weight;
- Mental Health – Stress.

In essence, these three programmes are equivalent. Funding is allocated in the context of each four-year cycle, which is evaluated regularly. The Foundation invests ten per-cent of its resources in special projects outside the above-mentioned strategic areas if they appear to be particularly innovative. It improves its activities in such a way that, true to the best-practice approach, the best is being done in the best possible manner, taking current knowledge and context into account. Being the leading institution in charge of these three strategic areas, the Foundation endeavours at all times to benefit from synergies in order to maximise its impact. Implementation addresses two levels, i.e. societal conditions and individual behaviour, and occurs in cooperation with selected actors. Activities are implemented in the three forms that have so far proven successful:

Concepts and initiatives devised by the Foundation

The Foundation primarily steers its strategic activities and sets implementation priorities; it creates incentives, fills gaps and sets highlights. To do so, the Foundation takes the lead, initiating programmes and projects which it develops and implements in cooperation with its partners, i.e. the cantons, communities, insurers, institutions, NGOs, the private sector and individuals, selecting them through calls for tenders, direct commissioning or performance agreement contracts. The Foundation may provide infrastructure support in the context of start-up funding of processes related to the area of Strengthening Health Promotion and Prevention. Its programme for the 2007–2010 cycle focuses on activities designed and initiated by the Foundation.

Concepts and initiatives devised by other actors

Secondly, in the form of project consulting and temporally restricted financial contributions, the Foundation supports programmes and projects in health promotion and prevention conceived and initiated by other organisations and institutions, provided they contribute to the implementation of its strategy. Any programme and project supported by the Foundation must provide evidence of efficacy. The Foundation does not support programmes and projects subject to legislation calling for State or third-party action. No funding will be made available for infrastructure and consulting or advisory services provided to individuals.

Special projects

Finally, Health Promotion Switzerland earmarks ten per-cent of its resources for particularly innovative special projects outside its three strategic areas. Administrative costs shall be kept as low as possible through simplified procedures to deal with small projects, which will not be subject to regular evaluation. The purpose of this mechanism is to motivate individuals and groups to engage in health promotion and prevention; it will afford the Foundation the necessary flexibility to keep track of and analyse new issues and trends and, if required, to initiate effectiveness-boosting policies at an early stage.

4.5 METHODS- QUALITY AND EFFECTIVENESS

One of the Foundation's key tasks is to establish and develop methods and instruments to assess quality and effectiveness. While the Foundation itself does not engage in research, it relies on national and international cooperation with scientific and academic institutions, primarily applying the following two principles:

Quality

To ensure continuous quality development, the Foundation relies on the evidence-based Best Practice concept, which means that it develops the best possible activity according to current knowledge and context, both at the organisational level – developing and applying best practice – and at intervention level – to produce the best possible effect for better health.

Effectiveness

Long-term – financial – commitments to health promotion are more easily entered into if policies produce quick, specific results. Health Promotion Switzerland is committed to this delicate challenge which addresses the legitimization of long-term health promotion programmes. The Foundation's task is to build bridges between the realms of practice, science and politics. It will process empirical and scientific results and insights in such a way that they can easily be transformed into policy and implemented. One excellent tool is Health Promotion Switzerland's Model for Result Classification, which highlights results in each cycle leading up to the long-term goal of improved health in Switzerland.

Many political decisions affect the health of the population in general or that of individuals and specific groups. Using appropriate instruments, these effects can be assessed and measured. Switzerland (the canton of Ticino) has gained some experience with such instruments. Promoting salutogenic decisions, the Foundation will evaluate relevant experiences and assess the suitability of such instruments for nationwide use.

4.6 TARGET GROUPS AND SETTINGS

The programmes and projects of Health Promotion Switzerland address everyone living in Switzerland. Taking into account everyday lifestyles and needs, children, adolescents, young adults, men and women of all ages are to be encouraged and empowered to take good care of their health and to prevent illness and disease.

The Foundation works with the following concepts:

- **target groups**

Target groups are population groups whose members share identical or similar traits. Health promotion and prevention policies can be "targeted" to specific groups of people, such as age cohorts, members of the workforce, employable people, etc.;

- **settings**

A setting is a place or social context of human interaction in which interventions and policies of health promotion and prevention can be implemented, i.e. school, the workplace, cities, neighbourhoods, families, leisure and shopping centres, communities, etc.

