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Latest data on self-management skills: How well are they developed in the Swiss population?

5. Forum SELF «Gemeinsames Verständnis fördern: wie gelingt's?»
Bern, 8. November 2022

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Agenda

- *Part 1 (15'):* Input on health literacy and self-management skills

- *Part 2 (25'):* Group discussion on recommendations

- *Part 3 (5'):* Wrap up and conclusion
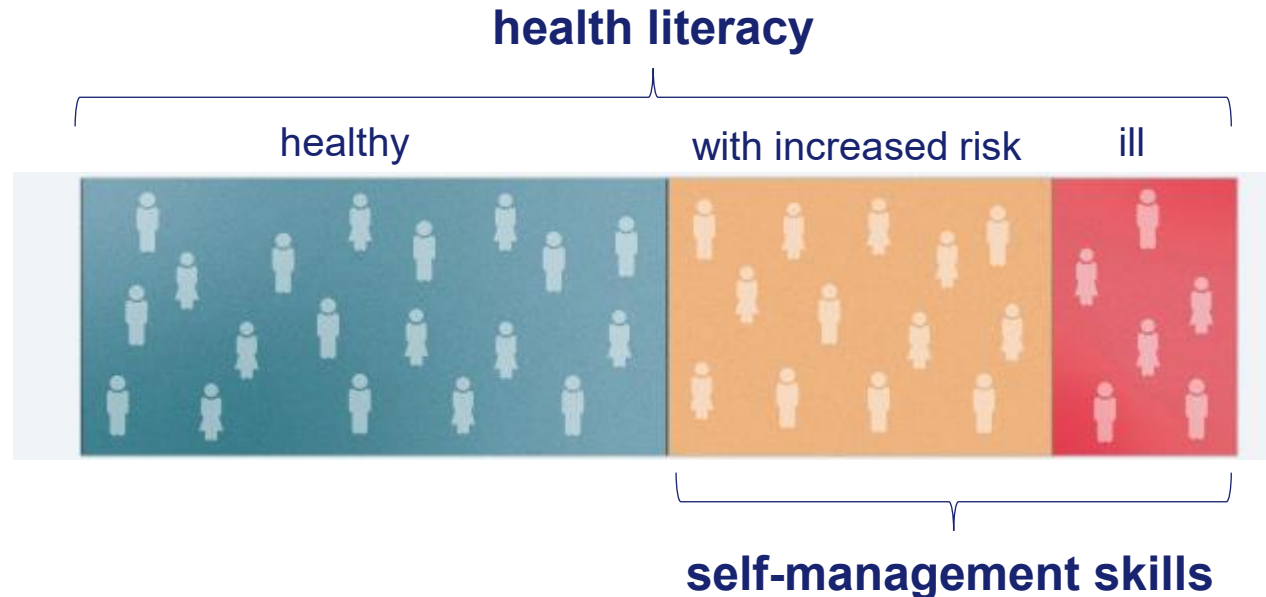
Definitions

health literacy (HL):

people's motivation, knowledge and ability to access, understand, appraise, and apply health information in order to take decision for their own and others' health

