

Publication

[Data on overweight and nutrition in the 2007 Swiss Health Survey]

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The 2007 Swiss Health Survey is the fourth survey conducted by the Federal Office of Statistics in intervals of five years. Data are collected from a random sample (n = 18760) of persons aged 15 and over, living in Switzerland: 29% are overweight, and additional 8% are obese, but between 2002 and 2007 no increases in the prevalence of overweight and obesity were observed anymore. In relation to nutritional habits, nearly 30% of the interviewed persons do not care about their nutrition. Only 30% of the population eat the recommended five portions of fruits and vegetables per day, and only 10% consume the recommended three servings of milk and milk products. 37% do rarely or never consume fish. Nearly 20% eat meat or meat products every day. According to the four Swiss Health Surveys nutritional habits have hardly improved during the last fifteen years in Switzerland.

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