



Health and wellbeing in Switzerland

Claudine Burton-Jeangros

Social dynamics and wellbeing: Indian and Swiss approaches
Bangalore 9-10 september 2014

FACULTY OF SOCIAL SCIENCES
Department of Sociology
Claudine Burton-Jeangros

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Outline

- **Definition, measurement and distribution** of main indicators related to health and wellbeing
- **Social determinants of health and wellbeing:** some results in Switzerland
- **The context of this research in Switzerland:** surveys, funding, publications and institutions

Definitions

‘Health is a state of complete physical, mental and social well-being and not merely the absence of disease or **infirmity’** (World Health Organization 1948)

→ Different dimensions of health and wellbeing

‘Health as the ability to adapt and self-manage’

Huber et al. 2011 (2011) How Should We Define Health? *British Medical Journal* 343

→ Important to consider individual and social change

Definitions

- **Quality of life:** ‘individuals’ perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns’

The WHOQOL group (1995) The World Health Organization Quality of Life Assessment (WHOQOL): Position Paper from the World Health Organization. *Social Science & Medicine* 41(10):1403–9.

- multidimensional concept: material, physical, psychological social dimensions
- objective and subjective levels: ‘[Quality of life] reflects the gap between individuals’ actual situations and that to which they aspire’

Fry PS (2000) Aging and quality of life (QOL) - the continuing search for quality of life indicators, *International Journal of Aging and Human Development* 50, no. 4 (2000): 245-261

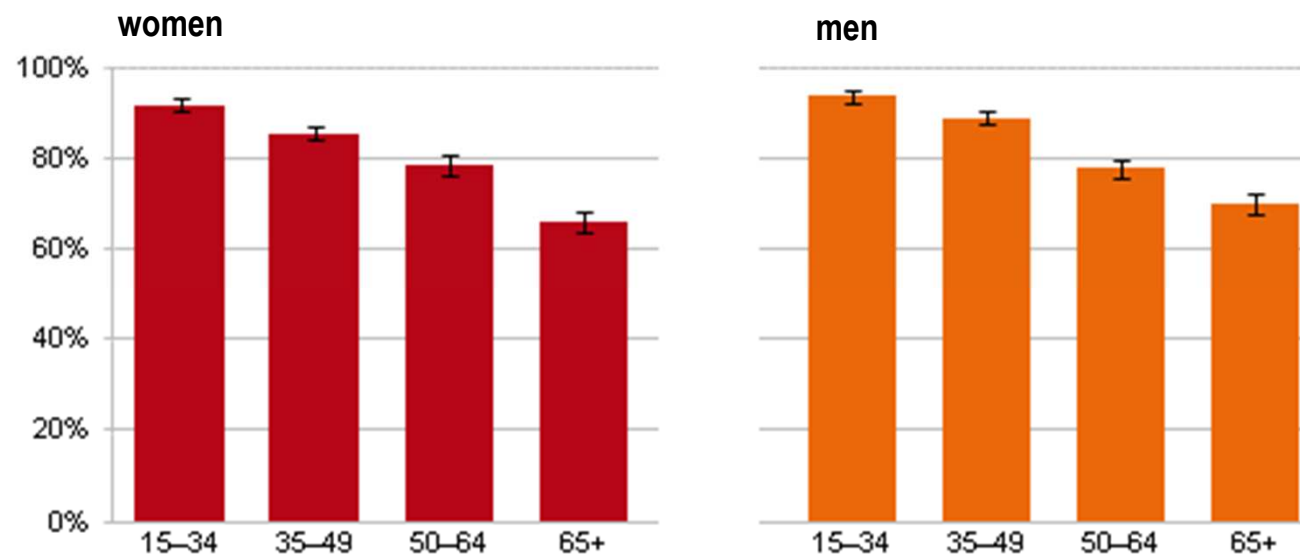
Measurement and distribution

self-reported health

Question: How is your health in general?

