

Supplementary material

**Trends in health- and lifestyle-related aspects in women in childbearing age:
analysis of Swiss Health Survey data between 1992 and 2022**

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Table of contents

1) Supplementary methods on participation rate, data preparation and presentation

Table 1. Participation rate with information on exclusion for all Swiss Health Surveys from 1992 to 2022.	3
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2) Supplementary tables

Table 1. Sociodemographic characteristics of participants of all 7 Swiss Health Surveys from 1992 to 2022.	6
Table 2. Health status and conditions from women in childbearing age for all 7 surveys from 1992 to 2022.....	10
Table 3. Psychological health of women in childbearing age for all 7 surveys from 1992 to 2022.....	14
Table 4. Nutritional habits and body weight and image of women in childbearing age for all 7 surveys from 1992 to 2022.	18
Table 5. Physical activity of women in childbearing age for all 7 surveys from 1992 to 2022.....	24
Table 6. Medication use, prescription and frequency of medication intake in last 7 days in women in childbearing age for all 7 surveys from 1992 to 2022.....	27
Table 7. Contraception methods used by women in childbearing age for all 7 surveys from 1992 to 2022.....	31
Table 8. Alcohol consumption in women in childbearing age for all 7 surveys from 1992 to 2022.....	35
Table 9. Tobacco use and smoking habits in women in childbearing age for all 7 surveys from 1992 to 2022.....	39
Table 10. Consumption of illicit drugs in women in childbearing age for all 7 surveys from 1992 to 2022.....	42

1) Supplementary methods

Participation Rate of all Swiss Health Surveys

Table 1. Participation rate with information on exclusion for all 7 Swiss Health Surveys from 1992 to 2022.

	Swiss Health Survey Participation Rate*						
	1992	1997	2002	2007	2012	2017	2022
Total addresses	-	20'178	32'868	30'179	41'008	43'769	60'651
Addresses not eligible for survey	-	1'284 (6%)	2'044 (6.2%)	1'860 (6.2%)	338 (0.8%)	-	585 (1.0%)
Status unknown, not reachable	-	-	-	3'730 (12.4%)	13'100 (32.2%)	13'117 (30.0%)	32'070 (52.9%)
Dropouts, no longer reachable	-	4'470	7'668 (23.3%)	-	801 (2.0%)	1'205 (2.7%)	331 (0.5%)
Refusals, non-response	-	1'831	3'450 (10.5%)	5'825 (19.3%)	5'172 (12.7%)	6'614 (15.1%)	5'735 (9.5%)
Interviews total	15'278	13'004	19'706 (60.0%)	18'760 (62.7%)	21'597 (53.1%)	22'134 (50.6%)	21'930 (36.2%)
Addresses for written questionnaires		12'769	18'759	17'931	20'878	21'225	21'244
Return of written questionnaires	10'775	10'792 (84.5%)	16'141 (86%)	14'432 (80.5%)	18'357 (87.9%)	18'832 (88.7%)	19'137 (90.1%)

*These data and percentages were taken from the BFS documents providing information on the Swiss Health Surveys. Since not all Surveys provided a detailed breakdown, some fields are left blank. All numbers available to the authors are shown.

Dataset preparation

To be able to show trends within different variables throughout the last 30 years, only variables having a consistent structure over the years were selected for analysis. Few variables with small adjustments over the years have been recoded into new variables as listed below.

- In 1992 and 1997, participants could choose from 6 categories to indicate their nationality. From 2002 on, the categories have been summarized into five groups. Therefore, the variable with six options in 1992 and 1997 was recoded into a new variable containing the five options of the other surveys. Precisely, the category ‘South-eastern Europe’ and ‘Rest of Europe’ was summarized into ‘East and south-eastern Europe’ having all the other regions covered by the remaining categories.
- Questions regarding intake of antihypertensive and cardiac medication, medication against high cholesterol, antidiabetic drugs and antidepressants had four answer options on how often participants take this medicine: daily (1), several times (2), once in the last 7 days (3) or never (4). Because these medications are typically prescribed for daily use, a new variable for each of these questions was coded containing only two options; yes (including answers 1 to 3) and no (including answer 4).
- Variables containing information on contraception methods have changed frequently over the years. New methods have been added throughout the years and some answers have been differentiated. To be able to compare data from all seven surveys, new variables were computed by grouping contraception methods, as follows: Sterilization methods for women and men were grouped together. Contraceptive patches and rings were classified as a single category (‘contraception patch or ring’), while all female barrier methods, such as the female condom, diaphragm, and cervical cap were grouped into another category (‘diaphragm, cervical cap or female condom’). The hormonal and copper intrauterine devices were collectively referred to as intrauterine devices (IUDs). Further, in the survey of 2002 participants could choose from three answer options for each contraception method; ‘no’, ‘yes, I’m using it’, ‘yes, my partner uses it’. In all the other surveys, there were only two answer options: ‘yes’ and ‘no’. Therefore, the variables of 2002 have been recoded by combining the answers ‘yes, I am using it’, ‘yes, my partner uses it’ into one answer ‘yes’.

- In the survey years 1997, 2002, 2007 and 2012 the question regarding the desire for weight change had two possible answers: ‘yes’ and ‘no’. In 2017 and 2022, for the same question, participants could choose from either ‘yes, losing weight’, ‘yes, gaining weight’ and ‘no’. Therefore, a new variable has been coded for 2017 and 2022 summarizing the two yes-answers into one.
- In 1992, 1997 and 2002, habitual alcohol consumption was divided into seven groups categorizing frequency. In the following years, the category ‘less’ (meaning less than 1-2 times per week) was more specified with two new responses ‘1-3 times per month’ and ‘less than once a month’, resulting in a total of eight categories. To maintain comparability, this was reversed by recoding the eight possible answers back to seven by combining ‘1-3 times per month’ and ‘less than once a month’ to ‘less’.

