

Report card Switzerland



High income

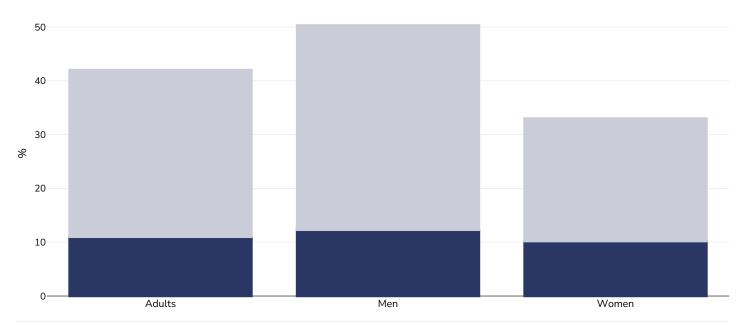
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Obesity prevalence

Adults, 2017





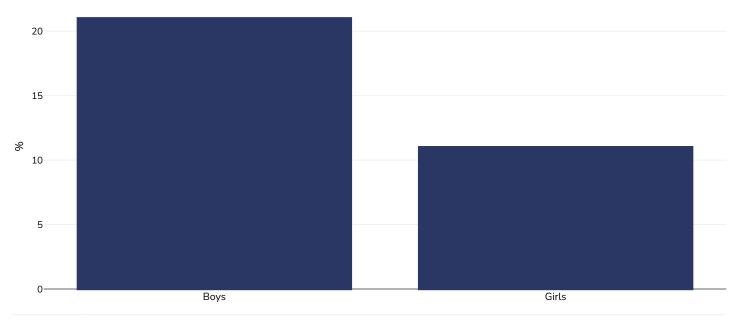
Survey type:	Self-reported
Age:	15+
Sample size:	22000
Area covered:	National
References:	Swiss Health Survey 2017. https://www.portal-stat.admin.ch/sgb2017/files/de/02b.xml (accessed 09.08.23)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Children, 2021-2022

Overweight or obesity



Survey Self-reported type:

Age: Self-reported 13

References: Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'

Notes: HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

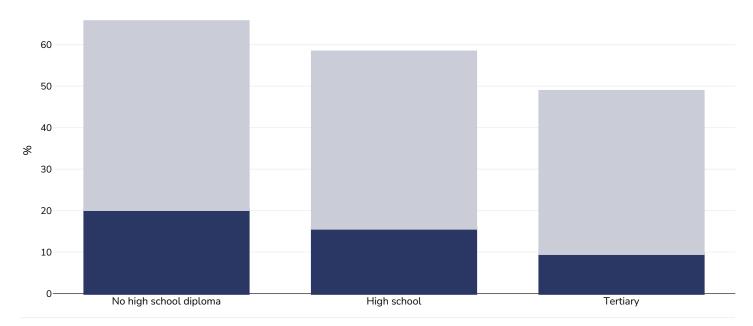
Cutoffs: +2SD



Overweight/obesity by education

Men, 2017



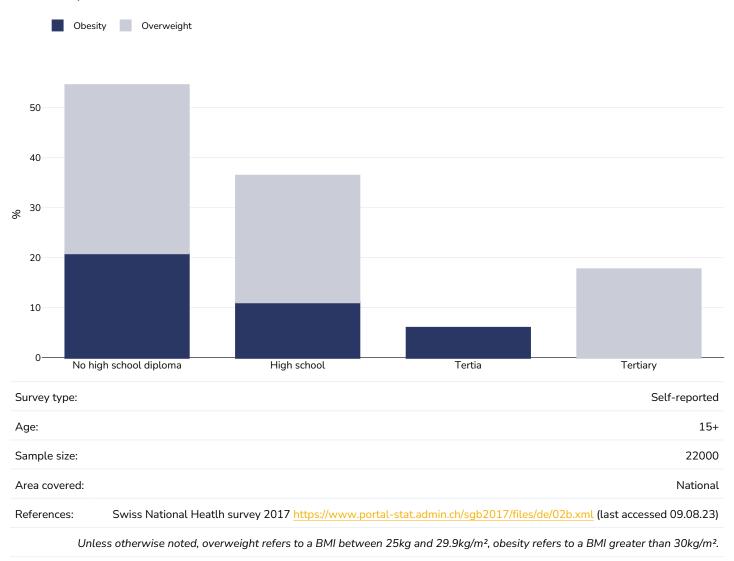


Survey type:	Self-reported
Age:	15+
Sample size:	22000
Area covered:	National
References:	Swiss National Heatlh survey 2017 https://www.portal-stat.admin.ch/sgb2017/files/de/02b.xml (last accessed 09.08.23)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



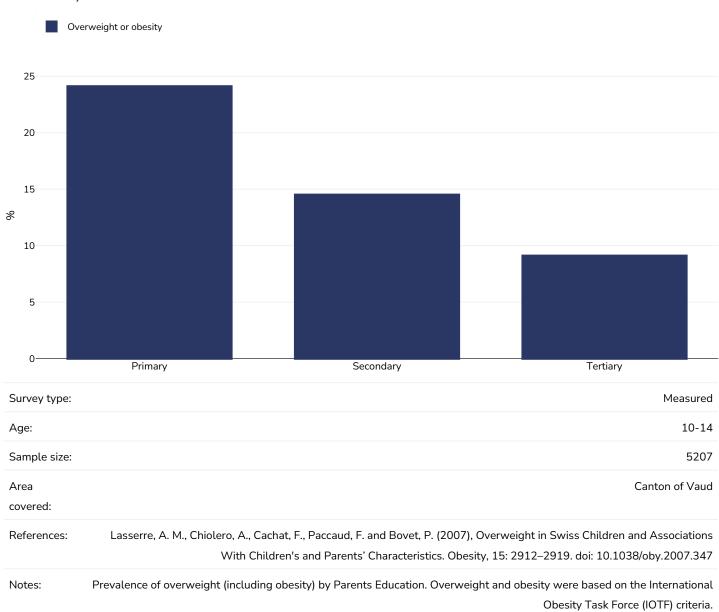
Women, 2017





Cutoffs:

Children, 2005-2006



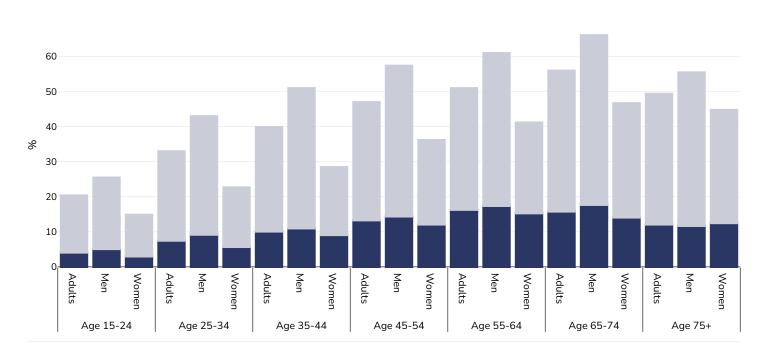
IOTF



Overweight/obesity by age

Adults, 2017





Survey type: Self-reported

Sample size: 22000

Area covered: National

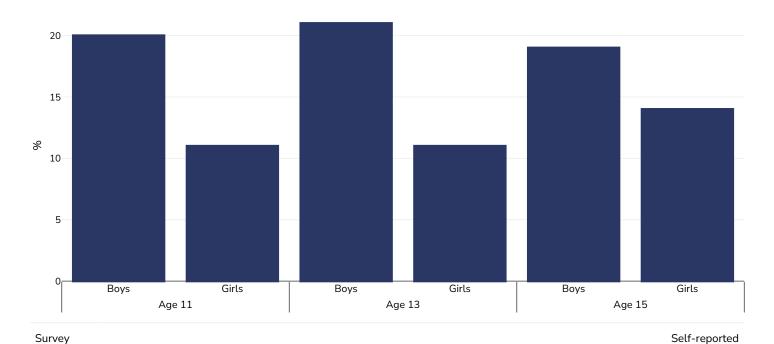
References: Swizz National Health Survey https://www.portal-stat.admin.ch/sgb2017/files/de/02b.xml (last accessed 09.08.23)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Children, 2021-2022

Overweight or obesity



type:

Area See Report covered:

References:

RakiÃ?â?¡ JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'