Possible answers: very good, good, fair, poor, very poor

Proportion of the population considering being in (very) good health, 2012



Source: OFS – Enquête suisse sur la santé

Swiss Health Survey 2012

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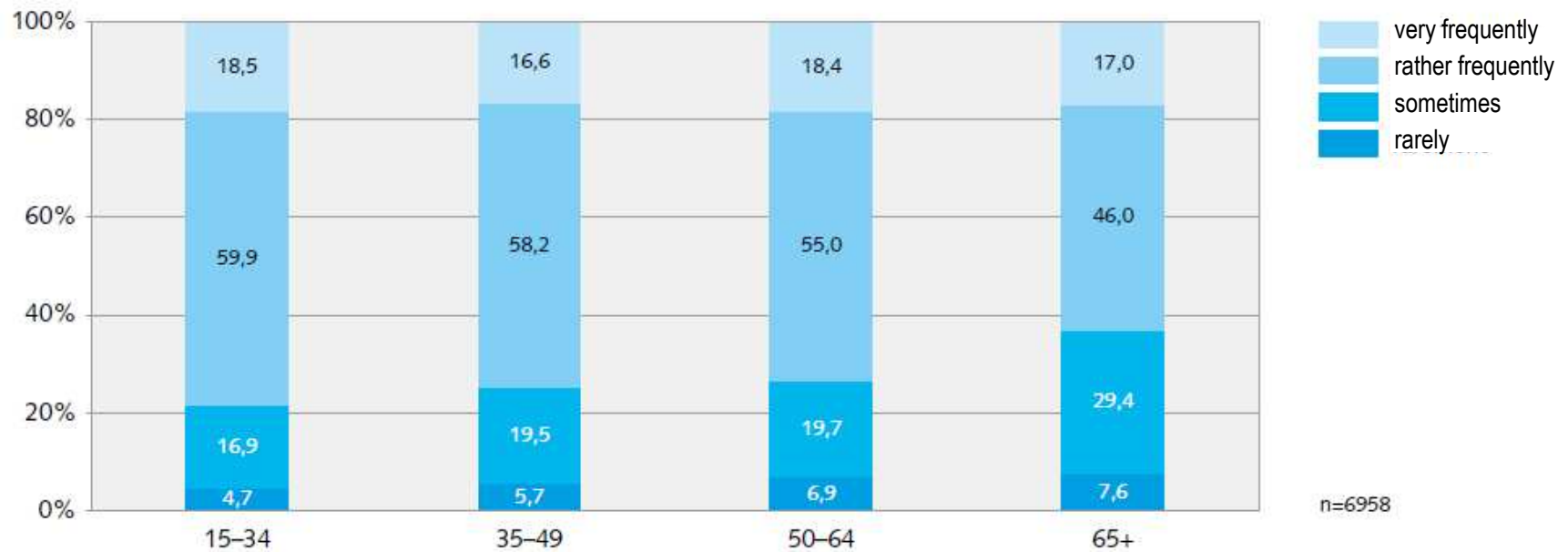
Measurement and distribution

Mental health

Question: Are you often plenty of strength, energy and optimism, if 0 means "never" and 10 "always"?

Energy and optimism feelings, 2009

Fig. 2.2



Source: FORS, Panel suisse de ménages 2009

Swiss Household Panel 2009

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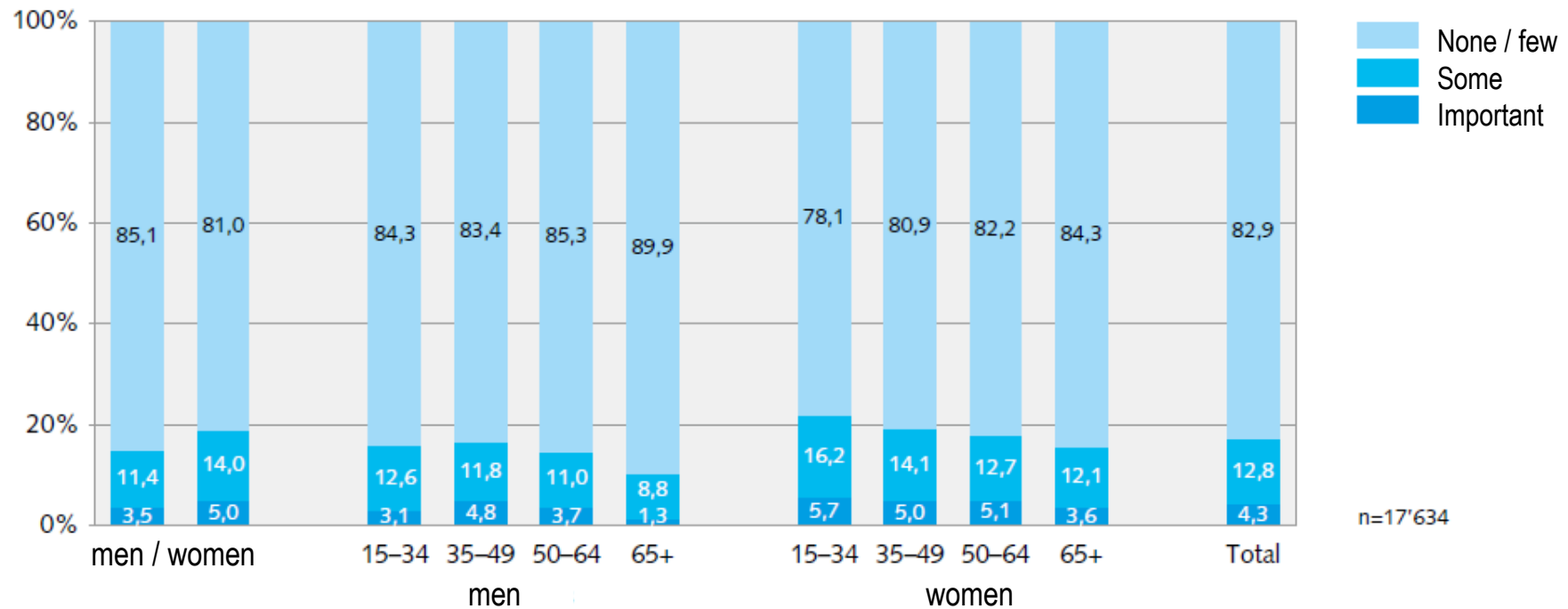
Measurement and distribution