(Sørensen et al., 2012)
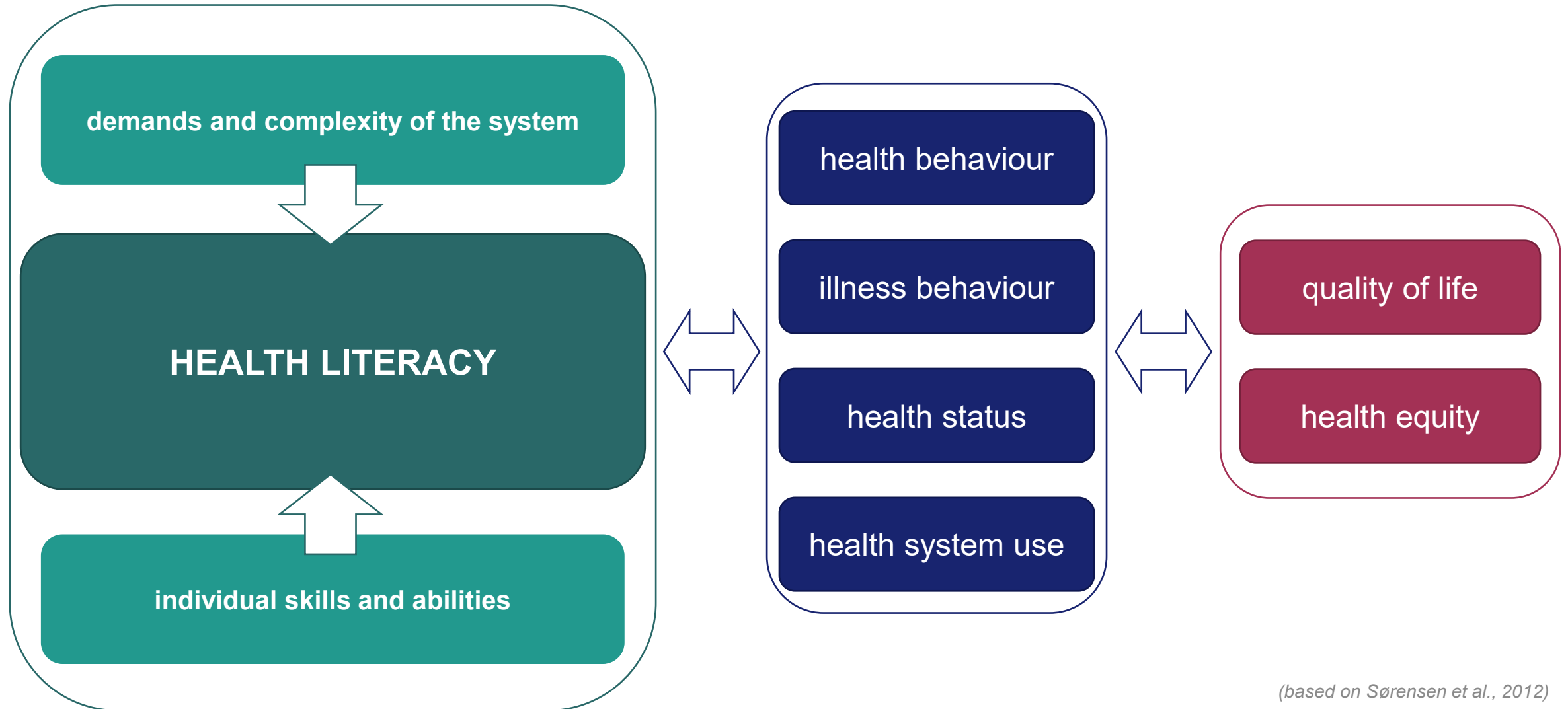
self-management (SM) skills:

developed skills of people living with a chronic disease and their relatives that they gained through the experience with managing their lives and daily challenges and finding a balance each time

(based on Federal Office of Public Health (FOPH), 2022)

health literacy

healthy | with increased risk | ill

self-management skills

(based on FOPH 2022)

Determinants and consequences of HL

demands and complexity of the system

HEALTH LITERACY

individual skills and abilities

health behaviour

illness behaviour

health status

health system use

quality of life

health equity

(based on Sørensen et al., 2012)

Health Literacy Survey Switzerland 2019 – 2021 (HLS$_{19-21}$-CH)

on behalf of the Federal Office of Public Health (FOPH)
as part of the international study HLS$_{19}$
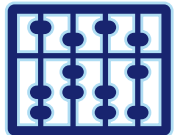
5th March until 29th April 2020