Data presentation

Results based on sample sizes containing less than 10 participants were not allowed to be published and are therefore not shown in the graphs. For transparency and better understanding, the categories with low sample sizes are showed in the tables (suppl.) but marked with ‘less than 10’ and without calculated percentages. Sample sizes from 10 to 29 participants are marked with a ‘R’ to indicate, that the results (frequencies) may be less representative and should therefore be interpreted with caution. For some variables where it was considered methodologically justified, response options were combined to obtain larger sample sizes and marked with ‘merged’.

2) Supplementary tables

Table 2. Sociodemographic characteristics of participants of all 7 Swiss Health Surveys from 1992 to 2022.

	Swiss Health Survey						
	1992	1997	2002	2007	2012	2017	2022
	N = 3909	N = 3514	N = 4567	N = 4001	N = 5074	N = 4951	N = 4286
Age in years [mean (CI)]							
	32.9 (32.5-33.2)	32.9 (32.5-33.3)	33.0 (32.6-33.4)	33.5 (33.1-34.0)	34.0 (33.6-34.3)	33.1 (32.8-33.5)	33.8 (33.5-34.2)
Language area [n, % (CI)]							
German	2647 71.1 (69.7-72.5)	2249 71.6 (70.2-73.0)	2965 68.4 (66.9-69.9)	2439 70.5 (68.8-72.1)	3309 70.5 (69.1-71.8)	3209 70.0 (68.8-71.3)	2897 70.1 (68.6-71.5)
French	1041 24.2 (22.9-25.6)	966 23.4 (22.1-24.7)	1264 26.5 (25.1-28.0)	1265 25.0 (23.5-26.6)	1388 25.0 (23.7-26.3)	1398 25.9 (24.7-27.1)	1085 25.3 (24.0-26.7)
Italian	215 4.7 (4.1-5.3)	299 5.0 (4.5-5.6)	338 5.1 (4.5-5.6)	297 4.5 (3.9-5.2)	377 4.6 (4.1-5.1)	344 4.1 (3.7-4.5)	304 4.6 (4.1-5.1)
Region of Switzerland [n, % (CI)]							
Lake Geneva region	765 18.4 (17.2-19.6)	830 18.1 (17.0-19.3)	763 20.4 (19.1-21.7)	734 19.2 (17.8-20.7)	942 19.0 (17.8-20.2)	936 19.6 (18.5-20.6)	788 19.8 (18.6-21.0)
Espace Mittelland	931 24.1 (22.8-25.4)	736 22.9 (21.5-24.3)	1205 22.9 (21.7-24.2)	1086 23.1 (21.5-24.7)	996 21.6 (20.3-22.9)	1021 22.6 (21.4-23.9)	650 21.2 (19.7-22.8)
North-west Switzerland	601 13.6 (12.6-14.6)	431 13.5 (12.3-14.7)	603 12.8 (11.7-13.9)	384 12.5 (11.2-13.8)	692 13.8 (12.8-14.9)	533 13.7 (12.7-14.7)	570 13.8 (12.7-14.9)

Zurich	453 16.5 (15.3-17.8)	412 16.5 (15.2-17.9)	353 15.6 (14.2-17.0)	503 17.8 (16.3-19.4)	497 16.7 (15.4-18.1)	540 17.3 (16.1-18.6)	479 17.9 (16.5-19.4)
Eastern Switzerland	582 14.0 (13.0-15.2)	419 14.6 (13.5-15.9)	559 13.6 (12.5-14.7)	420 12.8 (11.5-14.2)	711 14.2 (13.0-15.5)	861 13.4 (12.5-14.3)	764 13.5 (12.5-14.6)
Central Switzerland	378 9.0 (8.3-9.9)	391 9.6 (8.8-10.5)	752 10.1 (9.3-10.9)	582 10.5 (9.5-11.6)	872 10.4 (9.6-11.2)	729 9.6 (8.8-10.4)	750 9.4 (8.6-10.2)
Ticino	193 4.4 (3.9-5.0)	295 4.8 (4.3-5.4)	332 4.7 (4.3-5.3)	292 4.2 (3.6-4.8)	364 4.4 (3.9-4.9)	331 3.9 (3.5-4.3)	285 4.4 (3.9-4.9)
Nationality in 5 groups [n, % (CI)]							
Switzerland	3437 85.2 (83.7-86.5)	2959 81.6 (80.0-83.1)	4020 81.5 (79.7-83.1)	3483 82.3 (80.7-83.9)	4173 75.4 (73.6-77.0)	3782 73.8 (72.3-75.3)	3254 72.5 (70.8-74.1)
North and western Europe	139 3.9 (3.2-4.8)	115 3.5 (2.8-4.2)	149 4.1 (3.4-5.0)	204 6.7 (5.7-7.8)	367 10.0 (8.9-11.3)	312 8.8 (7.8-9.9)	324 8.3 (7.3-9.4)
Southwestern Europe	217 7.2 (6.2-8.3)	266 9.1 (8.0-10.4)	240 8.6 (7.4-10.0)	160 5.1 (4.3-6.1)	277 6.8 (6.0-7.7)	366 7.3 (6.5-8.1)	301 7.4 (6.6-8.4)
East- and southeastern Europe	73 2.6 (2.0-3.4)	109 3.8 (3.1-4.7)	107 4.0 (3.2-5.1)	76 2.9 (2.3-3.9)	176 5.8 (4.8-7.0)	376 6.5 (5.9-7.2)	287 7.8 (6.9-8.8)
Out of Europe	37 1.1 (0.8-1.6)	61 2.0 (1.5-2.6)	51 1.8 (1.3-2.4)	78 2.9 (2.3-3.8)	81 2.0 (1.6-2.6)	115 3.6 (2.9-4.4)	120 4.0 (3.2-4.9)
Missing (no answer)	0	4	0	0	0	0	0
Education level [n, % (CI)]							
Compulsory school	737 23.0 (21.4-24.6)	658 22.6 (20.9-24.3)	764 22.0 (20.3-23.7)	612 18.9 (17.3-20.6)	890 17.2 (15.9-18.6)	886 16.0 (14.9-17.2)	585 13.2 (12.0-14.5)
Upper secondary level: vocational training	2057 51.6 (49.8-53.5)	1979 54.5 (52.7-56.4)	2580 53.1 (51.2-54.9)	1872 43.8 (42.0-45.7)	2019 39.6 (38.0-41.3)	1673 33.3 (31.7-34.8)	1183 27.4 (25.8-29.0)
Upper secondary education: general education schools	417 9.9 (8.9-11.0)	432 11.9 (10.7-13.2)	619 13.6 (12.4-14.9)	604 16.1 (14.7-17.6)	725 14.8 (13.6-16.1)	676 13.1 (12.0-14.2)	519 12.1 (11.0-13.4)

