

# GLOBAL HEALTH IN 2021

## SWITZERLAND

**IPSOS GLOBAL HEALTH SERVICE MONITOR  
AND WORLD MENTAL HEALTH DAY 2021**

**A Global Advisor survey**

October 2021

Find out more on our website:

Stress and mental health are important topics in COVID time for Swiss people

[www.ipsos.com/en-ch/global-health-service-monitor-2021](http://www.ipsos.com/en-ch/global-health-service-monitor-2021)

[www.ipsos.com/en-ch/world-mental-health-day-2021](http://www.ipsos.com/en-ch/world-mental-health-day-2021)

Monday 25th October 00:01 GMT

Friday 8th October 00:01 GMT

**GAME CHANGERS**



# METHODOLOGY

- **30-market survey** conducted by Ipsos on its Global Advisor online platform



**Total base: 21,513 adults aged 16-74 in 24 markets**

- aged 18-74 in the United States, Canada, Israel, Malaysia, South Africa, Turkey
- aged 21-74 in Singapore



**Fieldwork date: August 20 - September 3, 2021 (Predictions 2022) and October 22 - November 5, 2021 (Global Health Service Monitor 2021)**

The sample consists of approximately:

- 1,000 individuals in each of Australia, Belgium, Brazil, Canada, mainland China, France, Germany, Great Britain, Italy, Japan, Spain, and the U.S.
- 500 individuals in each of Argentina, Chile, Colombia, Hungary, India, Israel, Malaysia, Mexico, the Netherlands, Peru, Poland, Russia, Saudi Arabia, Singapore, South Africa, South Korea, Sweden, **Switzerland**, and Turkey.

# GLOBAL HEALTH IN 2021

A global perspective on the major issues for personal health and healthcare systems today, including how people rate the services available to them and what they think needs to be improved.

Our annual 30-country survey explores the public view on personal health challenges and how well-equipped healthcare systems are to deal with them. New to the survey this year are Colombia, Singapore and **Switzerland**.

- This is the second wave of this study that has taken place during the Coronavirus pandemic and, understandably, **concern about the virus is still a major issue** (selected by 70% of people across all 30 countries), followed by cancer (34%) and mental health (31%).

 **Similarly, in Switzerland, the Coronavirus is a top health concern (65%). However, stress records above-average levels of concern (31%), putting this health issue on the 2<sup>nd</sup> place. Cancer is on the 3<sup>rd</sup> (29%) and mental health on 4<sup>th</sup> place (28%).**

- High concern with stress and mental health are for sure impacted by belief that a full return to normal is still elusive. Before the discovery of the omicron variant, two-thirds expected that a return to normal pre-COVID life is still more than six months away – if it ever happens.
-  **Situation is similar in Switzerland, where 70% expect that they won't be able to return to normal pre-COVID life before at least six more months.**

# GLOBAL HEALTH IN 2021

Despite the additional strain that the pandemic has placed on healthcare systems, positive ratings and levels of trust in healthcare services have, on average, not been damaged.

- However, there is widespread recognition that the health sector faces certain challenges. A majority worldwide (56%) think their country's **healthcare system is overstretched** (only 39% in Switzerland).
- ⊕ In contrast, Switzerland is in 2<sup>nd</sup> position globally on the quality of healthcare and 74% trust the Swiss healthcare system to provide them with the best treatment (1<sup>st</sup> position globally)
- Overall, people think improving **waiting times** is the main challenge for health services to address.
- ⊕ In Switzerland, **lack of staff** (44%) and **costs of accessing treatments** (37%) are perceived to be the two most important challenges that healthcare systems need to improve.
- Looking forward, more people **expect their country's healthcare systems to improve** than worsen, but optimism is not widespread across all the countries surveyed.
- ⊕ In Switzerland, because of the already good perceived quality of the healthcare system, only 24% expect it to improve, while 16% expect it to worsen.
- Globally two in five consider the healthcare system provides same quality of care to everyone, while **half the people in Switzerland think there is equity of treatment for everyone.**
- **The large majority of adults think mental and physical health are equally important** (79%) (75% in Switzerland), however healthcare services place greater importance on physical health (42%) (39% in Switzerland)

# PREDICTIONS 2022



SWITZERLAND

*October 22nd - November 5th 2021*

# COVID-19: WILL THE PANDEMIC EVER END AND HOW WILL WE KNOW?

# 1

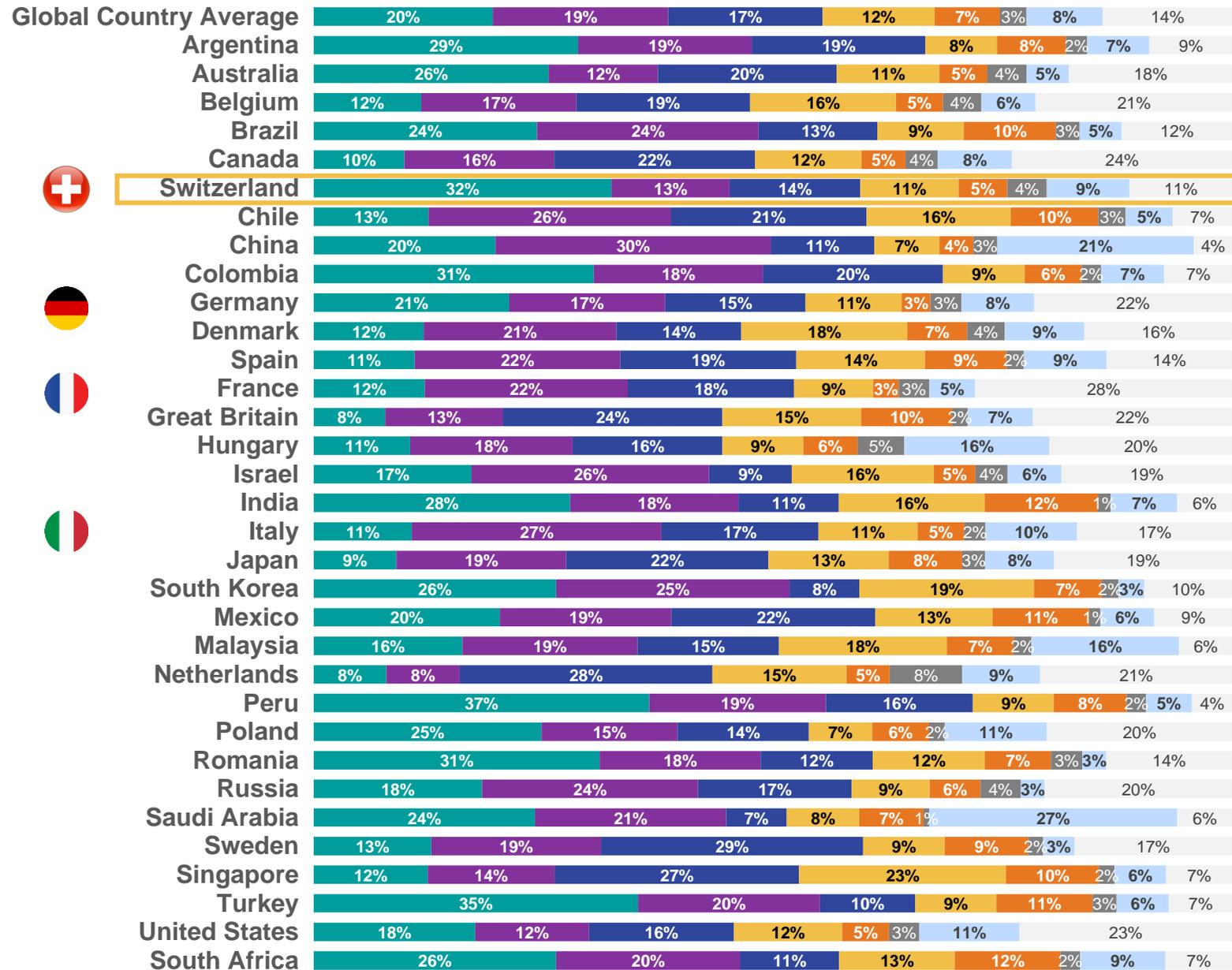
# WHAT WOULD SIGNAL THE END OF THE PANDEMIC

Views on what would signal the end of the pandemic vary both within and across countries.

Among Swiss people, one in three say it'll be when at least 75% of the population have been vaccinated.

- When at least 75 percent of the population in ... has been vaccinated
- When transmission of the coronavirus in ... has completely stopped
- When hospitals across the country have had normal operations, with no staff or equipment shortages, for at least one month
- When there are fewer than 10 new cases for every million people in ... each day
- When there are fewer than 2 COVID deaths for every million people in ... each week
- Other
- The pandemic has already come to an end
- Don't know

Q. Which of the following do you think would be the best indicator that the COVID-19 pandemic is ending and that major restrictions can be lifted in ...?

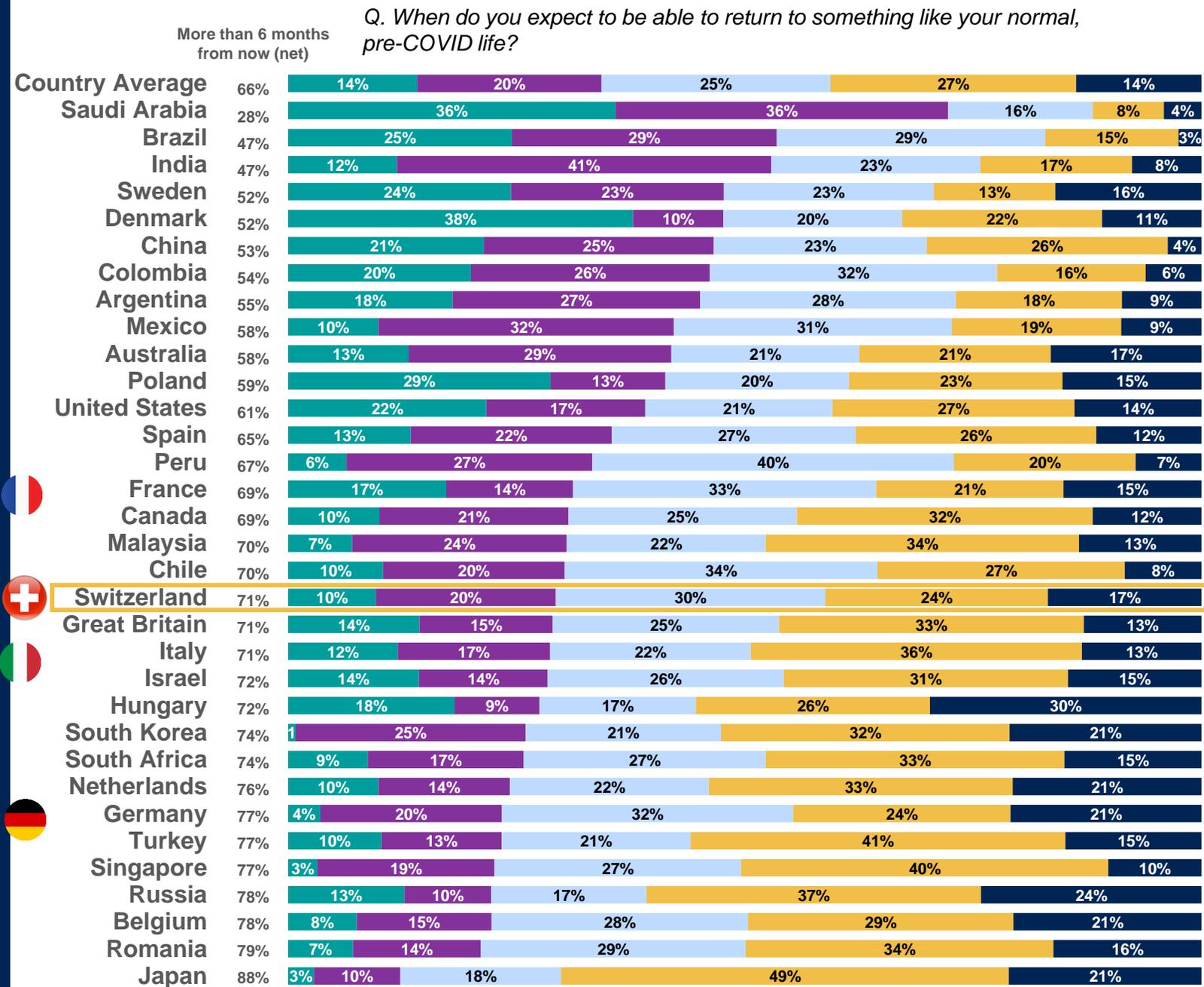
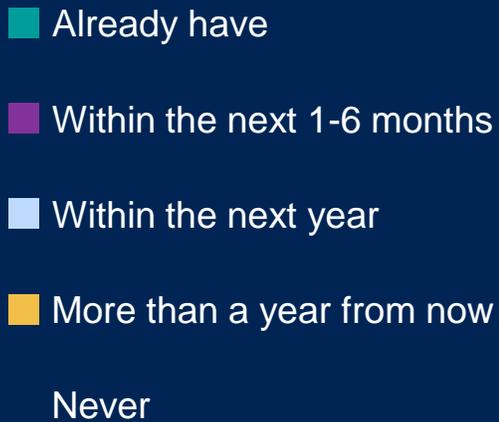


Base: 22,023 online adults aged 18--74 across 33 countries incl. 500 from Switzerland, October 22<sup>nd</sup> and November 5<sup>th</sup> 2021.

# EXPECTATIONS ON WHEN LIFE WILL RETURN TO PRE-COVID NORMAL

Many see a long horizon before a return to normal life.

In Switzerland, 70% expect that they won't be able to return to normal pre-COVID life before at least six more months.



Base: 22,023 online adults aged 18--74 across 33 countries incl. 500 from Switzerland, October 22<sup>nd</sup> and November 5<sup>th</sup> 2021.

# GLOBAL HEALTH SERVICE MONITOR 2021



SWITZERLAND

*August 20<sup>th</sup> – September 3<sup>rd</sup> 2021*

# HEALTH CONCERNS

# 2

*August 20<sup>th</sup> – September 3<sup>rd</sup> 2021*

# GLOBAL HEALTH CONCERNS

## 1. Coronavirus

70%

say **Covid-19** is a top health concern facing their country today (global country average)

It is the #1 health problem in 25 of 30 countries, including in Switzerland.

Highest in **Malaysia, Peru, Japan** and **Mexico**

 65% in Switzerland

## 2. Cancer

34%

↓ -18

point drop in **cancer** as a top health worry vs. our (pre-Covid) 2018 survey

Highest levels of concern in **Russia, Belgium, Italy, Poland** and **Spain**.

The European average is 42%

 29% in Switzerland

## 3. Mental Health

31% ↑ +5

percentage point increase in those who consider **mental health** a top health problem (2021 vs. 2020)

*Mental health remains a top health issue during the pandemic.*

**Sweden, Chile** and **Australia** are the countries most likely to select this.

 28% in Switzerland



### TOP HEALTH CONCERNS

1. Coronavirus
2. Stress
3. Cancer
4. Mental health

# HEALTH PROBLEMS GLOBAL OVERVIEW

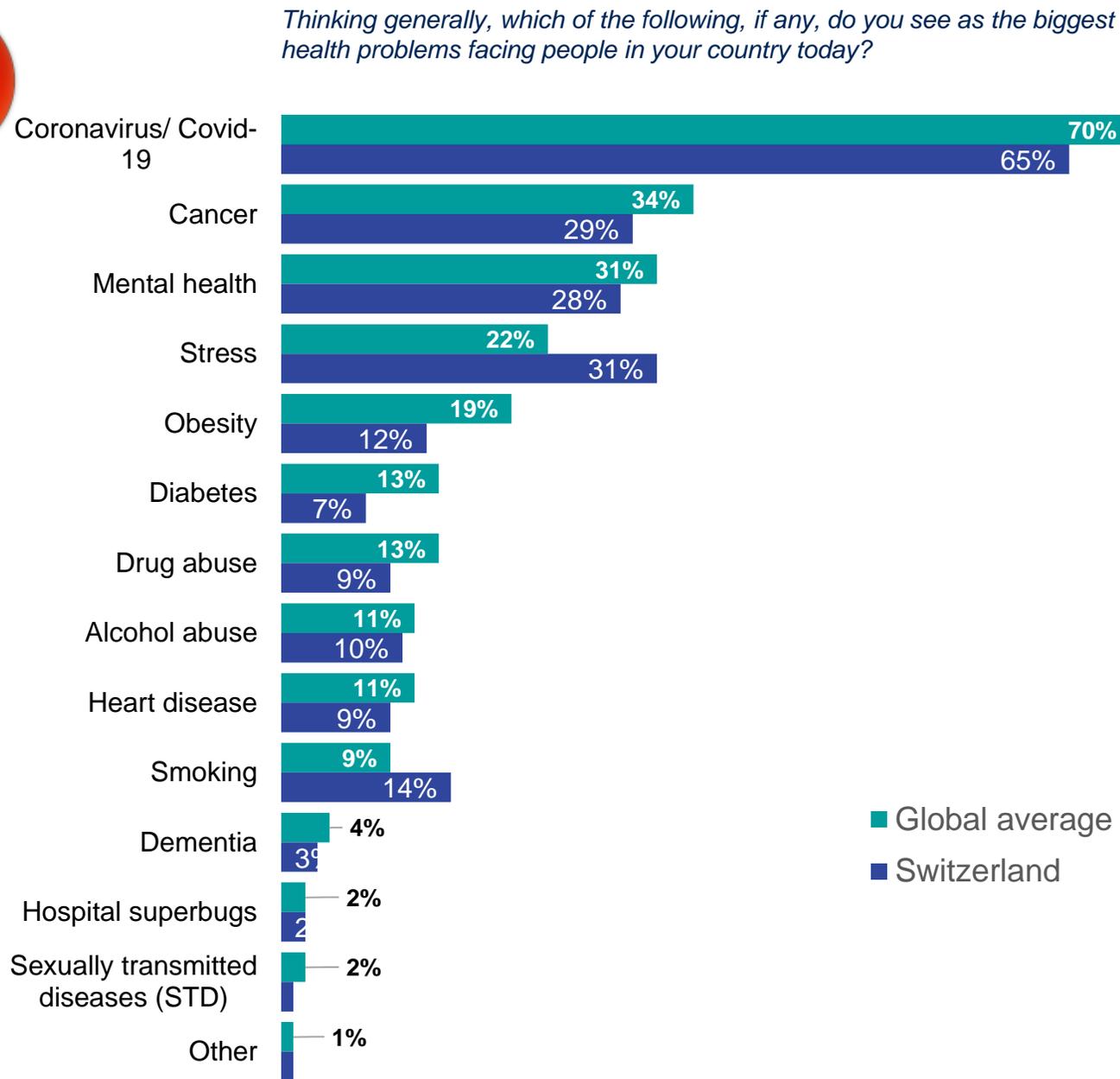


*Covid-19 is the top health problem facing the world today, with 70% of our respondents across 30 countries selecting this, followed by cancer (35%) and mental health (31%).*

**Similarly, in Switzerland Covid-19 is the top health concern (65%).**

**However, stress records above-average levels of concern (31%), putting this health issue on the second place.**

**Cancer is on the third place (29%) and mental health on fourth, being only slightly behind cancer (28%).**



# CORONAVIRUS

Coronavirus is by far the greatest health concern today, according to the global public.



