

Switzerland



Policies, Interventions and Actions

Commercial Determinants of Noncommunicable Diseases in the WHO European Region

This report highlights the substantial impact of commercial determinants on noncommunicable diseases (NCDs) in the WHO European Region. Nearly 7500 deaths per day in the Region are attributed to commercial determinants, such as tobacco, alcohol, processed food, fossil fuels and occupational practices. These commercial products and practices contribute to 25% of all deaths in the Region. The report’s chapters systematically explore various facets of how commercial interests exacerbate NCDs and key strategies used by commercial actors to negatively influence NCD-related policies at the national and international level. The report also provides selected case studies from the Region to illustrate key strategies and outcomes of industry influence on health policies. The report then calls for urgent and coordinated action to address the commercial determinants of NCDs. It advocates for building coalitions based on the values of equity, sustainability, and resilience. Public health actors are urged to develop competencies in economic and legal frameworks, enforce transparency, and manage conflicts of interest effectively. The report underscores the need for robust financial reforms and strict regulation to curb industry power and protect public health. By implementing these strategies, the Region can accelerate progress towards global NCD targets and Sustainable Development Goals by 2030.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2024 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation (WHO)
Linked document:	Download linked document
References:	World Health Organization. Regional Office for Europe. (2024) Commercial Determinants of Noncommunicable Diseases in the WHO European Region. World Health Organization. Regional Office for Europe. https://iris.who.int/handle/10665/376957 . License: CC BY-NC-SA 3.0 IGO

Health 2030

A follow on from the 2020 strategy. Federal Council intends to further improve the system, so that everyone in Switzerland can continue to benefit from high-quality, affordable healthcare. Health2030 sets a framework for action in health policy, providing guidance for all health system actors.

Categories (partial):	Evidence of NCD strategy
Year(s):	2020-2030
Target age group:	Adults and children
Organisation:	Federal Office of Public Health
Find out more:	www.bag.admin.ch

European practical and patient-centred guidelines for adult obesity management in primary care

This article aims to provide obesity management guidelines specifically tailored to GPs, favouring a practical patient-centred approach. The focus is on GP communication and motivational interviewing as well as on therapeutic patient education. The new guidelines highlight the importance of avoiding stigmatization, something frequently seen in different health care settings. In addition, managing the psychological aspects of the disease, such as improving self-esteem, body image and quality of life must not be neglected.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Linked document:	Download linked document
References:	Dominique Durrer Schutz, Luca Busetto, Dror Dicker, Nathalie Farpour-Lambert, Rachel Pryke, Hermann Toplak, Daniel Widmer, Volkan Yumuk, Yves Schutz; European Practical and Patient-Centred Guidelines for Adult Obesity Management in Primary Care. <i>Obes Facts</i> 15 March 2019; 12 (1): 40–66. https://doi.org/10.1159/000496183

Swiss Nutrition Policy

The vision of the Swiss Nutrition Policy 2017-2024 is that all people can decide in favour of a balanced and varied diet. They should have a framework that enables them to maintain a healthy lifestyle on their own – regardless of their background, socio-economic status or age

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017-2024
Target age group:	Adults and children
Organisation:	Federal Food Safety and Veterinary Office
Find out more:	www.blv.admin.ch
Linked document:	Download linked document

Physical activity strategy for the WHO European Region 2016-2025

The strategy focuses on physical activity as a leading factor in health and well-being in the European Region, with particular attention to the burden of non-communicable diseases associated with insufficient activity levels and sedentary behaviour. It aims to cover all forms of physical activity throughout the life-course.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2016-2025
Target age group:	Adults and children
Organisation:	WHO Europe
Find out more:	www.euro.who.int
Linked document:	Download linked document

"Gesundheit 2020" (Health 2020)

A strategy containing 36 measures across all areas of the health system which aim to maintain quality of life, increase equal opportunities, raise the quality of care and improve transparency.

Categories (partial):	Evidence of NCD strategy
Year(s):	2013-2020
Target age group:	Adults and children
Organisation:	Federal Office of Public Health
Find out more:	www.bag.admin.ch
Linked document:	Download linked document

Food-based dietary guidelines - Switzerland

The current version of the Swiss food pyramid was developed by the Swiss Society for Nutrition in collaboration with the Federal Office of Public Health and experts from science and industry as well as on the basis of a public consultation. It provides an important basis for the Swiss Nutrition Policy and the National Programme on Diet and Physical Activity. The Swiss food pyramid was then endorsed by the Federal Office of Public Health. Since January 2014 the Federal Food Safety and Veterinary Office is the competence centre for nutrition and responsible for all questions concerning nutrition.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	Federal Food Safety and Veterinary Office
Linked document:	Download linked document
References:	https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/switzerland/en/ (last accessed 26.07.22)

Switzerland Pledge

The aim of the pledge is to encourage responsible advertising practices as part of industry initiatives to contribute to a healthy and balanced diet. Based on a voluntary commitment, the Swiss Pledge initiative is based on similar programs already in place within the EU and remains open to other market participants who undertake to comply with the prescribed minimum criteria.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2010 (ongoing)
Target age group:	Children
Find out more:	swiss-pledge.ch

Ordonnance du DFI sur les huiles et graisses comestibles et leurs dérivés

Measures to limit or virtually eliminate industrially-produced trans fatty acids in food intended for the final consumer and/or for supply to retail. Adopted by the Federal Department of Home Affairs from 2008. (Available only in French language)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2008 (ongoing)
Target age group:	Adults and children
Organisation:	Federal Department of Home Affairs
Linked document:	Download linked document
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/24668 (last accessed 18.07.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling

WHO Global Nutrition Policy Review 2016-2017 reported the evidence of breastfeeding promotion and/or counselling (q7)

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Adults
Organisation:	Ministry of Health (information provided by the GINA program)
Find out more:	extranet.who.int
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

National Strategy for the Prevention of Noncommunicable Diseases (NCD strategy)

The strategy aims to encourage personal responsibility by promoting health literacy to enable people to make their own decisions consciously in the light of the risks and potential consequences for their health. The NCD strategy is also designed to improve public health literacy and create a framework facilitating healthier behaviour.

Categories:	Evidence of NCD strategy
Target age group:	Adults and children
Organisation:	Federal Office of Public Health
Linked document:	Download linked document

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