Tertiary level: higher vocational education	444 10.1 (9.1-11.2)	211 5.2 (4.4-6.0)	281 5.2 (4.6-6.0)	218 4.9 (4.1-5.7)	424 7.5 (6.7-8.4)	474 9.8 (8.9-10.9)	498 11.4 (10.3-12.6)
Tertiary level: universities	248 5.4 (4.7-6.2)	226 5.8 (5.1-6.7)	307 6.0 (5.3-6.9)	695 16.3 (15.0-17.8)	1006 20.9 (19.5-22.3)	1231 27.8 (26.3-29.4)	1489 35.9 (34.2-37.7)
Missing (no answer)	0	8	16	0	10	11	12
Employment status [n, % (CI)]							
Non-labour force participant	1226 35.9 (34.2-37.8)	741 22.4 (20.9-24.1)	919 22.4 (20.8-24.0)	629 17.2 (15.7-18.7)	869 16.8 (15.6-18.1)	837 15.6 (14.5-16.8)	630 14.5 (13.2-15.8)
Unemployed	32 0.8 (0.5-1.2)	163 4.9 (4.1-5.8)	143 3.7 (3.0-4.5)	133 4.1 (3.3-5.0)	148 3.4 (2.8-4.2)	166 3.5 (3.0-4.2)	115 2.9 (2.4-3.6)
Employed	2645 63.3 (61.4-65.0)	2610 72.7 (70.9-74.3)	3505 74.0 (72.3-75.6)	3239 78.8 (77.1-80.4)	4057 79.8 (78.4-81.2)	3947 80.9 (79.6-82.1)	3541 82.6 (81.2-84.0)
Missing (no answer)	0	0	0	0	0	1	0
Degree of employment in groups [n, % (CI)]							
< 50%	504 22.6 (20.7-24.6)	530 24.5 (22.6-26.6)	816 26.7 (24.8-28.7)	747 26.2 (24.3-28.3)	1028 26.2 (24.5-28.0)	846 18.7 (17.4-20.1)	693 18.9 (17.4-20.6)
50% - 69%	341 13.8 (12.3-15.4)	370 15.2 (13.7-16.9)	551 16.5 (15.0-18.2)	549 17.5 (15.9-19.2)	737 18.8 (17.3-20.3)	696 16.8 (15.5-18.2)	677 17.9 (16.5-19.5)
70% - 89%	268 9.6 (8.4-10.9)	270 11.0 (9.6-12.5)	457 13.6 (12.1-15.1)	465 14.6 (13.1-16.2)	505 13.0 (11.7-14.4)	564 14.8 (13.5-16.2)	619 18.1 (16.6-19.7)
90% - 100%	1513 54.0 (51.8-56.3)	1264 49.3 (47.0-51.6)	1458 43.2 (41.0-45.4)	1318 41.7 (39.6-43.9)	1763 42.0 (40.1-44.0)	1821 49.6 (47.8-51.5)	1543 45.0 (43.1-47.1)
Missing (filter, no answer)	1277	1080	1285	922	1041	1024	754

Currently pregnant* [n, % (CI)]							
Yes	-	-	-	118 3.1 (2.5-3.8)	133 2.8 (2.2-3.4)	128 2.7 (2.2-3.3)	94 2.4 (1.9-3.1)
No	-	-	-	3873 96.9 (96.2-97.5)	4932 97.2 (96.6-97.8)	4818 97.3 (96.7-97.8)	4188 97.6 (96.9-98.1)
Missing (no answer)	-	-	-	10	9	5	4

*Question missing in certain survey years.

Table 3. Health status and conditions from women in childbearing age for all 7 surveys from 1992 to 2022.