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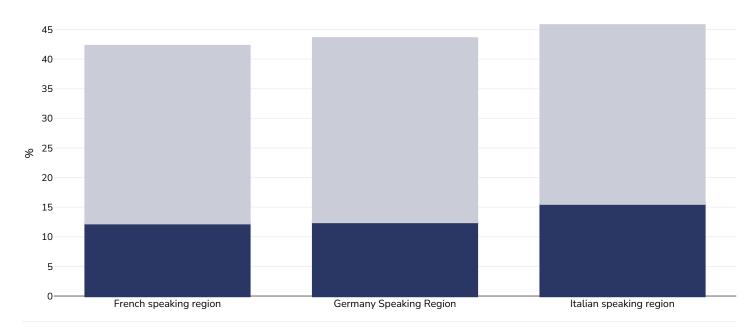
Cutoffs: +2SD



Overweight/obesity by region

Adults, 2014-2015





Survey type:	Measured
Age:	18-75
Sample size:	2085
Area covered:	National

References:

Federal Office of Public Health and the Food Safety and Veterinary Office (2017) Characteristics and indicators of eating and physical activity behaviors in the Swiss adult population Results from menuCH 2014-2015 Available at

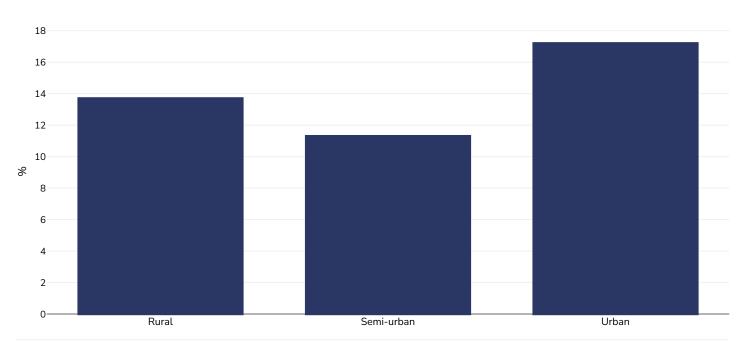
https://menuch.iumsp.ch/index.php/catalog/4

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Children, 2005-2006





Survey type:	Measured
Age:	10-14
Sample size:	5207
Area covered:	Canton of Vaud
References:	Lasserre, A. M., Chiolero, A., Cachat, F., Paccaud, F. and Bovet, P. (2007), Overweight in Swiss Children and Associations With Children's and Parents' Characteristics. Obesity, 15: 2912–2919. doi: 10.1038/oby.2007.347
Notes:	Overweight and obesity were based on the International Obesity Task Force (IOTF) criteria.
Cutoffs:	IOTF

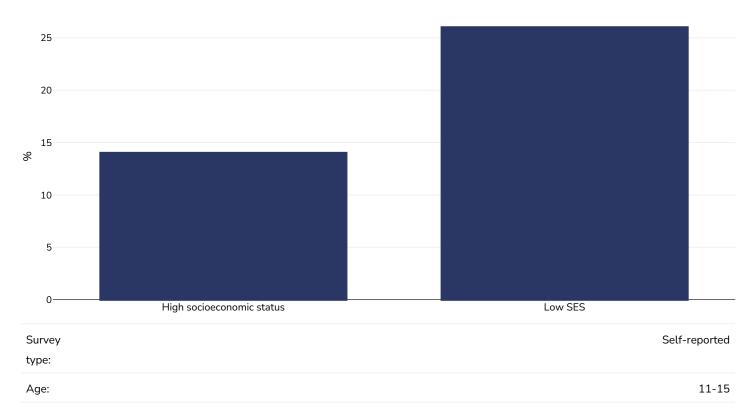


Overweight/obesity by socio-economic group

Boys, 2021-2022

Cutoffs:

Overweight or obesity



References: Raki? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'

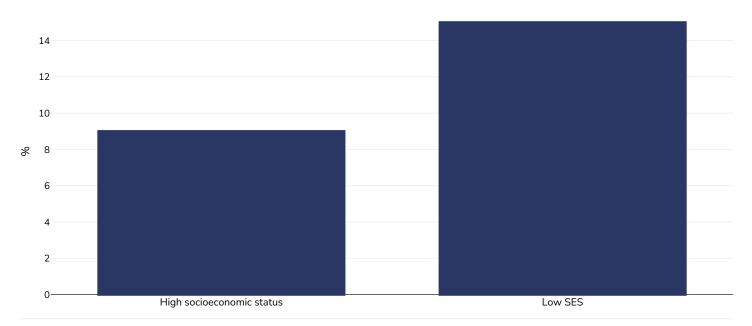
Notes: Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

+2SD



Girls, 2021-2022

Overweight or obesity



Survey	Self-reported
type:	
Age:	11-15

References: Raki? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'

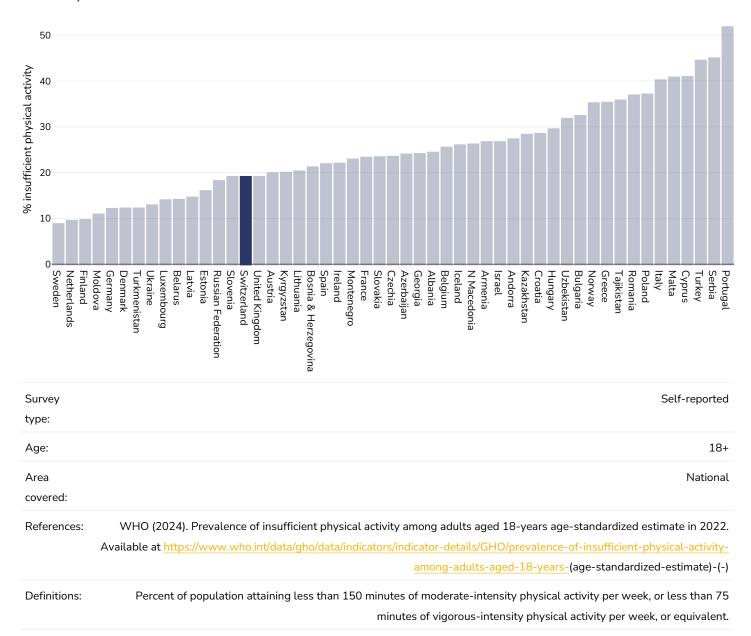
Notes: Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)