Switzerland scores below global average (-5pp) with 65% seeing Coronavirus as the biggest health problem in the country.

Switzerland is in 24<sup>th</sup> position among 30 countries, far behind Italy (18<sup>th</sup>), Germany (17<sup>th</sup>) and France (14<sup>th</sup>)

Significantly higher among 50-74 y.o. people:

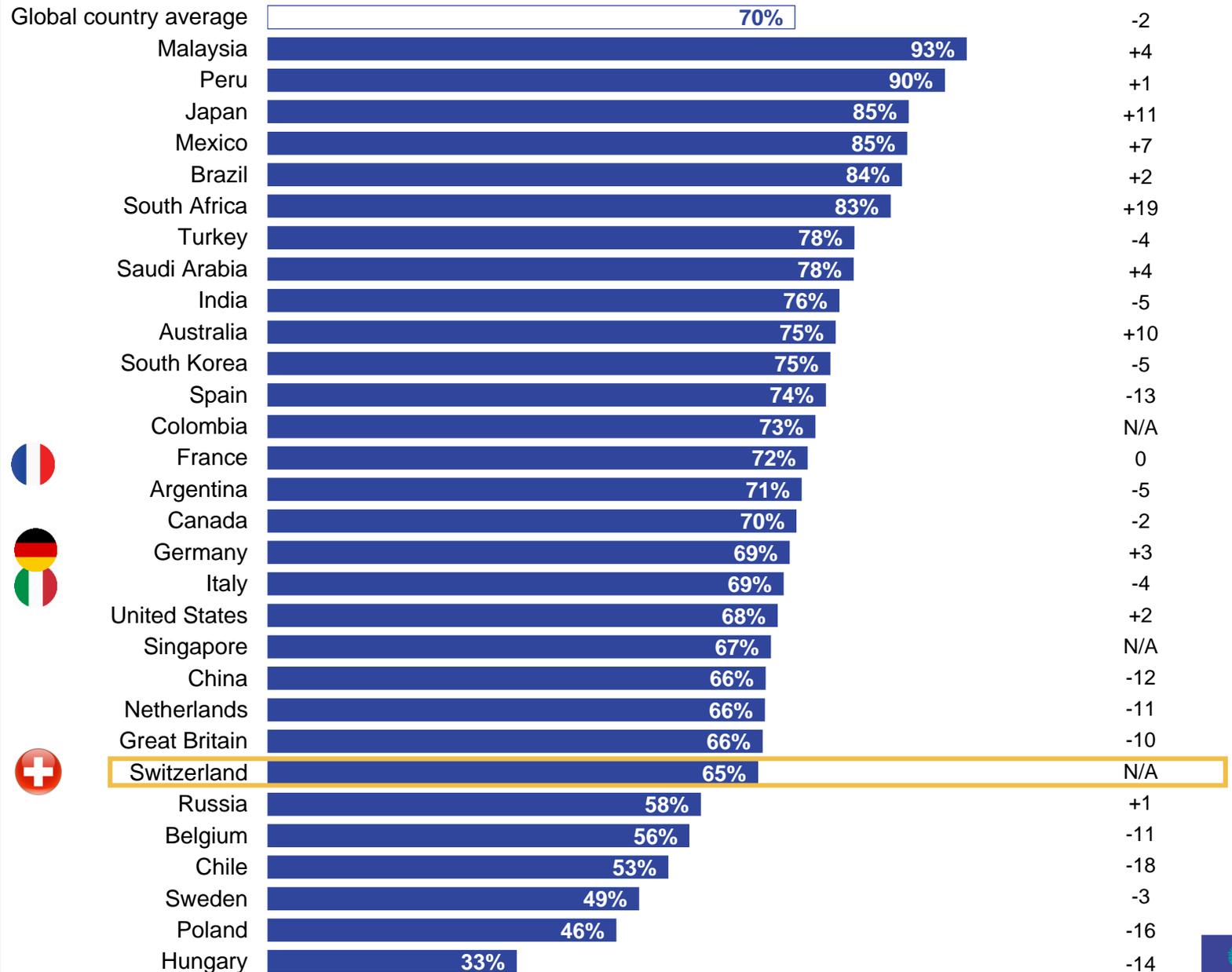
59% → <35 y.o.

58% → 35-49

75% → 50-74

Thinking generally, which of the following, if any, do you see as the biggest health problems facing people in your country today? - Coronavirus

% change vs. 2020



Base: 21,513 online adults in 30 countries incl. 500 from Switzerland, August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.



# CANCER

One-third of respondents say cancer is one of the top health problems. The 34% recorded today is down from 37% in 2020 and 18 points lower than the 52% recorded pre-Covid, in 2018. The average for Europe is higher than other regions, at 45%.

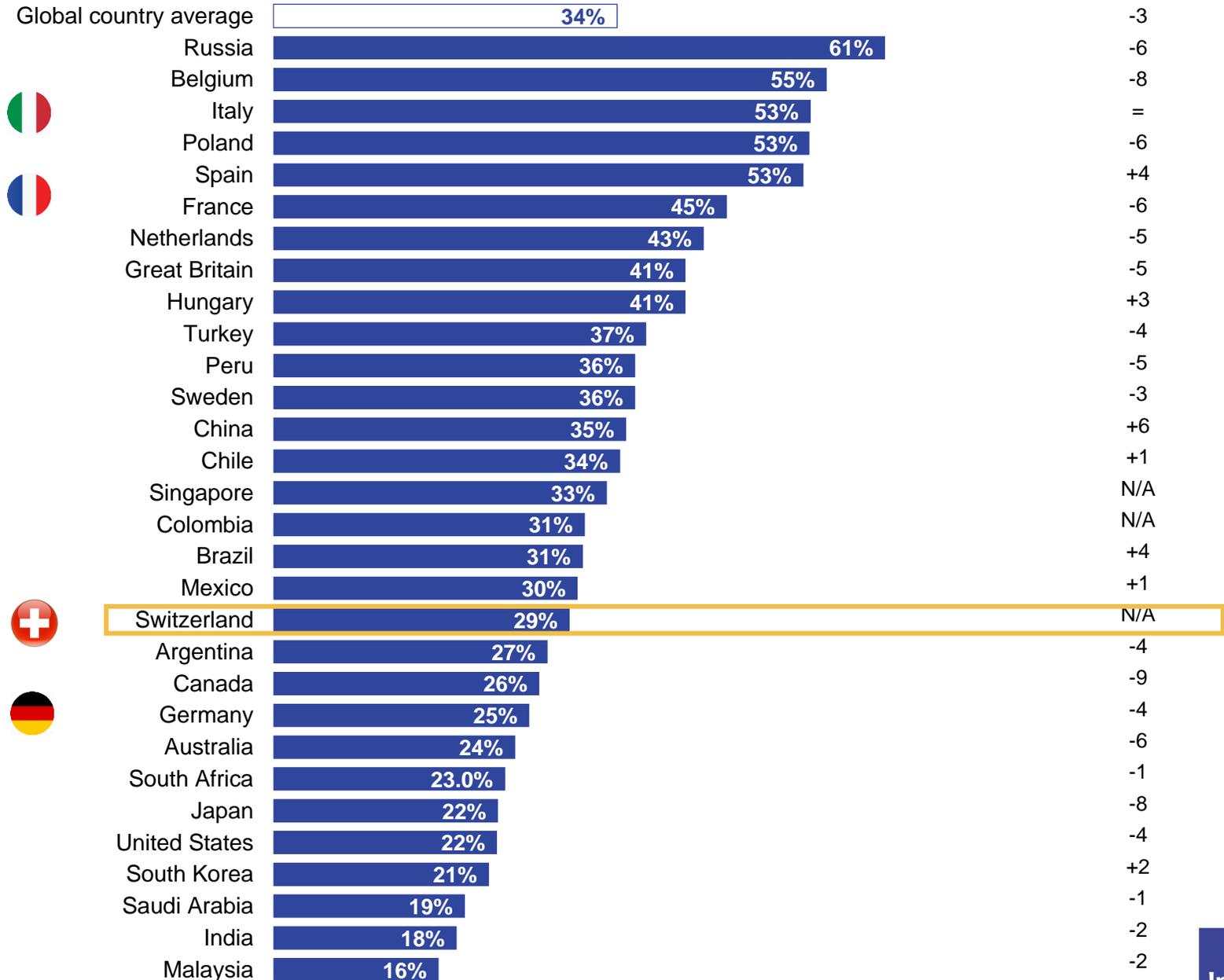


Switzerland scores below global average (-5pp) with 29% seeing Cancer as the biggest health problem in the country.

Significant differences across age groups:  
21% → <35 y.o.  
37% → 50-74

Thinking generally, which of the following, if any, do you see as the biggest health problems facing people in your country today? - Cancer

% change vs. 2020



Base: 21,513 online adults in 30 countries incl. 500 from Switzerland, August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.

# MENTAL HEALTH

Three in 10 (31%) across 30 countries say mental health is one of the top health problems facing people their country today. This is up 5 percentage points from 2020.

Women are also more likely to select mental health as a top health concern (36% vs. 26% of men).



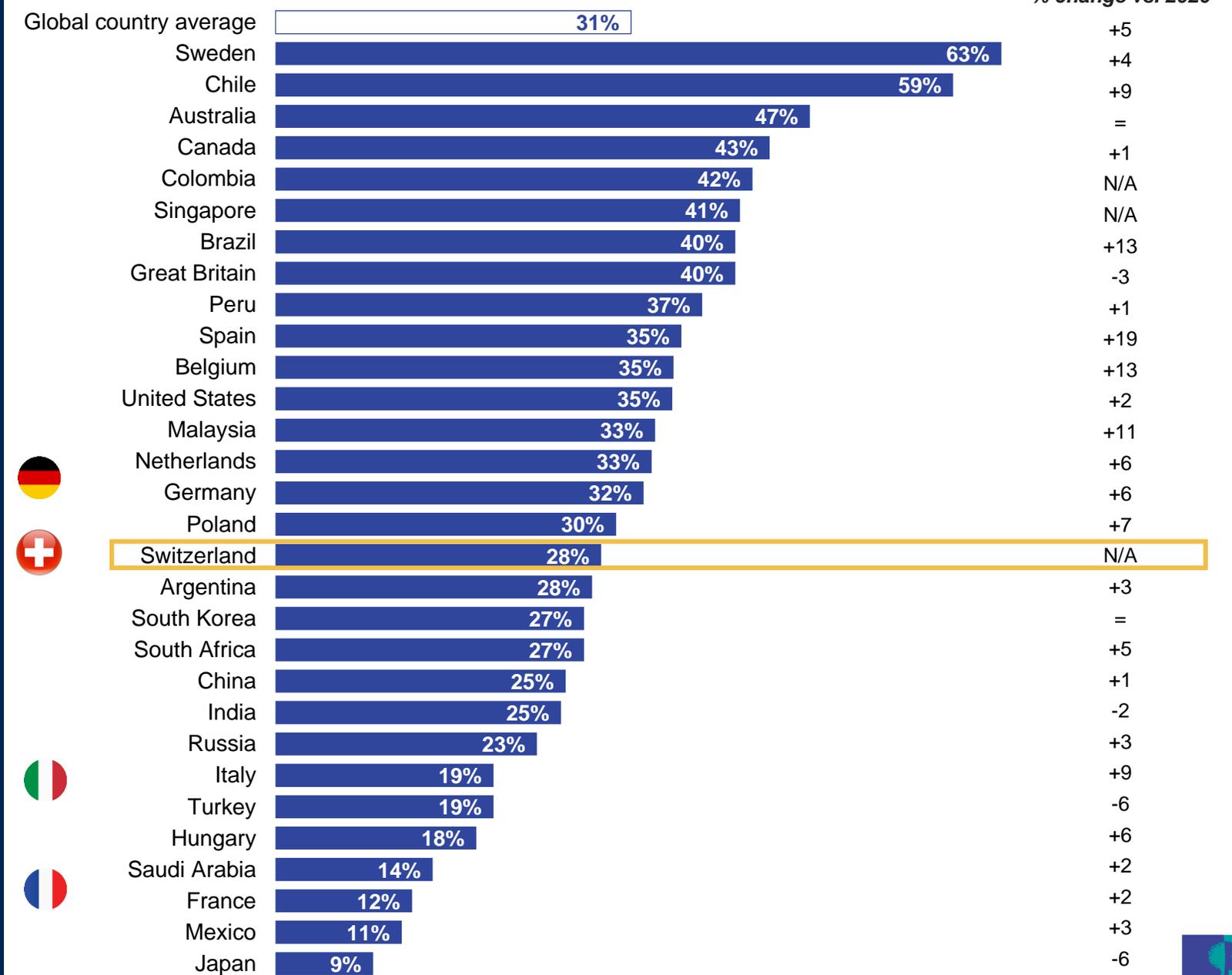
Switzerland scores below global average (-3pp) with 28% seeing Mental health as the biggest health problem in the country.

Switzerland is in 17<sup>th</sup> position among 30 countries behind Germany (15<sup>th</sup>).

Significantly higher among female and under 50 y.o. people:

34% → <35 y.o.      23% → men  
 32% → 35-49      34% → women  
 21% → 50-74

Thinking generally, which of the following, if any, do you see as the biggest health problems facing people in your country today? – Mental Health



Base: 21,513 online adults in 30 countries incl. 500 from Switzerland, August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.



# STRESS

One in five globally say that stress is a top health issue (22%). Overall, stress is considered a more serious health problem by under-50s around the world.