	Swiss Health Survey						
	1992	1997	2002	2007	2012	2017	2022
	N = 3909	N = 3514	N = 4567	N = 4001	N = 5074	N = 4951	N = 4286
Self-reported health status [n, % (CI)]							
Very good	1256 31.4 (29.7-33.1)	1041 29.6 (27.9-31.3)	1209 26.6 (25.0-28.3)	884 21.8 (20.3-23.4)	2435 48.1 (46.4-49.9)	2458 48.8 (47.2-50.5)	2019 46.2 (44.4-48.0)
Good	2214 57.6 (55.8-59.4)	2052 58.6 (56.7-60.4)	2906 64.0 (62.2-65.7)	2829 71.3 (69.6-73.0)	2122 42.2 (40.5-43.9)	2067 42.2 (40.6-43.9)	1897 44.8 (43.0-46.6)
Medium	337 8.7 (7.7-9.8)	324 9.3 (8.2-10.4)	370 7.8 (6.8-8.8)	225 5.4 (4.6-9.3)	432 8.1 (7.2-9.0)	341 7.1 (6.3-8.0)	319 7.9 (6.9-8.9)
Bad or very bad (merged)	96 2.3 (1.8-2.9)	97 2.6 (2.0-3.2)	82 1.7 (1.3-2.2)	62 1.5 (1.1-2.1)	85 1.6 (1.2-2.1)	82 1.8 (1.4-2.3)	49 1.1 (0.8-1.6)
Missing (no answer)	0	0	0	1	0	3	2
Importance of health status [n, % (CI)]							
I live without thinking about health	421 11.7 (10.5-13.0)	397 11.5 (10.3-12.8)	468 11.6 (10.5-12.9)	382 10.8 (9.5-12.3)	685 14.3 (13.0-15.7)	577 11.5 (10.5-12.5)	426 10.3 (9.2-11.5)
Thoughts about health affect lifestyle	2598 67.8 (66.0-69.5)	2400 69.0 (67.1-70.7)	3185 69.4 (67.6-71.1)	2886 72.8 (70.8-74.6)	3546 70.0 (68.3-71.7)	3493 70.7 (69.1-72.1)	3108 71.1 (69.3-72.8)
Thoughts about health determine lifestyle	782 20.5 (19.1-22.1)	658 19.6 (18.1-21.1)	818 19.0 (17.6-20.5)	656 16.4 (14.9-18.1)	789 15.6 (14.3-17.0)	839 17.9 (16.6-19.2)	744 18.6 (17.2-20.2)
Missing (no answer)	102	59	96	77	54	42	8

Having physical symptoms [n, % (CI)]							
No / minimal complaints	1314 37.1 (35.3-39.0)	797 25.7 (24.0-27.5)	1319 30.5 (28.8-32.3)	1130 30.7 (28.9-32.6)	1623 34.2 (32.6-36.0)	1446 31.2 (29.6-32.8)	1155 29.1 (27.4-30.8)
Some complaints	1331 37.3 (35.5-39.2)	1344 42.7 (40.7-44.7)	1699 40.8 (38.9-42.7)	1414 39.6 (37.6-41.5)	1895 38.9 (37.2-40.6)	1745 38.0 (36.3-39.6)	1445 36.7 (34.8-38.5)
Severe complaints	934 25.6 (23.9-27.3)	1034 31.6 (29.8-33.4)	1212 28.7 (21.0-30.5)	1112 29.8 (28.0-31.6)	1259 26.9 (25.3-28.5)	1410 30.9 (29.3-32.5)	1309 34.3 (32.5-36.1)
Missing (filter / no answer)	324	339	337	345	297	350	377
Having a long-lasting medical problem* [n, % (CI)]							
Yes	-	416 11.7 (10.5-12.9)	582 11.6 (10.5-12.7)	871 20.8 (19.3-22.4)	1242 24.2 (22.8-25.7)	1245 25.9 (24.4-27.4)	1204 28.3 (26.7-30.0)
No	-	3097 88.3 (87.1-89.5)	3984 88.4 (87.3-89.5)	3129 79.2 (77.6-80.7)	3824 75.8 (74.3-77.2)	3700 74.1 (72.6-75.6)	3072 71.7 (70.0-73.3)
Missing (no answer)	-	1	1	1	8	6	10
Medical problem physical or psychological* [n, % (CI)]							
Physical	-	278 67.0 (61.1-72.0)	395 71.6 (66.9-75.9)	578 74.5 (70.7-78.0)	662 72.7 (69.1-76.0)	674 73.0 (69.4-76.2)	607 63.9 (59.9-67.7)
Psychological	-	75 18.1 (14.3-22.8)	108 16.6 (13.3-20.6)	71 7.7 (5.9-9.9)	91 9.3 (7.3-11.8)	101 11.6 (9.4-14.4)	109 14.5 (11.6-17.9)
Both physical and psychological	-	53 13.2 (9.9-17.4)	62 9.9 (7.3-13.2)	125 16.2 (13.3-19.6)	163 15.7 (13.1-18.7)	118 13.6 (11.1-16.5)	164 20.5 (17.4-24.0)
Neither physical nor psychological	-	Less than 10	Less than 10	Less than 10	24 ^R 2.3 (1.4-3.7)	21 ^R 1.8 (1.1-2.8)	Less than 10
Missing (filter or no answer)	-	3101	3995	3218	4134	4037	3397

High blood pressure diagnosed* [n, % (CI)]							
Yes	-	325 9.2 (8.2-10.4)	432 9.4 (8.4-10.5)	323 8.2 (7.2-9.4)	569 11.9 (10.8-13.1)	569 11.8 (10.8-12.9)	504 11.6 (10.5-12.8)
No	-	3182 90.8 (89.6-91.8)	4122 90.6 (89.5-91.6)	3674 91.8 (90.6-92.8)	4489 88.1 (86.9-89.2)	4367 88.2 (87.1-89.2)	3769 88.4 (87.2-89.5)
Missing (no answer)	-	7	13	4	16	15	13
High cholesterol diagnosed* [n, % (CI)]							
Yes	-	187 4.6 (3.9-5.5)	304 7.1 (6.2-8.1)	255 5.6 (4.9-6.6)	369 6.9 (6.1-7.8)	340 7.2 (6.4-8.1)	325 7.5 (6.6-8.5)
No	-	3265 95.4 (94.5-96.1)	4071 92.9 (91.9-93.8)	3697 94.4 (93.4-95.1)	4684 93.1 (92.2-93.9)	4598 92.8 (91.9-93.6)	3945 92.5 (91.5-93.4)
Missing (no answer)	-	62	192	49	21	13	16
Diabetes diagnosed [n, % (CI)]							
Yes	-	37 1.1 (0.7-1.5)	81 1.6 (1.2-2.1)	70 1.8 (1.3-2.4)	87 1.5 (1.2-1.9)	107 2.1 (1.7-2.6)	139 3.3 (2.7-4.0)
No	-	3467 98.9 (98.5-99.3)	4461 98.4 (97.9-98.8)	3915 98.2 (97.6-98.7)	4983 98.5 (98.1-98.8)	4840 97.7 (97.4-98.3)	4142 96.7 (96.0-97.3)
Missing (no answer)	-	10	25	16	4	4	5
Consultations any physician in last 12 months* [mean (CI)]							
	-	4.2 (4.0-4.5)	3.4 (3.2-3.7)	4.2 (3.9-4.5)	4.0 (3.8-4.3)	5.1 (4.9-5.4)	5.2 (4.9-5.4)

