Self-management means what people living with a chronic disease and their relatives do to manage their lives and daily challenges and to find a balance each time.

66% of people with a chronic disease have low self-management skills. The proportion of people with low self-management skills has remained stable over the last five years (2015: 66%).

8 in 100 Swiss residents have excellent self-management skills.

26 in 100 Swiss residents have sufficient self-management skills.

30 in 100 Swiss residents have problematic self-management skills.

36 in 100 Swiss residents have inadequate self-management skills.

How great are the difficulties in relation to the four aspects of self-management that have been examined?

The following percentages of surveyed Swiss residents with a chronic disease find it (very) difficult...

- ...to judge the advantages and disadvantages of different treatment options. 49%
- ...to make decisions to improve their health and well-being. 33%
- ...to use information from their doctor to make decisions about their illness. 30%
- ...to judge how information from their doctor applies to them. 23%

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careum.link/health-literacy-survey
In a total of 53% of respondents, health literacy is at the same level as self-management skills. However, 39% have lower self-management skills than health literacy.

**Which population groups are more likely to have difficulties?**

Low self-management skills particularly affect people...

- ...in poor health.
- ...with lower social status.
- ...living in financial deprivation.
- ...who are younger.
- ...with little social support.

**People with higher self-management skills...**

...take more regular exercise.
...eat a healthier diet.
...report a better self-perceived health.
...find it easier to deal with chronic diseases or health problems.

More information on self-management support can be found at: [www.bag.admin.ch/self](http://www.bag.admin.ch/self) (in German, French and Italian).

**Sources:**

FOPH (2022). Konzept Selbstmanagement-Förderung bei nichtübertragbaren Krankheiten, Sucht und psychischen Krankheiten. *(Self-management support concept for non-communicable diseases, addiction and mental illness’ in German).*

**More information** (in German): [www.careum.ch/studie-gesundheitskompetenz](http://www.careum.ch/studie-gesundheitskompetenz)