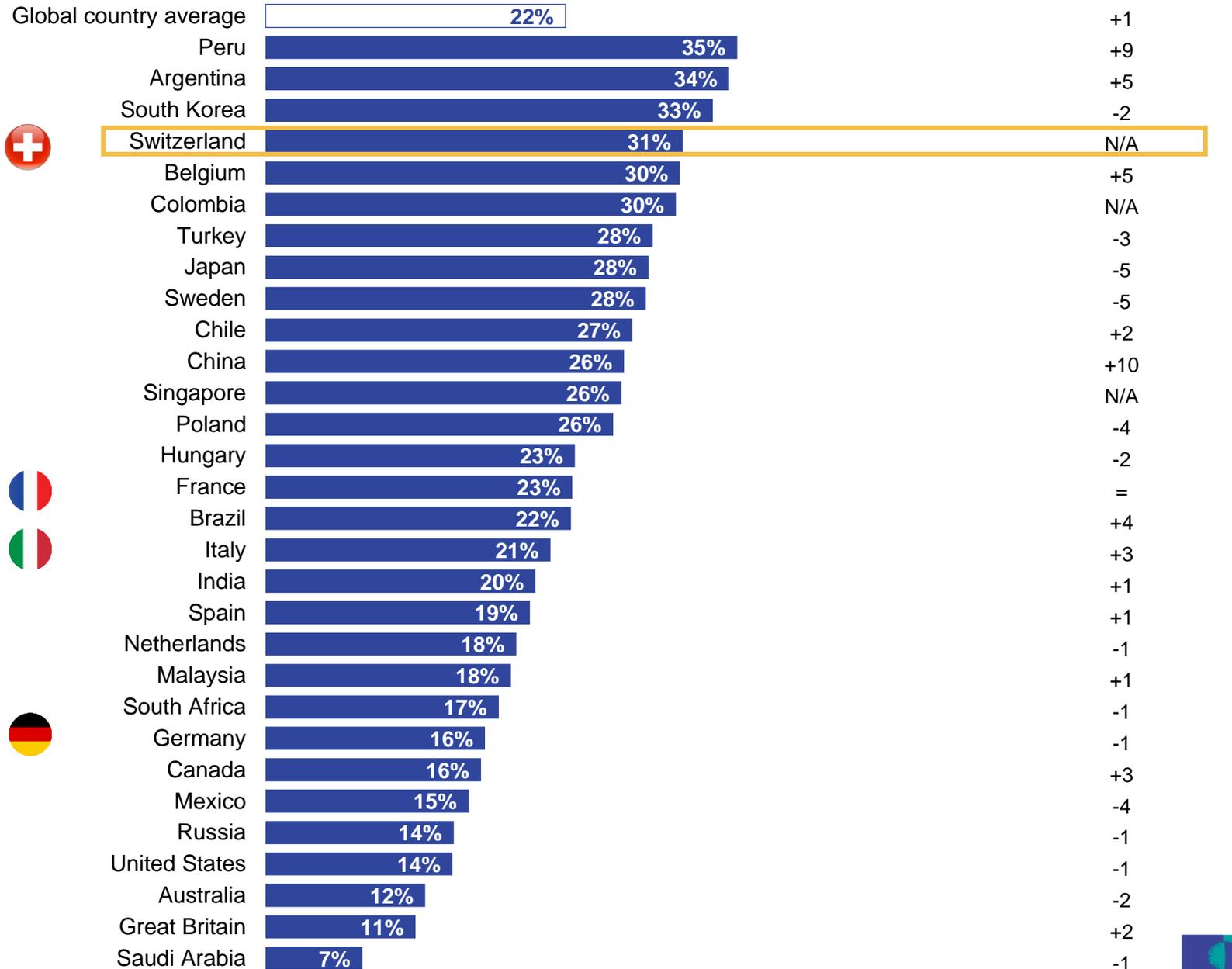
**Switzerland is in 4<sup>th</sup> position among 30 countries.**

Switzerland scores above global average (+9pp) with 31% seeing stress as the biggest health problem in the country.

Significantly higher among highly educated and among under 50 y.o. people:

36% → <35 y.o.	22% → low edu.
39% → 35-49	38% → medium edu.
20% → 50-74	40% → high edu.

Thinking generally, which of the following, if any, do you see as the biggest health problems facing people in your country today? – Stress



Base: 21,513 online adults in 30 countries incl. 500 from Switzerland, August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.

# HEALTHCARE PERCEPTIONS

# 3

*August 20<sup>th</sup> – September 3<sup>rd</sup> 2021*

# VIEWS OF HEALTHCARE SERVICES

## GLOBAL VS SWITZERLAND

**53%** 

on average say their country's healthcare services are "good"

**34%** 

on average expect quality of healthcare to get better



24% in Switzerland

**56%**

globally say the system is overstretched

vs. **39%** in Switzerland 

 **78%** in Switzerland



**62%**  **49%** in Switzerland

on global average think vaccinations against infectious diseases should be compulsory

**Three in five** 

on global average say that most people in their country cannot afford good healthcare



**39%** globally think that health systems provide equal care to everyone

vs. **51%** in Switzerland 

 **Two in five in Switzerland**

# QUALITY OF HEALTHCARE

By healthcare we include doctors, specialist physicians such as surgeons, hospitals, tests for diagnosis and drugs to treat various ailments



Switzerland is in 2<sup>nd</sup> position globally for the quality of its healthcare system.

Almost four in five adults consider the healthcare system to be good.

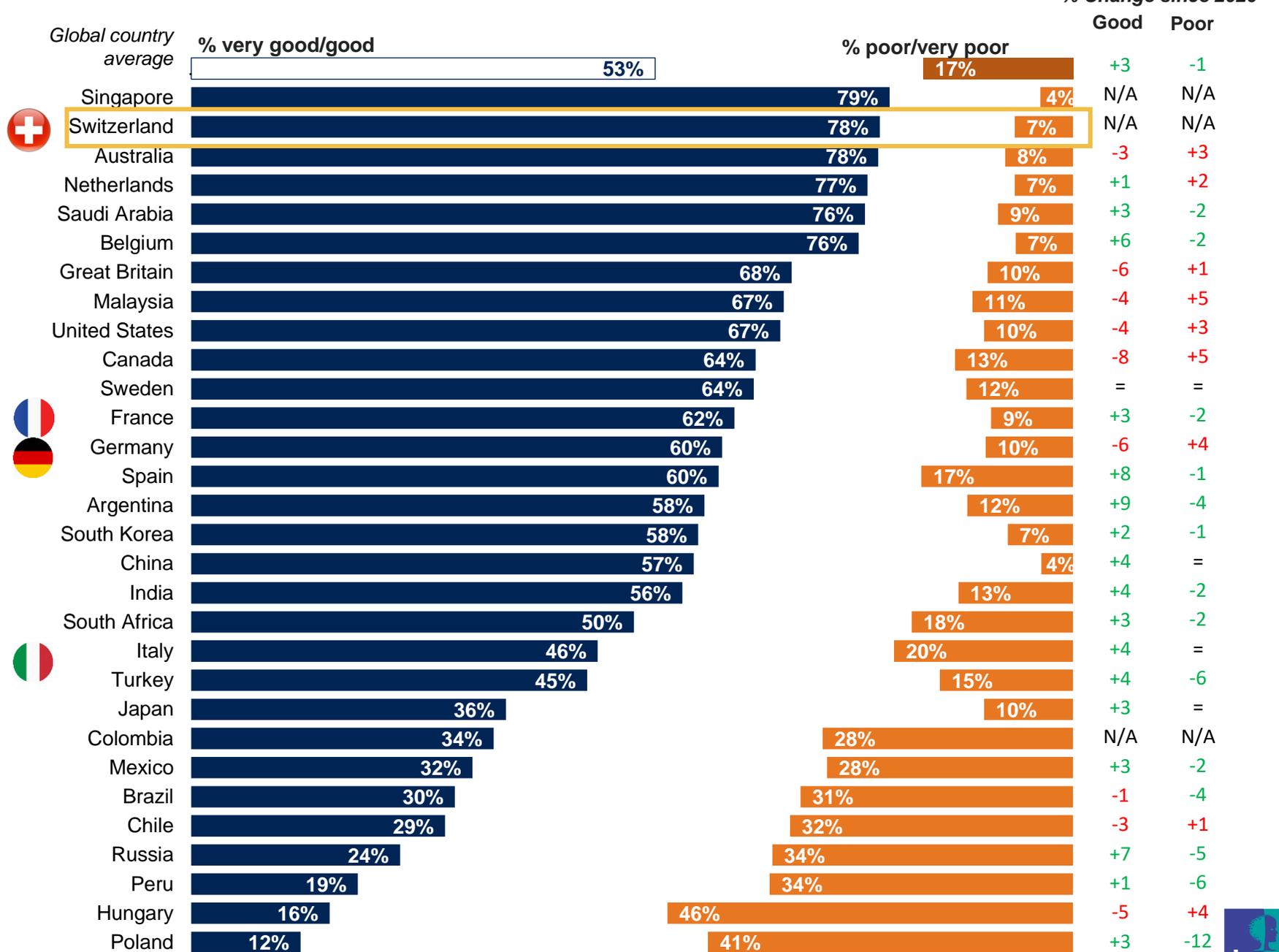
Significantly higher among older people:

70% → <35 y.o.

76% → 35-49

87% → 50-74

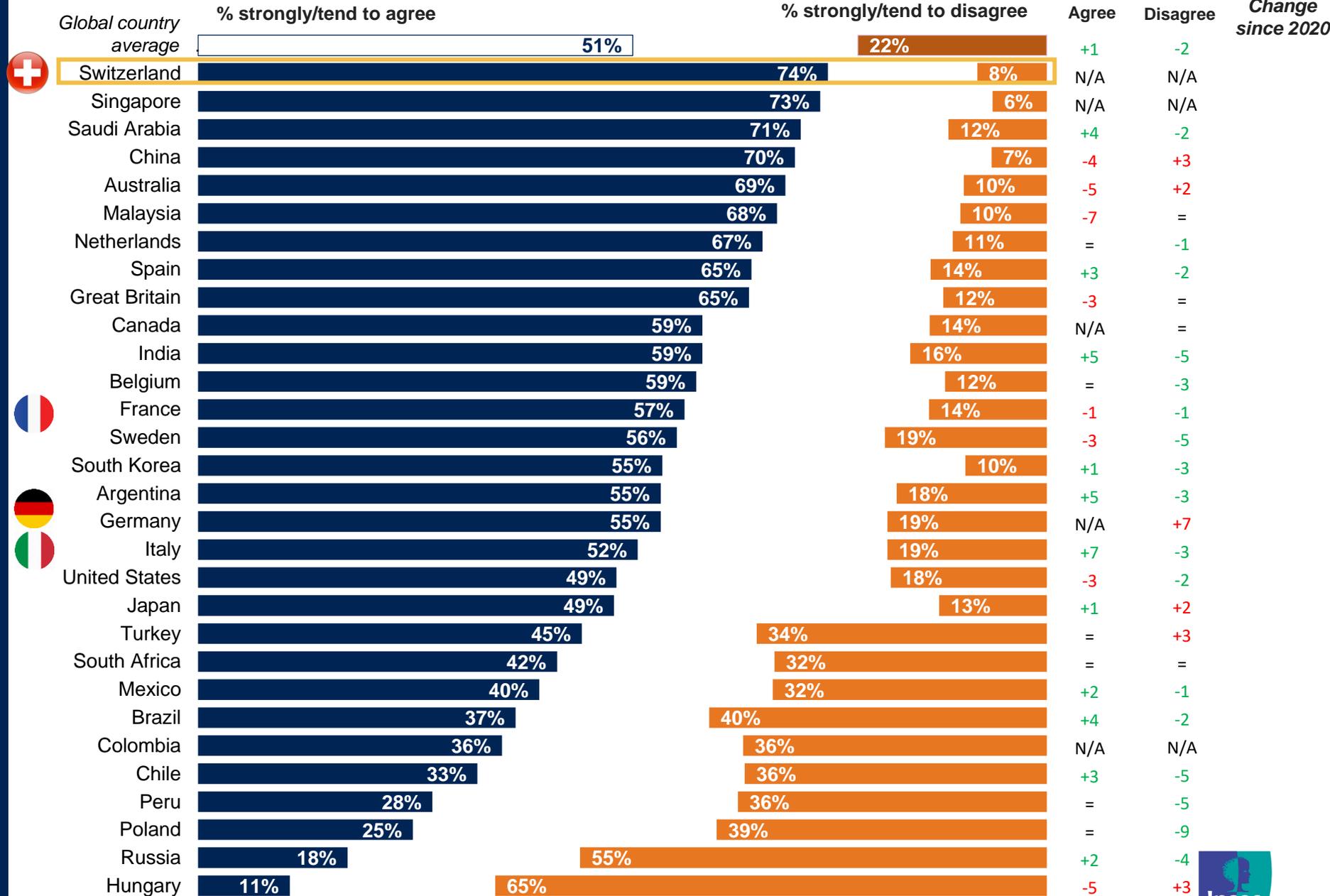
How would you rate the quality of healthcare that you and your family have access to in your country?



Base: 21,513 online adults in 30 countries incl. 500 from Switzerland, August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.

# TRUST IN HEALTHCARE

"I trust the healthcare system in my country to provide me with the best treatment." To what extent do you agree or disagree with this statement?



In Switzerland, almost three in four adults trust that the healthcare system will provide them with the best treatment.

Switzerland is in 1<sup>st</sup> position in trust in healthcare system among 30 countries.

Significant differences across age groups:

66% → <35 y.o.

82% → 50-74

# HEALTH SERVICE INFORMATION

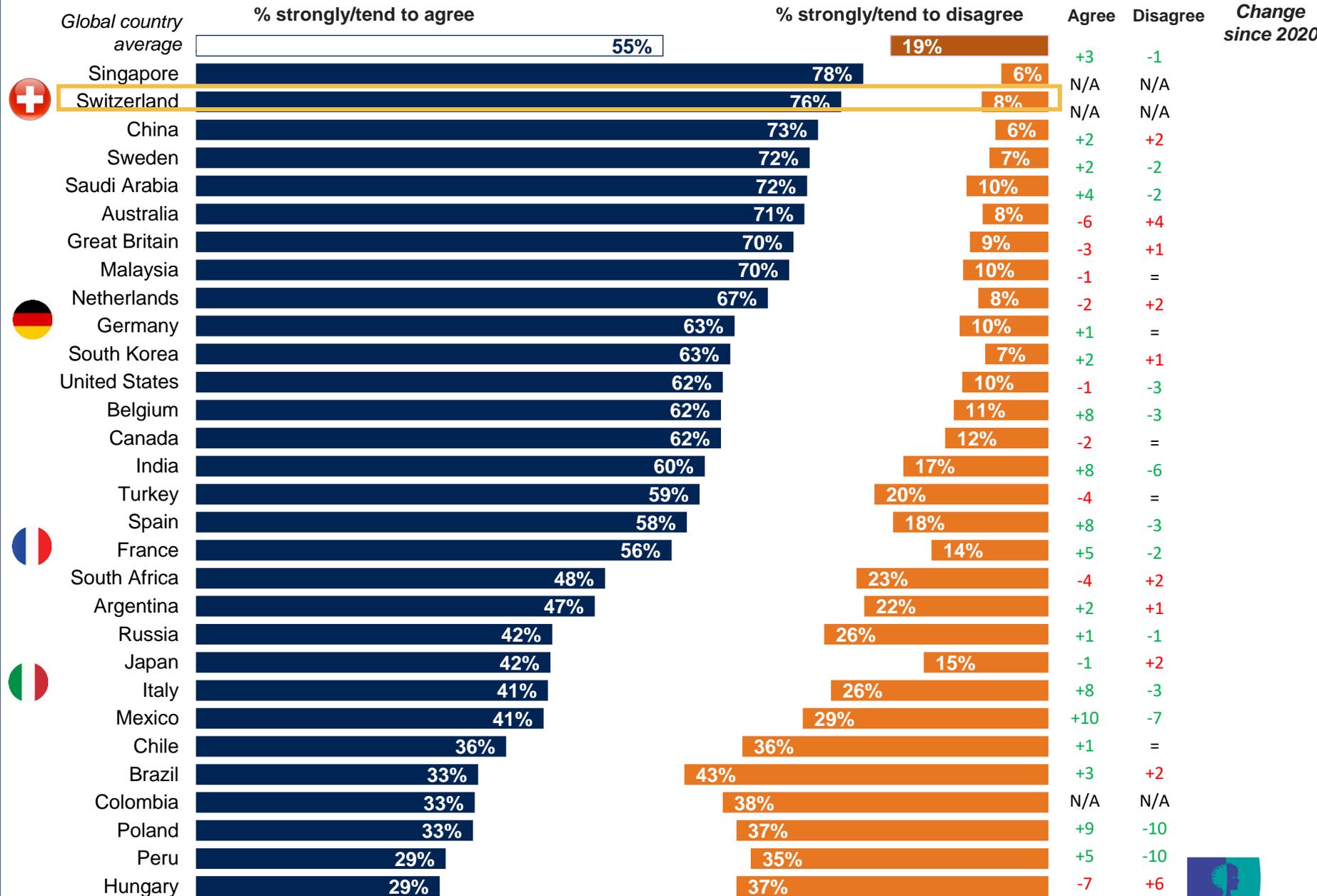


Three in four persons in Switzerland consider that information about healthcare services is readily available when they need it.

Switzerland is in 2<sup>nd</sup> position globally, behind Singapore.

Among all demographic groups

"In my country, information about healthcare services is readily available when I need it". To what extent do you agree or disagree with this statement?



Base: 21,513 online adults in 30 countries incl. 500 from Switzerland, August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.

# HEALTHCARE INFORMATION



Almost three in four persons in Switzerland also agree that information about how to look after their health is available.

Switzerland is in 4<sup>th</sup> position globally.