Consultations specialist in last 12 months* [mean (CI)]							
	-	1.1 (1.0-1.2)	1.1 (0.9-1.2)	1.3 (1.1-1.4)	1.3 (1.1-1.4)	1.6 (1.4-1.7)	1.7 (1.5-1.9)
Days spent in hospital in last 12 months [mean (CI)]							
	1.22 (1.00-1.44)	0.9 (0.7-1.0)	0.9 (0.6-1.2)	0.7 (0.5-0.8)	0.8 (0.6-1.0)	0.7 (0.6-0.9)	0.7 (0.5-0.9)
Complementary medicine in last 12 months [n, % (CI)]							
Yes	512 12.5 (11.3-13.7)	906 23.8 (22.3-25.5)	1168 22.6 (21.2-24.1)	1385 31.0 (29.2-32.9)	1944 34.6 (33.0-36.2)	2066 40.3 (38.7-41.9)	1856 40.6 (38.8-42.4)
No	3391 87.5 (86.3-88.7)	2547 76.2 (74.5-77.7)	3399 77.4 (75.9-78.8)	2574 69.0 (67.1-70.8)	3123 65.4 (63.8-67.0)	2873 59.7 (58.1-61.3)	2425 59.4 (57.6-61.2)
Missing (no answer)	0	61	0	42	7	12	5

*Question missing in certain survey years.

**Question excluded for certain survey years due to lack of comparability.

^R Limited representativeness due to small sample size.

Table 4. Psychological health of women in childbearing age for all 7 surveys from 1992 to 2022.

	Swiss Health Survey						
	1992	1997	2002	2007	2012	2017	2022
	N = 3909	N = 3514	N = 4567	N = 4001	N = 5074	N = 4951	N = 4286
Being unable to cope with problems [n, % (CI)]							
Totally agree	192 5.3 (4.5-6.3)	211 6.0 (5.1-7.0)	248 6.5 (5.6-7.6)	162 4.0 (3.2-4.8)	196 3.8 (3.2-4.6)	215 4.5 (3.8-5.2)	194 5.0 (4.1-5.9)
Mostly agree	533 15.0 (13.7-16.4)	605 17.1 (15.7-18.6)	585 13.3 (12.1-14.7)	502 12.4 (11.0-13.8)	667 13.3 (12.1-14.5)	661 13.5 (12.4-14.6)	731 18.2 (16.8-19.8)
Mostly disagree	1388 38.9 (37.1-40.8)	1455 42.4 (40.5-44.3)	1728 38.7 (36.9-40.5)	1561 39.6 (37.5-41.7)	1978 39.1 (37.4-40.9)	2030 41.4 (39.8-43.1)	1844 43.2 (41.4-45.1)
Don't agree at all	1440 40.7 (38.9-42.6)	1160 34.5 (32.7-36.4)	1825 41.5 (39.7-43.3)	1665 44.1 (42.0-46.2)	2145 43.8 (42.0-45.6)	2005 40.6 (39.0-42.3)	1507 33.6 (31.9-35.4)
Missing (no answer)	350	83	181	111	88	40	10
Feeling tossed around in life [n, % (CI)]							
Totally agree	258 7.0 (6.0-8.0)	241 6.8 (5.9-7.8)	214 4.7 (4.0-5.5)	155 4.0 (3.3-4.9)	161 3.3 (2.7-4.1)	175 3.9 (3.3-4.7)	154 3.8 (3.1-4.5)
Mostly agree	1008 27.6 (25.9-29.3)	917 26.8 (25.1-28.6)	993 21.9 (20.4-23.4)	885 21.3 (19.7-23.0)	1072 21.6 (20.2-23.1)	1074 22.2 (20.9-23.6)	1067 26.1 (24.5-27.8)
Mostly disagree	1017 28.8 (27.1-30.6)	1267 37.9 (36.0-39.8)	1644 38.1 (36.3-39.9)	1492 38.8 (36.8-40.9)	1963 39.6 (37.8-41.3)	1944 39.6 (38.0-41.3)	1740 40.8 (38.9-42.6)
Don't agree at all	1293 36.7 (34.9-38.6)	1005 28.5 (26.8-30.3)	1552 35.4 (33.6-37.2)	1367 35.9 (33.8-38.0)	1779 35.5 (33.8-37.2)	1709 34.2 (32.7-35.8)	1311 29.3 (27.7-31.0)