Mental health

Mental Health Inventory: 5 items about being nervous, in a bad mood, calm, feeling down, happy

Mental health problems, 2009

Fig. 2.4



Source: OFS, Enquête suisse sur la santé 2007

Swiss Health Survey 2007

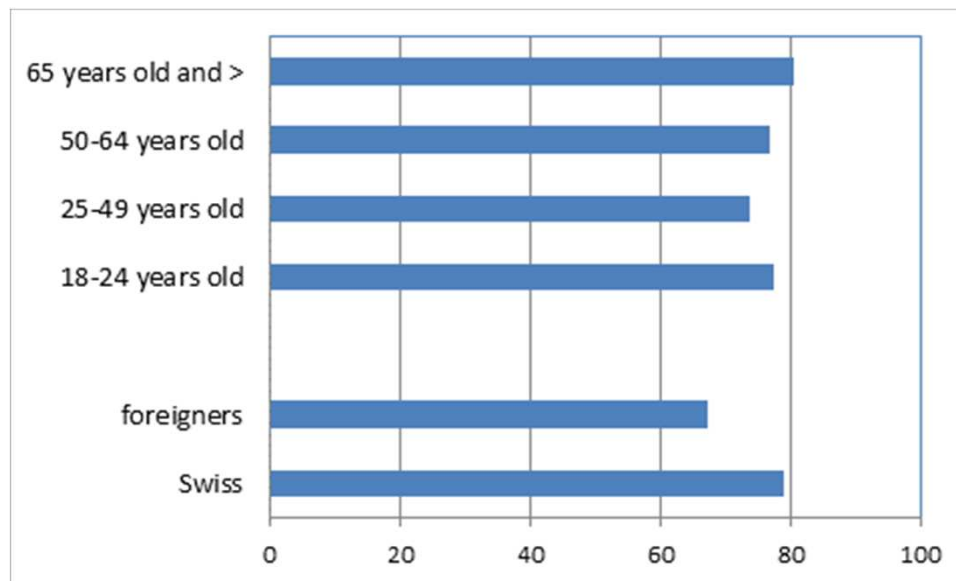
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Measurement and distribution

Life satisfaction

Question: in general, how satisfied are you with your life if 0 means "not at all satisfied" and 10 means "completely satisfied"?

Proportion (%) of satisfied individuals (scores 8-10)