Cutoffs: +2SD



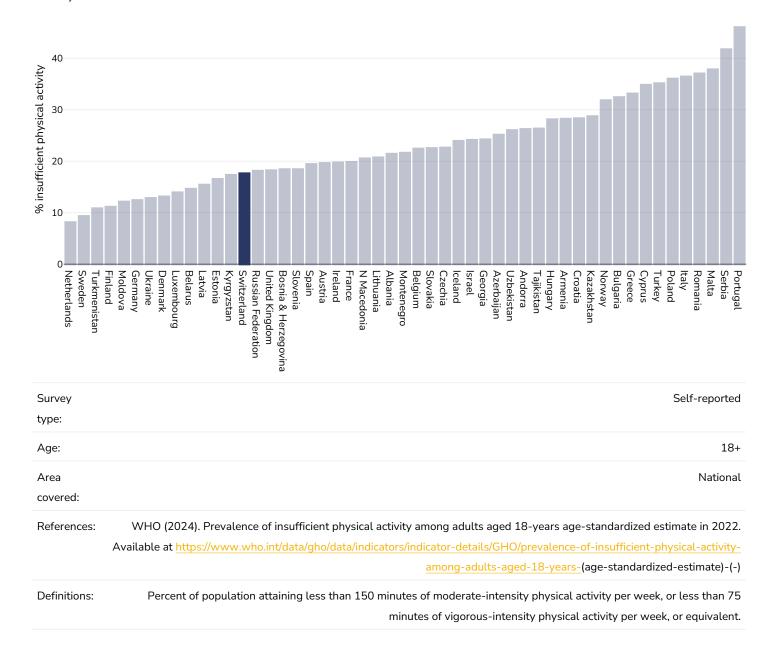
Insufficient physical activity

Adults, 2022



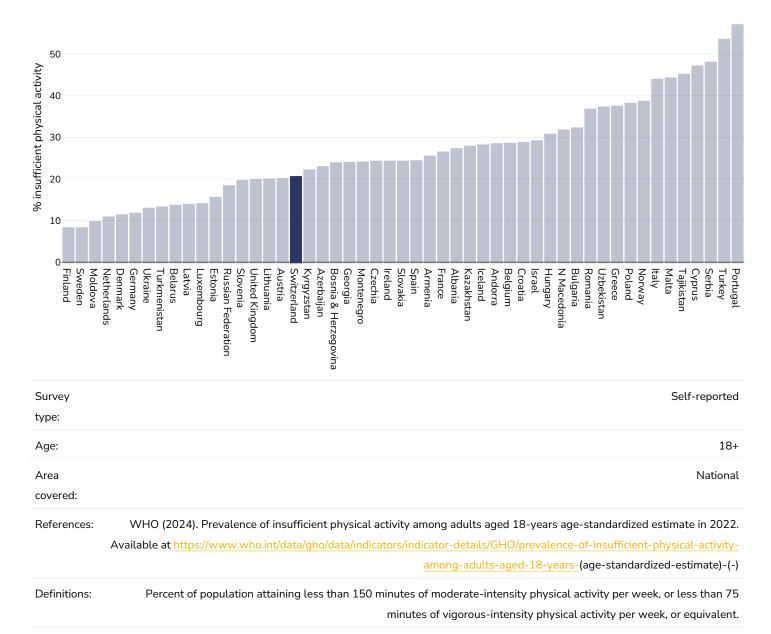


Men, 2022



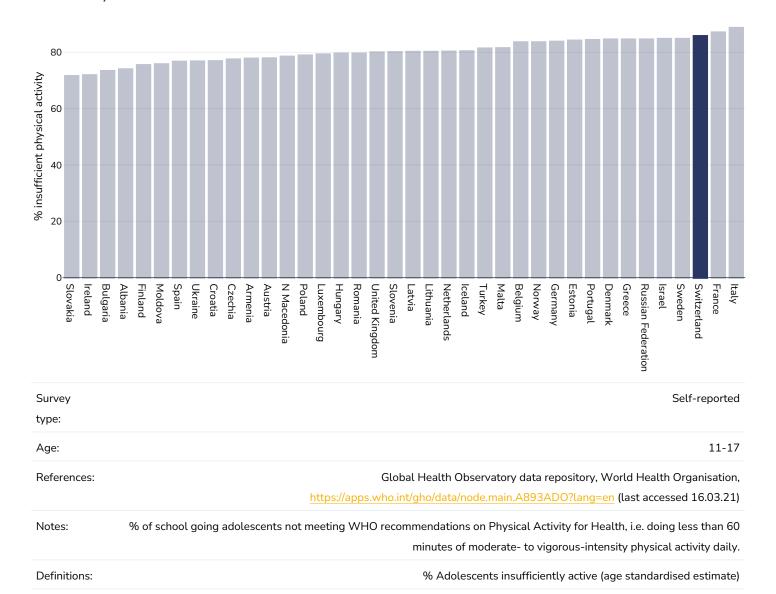


Women, 2022



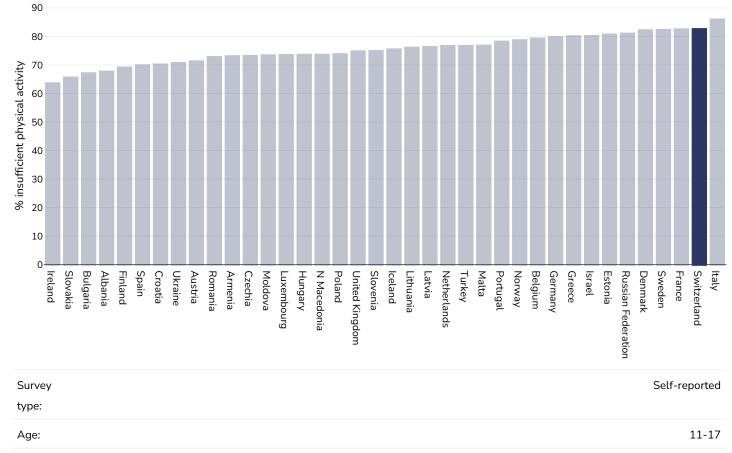


Children, 2016





Boys, 2016



References: Global Health Observatory data repository, World Health Organisation,

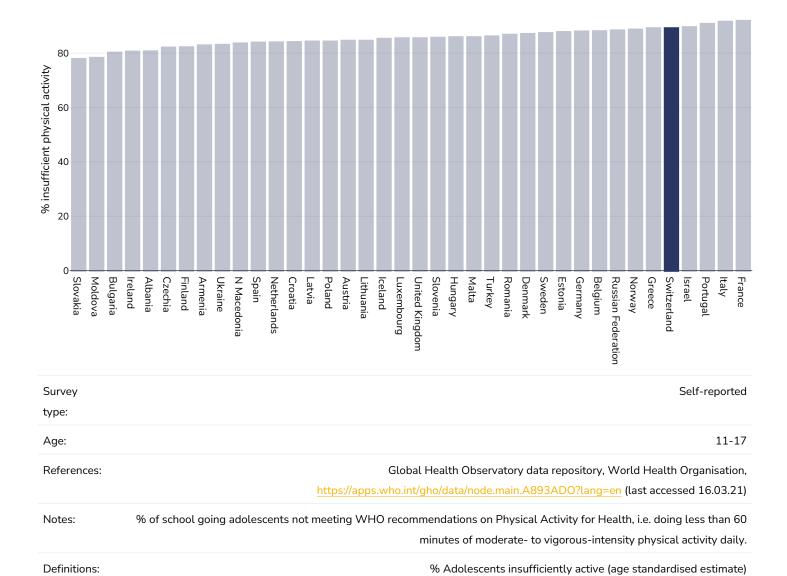
https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)



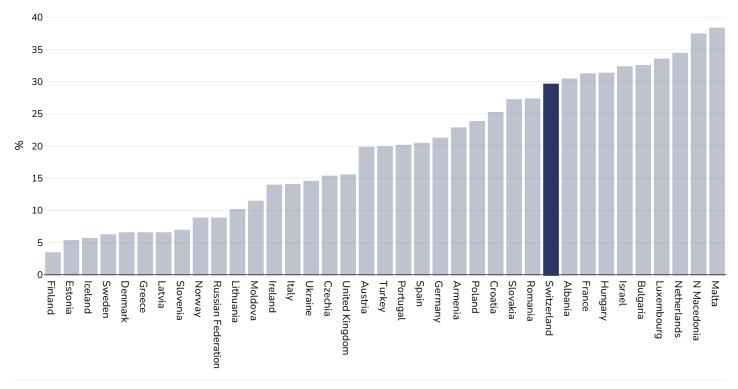
Girls, 2016





Prevalence of at least daily carbonated soft drink consumption

Children, 2010-2014



Survey Measured type:

References:

World Health Organization. (2017). Adolescent obesity and related behaviours: Trends and inequalities in the who european region, 2002-2014: observations from the Health Behavior in School-aged Children (HBSC) WHO collaborative crossnational study (J. Inchley, D. Currie, J. Jewel, J. Breda, & V. Barnekow, Eds.). World Health Organization. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org

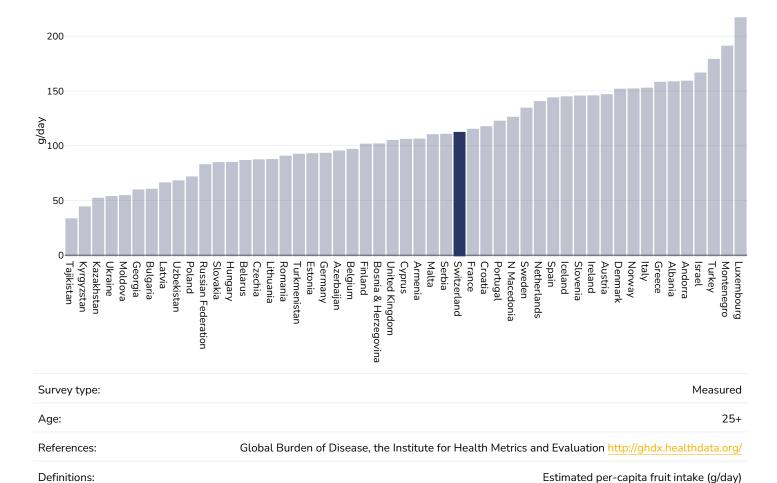
Notes: 15-year-old adolescents

Definitions: Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)