Missing (no answer)	327	84	164	102	99	49	14
Having little control over what happens [n, % (CI)]							
Totally agree	61 1.6 (1.1-2.1)	69 2.2 (1.7-3.0)	79 2.0 (1.5-2.7)	48 1.2 (0.8-1.8)	65 1.4 (1.0-1.9)	104 2.2 (1.8-2.8)	87 2.0 (1.6-2.6)
Mostly agree	224 6.5 (5.6-7.5)	251 7.0 (6.1-8.0)	277 6.2 (5.4-7.2)	292 6.4 (5.5-7.4)	395 8.8 (7.7-9.9)	465 9.2 (8.3-10.1)	481 12.3 (11.1-13.7)
Mostly disagree	1098 31.6 (29.8-33.5)	1301 38.2 (36.3-40.1)	1474 33.7 (32.0-35.5)	1381 34.8 (32.8-36.9)	1866 36.4 (34.7-38.1)	1989 41.3 (39.6-42.9)	1946 45.6 (43.8-47.5)
Don't agree at all	2104 60.3 (58.4-62.2)	1802 52.6 (50.6-54.5)	2539 58.0 (56.2-59.8)	2158 57.6 (55.5-59.7)	2641 53.4 (51.7-55.2)	2346 47.3 (45.7-49.0)	1758 40.0 (38.2-41.8)
Missing (no answer)	416	91	198	122	107	47	14
Being powerless against problems [n, % (CI)]							
Totally agree	130 3.6 (3.0-4.4)	118 3.4 (2.8-4.2)	126 3.2 (2.6-4.0)	85 2.2 (1.6-2.9)	111 2.2 (1.8-2.8)	128 2.8 (2.2-3.4)	137 3.6 (2.9-4.4)
Mostly agree	439 12.7 (11.5-14.1)	486 15.0 (13.6-16.5)	461 11.1 (10.0-12.4)	380 9.5 (8.4-10.8)	543 11.0 (10.0-12.2)	568 11.3 (10.3-12.4)	630 15.9 (14.6-17.4)
Mostly disagree	1184 33.5 (31.7-35.4)	1361 38.9 (37.0-40.8)	1636 37.0 (35.2-38.8)	1464 36.1 (34.1-38.1)	1825 35.8 (34.1-37.5)	1934 39.7 (38.1-41.4)	1801 42.4 (40.5-44.2)
Don't agree at all	1760 50.1 (48.2-52.1)	1459 42.7 (40.8-44.6)	2161 48.6 (46.8-50.5)	1956 52.2 (50.1-54.3)	2502 51.0 (49.2-52.7)	2270 46.2 (44.5-47.8)	1706 38.1 (36.3-39.9)
Missing (no answer)	390	90	183	116	93	51	12

Locus of control [n, % (CI)]							
low	839 24.3 (22.7-26.1)	1023 29.8 (28.1-31.6)	1016 23.8 (22.2-25.5)	873 21.2 (19.6-23.0)	1168 23.4 (21.9-25.0)	1296 26.3 (24.9-27.8)	1371 34.2 (32.4-36.0)
medium	1534 44.5 (42.5-46.4)	1558 46.0 (44.1-47.9)	1837 43.5 (41.7-45.4)	1709 44.4 (42.2-46.5)	2043 40.9 (39.1-42.7)	1982 40.9 (39.2-42.5)	1723 39.5 (37.7-41.3)
high	1059 31.2 (29.4-33.1)	824 24.2 (22.6-25.9)	1436 32.7 (30.9-34.4)	1263 34.4 (32.4-36.5)	1740 35.7 (34.0-37.5)	1611 32.8 (31.2-34.4)	1174 26.3 (24.7-28.0)
Missing (no answer)	471	109	278	156	123	62	18
Feeling lonely* [n, % (CI)]							
Very frequently	-	56 1.3 (0.9-1.8)	46 0.9 (0.6-1.3)	47 0.9 (0.6-1.4)	78 1.7 (1.3-2.2)	78 1.9 (1.4-2.4)	102 2.8 (2.2-3.5)
Quite often	-	116 2.7 (2.2-3.3)	112 2.2 (1.7-2.7)	87 1.7 (1.3-2.3)	158 3.2 (2.6-3.9)	173 3.3 (2.8-3.9)	212 5.3 (4.5-6.1)
Occasionally	-	1483 40.4 (38.5-42.2)	1580 34.7 (32.9-36.5)	1368 34.0 (32.2-35.9)	2086 40.5 (38.8-42.2)	2075 42.9 (41.3-44.6)	1892 44.7 (42.9-46.5)
Never	-	1857 55.7 (53.8-57.5)	2829 62.3 (60.4-64.1)	2494 63.4 (61.5-65.2)	2752 54.6 (52.9-56.3)	2618 51.9 (50.3-53.6)	2077 47.2 (45.4-49.1)
Missing (no answer)	-	2	0	5	0	7	3

Having someone to talk about problems [n, % (CI)]							
Yes, several people	2786 70.9 (69.2-72.6)	2411 68.3 (66.6-70.1)	3403 73.9 (72.3-75.5)	3221 81.5 (80.0-82.9)	3879 75.9 (74.4-77.4)	3878 79.1 (77.7-80.4)	3439 80.1 (78.7-81.6)
Yes, one person	972 25.4 (23.9-27.1)	947 27.5 (25.8-29.2)	1049 23.7 (22.2-25.3)	672 15.8 (14.5-17.2)	1072 21.6 (20.2-23.1)	963 18.9 (17.7-20.2)	754 17.6 (16.2-19.0)
No	142 3.6 (3.0-4.4)	153 4.2 (3.5-5.0)	113 2.4 (1.9-3.0)	105 2.7 (2.1-3.4)	121 2.5 (2.0-3.1)	105 2.0 (1.6-2.5)	91 2.3 (1.8-2.9)
Missing (no answer)	3	3	2	3	2	5	2
Being in treatment for mental health issues* [n, % (CI)]							
Yes	-	230 5.6 (4.8-6.5)	341 6.2 (5.4-7.1)	289 6.5 (5.6-7.5)	383 7.4 (6.6-8.4)	380 8.4 (7.5-9.4)	491 12.4 (11.2-13.7)
No	-	3282 94.4 (93.5-95.2)	4225 93.8 (92.9-94.6)	3712 93.5 (92.5-94.4)	4689 92.6 (91.6-93.4)	4565 91.6 (90.6-92.5)	3790 87.6 (86.3-88.8)
Missing (no answer)	-	2	1	0	2	5	5
Number of consultations with psychologist in last 12 months [mean (CI)]							
	0.51 (0.38-0.63)	0.61 (0.46-0.75)	0.70 (0.57-0.83)	0.59 (0.46-0.72)	1.07 (0.89-1.25)	1.48 (1.25-1.71)	2.21 (1.90-2.52)

*Question missing in 1992.