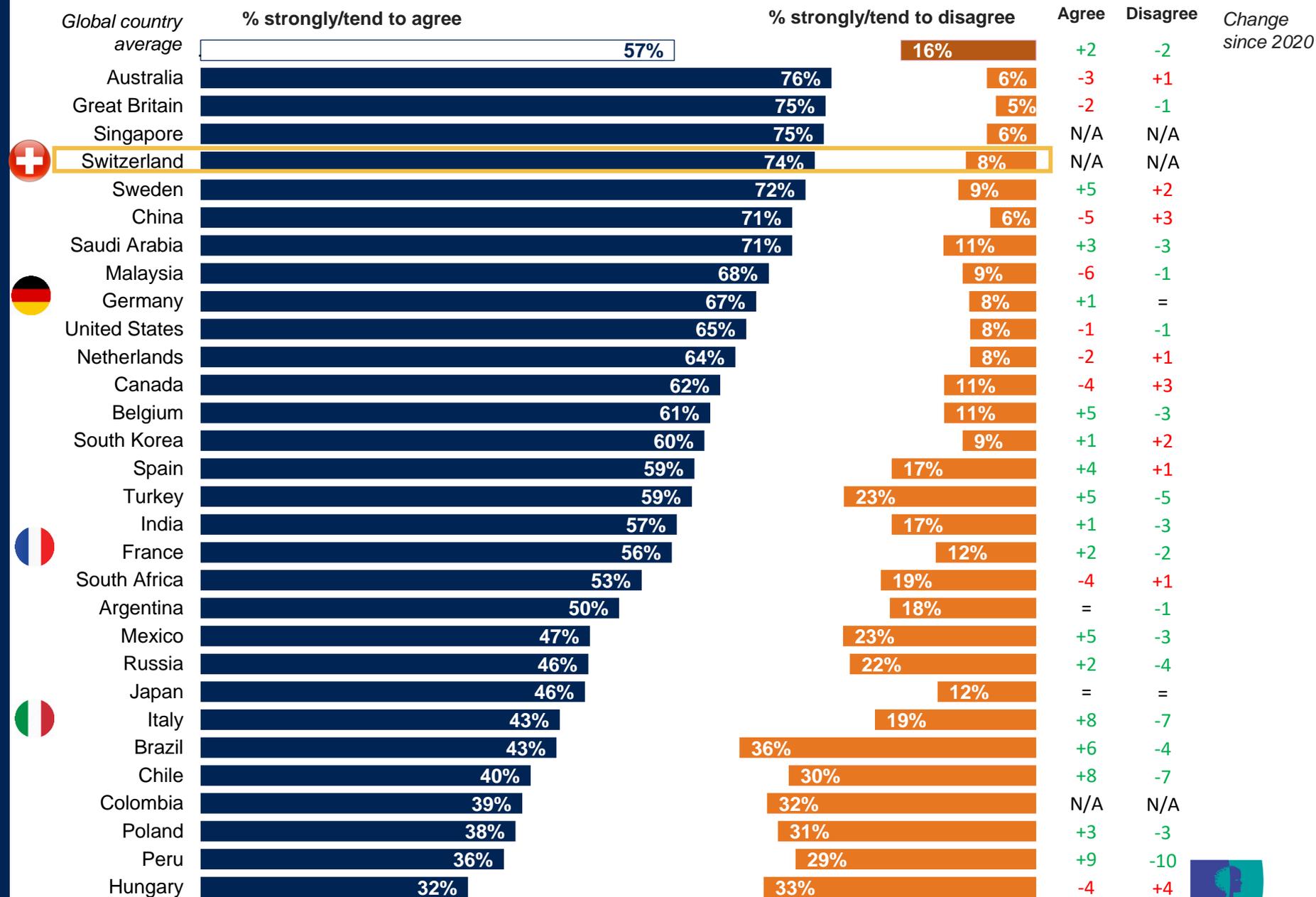
Significant differences across age groups:

67% → <35 y.o.

77% → 35-49

77% → 50-74

"In my country, information about how to look after my health is readily available when I need it". To what extent do you agree or disagree with this statement?



Base: 21,513 online adults in 30 countries incl. 500 from Switzerland, August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.

# COST OF HEALTHCARE



In Switzerland, two in five consider costs are too high, while in global average three in five people see it as not affordable.

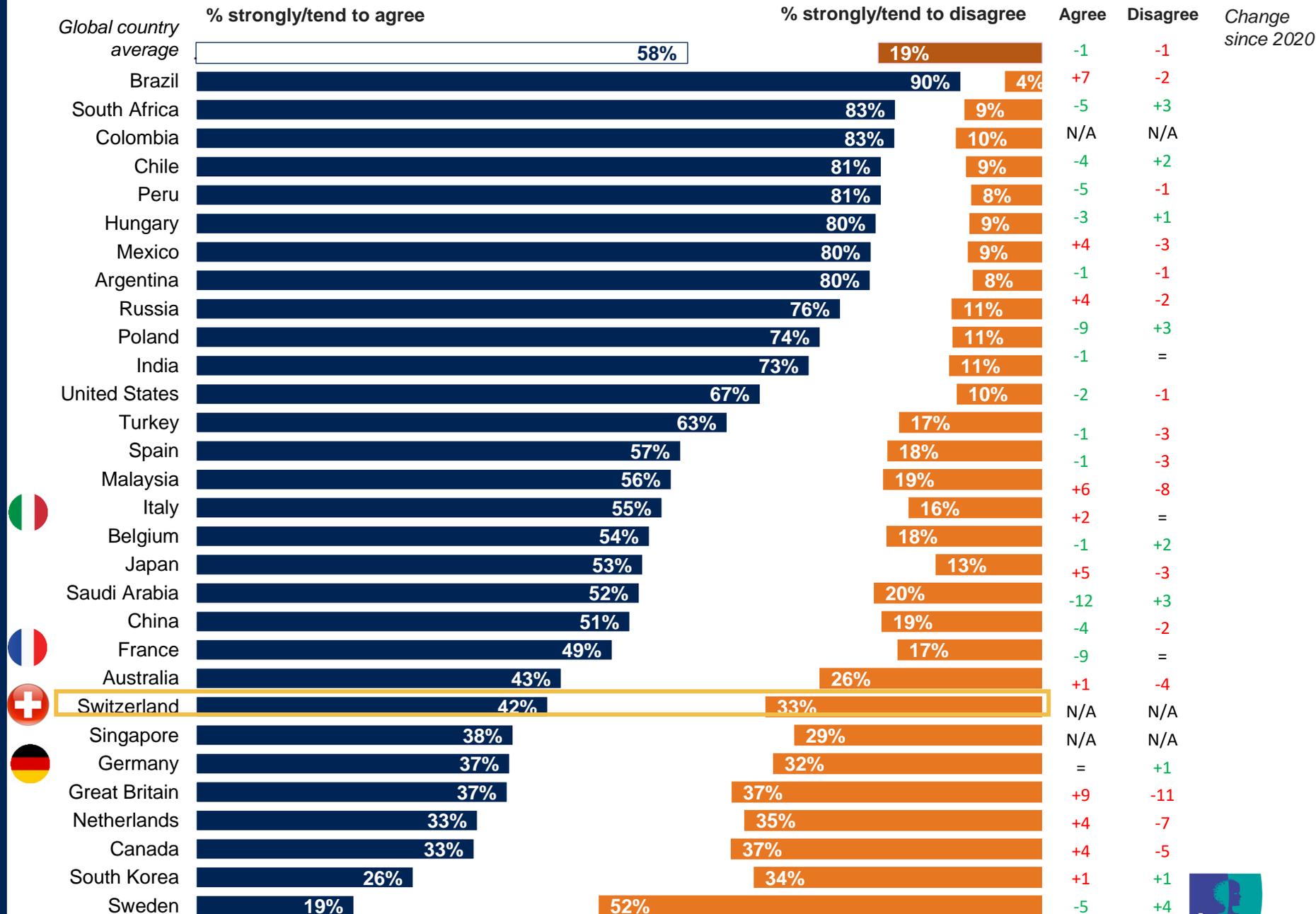
Significant differences depending on income level:

49% → low hh income

36% → medium hh income

32% → high hh income

"Many people in my country cannot afford good healthcare". To what extent do you agree or disagree with this statement?



Base: 21,513 online adults in 30 countries incl. 500 from Switzerland, August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.

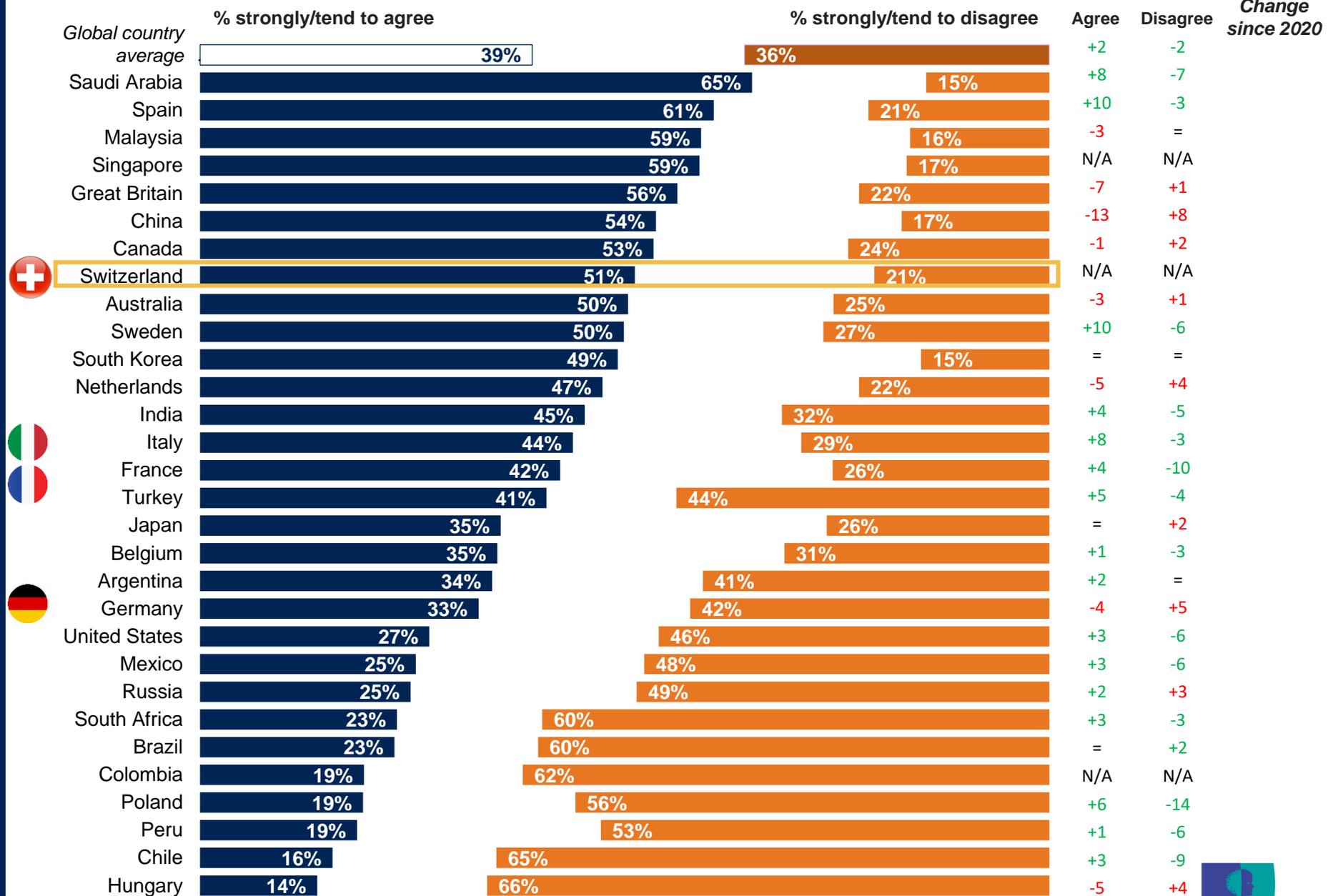
# EQUALITY OF CARE



Half the people in Switzerland consider the healthcare system provides same quality of care to everyone.

No sign. differences across demographic groups

“The healthcare system in my country provides the same standard of care to everyone“. To what extent do you agree or disagree with this statement?



Base: 21,513 online adults in 30 countries incl. 500 from Switzerland, August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.

# HEALTHCARE CAPACITY



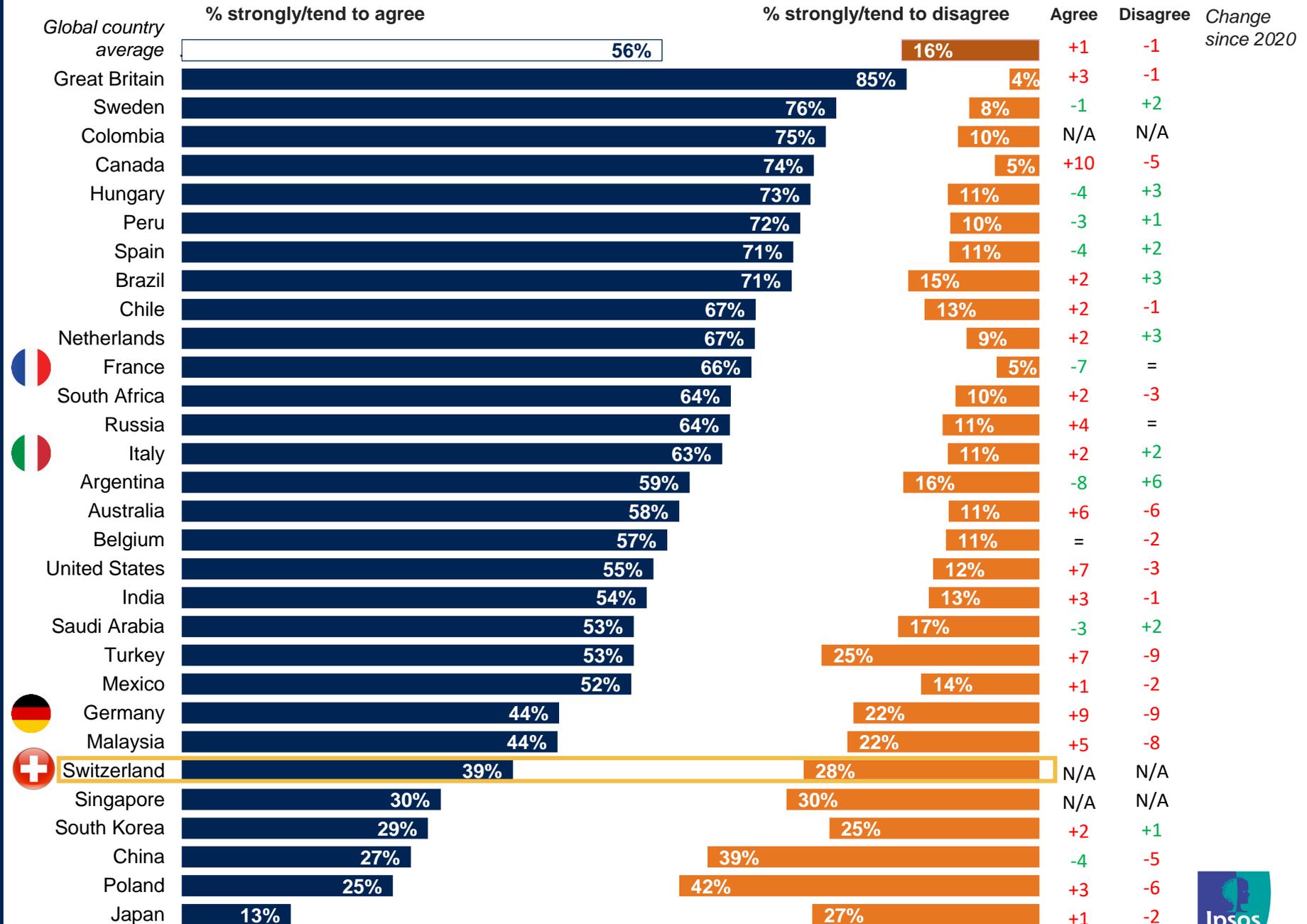
Two in five consider that the healthcare system is overstretched, compared to 56% on global average.

This perception is significantly different across income levels:

46% → low hh income

33% → medium hh income

"The healthcare system in my country is overstretched." To what extent do you agree or disagree with this statement?



Base: 21,513 online adults in 30 countries incl. 500 from Switzerland, August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.

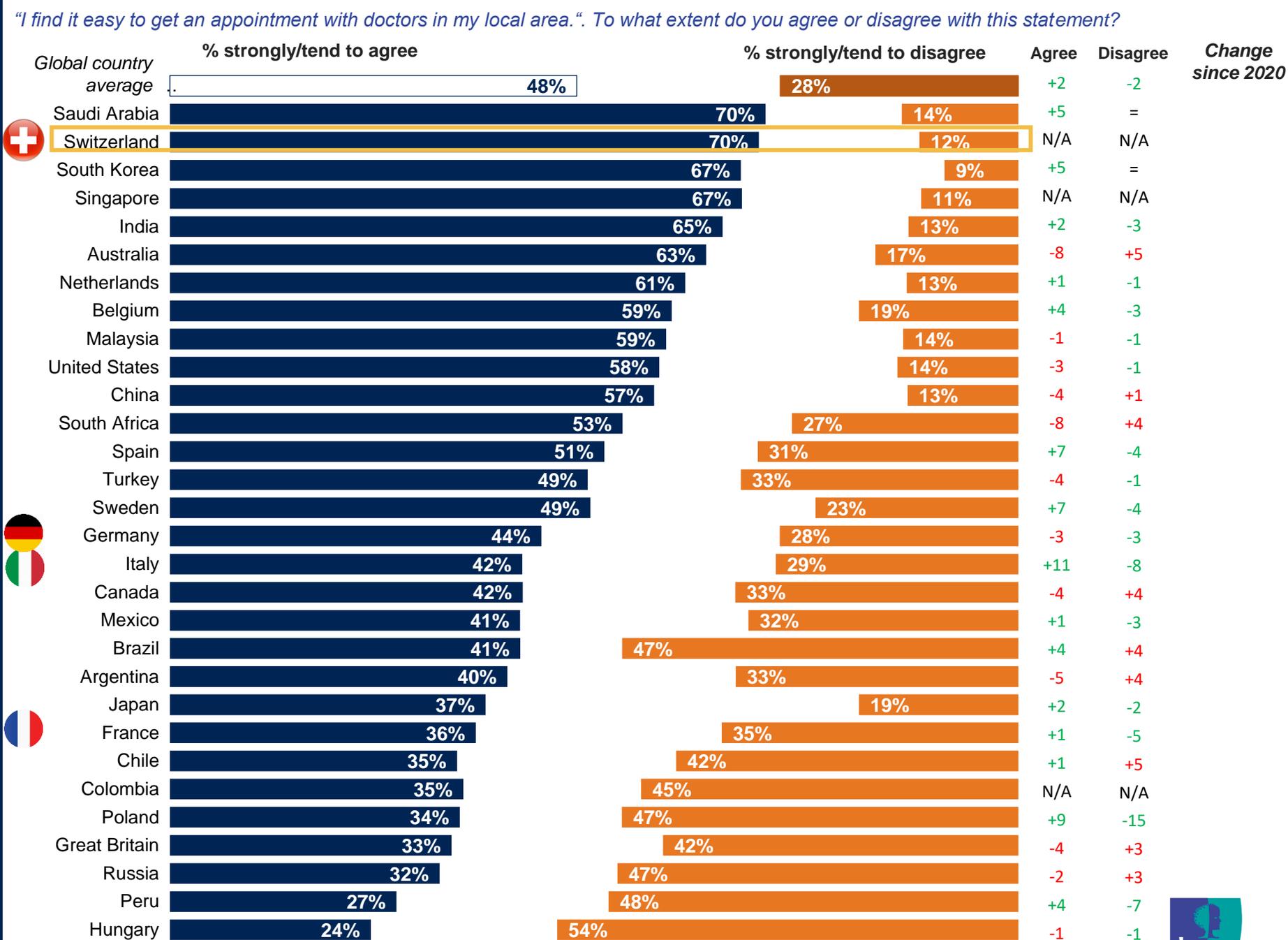
# GETTING AN APPOINTMENT



Seven in ten consider it easy to get an appointment with doctors in their local area.