Statistics on Income and Living Conditions 2009

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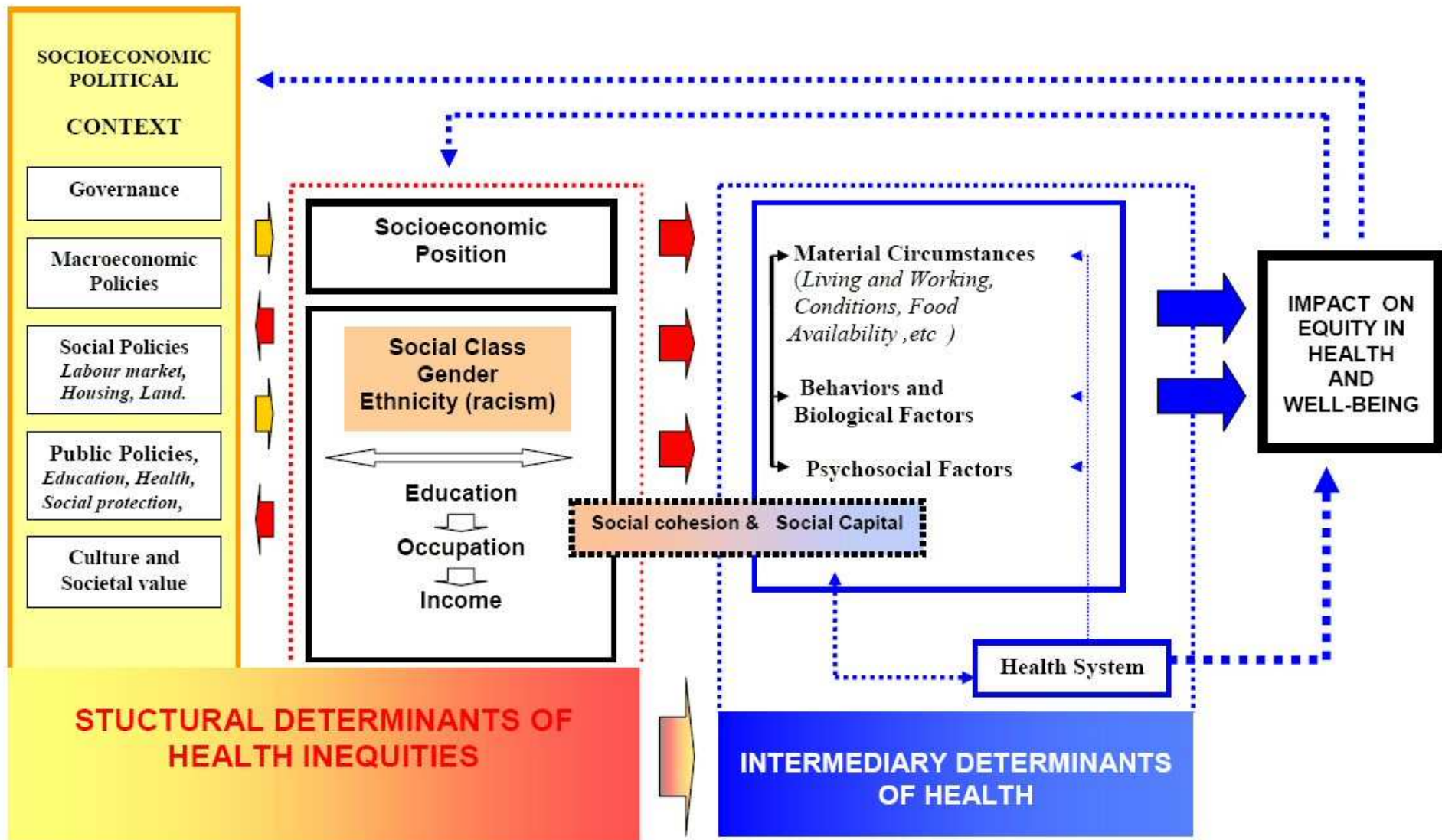
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Indicators for health and wellbeing

- High levels of health and wellbeing in Switzerland
- Favourable outcomes compared to other countries
- But important to examine differences across social groups:
social determinants of health and wellbeing

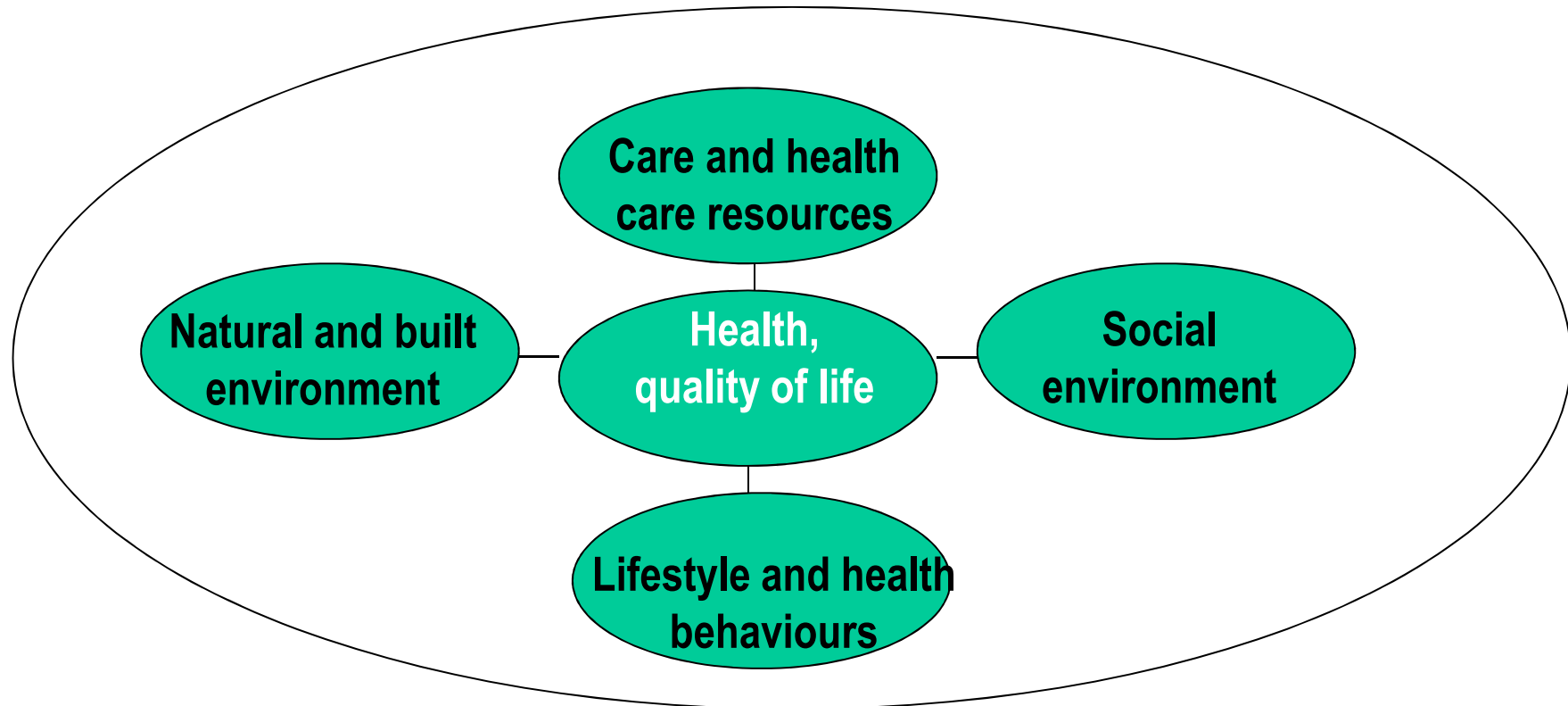
Social determinants of health and wellbeing