2'502 participants, 18 years and older, resident in Switzerland
(representative, stratified, multistage random sample)

computer-assisted interviews via web and by telephone (CAWI, CATI)
- General Health Literacy: HLS-EU-Q12
- Digital Health Literacy: HLS$_{19}$ -DIGI
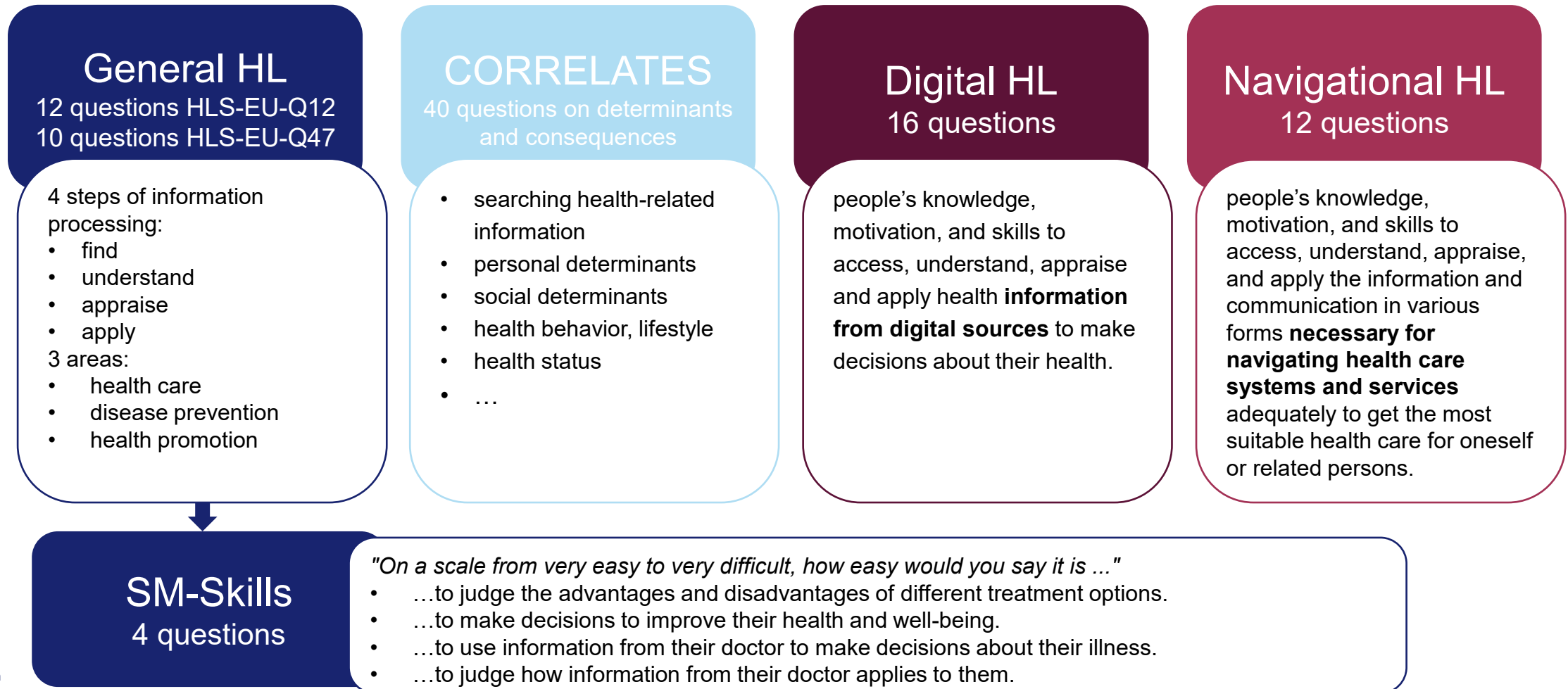- Navigational Health Literacy: HLS$_{19}$ -NAV

calculation of a HL score and building of HL categories

$$\text{HL score} = 100 \times \frac{\text{number of responses with "(very) easy"}}{\text{number of valid responses}}$$

Health Literacy Survey Switzerland 2019-2021 (HLS$_{19-21}$-CH)