Switzerland is in 2<sup>nd</sup> position on global comparison.

No sign. differences across demographic groups



Base: 21,513 online adults in 30 countries incl. 500 from Switzerland, August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.



# WAITING TIMES



Less than three in ten persons in Switzerland consider waiting times to get an appointment with doctors too long.

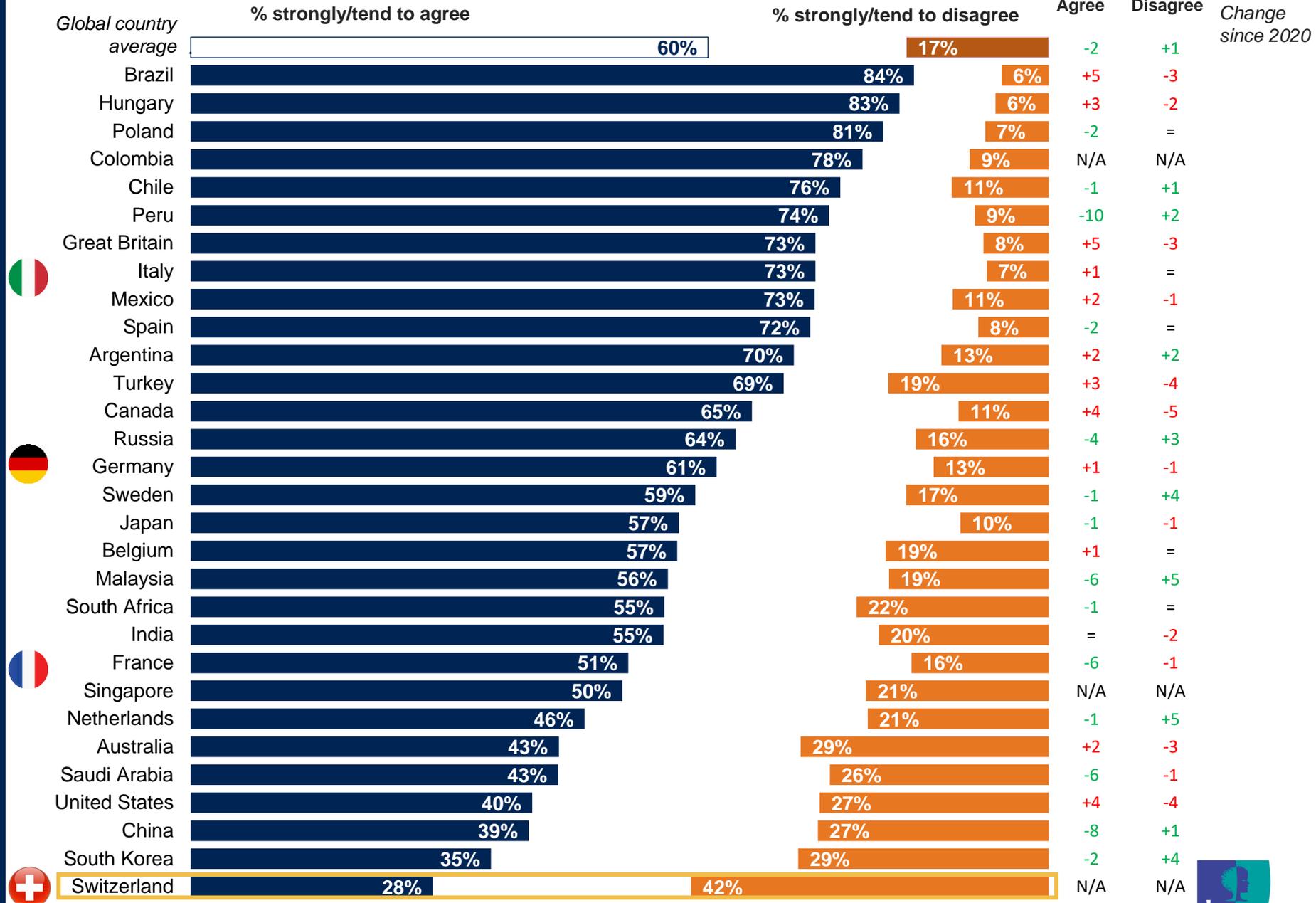
Switzerland is in last position among 30 countries on this indicator.

Significant differences on those who disagree:

40% → <35 y.o.

50% → 50-74

“Waiting times to get an appointment with doctors are too long in my country“. To what extent do you agree or disagree with this statement?



Base: 21,513 online adults in 30 countries incl. 500 from Switzerland, August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.

# COMPULSORY VACCINATIONS



About half Swiss people think vaccination against serious diseases should be compulsory.

Switzerland scores low compared to the global average on this indicator.

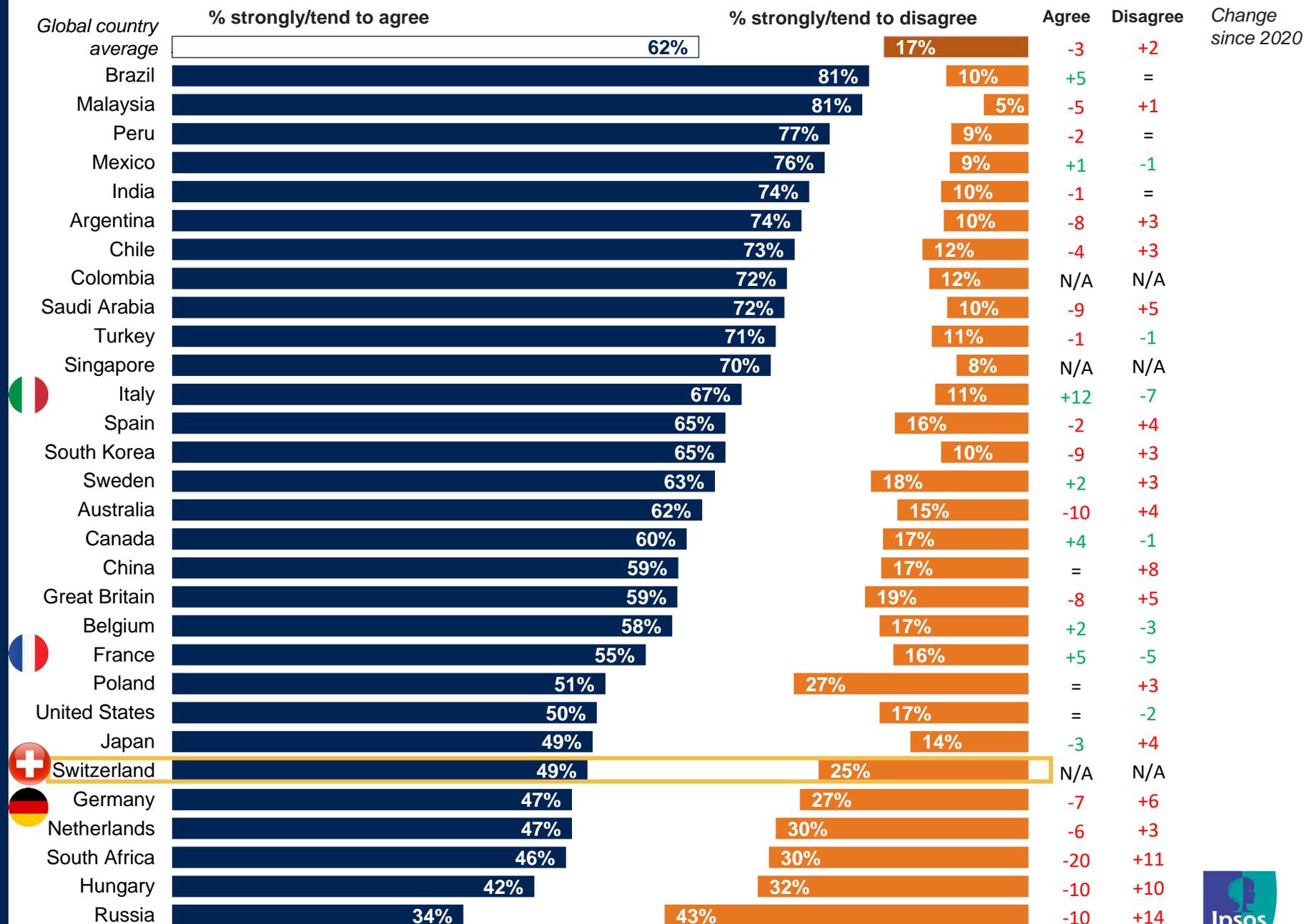
Significant differences across age groups:

41% → <35 y.o.

43% → 35-49

59% → 50-74

"Vaccinating against serious infectious diseases should be compulsory.". To what extent do you agree or disagree with this statement?



Base: 21,513 online adults in 30 countries incl. 500 from Switzerland, August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.

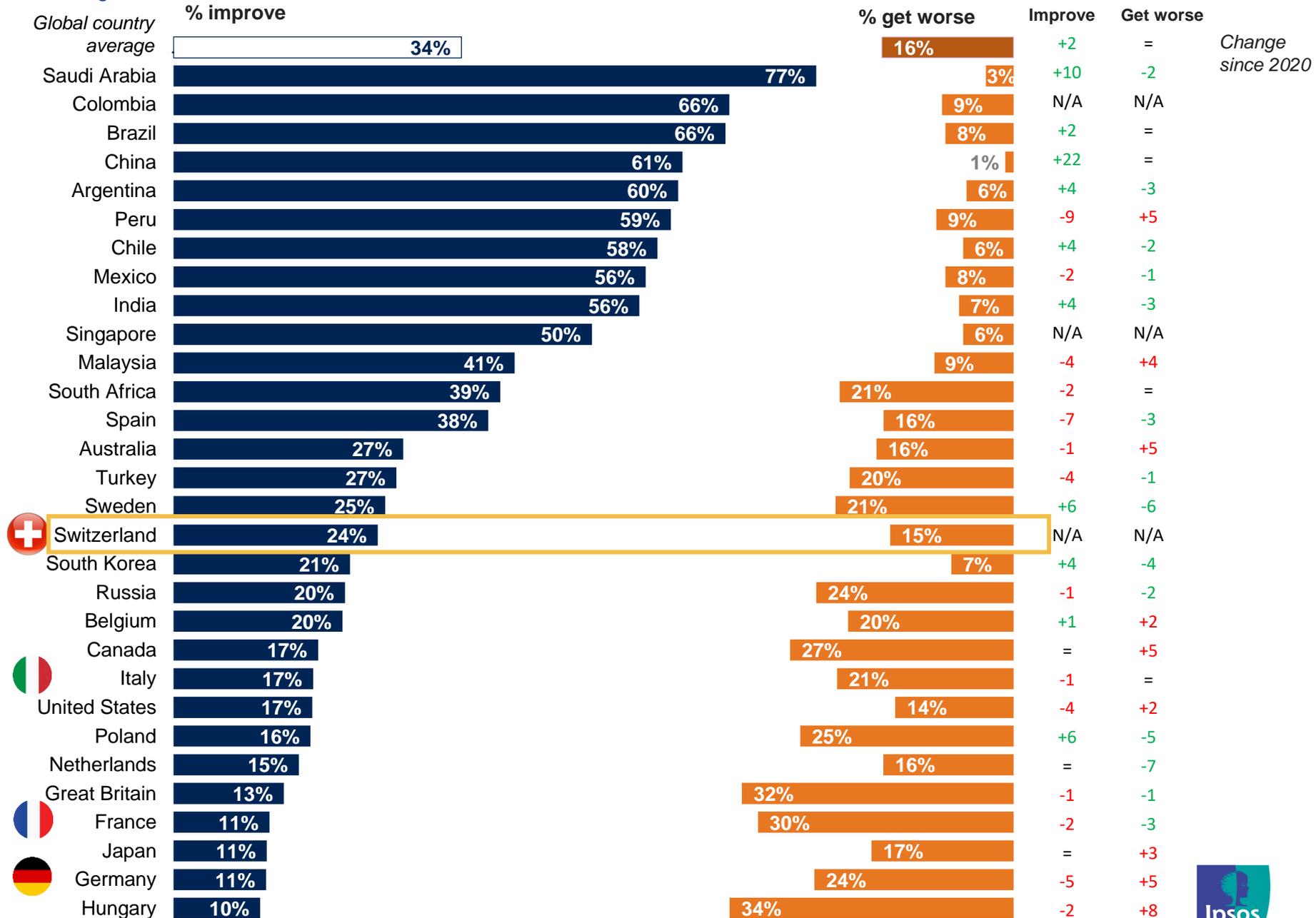
# QUALITY OF HEALTHCARE IN THE FUTURE



One in four think that Swiss healthcare services will further improve and 15% expect them to deteriorate.

Adults under 35 y.o. more often expect services to improve:  
 36% → <35 y.o.  
 23% → 35-49  
 16% → 50-74

Over the coming years, do you expect the quality of healthcare that you and your family will have access to locally will improve, stay the same, or get worse?



Base: 21,513 online adults in 30 countries incl. 500 from Switzerland, August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.

# HEALTHCARE CHALLENGES

# 4

*August 20<sup>th</sup> – September 3<sup>rd</sup> 2021*

# CHALLENGES TO HEALTHCARE SYSTEMS



Biggest problems facing healthcare systems, according to our 30-country average

**Waiting times (41%)**

**+9 points**

those who say **access to treatment/ waiting times** is a healthcare challenge has increased most in **Great Britain** and **Spain** vs. 2020



**12%**

in Switzerland

**Lack of staff (39%)**

**+12 points**

those who say **not enough staff** is a healthcare challenge has increased most in the **United States** vs. 2020



**44%**

in Switzerland



**Cost of accessing treatment**

is third overall (**31%**) and a greater worry for those in **Chile**, the **US**, and **Singapore**



**Second position (37%)**  
in Switzerland

*Global*



**TOP 5**

1. **Access to treatment/ waiting times**

2. **Lack of staff**

3. **Cost of accessing treatment**

4. **Bureaucracy**

5. **Lack of investment in preventative health**

**TOP 5**

1. **Lack of staff**

2. **Cost of accessing treatment**

3. **Ageing population**

4. **Bureaucracy**

5. **Access to treatment/ waiting times**

# HEALTHCARE CHALLENGES



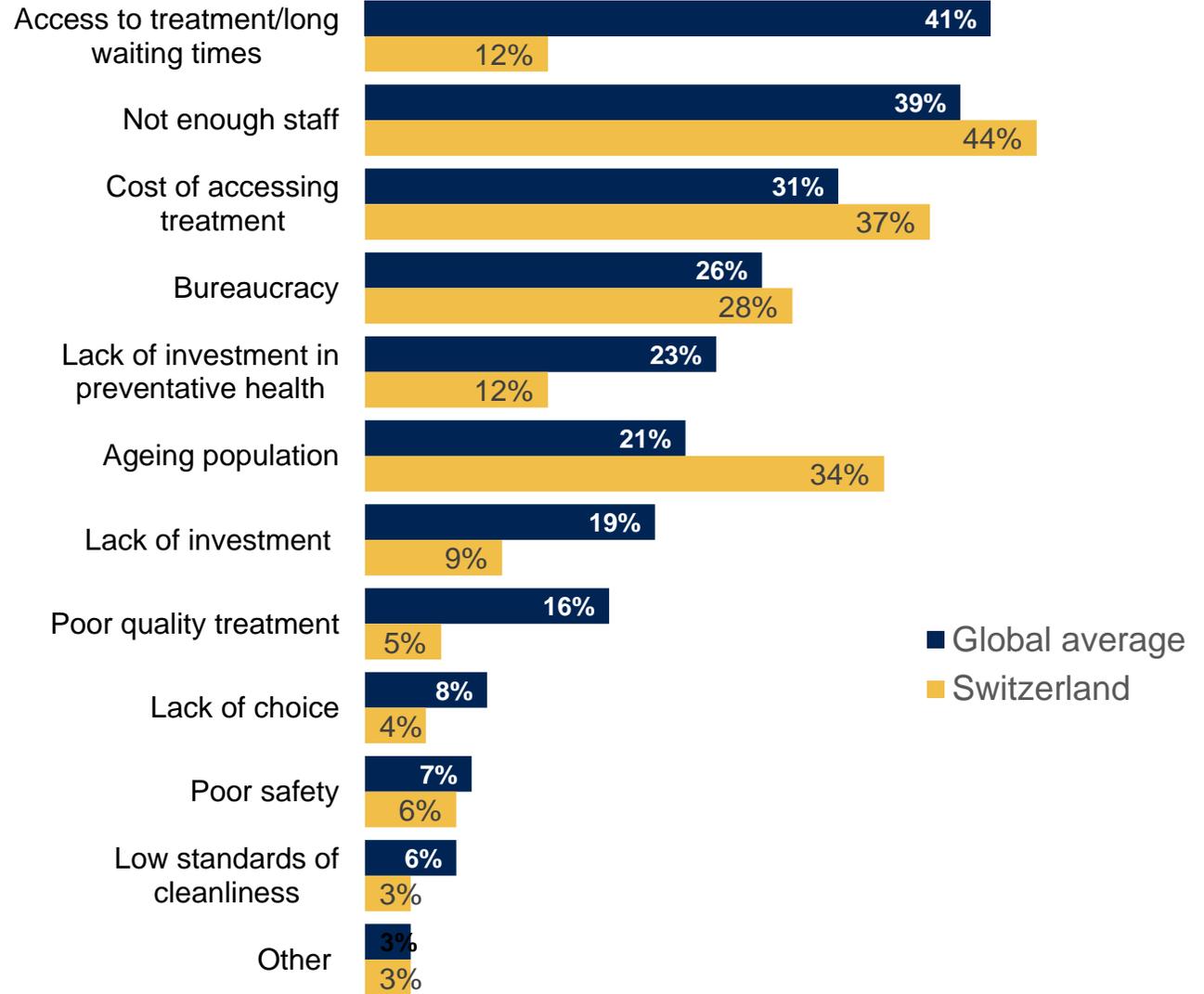
While globally, main challenges of healthcare systems lay in access to treatment/ waiting times, this is not the primary concern of Swiss people.