5. Resources

5.1 STAFF

Strategic management

The strategic management of Health Promotion Switzerland is in the hands of the Foundation Council, who nominate potential members for election for a period of four years by the Federal Department of Home Affairs.

Operative tasks

Health Promotion Switzerland's operative tasks are carried out at its two Offices located in Berne and Lausanne. The Foundation encourages the professional and personal development of its staff. A continuous quality development process ensures that both management and operative staff engage in continuing education.

Scientific Advisory Board

A Scientific Advisory Board provides advisory support to the Foundation Council and Offices.

The present strategy will be implemented with existing personnel.

5.2 ORGANISATION

Organisational culture and quality control

Organisational development and culture matter greatly to the Foundation. The Board and Management pledge to continually improve its organisational and management quality, and to nurture its organisational culture. A quality control instrument assists both management and staff.

Effectiveness management/evaluation

The Foundation's activities are streamlined to ensure effective implementation of its strategic goals. A concept of strategic effectiveness management to obtain relevant information, and a strategic evaluation concept will be devised.

5.3 FINANCIAL RESOURCES

Efficient and economic use of resources

The Foundation's activities are funded by compulsory contributions from the insured as stipulated in Art. 20 of the Federal Health Insurance Act (KVG)⁵ as well as revenues and donations. The Federal Department of Home Affairs determines the amount contributed by the insured. The Foundation pledges to use available funds in the most effective way (efficient use of resources) and in accordance with its mission.

⁵ Footnote s. page 19

6. Monitoring, Controlling, Evaluation

Strategic controlling

This paper provides the Board of the Foundation with a steering instrument for the strategic management of the Foundation. The Foundation will establish an internal strategic monitoring and controlling system. External audits will provide additional information for strategic controlling. The strategy will be evaluated and assessed every four years and, if required, adapted to then current requirements.

Supervision by the Federal government

The Foundation is subject to the supervision of the Federal government, and responsible to the Federal Office of Public Health (FOPH) of the Federal Department of Home Affairs (DHA). For this purpose, the Foundation regularly reports to the FOPH/DHA and relevant parliamentary Commissions.

¹ Excerpts from the *Bundesgesetz über die Krankenversicherung (KVG, Federal Health Insurance Act)* of 18th March, 1994 (as of 28th January, 2003), Section 3: Promotion of Health

Art. 19 Promotion of disease prevention

1. Insurers promote the prevention of disease.
2. In cooperation with the cantons they create an institution to initiate, coordinate and evaluate policies to promote health and prevent disease. If the founding of such institution should prove difficult, the Swiss government will intervene.
3. The governing body of this institution will comprise representatives of insurers, the cantons, the *SUVA* (Swiss National Accident Insurance Organisation), the Swiss government, the Swiss Medical Association (FMH), the realm of science as well as specialised associations in the field of disease prevention.

Art. 20 Funding, supervision

1. Any person insured under this compulsory insurance act will pay an annual contribution for general disease prevention.
 2. The Federal Department [of Home Affairs] determines the amount based on the institution's proposal. On the use of these funds it reports to the relevant Parliamentary Commissions.
 3. [The Federal Department] supervises the Institution's activities. Budgets, accounts and [annual] reports will have to be authorised by the Federal Office [of Public Health].
- ² The Ottawa Charter for the Promotion of Health: in November 1986 the first International Conference for the Promotion of Health was held in Ottawa; in its Charter it was agreed to work towards "Health for All by the Year 2000" and beyond. At the 6th Global Conference for Health Promotion, held in Bangkok in August 2005, the "Charter for Health Promotion in a Globalized World" was agreed to; it addresses the determinants of health in a globalized world and complements the Ottawa Charter.
- ³ *SECO*, Swiss State Secretariat for Economic Affairs.
- ⁴ This question has four components: a) I cannot cope with some of my problems; b) I occasionally feel at the mercy of fate; c) I have little control over events which occur in my life; d) I often feel at the mercy of my problems.
- ⁵ See note 1, art. 20, ad 1: "Any person insured under this compulsory insurance act will pay an annual contribution for general disease prevention." The Federal Department of Home Affairs has determined that this contribution should amount to CHF 2.40 p.a./insured person.