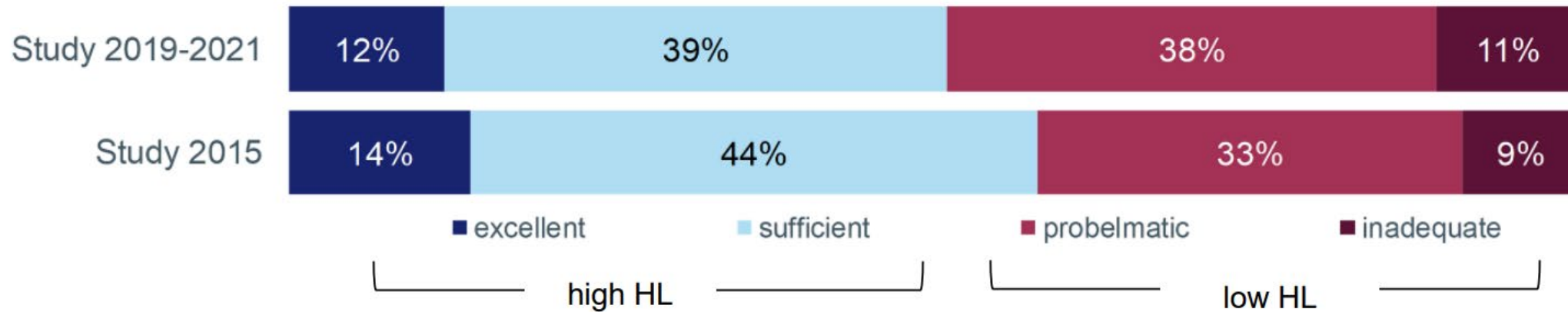**Aim:** to investigate the HL of the adult population living in Switzerland

General HL
12 questions HLS-EU-Q12
10 questions HLS-EU-Q47

4 steps of information processing:
- find
- understand
- appraise
- apply

3 areas:
- health care
- disease prevention
- health promotion

CORRELATES
40 questions on determinants and consequences

- searching health-related information
- personal determinants
- social determinants
- health behavior, lifestyle
- health status
- …

Digital HL
16 questions

people's knowledge, motivation, and skills to access, understand, appraise and apply health **information from digital sources** to make decisions about their health.

Navigational HL
12 questions

people's knowledge, motivation, and skills to access, understand, appraise, and apply the information and communication in various forms **necessary for navigating health care systems and services** adequately to get the most suitable health care for oneself or related persons.

SM-Skills
4 questions

"On a scale from very easy to very difficult, how easy would you say it is ..."
- …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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Key results HLS$_{19\text{-}21}$-CH

HL of the Swiss population
time comparison

Study 2019-2021	12%	39%	38%	11%
Study 2015	14%	44%	33%	9%

■ excellent　　■ sufficient　　■ probelmatic　　■ inadequate

high HL　　　　　　　low HL

→ main difficulties in **appraising information** and in the area of **disease prevention**

  example: to assess the **trustworthiness of media information on health risks** (57 % "(very) difficult")

Population groups with more frequent difficulties
HL and its determinants

Indicator	Category	Low	Inadequate	Mean
inhabitants aged 18 and older		49%	11%	77.3
difficulties with the local language	(very) difficult	**61%**	**21%**	**70.6**
social support	low	**59%**	**20%**	**71.0**
financial deprivation	high financial deprivation	**59%**	**21%**	**70.1**
	medium financial deprivation	**57%**	13%	75.4
self-reported social status	very low	**60%**	**16%**	**72.5**
	low	**55%**	14%	**73.7**
	low-medium	**54%**	10%	76.5
employment status	unemployed	**56%**	**16%**	74.9
	other	**54%**	**18%**	**73.3**
language region	ICH	**57%**	15%	**74.0**
monthly household income	4000 - 6000 CHF	**54%**	15%	75.2

bold = criteria fulfilled; low = inadequate + problematic

(De Gani et al., 2021)

HL, health behavior and health status

General HL and …	r	N
tobacco consumption	-.027	2499
alcohol consumption	-.002	2497
frequency of physical activity	.060**	2498
frequency of vegetables/fruits consumption	.082**	2502
Body-Mass-Index (BMI)	-.062**	2475
assessment of general health status	.167**	2499
chronic disease/health problems	-.090**	2498
difficulty dealing with chronic disease/health problems (if chronic disease/health problems are present)	-.234**	921
restriction of usual activities due to health problems	-.171**	2495
absence from work due to health problems last 12 months (if employed)	-.080**	1780