Lack of staff (44%), costs (37%) are perceived to be the two issues that the Swiss public think healthcare systems need to improve on most.

Next are ageing populations (34%) and bureaucracy (28%).

Only 12% of Swiss adults named access to treatment and waiting time as the main challenge. This puts Switzerland on this aspect on the bottom of the list of 30 countries included in the study.

Overall, which of the following, if any, do you see as the biggest problems facing the healthcare system in your country?



# HEALTHCARE CHALLENGES

Overall, which of the following, if any, do you see as the biggest problems facing the healthcare system in your country?



	Global Country Average	Argentina	Australia	Belgium	Brazil	Canada	Switzerland	Chile	China	Colombia	Germany	Spain	France	Great Britain	Hungary	India	Italy	Japan	South Korea	Mexico	Malaysia	Netherlands	Peru	Poland	Russia	Saudi Arabia	Sweden	Singapore	Turkey	United States	South Africa
Access to treatment/long waiting times	41%	45%	38%	36%	45%	48%	12%	61%	25%	52%	39%	52%	29%	52%	61%	24%	55%	24%	24%	55%	43%	34%	51%	68%	41%	24%	51%	34%	45%	22%	40%
Not enough staff	39%	24%	47%	57%	19%	61%	44%	27%	21%	22%	58%	51%	63%	56%	58%	22%	45%	52%	31%	19%	38%	66%	25%	26%	40%	21%	71%	29%	27%	28%	38%
Cost of accessing treatment	31%	40%	25%	36%	24%	10%	37%	58%	31%	35%	17%	10%	24%	9%	21%	44%	18%	28%	25%	40%	41%	24%	37%	34%	45%	35%	11%	49%	32%	52%	37%
Bureaucracy	26%	43%	21%	20%	31%	23%	28%	34%	24%	36%	36%	28%	23%	23%	19%	14%	35%	15%	15%	38%	19%	32%	39%	27%	35%	12%	29%	9%	21%	30%	16%
Lack of investment in preventative	23%	32%	18%	26%	50%	19%	12%	30%	28%	39%	18%	37%	17%	17%	22%	23%	26%	15%	20%	38%	17%	14%	40%	25%	8%	16%	13%	8%	18%	17%	21%
Ageing population	21%	3%	31%	29%	5%	30%	34%	8%	52%	3%	27%	20%	22%	26%	13%	15%	12%	48%	47%	5%	13%	27%	2%	19%	7%	14%	20%	56%	12%	16%	6%
Lack of investment	19%	47%	16%	21%	51%	11%	9%	16%	8%	37%	12%	40%	25%	36%	12%	16%	31%	9%	9%	26%	13%	11%	33%	9%	11%	11%	9%	5%	19%	5%	17%
Poor quality treatment	16%	9%	7%	6%	26%	8%	5%	18%	11%	25%	9%	6%	7%	7%	20%	29%	14%	3%	5%	21%	18%	4%	22%	37%	55%	18%	13%	4%	21%	14%	45%
Lack of choice	8%	7%	6%	4%	6%	7%	4%	11%	11%	11%	5%	5%	7%	4%	9%	11%	7%	6%	8%	10%	11%	4%	7%	11%	12%	16%	4%	7%	12%	12%	7%
Poor safety	7%	9%	5%	4%	8%	2%	6%	5%	9%	7%	5%	7%	9%	3%	4%	20%	11%	6%	9%	9%	11%	2%	9%	6%	7%	12%	8%	3%	11%	6%	14%
Low standards of cleanliness	6%	6%	5%	4%	3%	3%	3%	3%	6%	2%	5%	3%	4%	3%	12%	23%	7%	1%	2%	6%	15%	3%	5%	3%	4%	11%	2%	3%	9%	4%	22%
Other	3%	1%	4%	2%	1%	4%	3%	4%	1%	3%	3%	3%	4%	4%	2%	1%	1%	1%	1%	1%	1%	5%	2%	1%	1%	5%	5%	2%	4%	5%	4%

# MENTAL VS. PHYSICAL HEALTH 2021



SWITZERLAND

*August 20<sup>th</sup> – September 3<sup>rd</sup> 2021*

# MENTAL VS PHYSICAL HEALTH



**53%**

on average say think about their own **mental wellbeing**



**49%** in Switzerland



**68%**

on average say think about their own **physical wellbeing**



**63%** in Switzerland



**79%**

on average think they are **equally important**



**75%** in Switzerland



## HEALTHCARE SERVICES

**Two in five**

**Think healthcare services place greater importance on physical health**



**Two in five  
39%**

in Switzerland

# **AWARENESS OF MENTAL AND PHYSICAL WELLBEING**

# MENTAL WELLBEING

Over half (53%) on average worldwide say that they think about their mental wellbeing at least fairly often, while 42% do not think about it very often or never think about it.

There is marked variance across countries, ranging from 75% thinking about mental wellbeing often in Brazil to 26% in China.

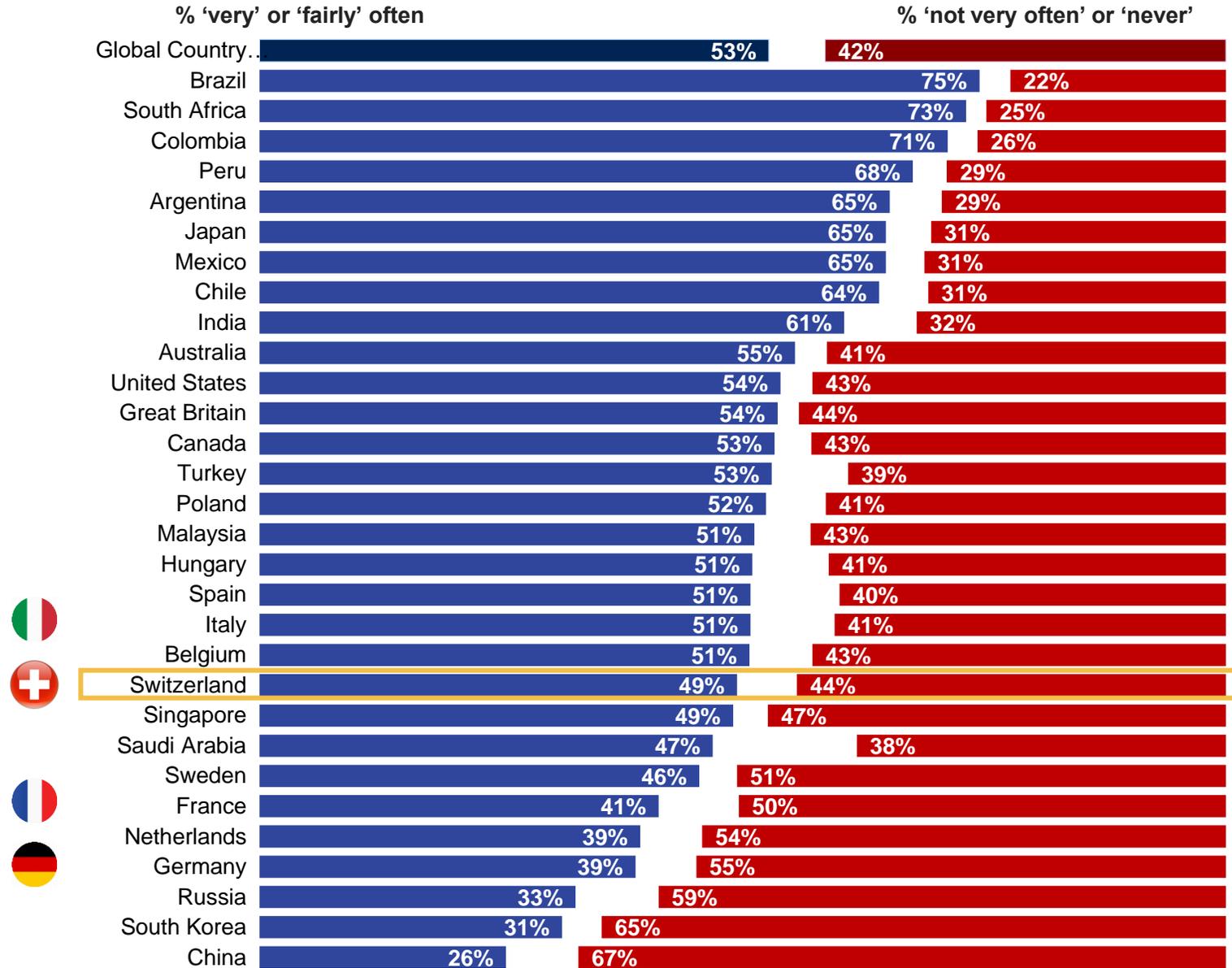


**Switzerland scores below global average (-4pp) with 49% thinking about mental wellbeing often.**

Significantly higher among female and among under 50 y.o. people:

56% → <35 y.o.    41% → men  
 54% → 35-49    58% → women  
 40% → 50-74

How often, if at all, would you say you think about your own mental wellbeing?



Base: 21,513 online adults in 30 countries, incl. from Switzerland August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.

# PHYSICAL WELLBEING

Two-thirds (68%) globally think about their physical wellbeing at least fairly often – a greater proportion than we saw for mental health. In almost all countries (28 of 30) people are more likely to say they think about their physical wellbeing often rather than not very often/never.



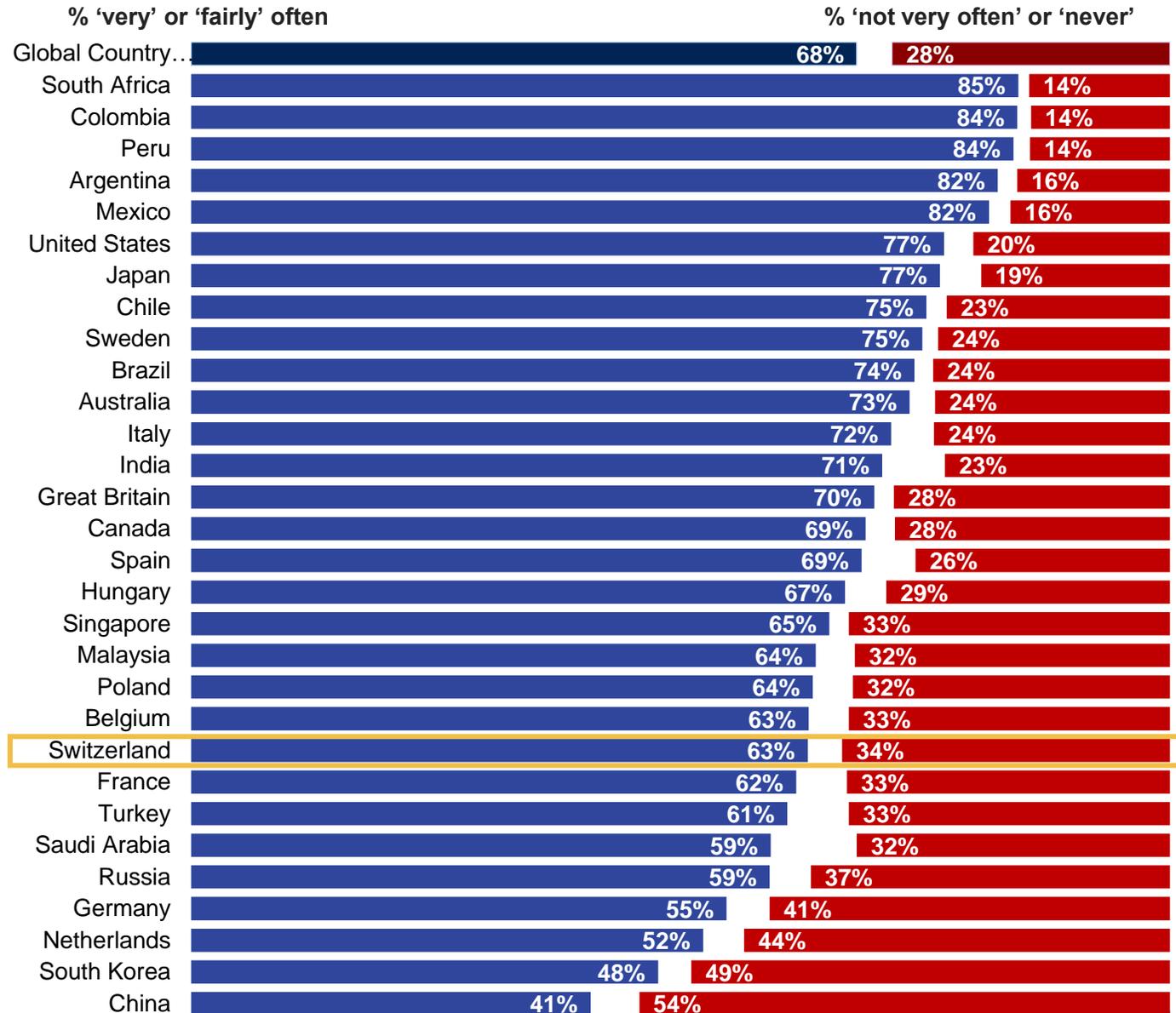
**Switzerland scores below global average (-5pp) with 63% thinking about physical wellbeing often.**

Significantly higher among female:

56% → men

70% → women

How often, if at all, would you say you think about your own physical wellbeing?