Estimated per capita fruit intake

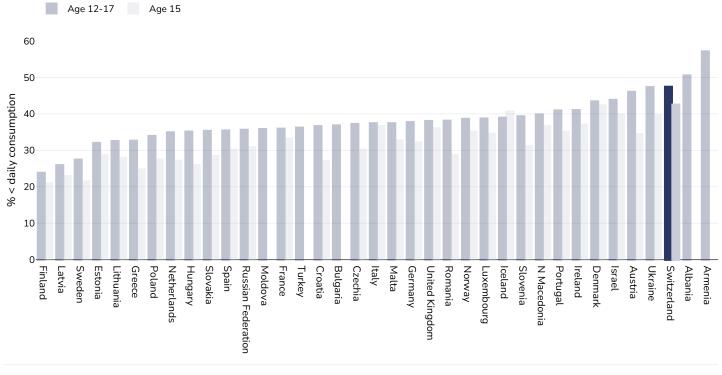
Adults, 2017





Prevalence of less than daily fruit consumption

Children, 2010-2014



Survey Measured type:

References:

Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard

http://www.foodsystemsdashboard.org/food-system

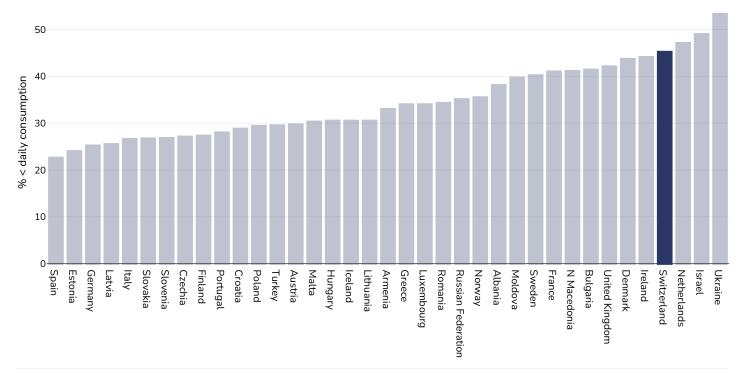
Definitions:

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)



Prevalence of less than daily vegetable consumption

Children, 2010-2014



Survey Measured

type:

Age: 12-17

References: Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A

meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin.

https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard

 $\underline{\text{http://www.foodsystemsdashboard.org/food-system}}$

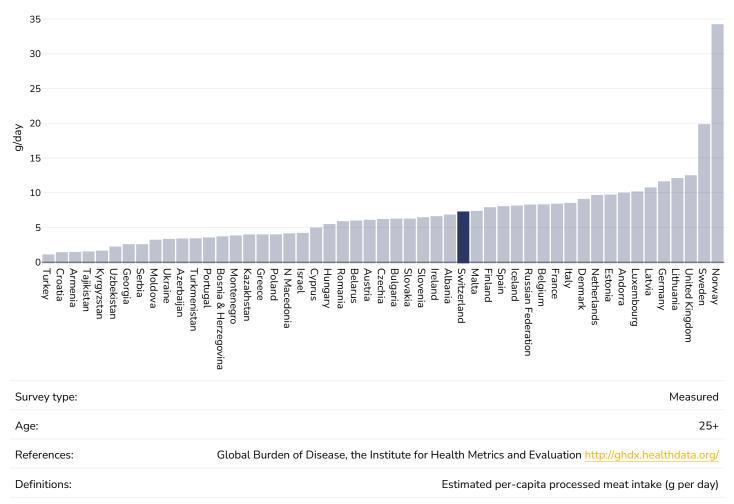
Definitions:

Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)



Estimated per-capita processed meat intake

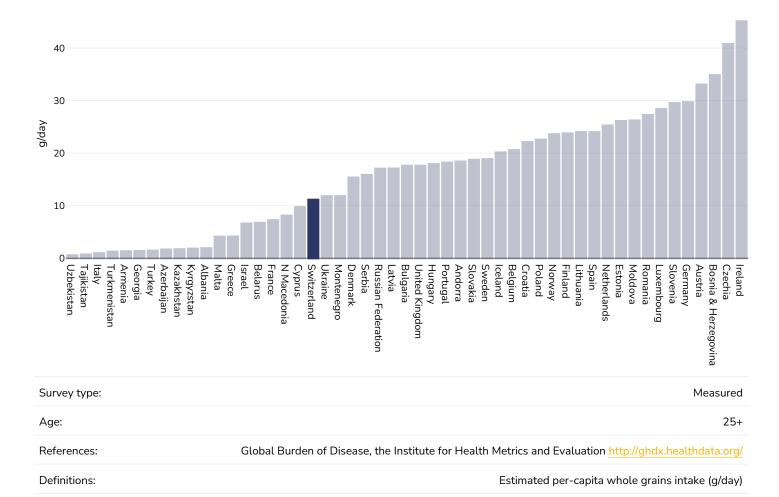
Adults, 2017





Estimated per capita whole grains intake

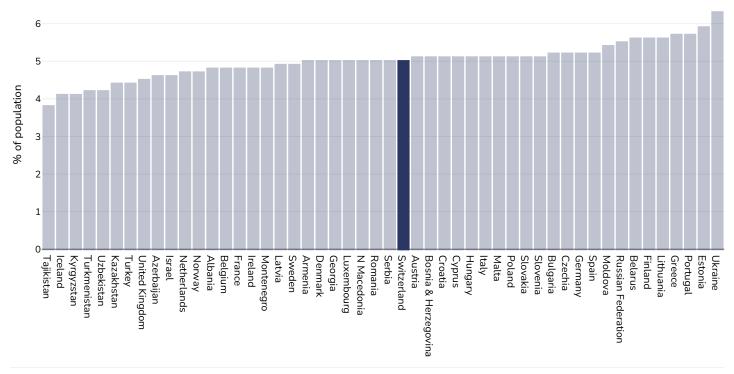
Adults, 2017





Mental health - depression disorders

Adults, 2015



References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0

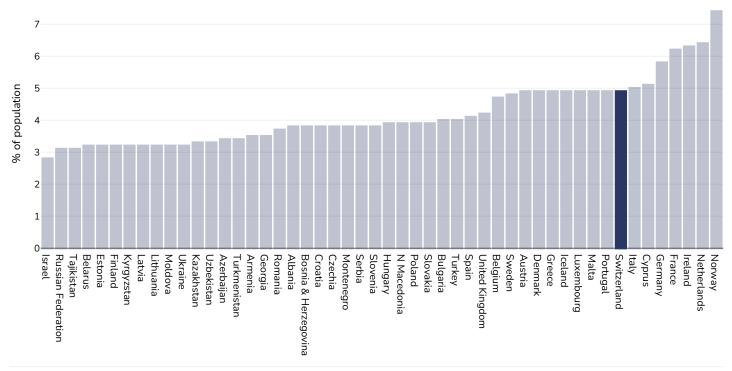
Definitions: % of population with depression disorders

IGO.



Mental health - anxiety disorders

Adults, 2015



References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0

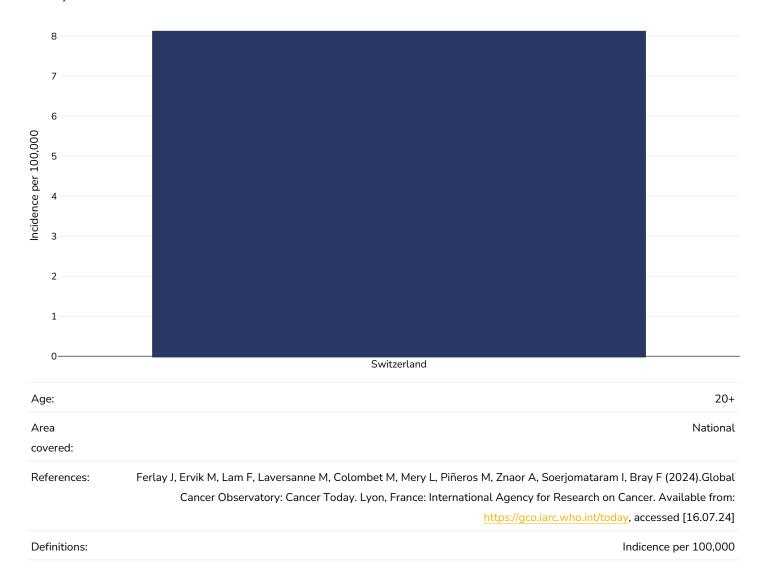
IGO.