WHO commission on social determinants of health



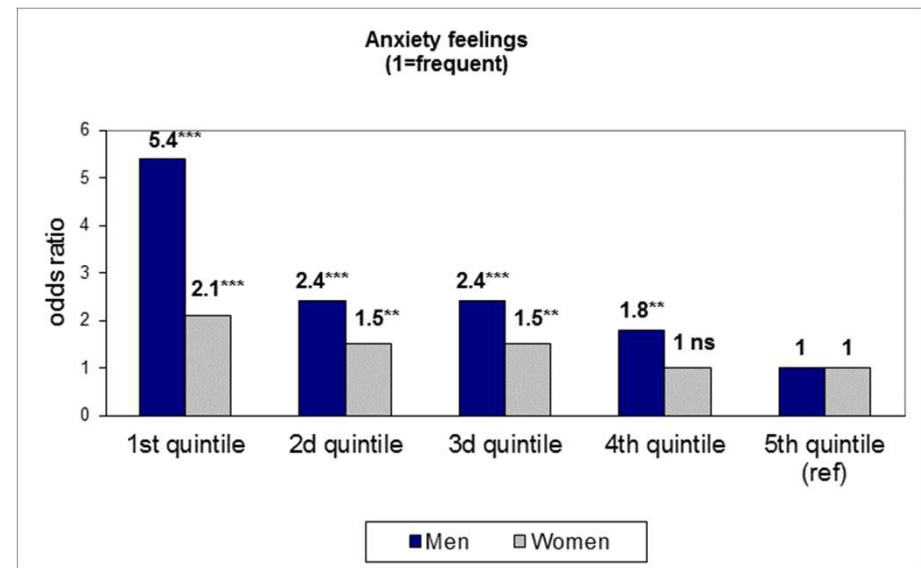
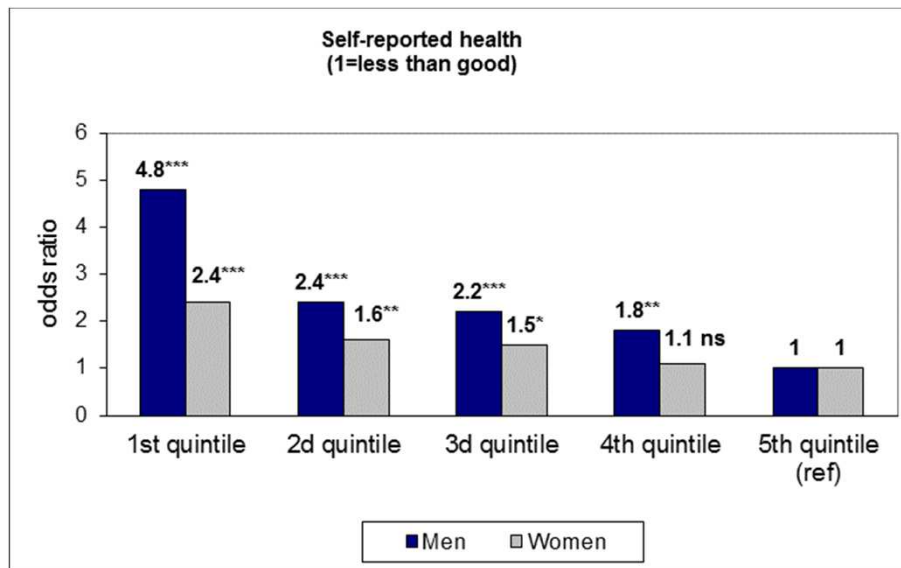
Social determinants of health and wellbeing