Table 5. Nutritional habits and body weight and image of women in childbearing age for all 7 surveys from 1992 to 2022.

	Swiss Health Survey						
	1992	1997	2002	2007	2012	2017	2022
	N = 3909	N = 3514	N = 4567	N = 4001	N = 5074	N = 4951	N = 4286
Body size [mean (CI)]							
	165.26 (165.03-165.48)	165.18 (164.94-165.41)	165.56 (165.33-165.79)	166.2 (165.95-166.44)	166.08 (165.87-166.30)	166.09 (165.87-166.31)	166.13 (165.91-166.36)
Body weight [mean (CI)]							
	59.32 (58.98-59.66)	60.69 (60.3-61.07)	61.52 (61.11-61.94)	62.12 (61.69-62.56)	62.94 (62.55-63.33)	63.52 (63.11-63.94)	64.05 (63.60-64.50)
BMI [mean (CI)]							
	21.72 (21.61-21.84)	22.24 (22.11-22.38)	22.45 (22.31-22.60)	22.50 (22.35-22.65)	22.81 (22.68-22.95)	23.04 (22.89-23.18)	23.20 (23.05-23.36)
BMI in 4 groups [n, % (CI)]							
Underweight	432 11.1 (10.0-12.3)	319 9.3 (8.2-10.5)	352 8.2 (7.2-9.3)	306 7.8 (6.9-8.9)	380 7.6 (6.7-8.6)	336 6.8 (6.0-7.7)	297 7.1 (6.2-8.1)
Normal weight	2937 75.4 (73.8-77.0)	2569 72.8 (71.1-74.5)	3304 72.6 (70.9-74.3)	2871 73.3 (71.6-75.0)	3562 70.8 (69.2-72.3)	3428 70.0 (68.5-71.5)	2873 67.9 (66.1-69.5)
Overweight	398 11.0 (9.8-12.2)	474 14.1 (12.8-15.5)	652 14.0 (12.8-15.4)	570 13.4 (12.2-14.8)	794 15.7 (14.5-17.0)	816 16.4 (15.2-17.6)	741 17.0 (15.7-18.4)
Obesity	97 2.5 (2.0-3.2)	135 3.8 (3.2-4.6)	226 5.1 (4.4-6.0)	214 5.4 (4.6-6.4)	300 5.9 (5.2-6.8)	327 6.9 (6.1-7.8)	326 8.0 (7.0-9.1)

Missing (no answer)	39	17	33	40	38	44	49
Satisfaction with body weight* [n, % (CI)]							
Very satisfied	-	1158 33.2 (31.4-35.0)	1313 28.4 (26.8-30.1)	1159 29.3 (27.6-31.1)	1379 27.1 (25.5-28.6)	1272 26.1 (24.7-27.6)	1086 25.7 (24.1-27.4)
Mostly satisfied	-	1105 31.4 (29.6-33.1)	1634 35.1 (33.4-36.9)	1434 35.8 (33.9-37.6)	2346 46.0 (44.3-47.8)	2321 46.7 (45.1-48.4)	1977 45.5 (43.7-47.3)
Not entirely satisfied	-	913 26.3 (24.7-28.0)	1225 27.3 (25.7-29.0)	1065 26.7 (25.0-28.5)	1028 20.1 (18.8-21.5)	1029 20.3 (19.1-21.7)	960 22.7 (21.3-24.3)
Not satisfied at all	-	336 9.1 (8.1-10.3)	391 9.2 (8.1-10.3)	340 8.2 (7.2-9.3)	317 6.8 (6.0-7.8)	325 6.8 (6.0-7.8)	254 6.1 (5.3-7.0)
Missing (no answer)	-	2	4	3	4	4	9
Desire to change weight*/** [n, % (CI)]							
Yes, I want to change it	-	1942 55.2 (53.3-57.1)	-	2237 55.1 (53.2-57.1)	2666 52.7 (50.9-54.4)	2719 55.0 (53.4-56.7)	2323 54.8 (53.0-56.6)
No, I don't want to change it	-	1570 44.8 (42.9-46.7)	-	1762 44.9 (42.9-46.8)	2402 47.3 (45.6-49.1)	2230 45.0 (43.3-46.6)	1958 45.2 (43.4-47.0)
Missing (no answer)	-	2	-	2	6	2	1
Nutritional awareness [n, % (CI)]							
Yes, I pay attention	2966 76.1 (74.5-77.6)	2702 76.7 (75.0-78.2)	3466 74.2 (72.5-75.8)	3048 77.8 (76.2-79.3)	3717 73.2 (71.7-74.8)	3440 71.0 (69.6-72.5)	3116 72.9 (71.3-74.5)
No, I don't pay attention	937 23.9 (22.4-25.5)	811 23.3 (21.8-25.0)	1100 25.8 (24.2-27.5)	952 22.2 (20.7-23.8)	1355 26.8 (25.2-28.3)	1509 29.0 (27.5-30.4)	1168 27.1 (25.5-28.7)
Missing (no answer)	0	1	1	1	6	2	2

