









# Die Rekrutierung

University of Zurich  
RADIO

**Wie bleibt Mann gesund?**

**26. Zürcher Präventionstag**

Freitag, 20. März 2015, 9.00 - 16.30 Uhr

Ort: Pharmazentrum, Universitätsstrasse 26, 8055 Zurich

Anmeldung: keine Gebühren, Anmeldung bis 16.03.2015

Information: [www.unizh.ch/preventionstag](http://www.unizh.ch/preventionstag)

Sponsoring: Roche, Novartis, Nestlé, Nestlé Health Science

Anmeldung kostenlos

Zürcher Präventionstag





# Ergebnisse der medizinischen Untersuchung













# Die sportliche Leistungsfähigkeit – Ergebnisse des Test Fitness Rekrutierung (TFR)



















# Empfehlungen für Prävention



## Social and regional variations in health status and health behaviours among Swiss young adults

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### Summary

**OBJECTIVE:** To provide nationwide data on health status and health behaviours among young adults in Switzerland, and to illustrate social and regional variations.

**METHODS:** Data came from the Swiss Federal Surveys of Adolescents, conducted in 2010/11. The sample consisted of 32,424 young men and 1,467 young women. We used logistic regression models to examine patterns of social inequality for three measures of health status and three measures of health behaviour.

**RESULTS:** Among men, lower self-rated health, overweight and lower physical fitness levels were associated with lower educational and fewer financial resources. Patterns were similar among young women. Unfavourable self-rated health (odds ratio [OR]: men 0.83, women 0.75) and overweight (OR: men 0.84, women 0.85;  $p < 0.05$ ) were less common in the French- than in the German-language region. Low physical fitness was more common in the French- than in the German-language region. In both sexes, daily smoking was associated with fewer educational resources, and physical inactivity was associated with lower educational and fewer financial resources. Males from the Italian-language region were three times more likely to be physically inactive than their German-speaking counterparts (OR 2.95). Risk drinking was more widespread among males in the French- than in the German-speaking language region (OR 1.47).

**CONCLUSIONS:** Striking social and moderate regional differences exist in health status and health behaviours among young Swiss males and females. The current findings offer new empirical evidence on social determinants of health in Switzerland and suggest education, material resources and regional conditions to be addressed in public health practice and in more focused future research.

**Key words:** youth health; health behaviours; social determinants; social gradient; regional variations

tion of health and its determinants across social strata and regions within each country. A growing body of statistical evidence from many countries demonstrates the "social gradient effect" of social stratification on health [1]. A "social gradient in health" is a continuous effect pattern in which health status or health behaviour worsens when social disadvantage increases. Likewise, higher social status confers continuous health advantage with continually increasing social resources [2-4].

In Switzerland, our ability to produce scientific reports on the social distribution of health, and to track the social gradient effect on health and health behaviours, is limited by a dearth of nationwide population data on morbidity, risk factors and health behaviours. Helpful data sources on the social and regional distribution of mortality exist [5-7]. However, the few data sets that provide information on health status and health behaviours represent subpopulations in a limited fashion (e.g. Swiss Health Survey) and include very few measures of health (e.g. Swiss Household Panel). Population-based data on youth health (the developmental phase from teenage to early adulthood) is even more limited: few studies to date have systematically examined health status and health behaviours among adolescents and young adults [8-10].

Youth is a period of social transition and increased vulnerability [11-13]. Data that show and compare the distribution of young people's health and its determinants across social strata and regions is especially useful since it helps us to identify necessary interventions during the formative years, a period when many health risk behaviour patterns emerge (e.g. smoking and physical inactivity) [14, 15]. However, a current lack of sufficient data prevents researchers from analysing social and regional distribution patterns in health and health behaviour in younger age groups in Switzerland.

To address the need for more and better data collection, the long-established Swiss conscript studies [16, 17] recently set up "ch-x", a new long-term project to monitor youth de-

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# Konklusion

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Dr. Philippus L. Lehmann  
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Klinische Ernährung

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- **Daten:** Oberfeldarzt der Schweizer Armee (Divisionär Dr. med. A. Stettbacher) und Logistikbasis der Armee – Sanität.
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### Weitere Informationen zur Eidgenössischen Jugendbefragung

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