

Self-management skills

Health Literacy Survey Switzerland 2019-21

(HLS₁₉₋₂₁-CH)

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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.

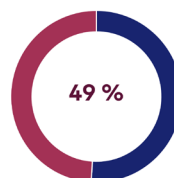
26 in 100 Swiss residents have sufficient self-management skills.

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

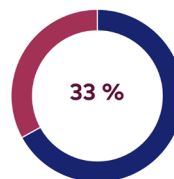
36 in 100 Swiss residents have inadequate self-management skills.

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

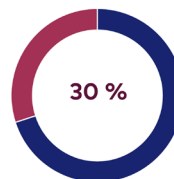
The following percentages of surveyed Swiss residents with a chronic disease find it (very) difficult...



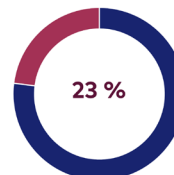
...to judge the advantages and disadvantages of different treatment options.



...to make decisions to improve their health and well-being.



...to use information from their doctor to make decisions about their illness.



...to judge how information from their doctor applies to them.



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Swiss Confederation

Federal Department of Home Affairs FDHA
Federal Office of Public Health FOPH

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 (in German, French and Italian).

Sources:

De Gani, S. M., Jaks, R., Bieri, U., Kocher, J. Ph. (2021). Health Literacy Survey Schweiz 2019-21. Schlussbericht im Auftrag des Bundesamtes für Gesundheit BAG. Zürich, Careum Stiftung. *(Final report commissioned by the Federal Office of Public Health FOPH. In German with an English summary).*

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



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