

The social and public health physicians depict the dependency of life expectancy and the four risk behaviours for the age groups in what are known as survival charts. The impact of individual risk factors and their combined effect on mortality are visible at a glance. “In future, doctors will be able to refer to the easily comprehensible charts when giving health counselling to their patients in primary care”, comments Eva Martin-Diener with confidence. “Furthermore, they may also be important for the political discussions of prevention strategies for NCDs.” The study was co-financed by the Swiss Heart Foundation and the Swiss Cancer League. It is an example of how cohort studies can generate relevant results for health policy.

Literature:

Eva Martin-Diener, Julia Meyer, Julia Braun, Silvan Tarnutzer, David Faeh, Sabine Rohrmann and Brian W. Martin. The combined effect on survival of four main behavioural risk factors for non-communicable diseases. Preventive Medicine, June, 2014. doi: [10.1016/j.ypmed.2014.05.023](https://doi.org/10.1016/j.ypmed.2014.05.023)

Launch of the “National Strategy Prevention of Non-communicable Diseases”

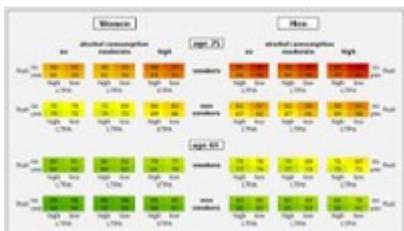
The “National Dialogue Health Policy” – the permanent platform of the Swiss government and cantons – has decided to start drawing up a National Strategy for the Prevention of Non-communicable Diseases by 2016. The strategy aims to improve the population’s health competence and create health-promoting environments. The first part of the project covers the risk factors, national prevention activities and possible synergies for disease-specific strategies. The second part of the project concentrates on strengthening prevention in the health care system.

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Charts for probabilities of surviving the next 10 years for 65 and 75-year-olds with differing health behaviour (LTPA: Leisure Time Physical Activity). Legend: e. g. box top right: a 75-year-old man today who at the start of the study smoked, drank a lot and hardly ate any fruit has a 35 percent probability of surviving the next ten years. E. g. box bottom left: a 65-year-old woman with positive health behaviour in all four areas has a 90 percent probability of still being alive in ten years’ time. (Image: Preventive Medicine/UZH)

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