Model of health, Swiss Health Survey



Social determinants of health and wellbeing

Health inequalities exist in Switzerland:
social gradient along income levels



Burton-Jeangros C (2009) Les inégalités face à la santé : l'impact des trajectoires familiales et professionnelles sur les hommes et les femmes, Oris M et al (dir.) Transitions dans les parcours de vie et construction des inégalités, Lausanne, PPUR, pp. 273-295.

Social determinants of health and wellbeing

- Impact of work conditions on health and wellbeing: contrasted impact for blue-collar and white-collar

Hammig O, Bauer G (2013) The Social Gradient in Work and Health: A Cross-Sectional Study Exploring the Relationship between Working Conditions and Health Inequalities. *BMC Public Health* 13(1):1170.

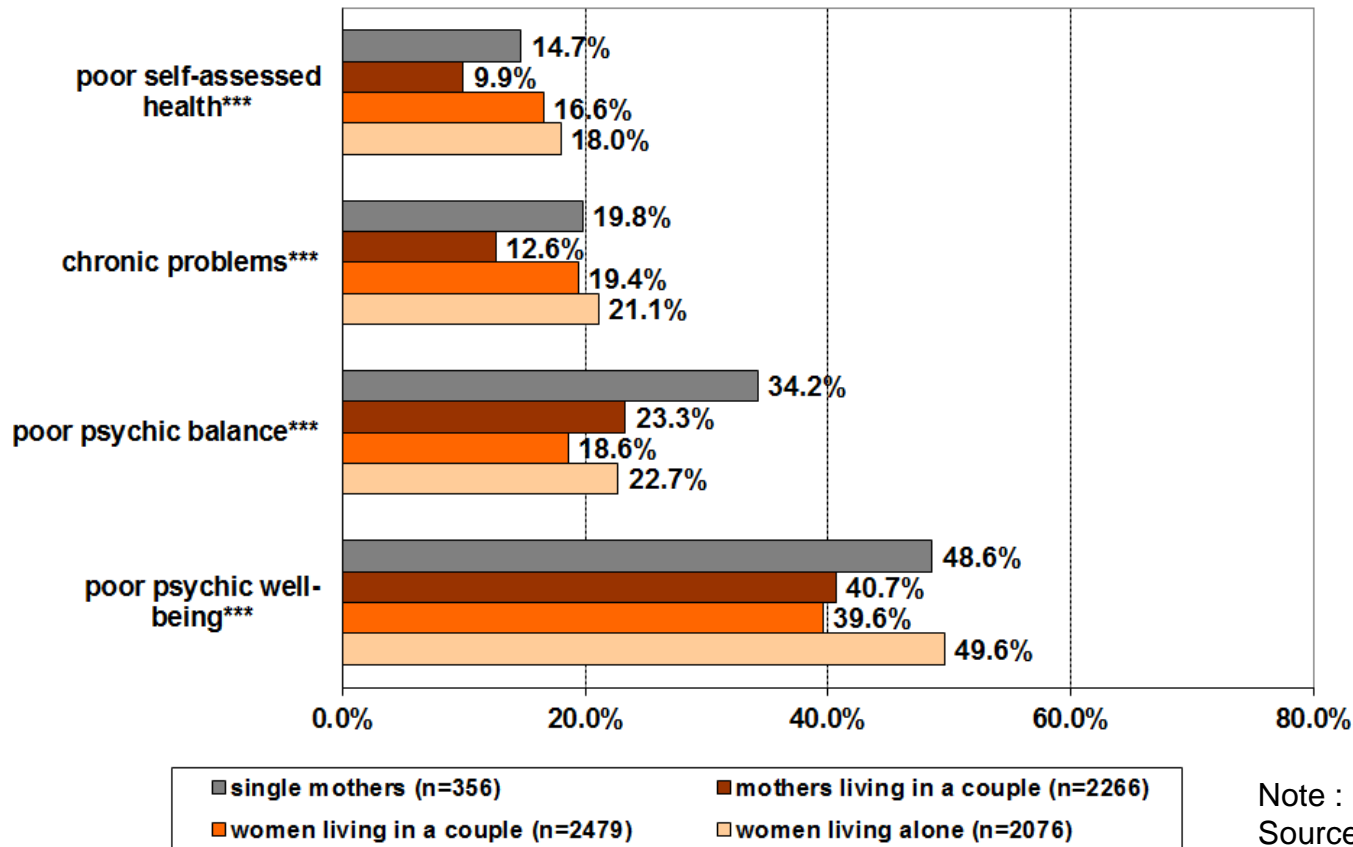
- Work-life balance: articulation of paid work and domestic labour

Knecht M et al (2011) Persistent Work-Life Conflict and Health Satisfaction - A Representative Longitudinal Study in Switzerland. *BMC Public Health* 11(1):271.