**Correlation is significant at the 0.01 level (two-sided). *Correlation is significant at the 0.05 level (two-sided).

(De Gani et al., 2021)

HL of the Swiss population
different forms of HL

in % inhabitants ≥ 18 y (n = 2502)

Legend: insufficient, problematic, sufficient, excellent

	General HL	Digital HL	Navigational HL
excellent	12	7	5
sufficient	39	21	21
problematic	38	28	23
insufficient	11	44	51

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(De Gani et al., 2021)
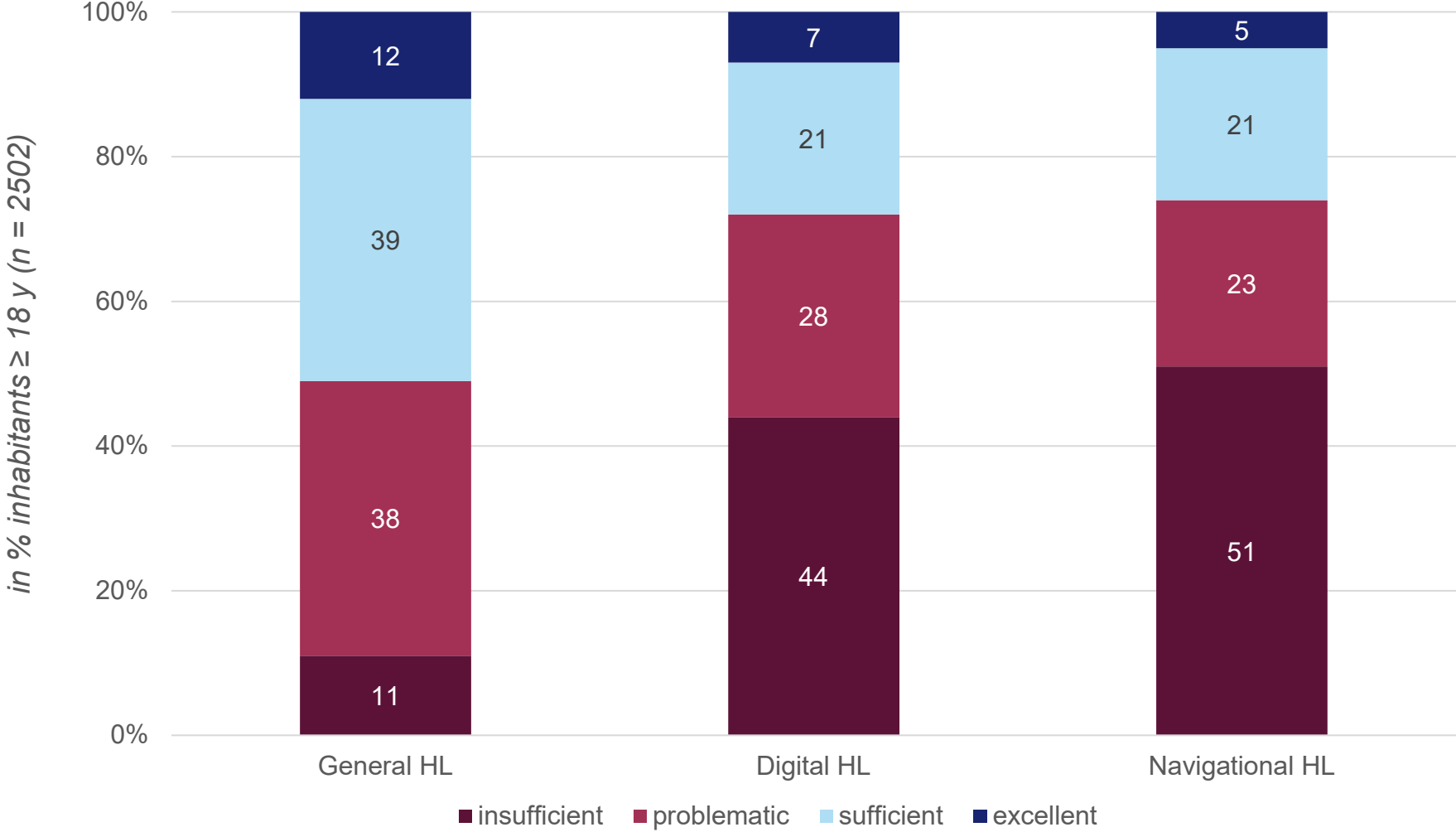
Comparison of General HL and SM skills

in % inhabitants ≥ 18 y, who have a chronic disease or long-lasting health problems (n = 928)