Definitions: % of population with anxiety disorders



Oesophageal cancer

Men, 2022





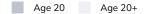
Women, 2022

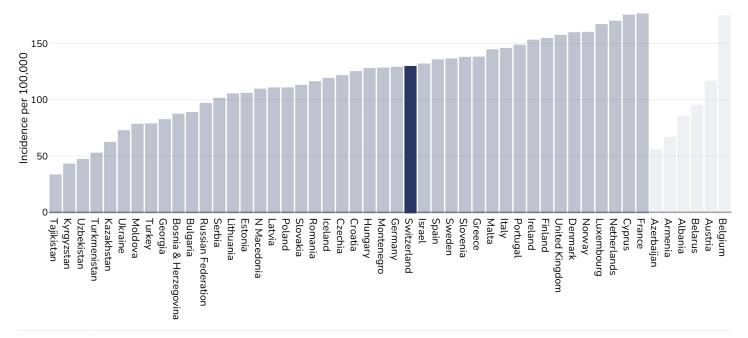




Breast cancer

Women, 2022





Area National

covered:

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.who.int/today, accessed [16.07.24]

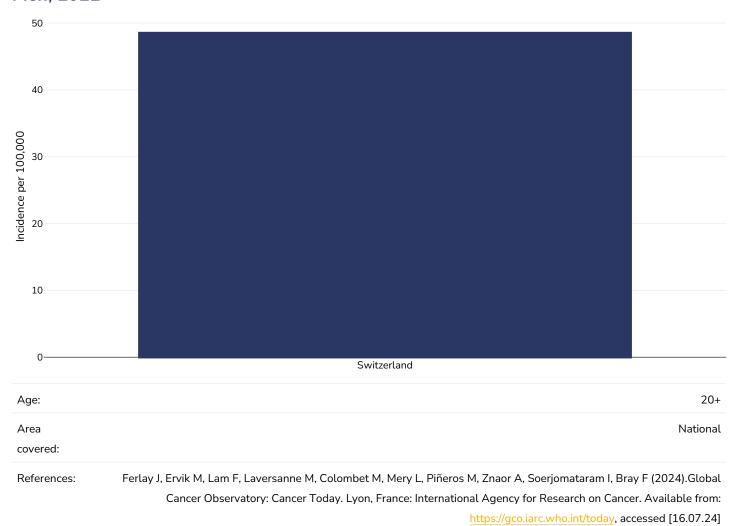
Definitions: Incidence per 100,000



Colorectal cancer

Men, 2022

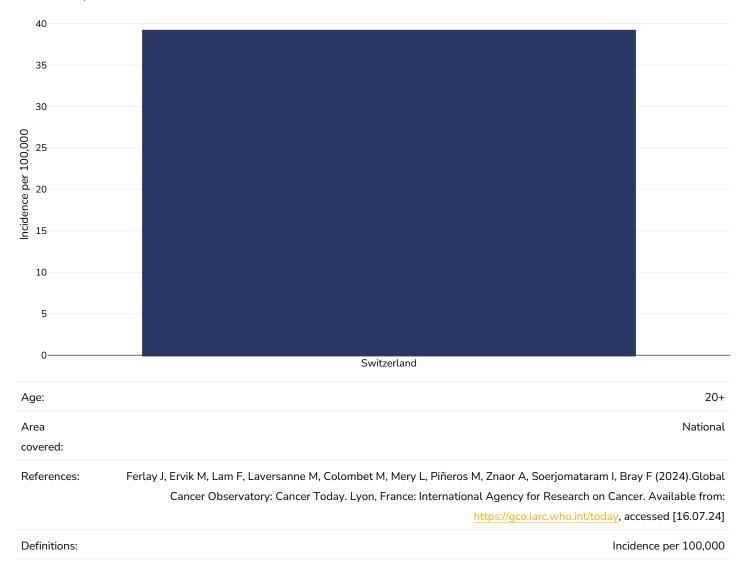
Definitions:



Incidence per 100,000



Women, 2022





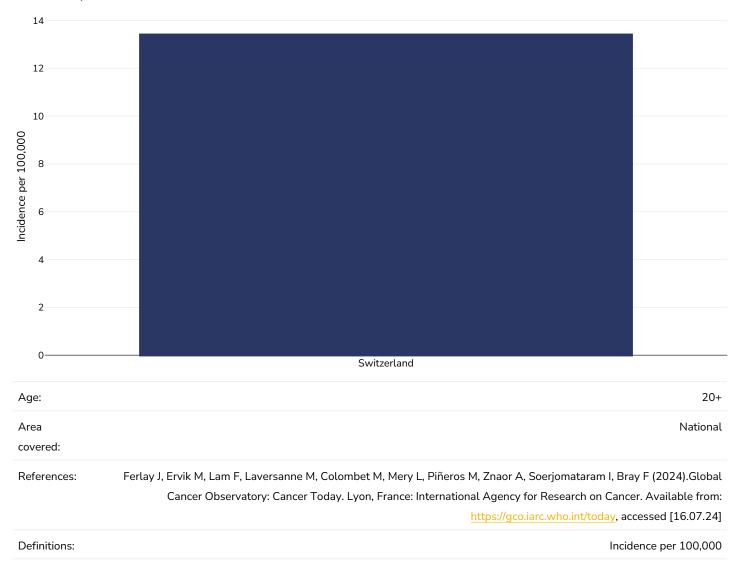
Pancreatic cancer

Men, 2022





Women, 2022





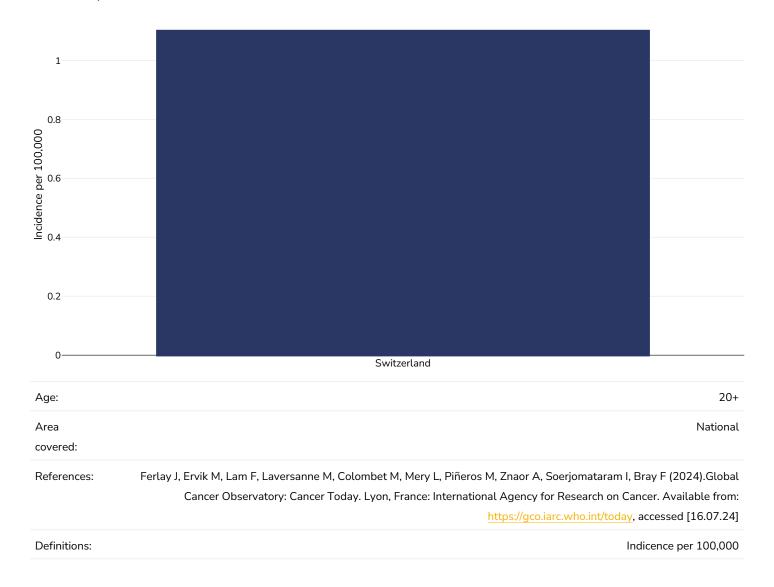
Gallbladder cancer

Men, 2022





Women, 2022



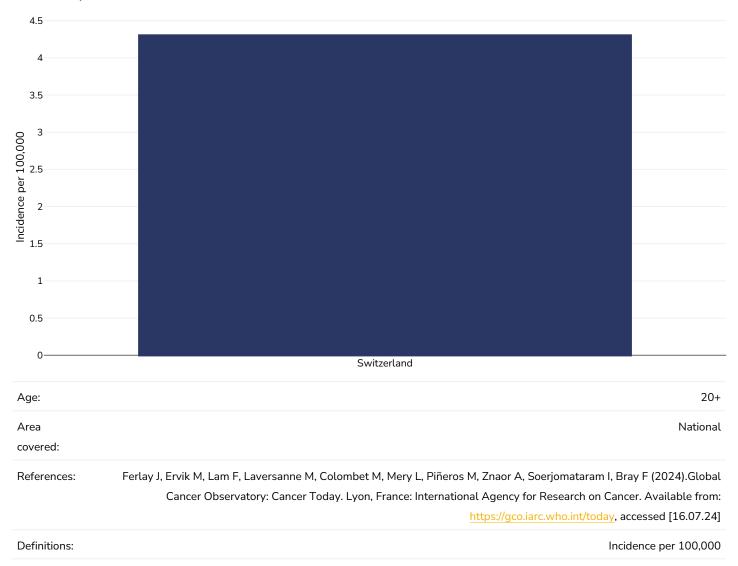


Kidney cancer

Men, 2022



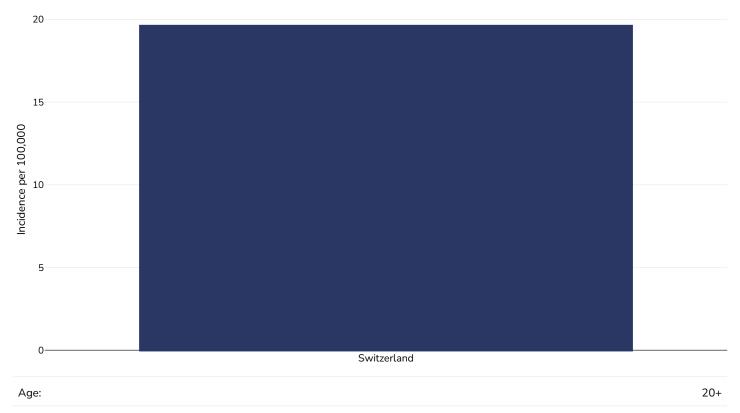






Cancer of the uterus

Women, 2022



References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

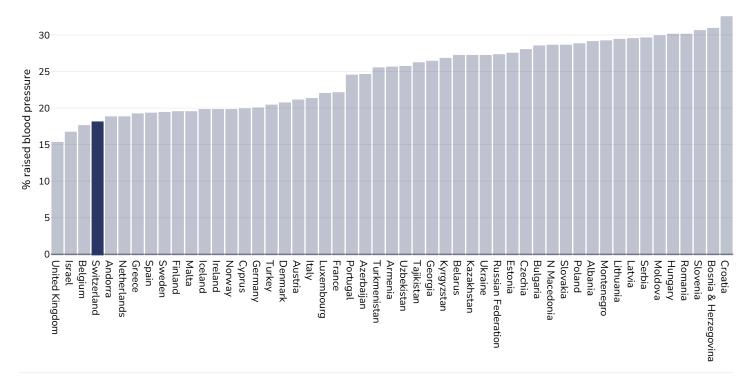
https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Raised blood pressure

Adults, 2015



References:

Global Health Observatory data repository, World Health Organisation,

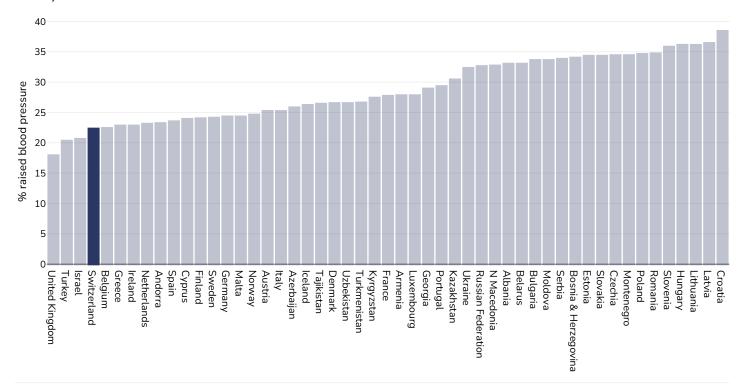
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



Men, 2015



References:

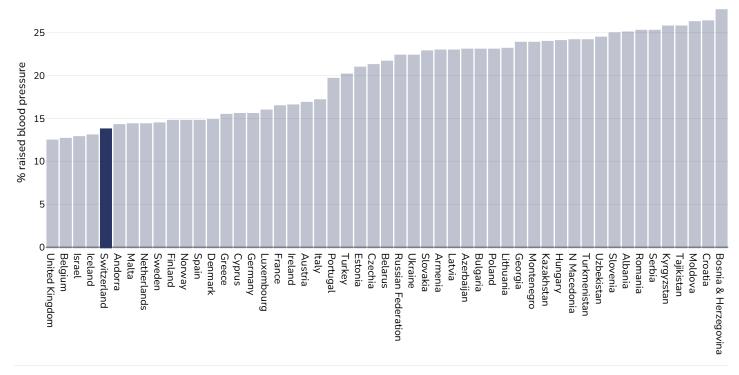
Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A875?lang=en

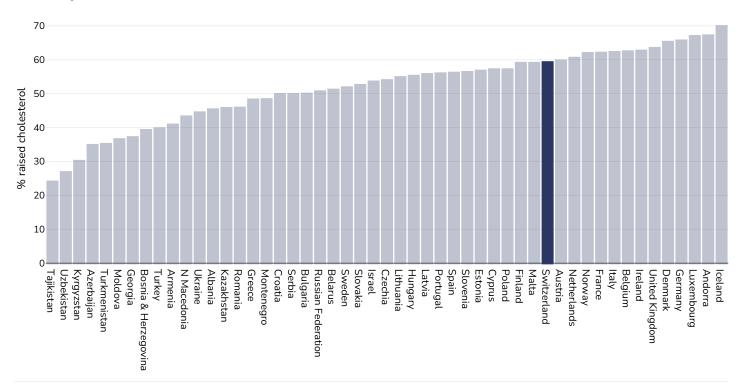
Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



Raised cholesterol

Adults, 2008



References:

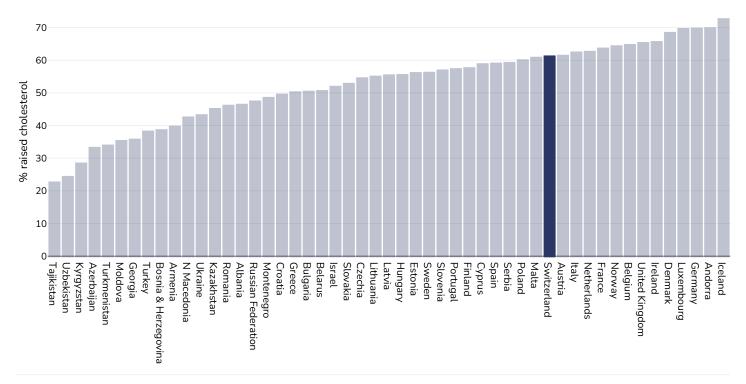
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Men, 2008



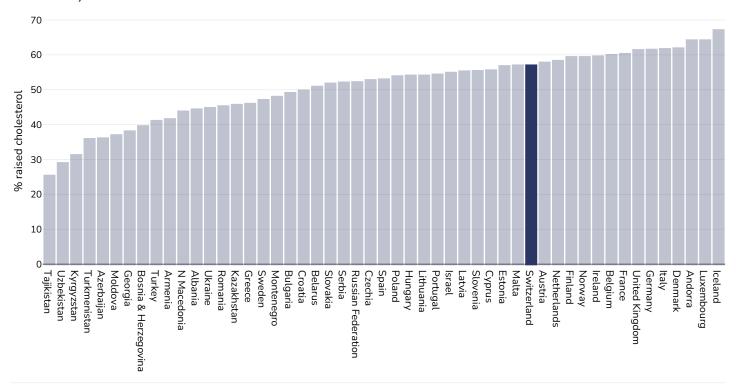
References:

 $Global\ Health\ Observatory\ data\ repository,\ World\ Health\ Organisation,\ \underline{http://apps.who.int/gho/data/node.main.A885}$

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

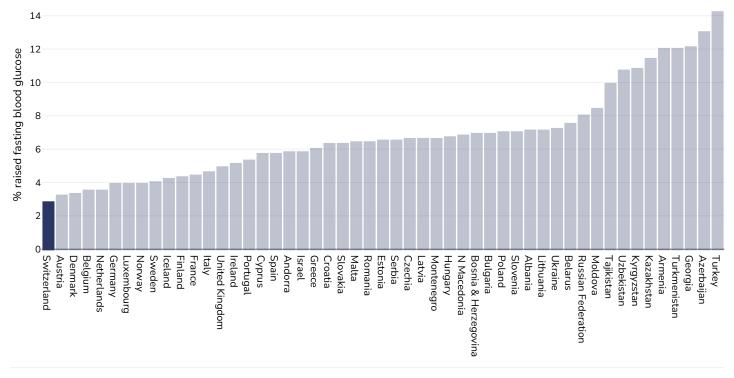
Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Raised fasting blood glucose

Men, 2014



References:

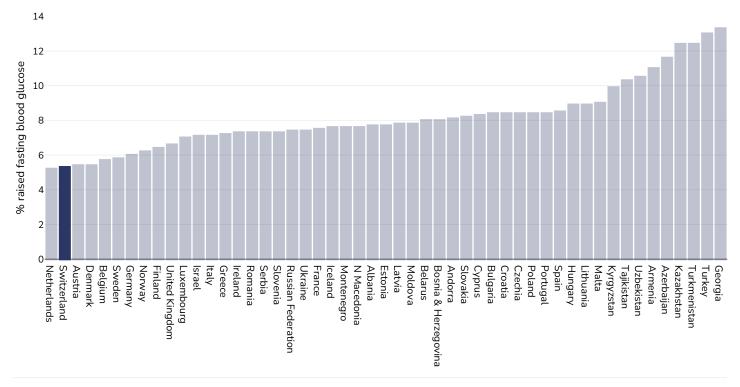
Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A869?lang=en

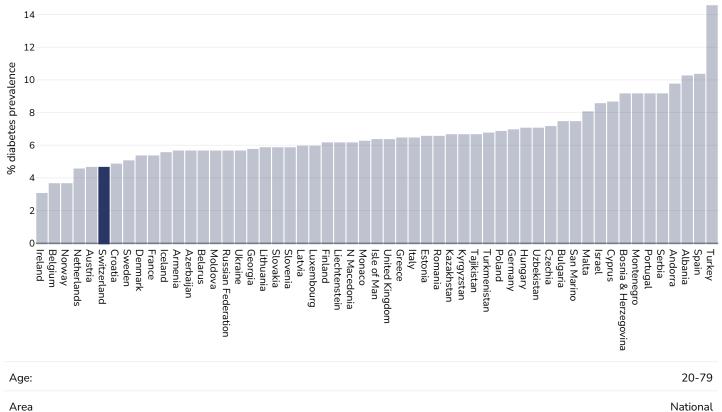
Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).



Diabetes prevalence

Adults, 2021



covered:

References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels,

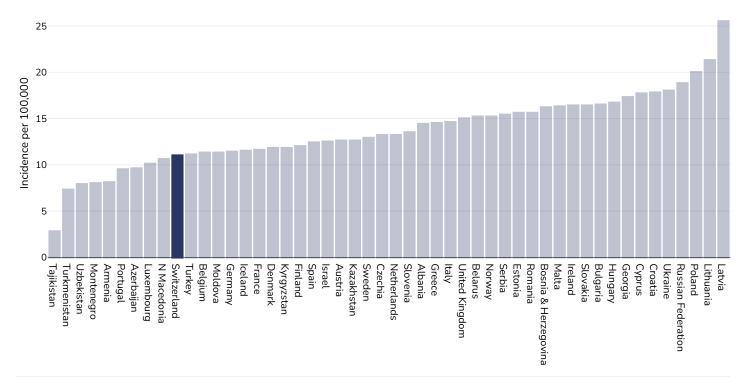
Belgium:International Diabetes Federation, 2021. http://www.diabetesatlas.org

Definitions: Age-adjusted comparative prevalence of diabetes, %



Ovarian Cancer

Women, 2022



Age: 20+

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Leukemia

Men, 2022							
4							
3							
2							
1							
0-							
⁻¹ 1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References:			nne M, Colombet M, ncer Today. Lyon, Fr	ance: International	Agency for Researc		able from:
Definitions:						Incidence pe	r 100,000
Unle	ss otherwise note	ed, overweight refe	rs to a BMI between	25kg and 29.9kg/n	n², obesity refers to	a BMI greater than	n 30kg/m².

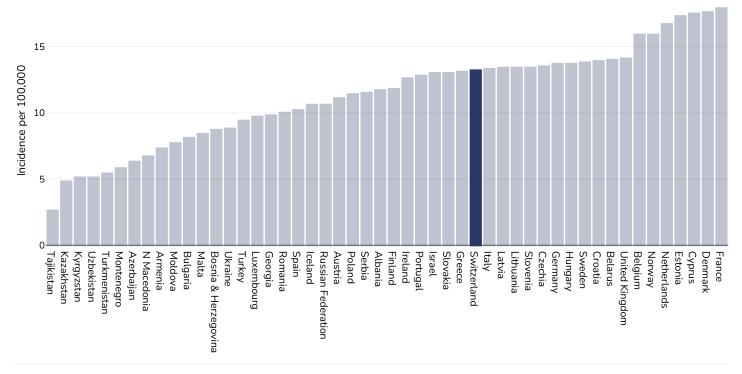


Women	, 2022						
4							
3							
2							
1							
0							
⁻¹	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References:	•			rance: International	Agency for Researc	taram I, Bray F (202 th on Cancer. Availa nt/today, accessed [:	ble from:
Definitions:						Incidence per	100,000
	Unless otherwise noted	d, overweight refers	s to a BMI between	25kg and 29.9kg/r	n², obesity refers to	a BMI greater than	30kg/m².



Leukemia

Men, 2022



Age: 20+

Area National covered:

References:

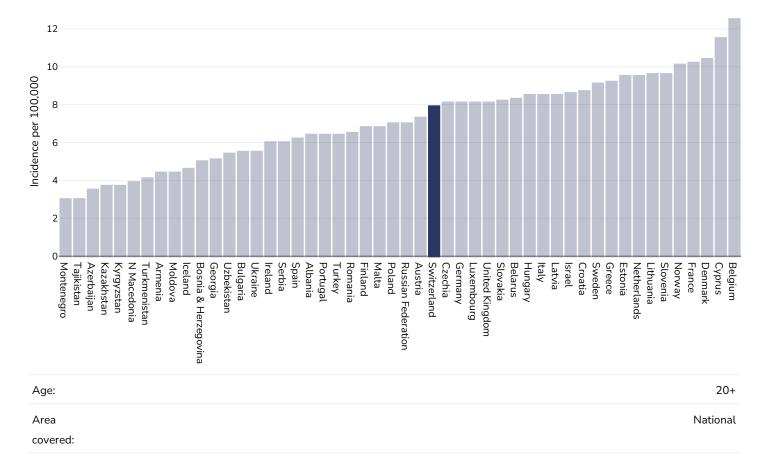
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$





References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.who.int/today, accessed [16.07.24]

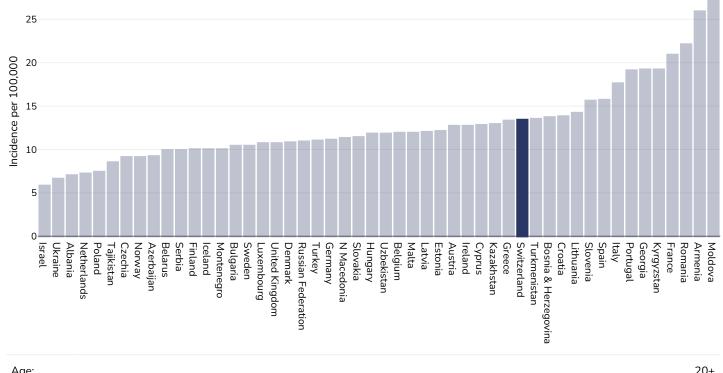
Definitions: Incidence per 100,000

 $Unless \ otherwise \ noted, \ overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Liver and intrahepatic bile duct Cancer

Men, 2022



20+ Age:

Area National

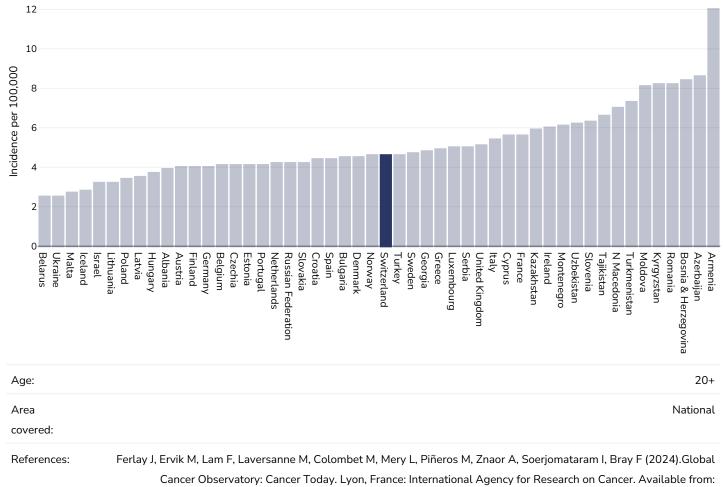
covered:

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000





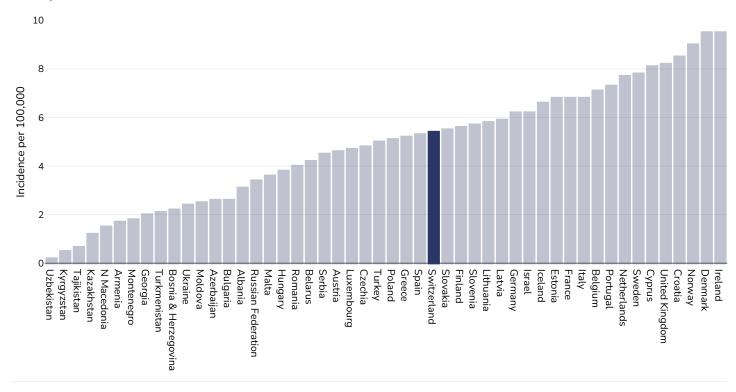
https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Multiple Myeloma

Men, 2022



Age: 20+

Area National

covered:
References:

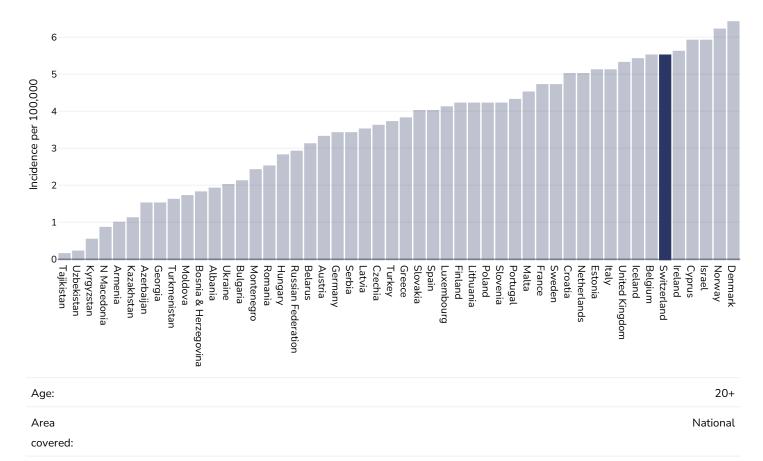
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Indicence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$





References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.who.int/today, accessed [16.07.24]

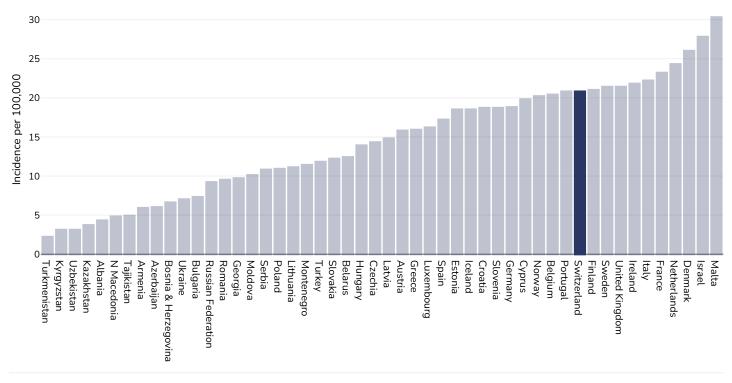
Definitions: Indicence per 100,000

 $Unless \ otherwise \ noted, \ overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Non Hodgkin Lymphoma

Men, 2022



Age: 20+

Area National covered:

References:

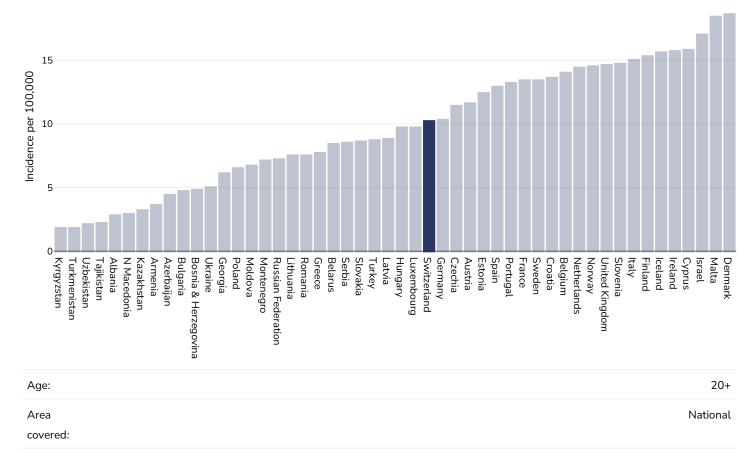
Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².





References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.who.int/today, accessed [16.07.24]

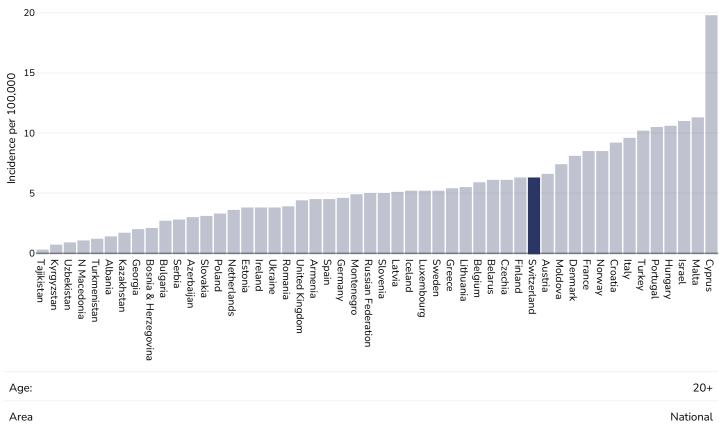
Definitions: Incidence per 100,000

 $Unless \ otherwise \ noted, \ overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Thyroid Cancer

Men, 2022



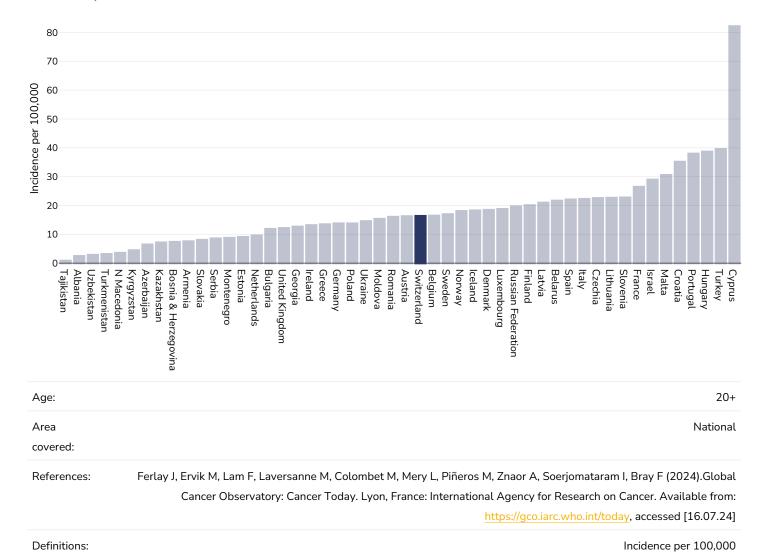
covered:

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000







Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



Labelling

Is there mandatory nutrition labelling?	×
Front-of-package labelling?	×
Back-of-pack nutrition declaration?	×
Color coding?	×
Warning label?	×





Regulation and marketing

Are there fiscal policies on unhealthy products?	X
Tax on unhealthy foods?	X
Tax on unhealthy drinks?	X
Are there fiscal policies on healthy products?	X
Subsidy on fruits?	X
Subsidy on vegetables?	X
Subsidy on other healthy products?	X
Mandatory limit or ban of trans fat (all settings)?	~
Mandatory limit of trans fats in place (all settings)?	~
Ban on trans-fats or phos in place (all settings)?	X
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	×
Mandatory restriction on broadcast media?	X
Mandatory restriction on non-broadcast media?	X
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	X
Are there mandatory standards for food in schools?	X
Are there any mandatory nutrient limits in any manufactured food products?	X
Nutrition standards for public sector procurement?	X





Political will and support

National obesity strategy or nutrition and physical activity national strategy?	/
National obesity strategy?	×
National childhood obesity strategy?	×
Comprehensive nutrition strategy?	~
Comprehensive physical activity strategy?	~
Evidence-based dietary guidelines and/or RDAs?	~
National target(s) on reducing obesity?	×
Guidelines/policy on obesity treatment?	X
Promotion of breastfeeding?	~
Monitoring and surveillance	
Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	~
Within 5 years?	X
Governance and resource	
Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	X
Key	
Present Present Incoming Absent 1 Unknown	1
(voluntary)	

Last updated September 13, 2022