Cullati S(2014) The Influence of Work-Family Conflict Trajectories on Self-Rated Health Trajectories in Switzerland: A Life Course Approach. *Social Science & Medicine* 113(0):23–33.

Social determinants of health and wellbeing

- The family situation affects health and well-being

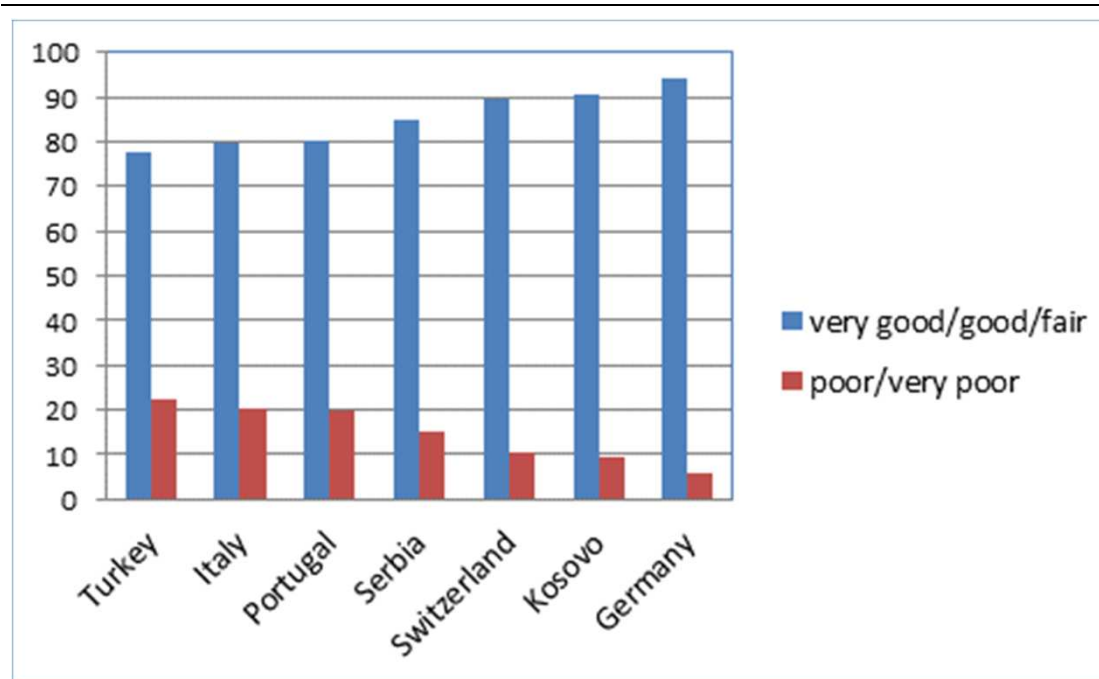


Burton-Jeangros C, Rinaldi J-M (2008) Santé des mères élevant seules leurs enfants, in : Meyer K (dir.) *La santé en suisse. Rapport national sur la santé*, Genève, éditions Médecine et Hygiène, pp. 63-74.

Social determinants of health and wellbeing

- Complex relationships between migration and health/wellbeing: healthy migrant effect versus lower socioeconomic positions and discrimination

Self-reported health (%)



Volken & Ruesch (2014) Health status inequality among immigrants in Switzerland, *Open Journal of Preventive Medicine*, 4:459-469