Legend: insufficient · probelmatic · sufficient · excellent

General HL: insufficient 13, probelmatic 41, sufficient 37, excellent 9

SM skills: insufficient 36, probelmatic 30, sufficient 26, excellent 8

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(De Gani et al., 2021)
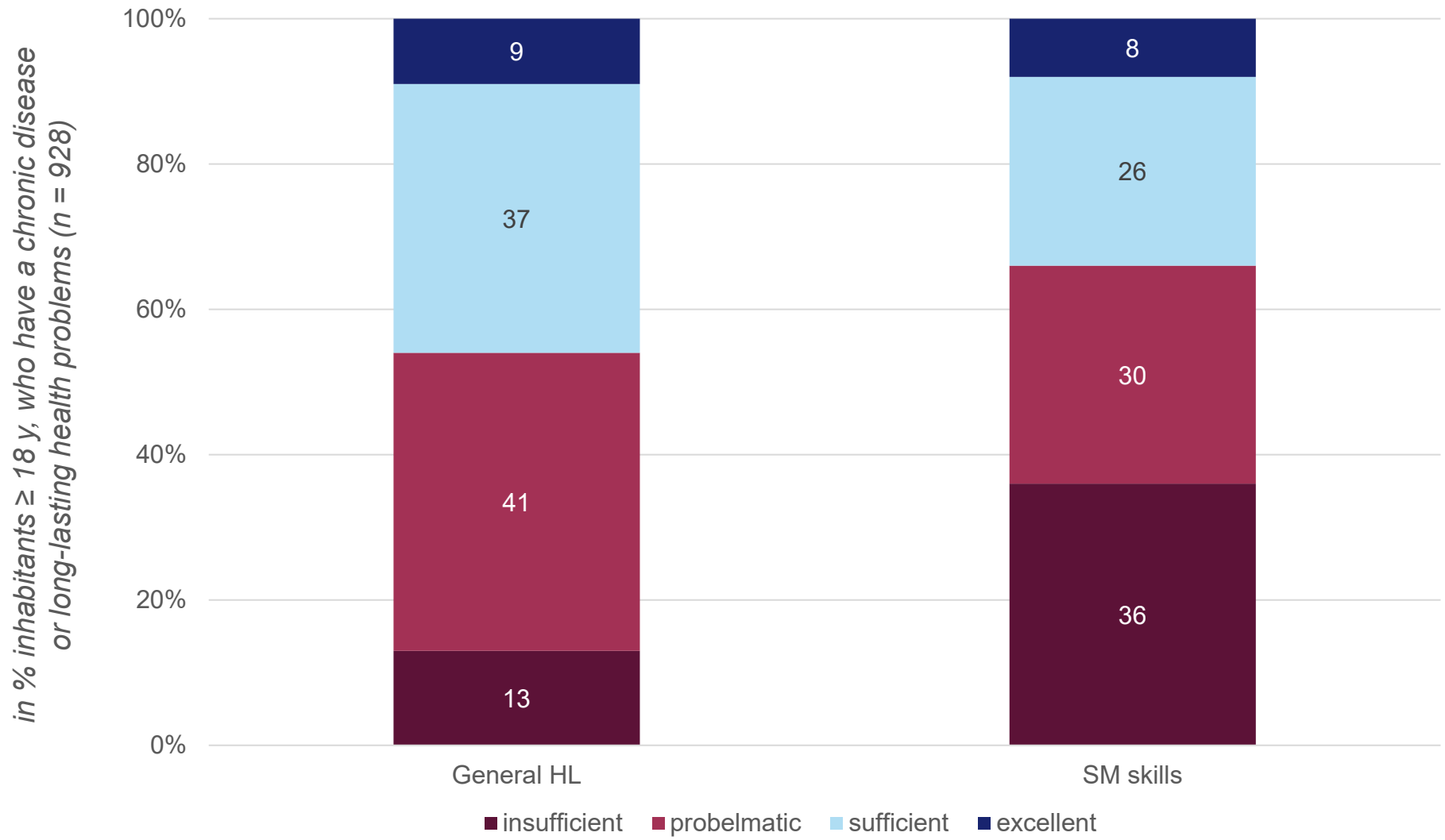
SM skills