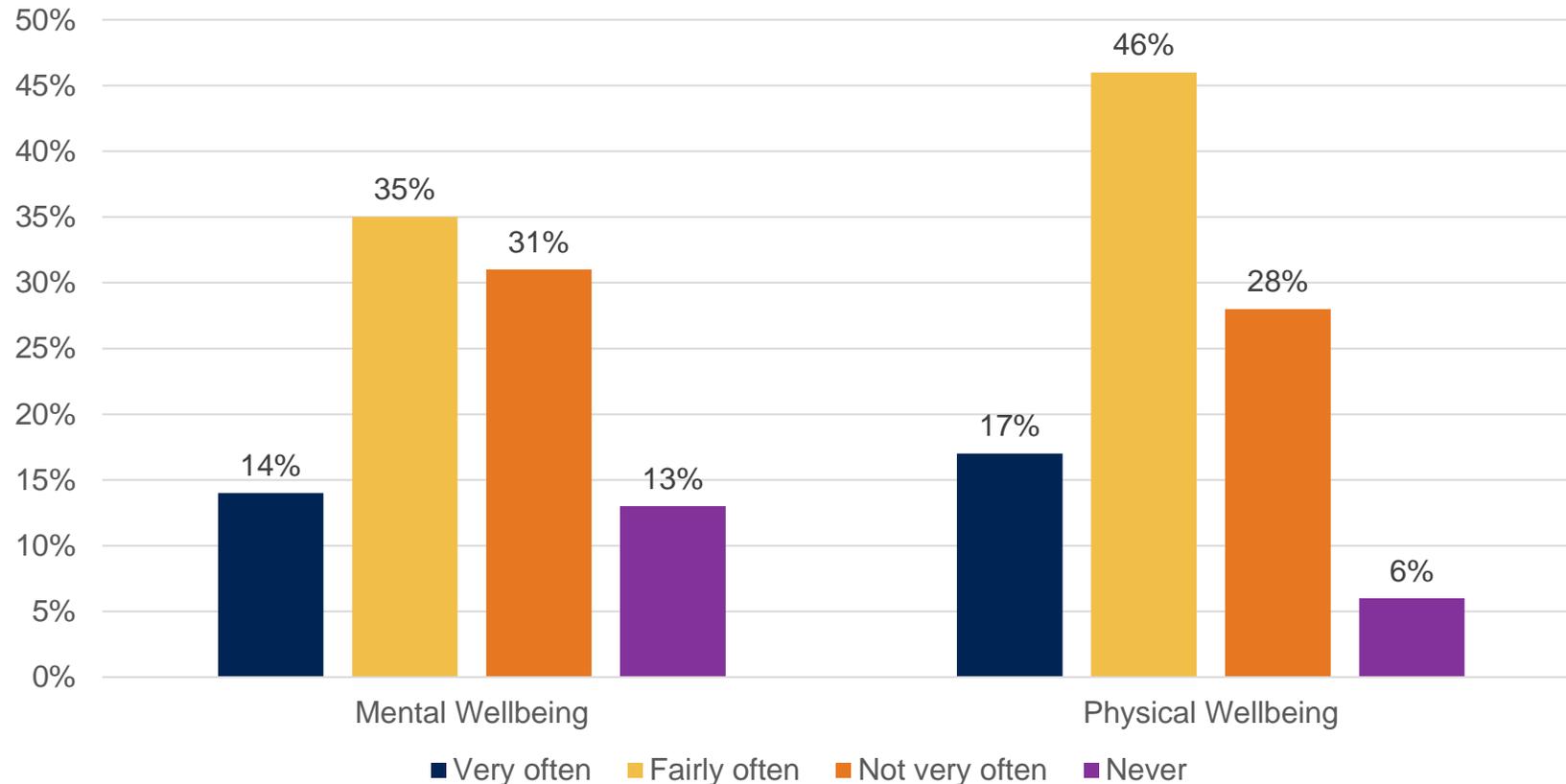
Base: 21,513 online adults in 30 countries, incl. from Switzerland August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.



# HOW DO WE THINK ABOUT OUR WELLBEING?

Physical wellbeing is more at the forefront of people's minds.

Swiss data



People tend to think about their physical wellbeing more often than their mental wellbeing.

Two-thirds (62%) say they think about their physical wellbeing 'fairly' or 'very' often. This is higher than the 49% who think about their mental wellbeing at least fairly often.

One in eight (13%) say that they never think about their mental wellbeing, compared to just 6% who say they never think about their physical wellbeing.

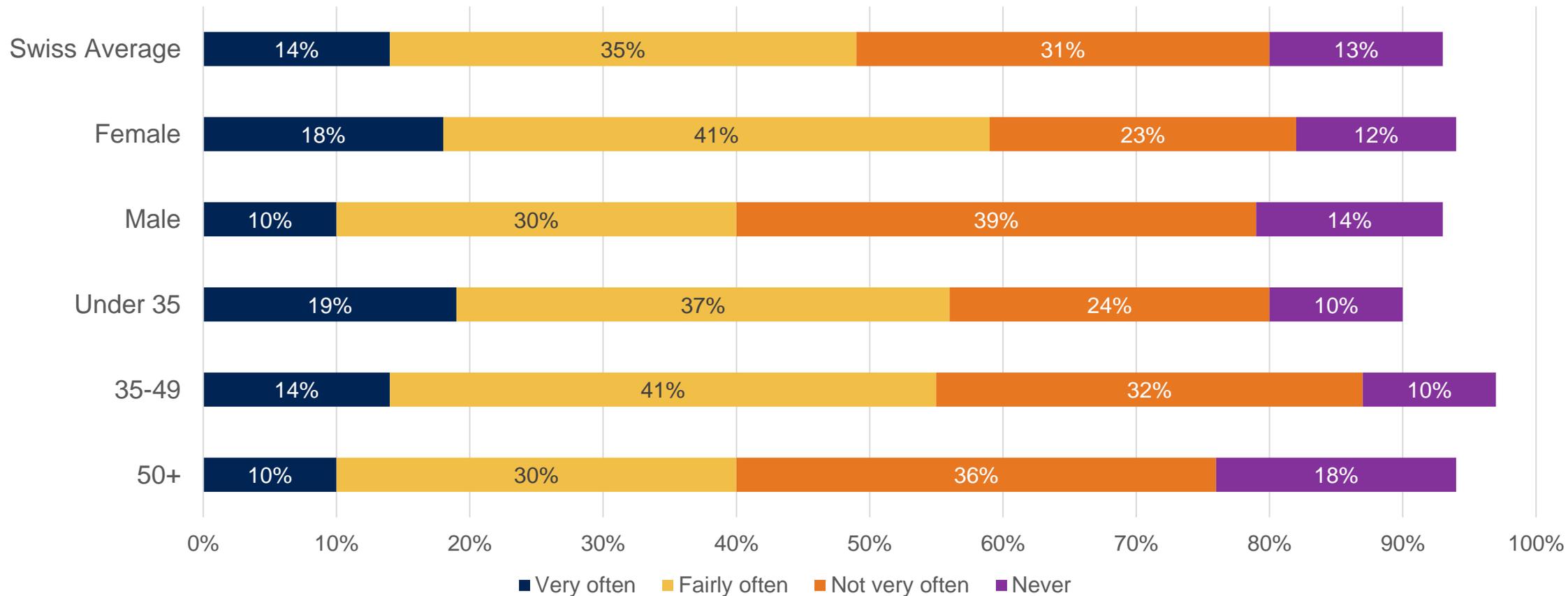
There are, however, generational and gender differences between the two.

Base: 500 online adults in Switzerland August 20th – September 3rd 2021.



# DEMOGRAPHIC DIFFERENCES: MENTAL WELLBEING

How often do you think about your own mental wellbeing?

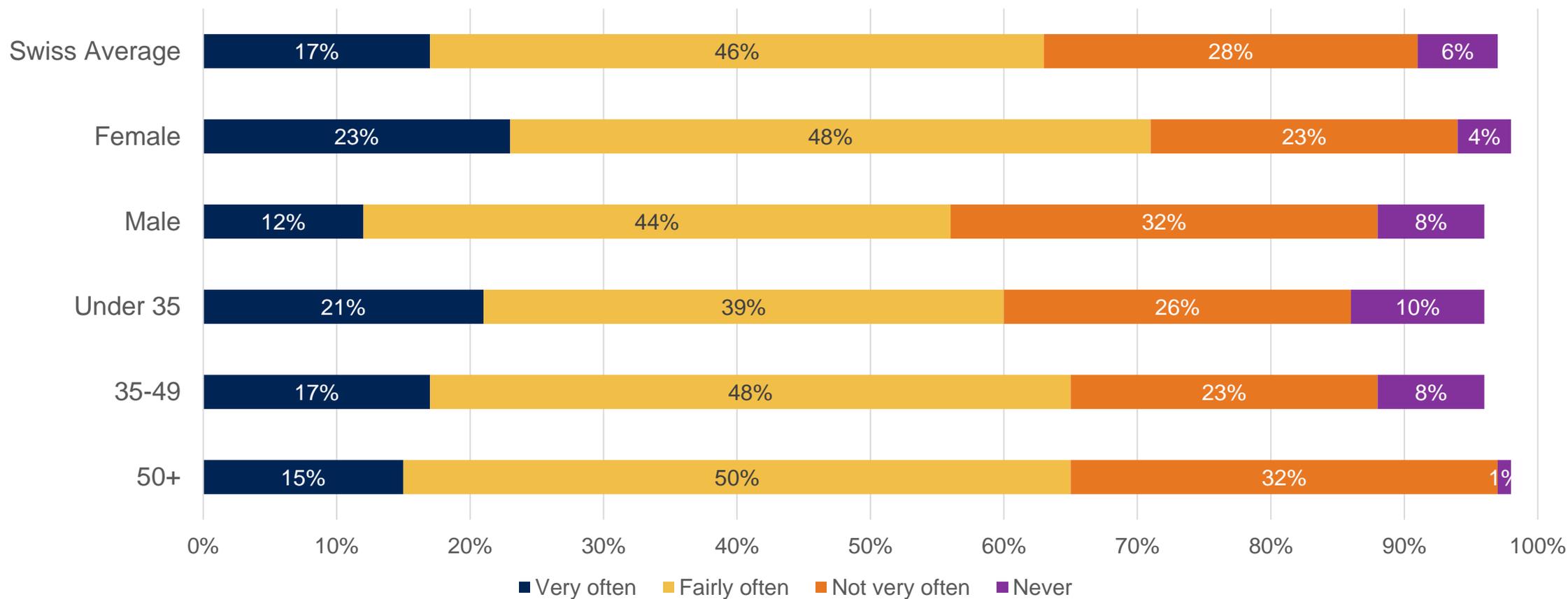


Base: 500 online adults in Switzerland August 20th – September 3rd 2021.



# DEMOGRAPHIC DIFFERENCES: PHYSICAL WELLBEING

How often do you think about your own physical wellbeing?



Base: 500 online adults in Switzerland August 20th – September 3rd 2021.

# MENTAL OR PHYSICAL HEALTH – WHICH IS MORE IMPORTANT?

# RELATIVE IMPORTANCE OF OWN MENTAL AND PHYSICAL HEALTH

A large majority worldwide (and over 50% in each country surveyed) say that mental and physical health are equally important to them.



**Switzerland scores below global average (-4pp) but still with a large majority 75% considering both mental and physical health equally important.**

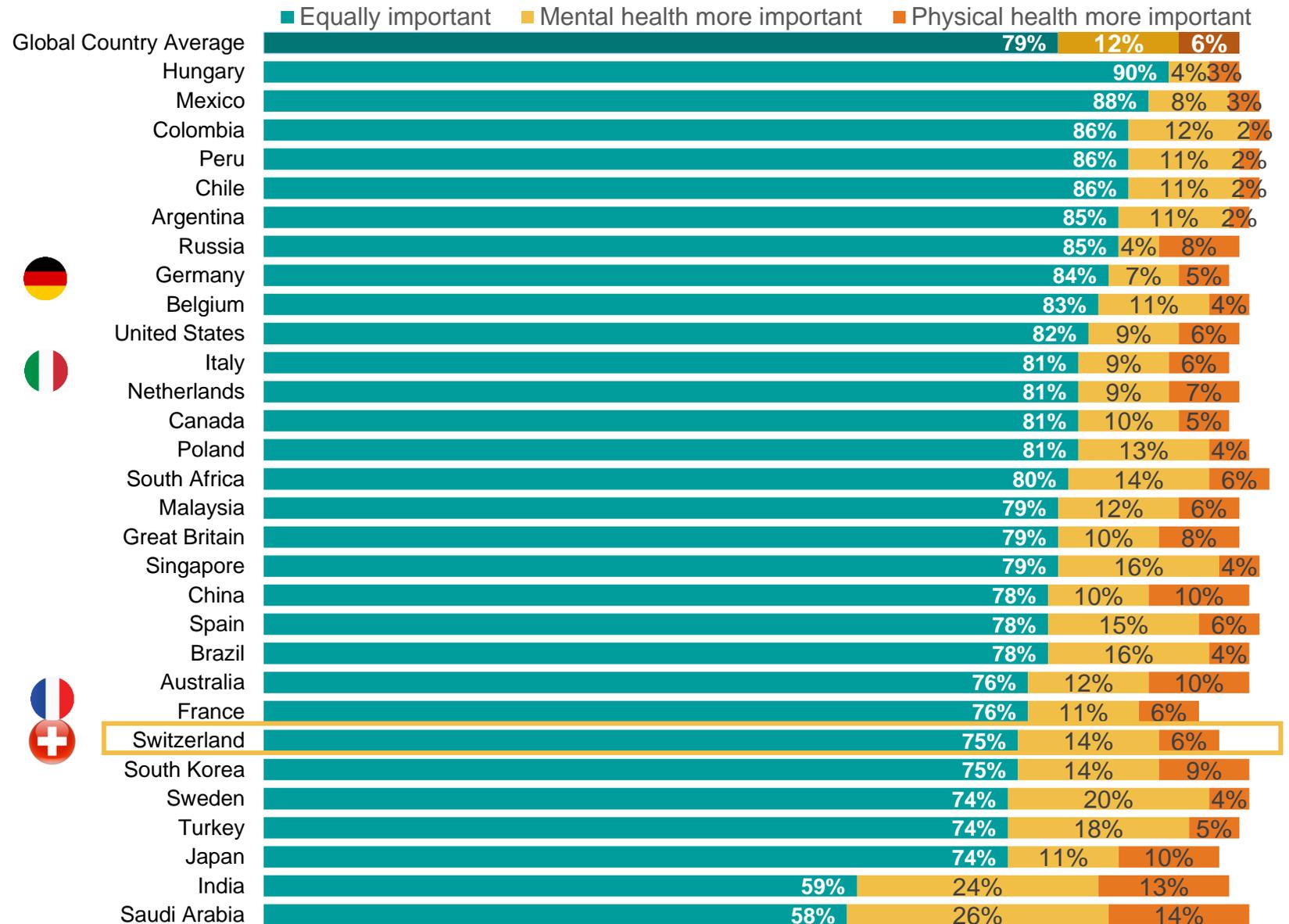
Swiss adults under 50 y.o. more often consider mental health as more important than physical health:

20% → <35 y.o.

16% → 35-49

6% → 50-74

Thinking about your own health, do you think that mental health or physical health is more important, or are they equally important?



Base: 21,513 online adults in 30 countries, incl. from Switzerland August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.

# OWN “MENTAL” VS. “PHYSICAL” HEALTH MORE IMPORTANT

Although both views are held by relatively small proportions, twice as many say their mental health is more important than their physical health.

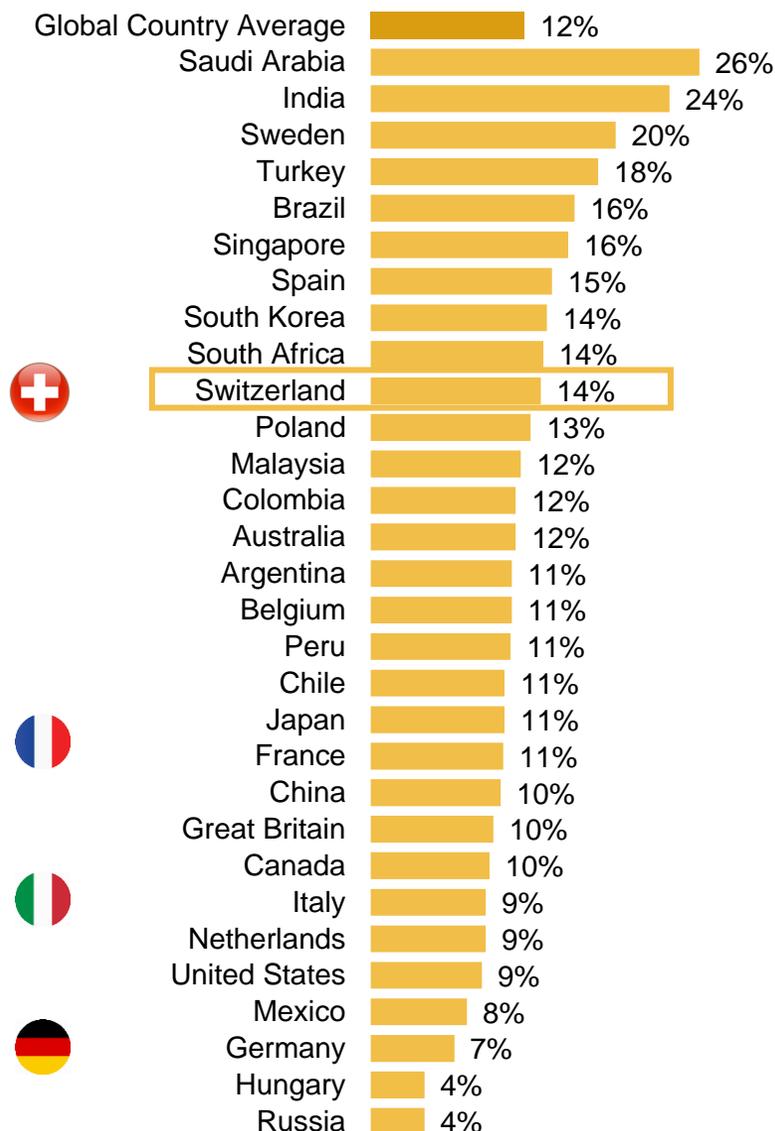


**Switzerland scores above global average (+2pp) with 14% thinking mental health is more important than physical health.**

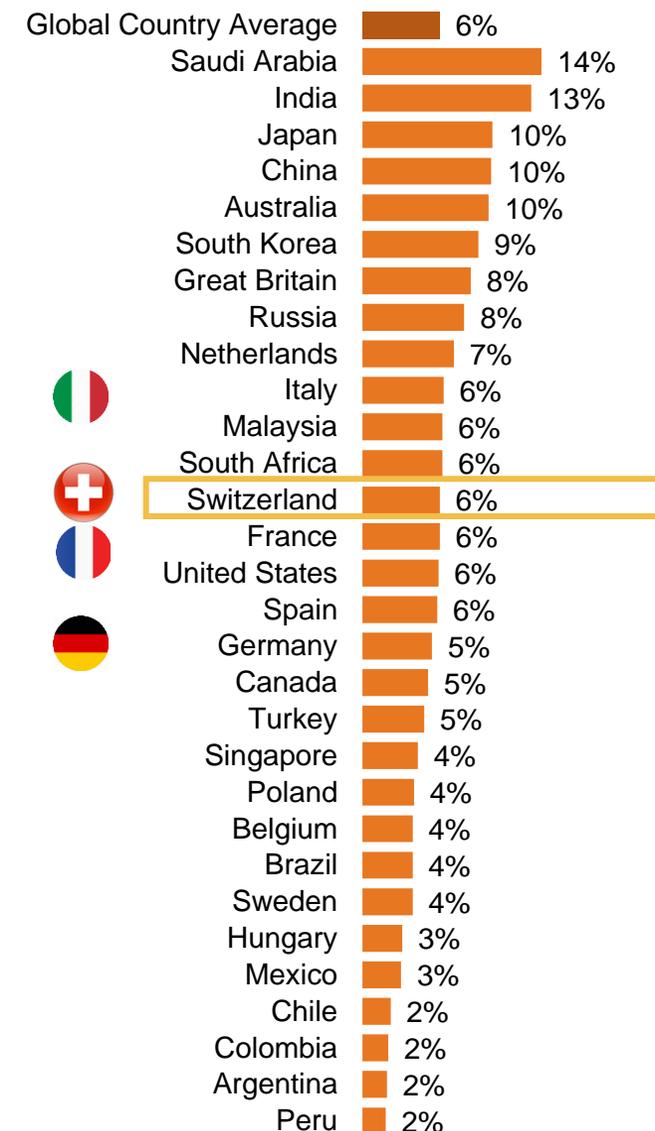
**On the other hand, Switzerland scores average with 6% thinking physical health is more important than mental health.**

Thinking about your own health, do you think that mental health or physical health is more important, or are they equally important?