Social determinants of health and wellbeing

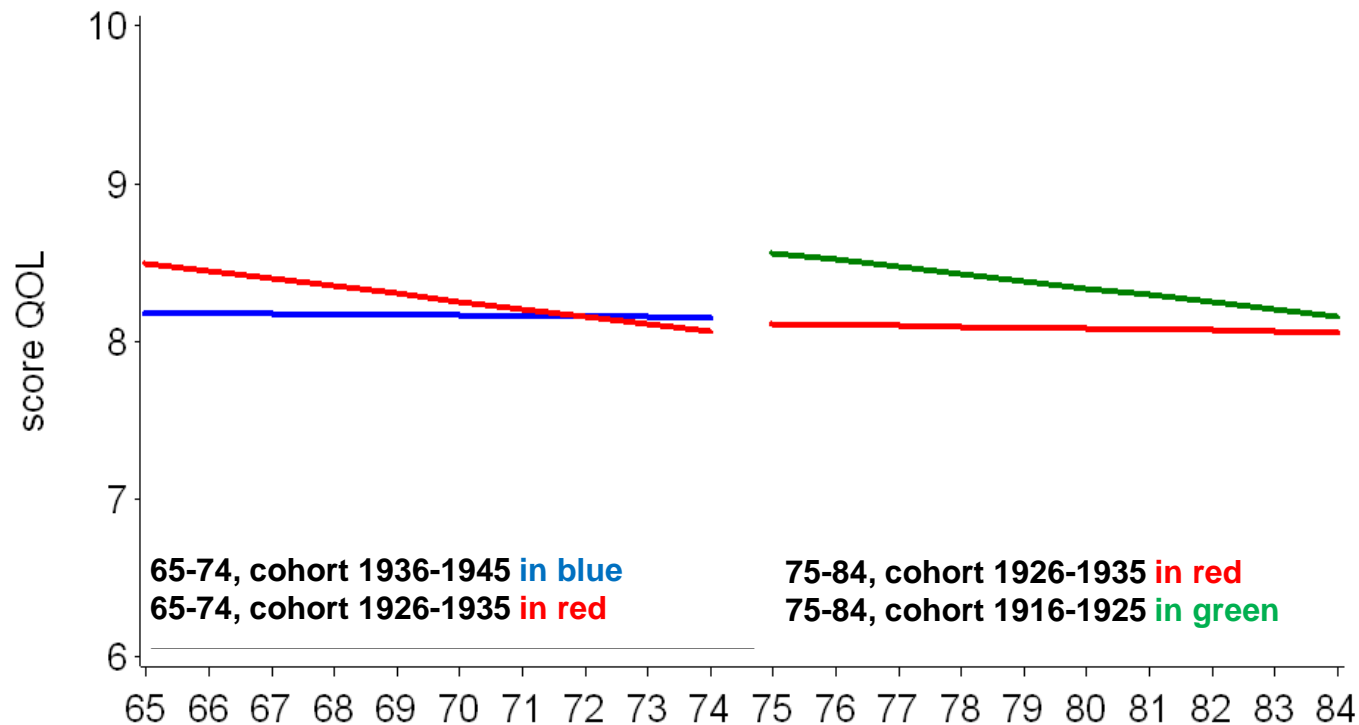


- Lifecourse perspective and trajectories of health and wellbeing (NCCR LIVES – Universities of Lausanne and Geneva)
 - **Transitions and turning points** in work, family or health status, as an exposure to risks or opportunities that can have repercussions on the other considered spheres
 - **Trajectories** indicate how individuals cope with these risk and opportunity factors over time, as measured by stability, decline, improvement or fluctuations in their health and wellbeing
 - **Cumulative dis/advantage**: “the systemic tendency for interindividual divergence in a given characteristic (e.g., money, health, or status) with the passage of time” (Dannefer 2003)

Cullati S et al (2014) Factors of change and cumulative factors in self-rated health trajectories: a systematic review, *Advances in Life Course Research* 19, pp. 14-27.

Life satisfaction trajectories of elderly women

- former cohorts are more satisfied with life than more recent cohorts
- but faster decline in life satisfaction among women of former cohorts



Burton-Jeangros C, Sloutskis-Zimmermann D (in press) Life satisfaction of elderly women living in Switzerland: an age-period-cohort analysis, *Ageing and Society*

The context of this research in Switzerland

- **Swiss Health Survey (SHS):**
cross-sectional survey conducted every 5 years since 1992 (5 waves), nationally representative sample of the population
- **Swiss Household Panel (SHP):**
longitudinal survey, conducted every year since 1999, with a sample of households
- **Statistics on Income and Living Conditions (SILC):**
cross-sectional and longitudinal, since 2007
- **International surveys:** SHARE, KIDSCREEN, European Social Survey,...
- **Qualitative data**

The context of this research in Switzerland

- **Descriptive data** provided by the Federal Office for Statistics
- **Further analyses** conducted by social scientists affiliated with public health departments, social sciences departments, universities of applied sciences
- **Funding:** Swiss National Foundation for Scientific Research + other specific channels (for ex. Leenaards Foundation call on quality of life among elderly people)
- **Publications:** official documents, articles in public health/social epidemiology journals, social science journals

Conclusions

- It is important to monitor health and wellbeing over time: changes in socioeconomic conditions and expectations
- Health inequalities between countries and within countries
- This research should inform policy-making in all domains (education, work, family, health...)

THANK YOU FOR YOUR ATTENTION

Contact: claudine.jeangros@unige.ch

FACULTY OF SOCIAL SCIENCES
Department of Sociology
Claudine Burton-Jeangros

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