"On a scale from very easy to very difficult, how easy would you say it is ..."

Chart legend:
- very difficult (dark red)
- difficult (magenta)
- easy (light blue)
- very easy (dark blue)

…to judge the advantages and disadvantages of different treatment options.
- very difficult: 4
- difficult: 42
- easy: 44
- very easy: 9

…to make decisions to improve their health and well-being.
- very difficult: 2
- difficult: 24
- easy: 55
- very easy: 19

…to use information from their doctor to make decisions about their illness.
- very difficult: 1
- difficult: 25
- easy: 62
- very easy: 11

…to judge how information from their doctor applies to them.
- very difficult: 2
- difficult: 19
- easy: 62
- very easy: 17

in % inhabitants ≥ 18 y, who have a chronic disease or long-lasting health problems (n = 928)

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(De Gani et al., 2022)

Population groups with more frequent difficulties
SM skills and its determinants

Indicator	Category	Low	Inadequate	Mean
inhabitants aged 18 and older	with a chronic disease	**65%**	**36%**	**66.3**
age	25 or younger	**74%**	39%	**62.2**
	26 to 35 years	**76%**	**47%**	**59.9**
	36 to 45 years	70%	**41%**	**63.2**
general health status	(very) poor	**80%**	57%	**48.1**
social support	little	70%	**42%**	**61.2**
financial deprivation	high financial deprivation	**72%**	**49%**	**60.3**
	medium financial deprivation	**75%**	**41%**	**58.1**
self-reported social status	very low	**74%**	37%	**59.5**
	low	**73%**	**49%**	**59.1**
language region	ICH	**72%**	**45%**	**62.4**

bold = criteria fulfilled; low = inadequate + problematic

(De Gani et al., 2022)

SM skills, health behavior and health status

SM skills and…	r	N
tobacco consumption	.004	909
alcohol consumption	.071*	908
frequency of physical activity	.095**	908
frequency of vegetables/fruits consumption	.039	911
Body-Mass-Index (BMI)	.013	901
assessment of general health status	.166**	909
chronic disease/health problems	-.222**	904
difficulty dealing with chronic disease/health problems (if chronic disease/health problems are present)	-.173**	909
restriction of usual activities due to health problems	-.059	534

*Correlation is significant at the 0.01 level (two-sided). *Correlation is significant at the 0.05 level (two-sided).*
SM-skills index from 0=minimum to 100=maximum // BMI metric from low to high BMI // remaining variables from -1=never to 7=at 7 days.

(De Gani et al., 2022)

Factsheet

Group work (20'):

Formulate recommendations for the comprehensive and targeted promotion of self-management and health literacy based on the results

- groups of 3-5 people
- 20 minutes
- report the results of the discussion on the flipcharts
- 1 min presentation per group

Recommendations from the HLS$_{19-21}$-CH

Nr.	Recommendation
1	Need for a (national) overall health literacy strategy
2	Focus on specific target groups and target-group-oriented approaches
3	Facilitating the use of digital health information
4	Changing individual and especially structural conditions
5	Continue proven programmes and projects and use synergies to promote further measures at the local, cantonal, and national level
6	Simplify orientation and navigation in the health system
7	Strengthen the self-management competences of people with chronic diseases
8	Involve the education system in strengthening health literacy
9	Targeted interprofessional education and training of health professionals in health literacy
10	Extension of research on and continuation of a regular monitoring of health literacy

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Thank your very much for your attention and participation!