## MENTAL HEALTH



## PHYSICAL HEALTH

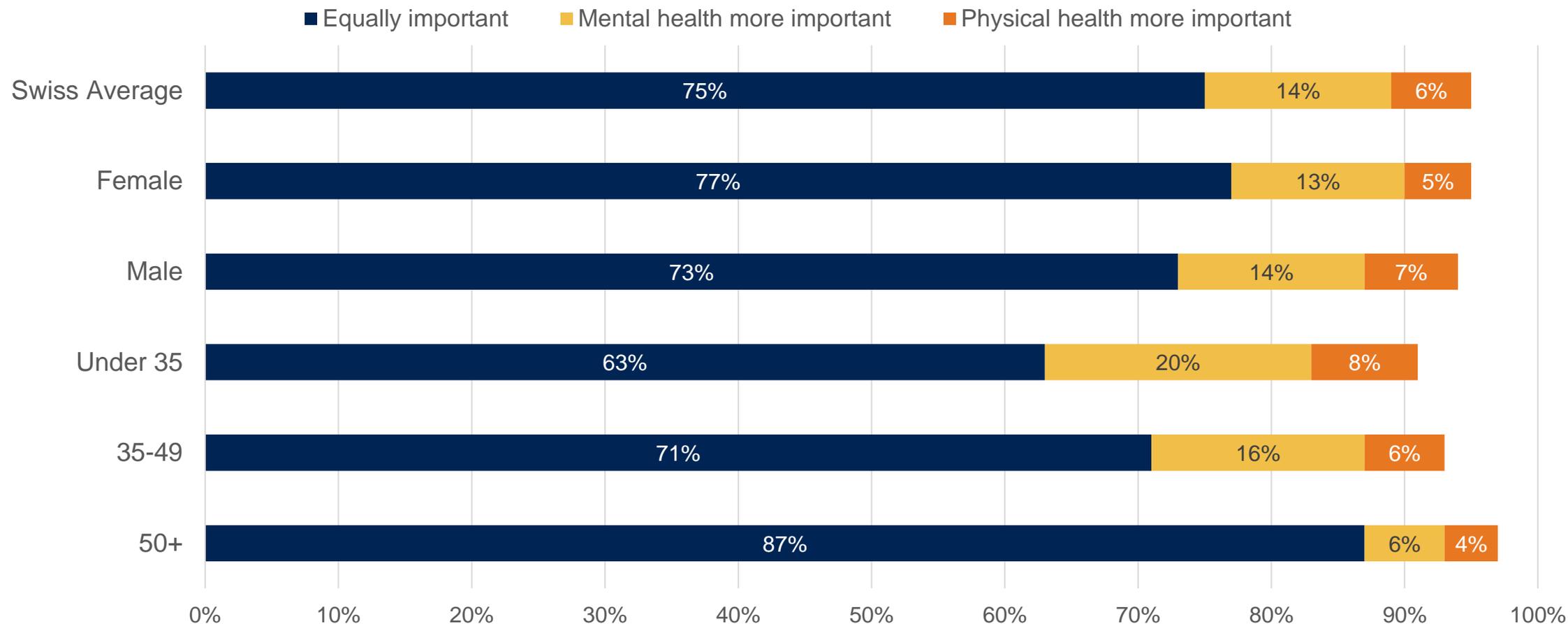


Base: 21,513 online adults in 30 countries, incl. from Switzerland August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.



# DEMOGRAPHIC DIFFERENCES: IMPORTANCE OF PHYSICAL & MENTAL WELLBEING

Do you think that mental health or physical health is more important, or are they equally important?



Base: 500 online adults in Switzerland August 20th – September 3rd 2021.

# ARE MENTAL AND PHYSICAL HEALTH TREATED EQUALLY?

# TREATMENT OF MENTAL AND PHYSICAL HEALTH

In contrast with the large majority who think that mental and physical health are equally important, on balance people worldwide think that physical health is treated with greater importance in their country's healthcare system.

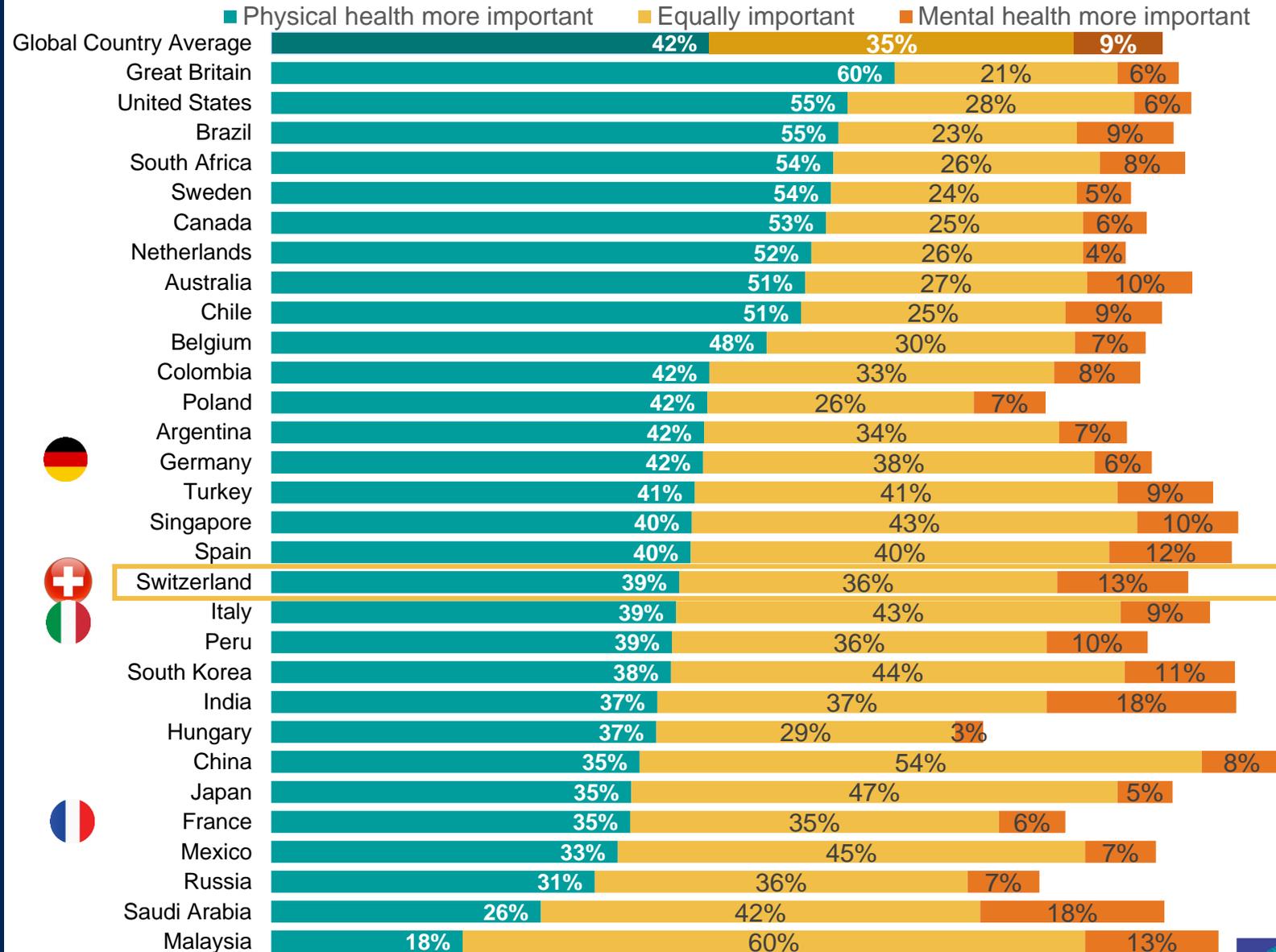


In Switzerland, people's opinion is mitigated with about one third who think mental and physical health are equally treated by their healthcare system, while slightly above than one third think physical health is treated with greater importance.

Swiss aged 55-74 more often consider these are treated equally:

- 25% → <35 y.o.
- 33% → 35-49
- 48% → 50-74

Which of the following best describes how you think the importance of mental health and physical health is treated in your country's current healthcare system?



Base: 21,513 online adults in 30 countries, incl. from Switzerland August 20<sup>th</sup> – September 3<sup>rd</sup> 2021.

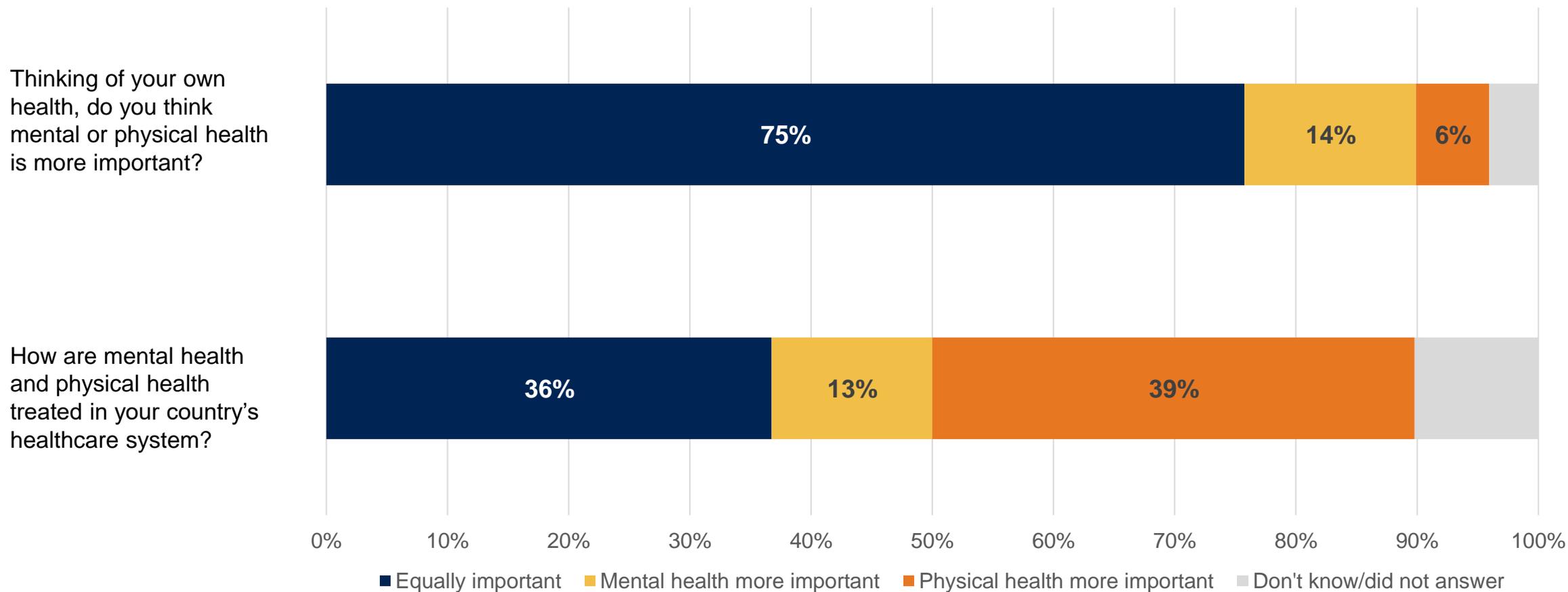




# PERCEIVED VS. EXPERIENCED IMPORTANCE OF HEALTH

A majority of Swiss adults think mental and physical health are equally important, but healthcare services place greater importance on physical health

Swiss average

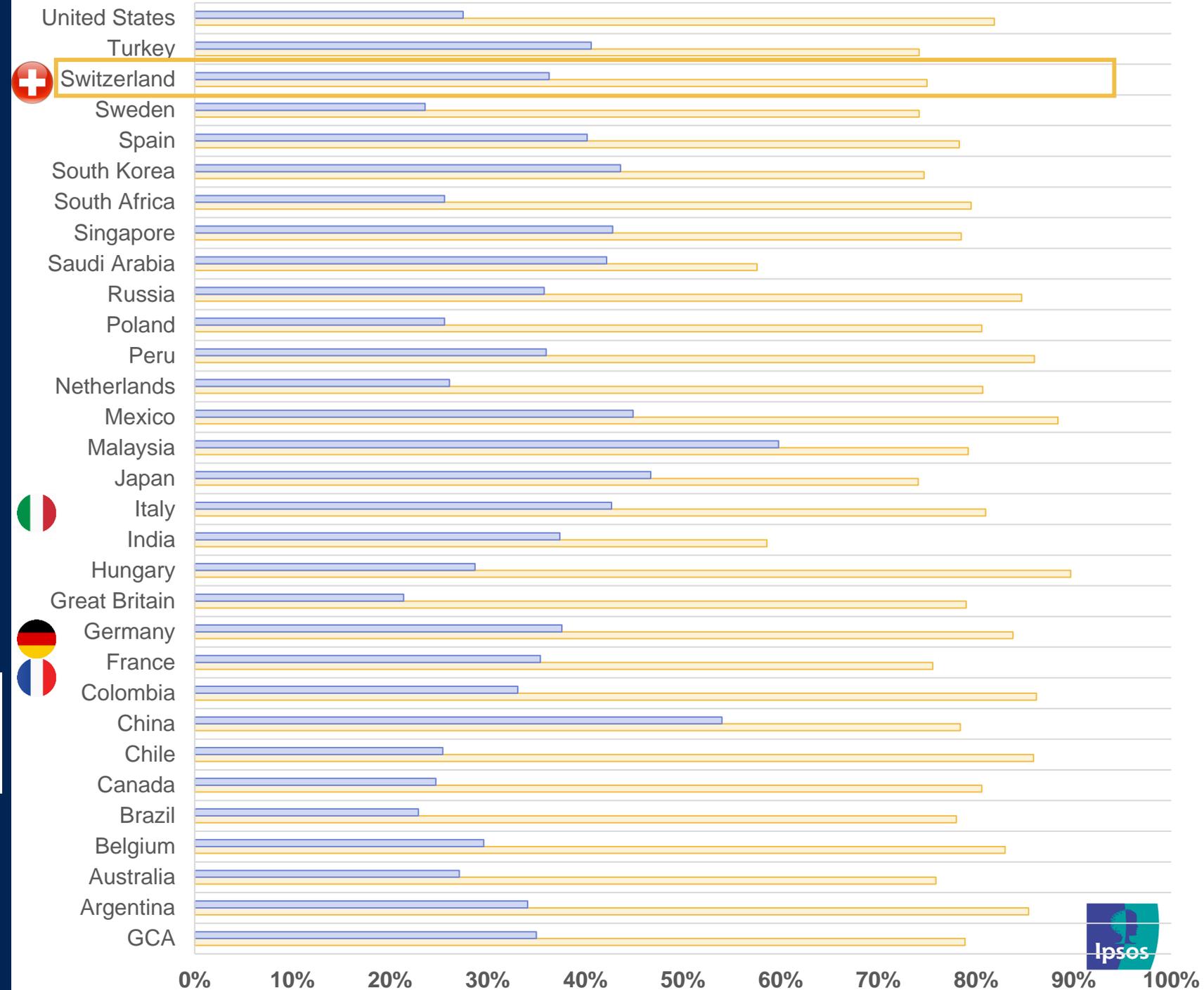


# EQUAL IMPORTANCE VS. EQUAL TREATMENT



Switzerland scores on global average with 36% thinking the country healthcare's system treats mental health as equally important as physical health, while the large majority of the adult population (75%) think they are both equally important

- My country's healthcare system treats them as equally important
- I believe mental and physical health are equally important



Base: 21,513 online adults in 30 countries, incl. from Switzerland August 20th – September 3rd 2021.