Weekly consumption of meat/sausages [n, % (CI)]							
Never	131 3.0 (2.4-3.7)	155 4.3 (3.6-5.2)	214 4.5 (3.8-5.3)	184 4.9 (4.1-5.9)	234 4.6 (3.9-5.4)	306 7.0 (6.1-7.9)	436 10.9 (9.8-12.1)
2 days per week or less (merged)	1123 26.1 (24.6-27.7)	1245 32.8 (31.1-34.6)	1387 29.3 (27.7-31.1)	1147 27.2 (25.5-28.9)	1138 22.4 (21.0-23.8)	1219 26.0 (24.6-27.5)	1156 27.6 (26.0-29.3)
3 to 4 days per week (merged)	1412 35.8 (34.1-37.6)	1251 36.2 (34.4-38.0)	1758 38.6 (36.8-40.4)	1636 41.9 (40.0-43.8)	2144 43.0 (41.3-44.8)	1966 39.8 (38.2-41.4)	1670 38.1 (36.4-39.9)
5 to 7 days per week (merged)	1234 35.1 (33.3-36.9)	863 26.7 (25.0-28.4)	1205 27.6 (26.0-29.3)	1033 26.0 (24.3-27.7)	1557 30.0 (28.4-31.6)	1459 27.2 (25.8-28.7)	1022 23.3 (21.8-24.9)
Missing (no answer)	3	0	3	1	1	1	2
Weekly consumption of fish [n, % (CI)]							
Never	367 10.1 (9.0-11.3)	386 11.5 (10.3-12.8)	503 11.6 (10.4-12.8)	419 11.7 (10.5-13.1)	692 13.2 (12.1-14.4)	757 15.6 (14.4-16.9)	831 20.4 (19.0-22.0)
2 days per week or less (merged)	3364 85.7 (84.4-87.0)	2969 84.1 (82.7-85.5)	3880 83.8 (82.4-85.2)	3391 82.8 (81.2-84.3)	4089 80.9 (79.5-82.2)	3846 77.4 (76.0-78.8)	3209 74.2 (72.6-75.8)
3 to 4 days per week (merged)	149 3.6 (3.0-4.4)	144 4.0 (3.3-4.8)	161 4.1 (3.3-5.0)	169 4.7 (3.9-5.6)	255 5.2 (4.4-6.0)	317 6.3 (5.6-7.1)	224 5.0 (4.3-5.7)
5 to 7 days per week (merged)	21 ^R 0.6 (0.30-0.9)	15 ^R 0.4 (0.2-0.6)	21 ^R 0.5 (0.3-0.9)	21 ^R 0.8 (0.5-1.4)	38 0.7 (0.5-1.0)	29 ^R 0.6 (0.4-0.9)	20 ^R 0.4 (0.2-0.6)
Missing (no answer)	2	0	2	1	0	2	2
Weekly consumption of milk*/** [n, % (CI)]							
Never	1205 30.3 (28.7-32.0)	1196 33.0 (31.3-34.8)	1630 34.6 (32.8-36.4)	-	-	-	-
2 days per week or less (merged)	751 19.0 (17.6-20.5)	680 19.4 (17.9-20.9)	865 18.3 (16.9-19.7)	-	-	-	-

3 to 4 days per week (merged)	187 4.6 (3.9-5.4)	244 7.0 (6.1-8.0)	312 7.3 (6.4-8.3)	-	-	-	-
5 to 7 days per week (merged)	1760 46.1 (44.3-47.9)	1393 40.6 (38.7-42.4)	1759 39.9 (38.1-41.7)	-	-	-	-
Missing (no answer)	0	1	1	-	-	-	-
Obstacles for someone who wants to eat healthily* [n, % (CI)]							
To time-consuming							
Yes, I agree	1118 31.8 (30.0-33.6)	1090 32.9 (31.0-34.7)	1558 36.1 (34.3-38.0)	1486 39.4 (37.3-41.5)	1720 36.5 (34.8-38.3)	1796 39.0 (37.4-40.7)	-
No, I don't agree	2357 68.2 (66.4-70.0)	2191 67.1 (65.3-69.0)	2671 63.9 (62.0-65.7)	2318 60.6 (58.5-62.7)	2933 63.5 (61.7-65.2)	2956 61.0 (59.3-62.6)	-
Missing (no answer)	428	233	338	197	421	199	-
Not enough offers in stores							
Yes, I agree	476 12.8 (11.6-14.2)	353 10.0 (8.9-11.3)	498 12.2 (11.0-13.5)	417 10.5 (9.3-11.9)	318 6.5 (5.7-7.4)	436 9.4 (8.5-10.5)	-
No, I don't agree	2999 87.2 (85.8-88.4)	2928 90.0 (88.7-91.1)	3731 87.8 (86.5-89.0)	3387 89.5 (88.1-90.7)	4335 93.5 (92.6-94.3)	4316 90.6 (89.5-91.5)	-
Missing (no answer)	428	233	338	197	421	199	-
Not enough offers in restaurants							
Yes, I agree	1533 42.9 (41.0-44.8)	1351 39.5 (37.6-41.5)	1592 37.0 (35.2-38.9)	1539 39.3 (37.3-41.4)	984 20.4 (19.0-22.0)	1063 23.0 (21.6-24.4)	-
No, I don't agree	1942 57.1 (55.2-59.0)	1930 60.5 (58.5-62.4)	2637 63.0 (61.1-64.8)	2265 60.7 (58.6-62.7)	3669 79.6 (78.0-81.0)	3689 77.0 (75.6-78.4)	-

Missing (no answer)	428	233	338	197	421	199	-
Healthy food is too expensive							
Yes, I agree	1582 45.4 (43.5-47.4)	1442 44.5 (42.5-46.5)	2106 49.5 (47.6-51.4)	2141 56.0 (53.9-58.1)	1984 42.8 (41.0-44.6)	2197 46.9 (45.3-48.6)	-
No, I don't agree	1893 54.6 (52.6-56.5)	1839 55.5 (53.5-57.5)	2123 50.5 (48.6-52.4)	1663 44.0 (41.9-46.1)	2669 57.2 (55.4-59.0)	2555 53.1 (51.4-54.7)	-
Missing (no answer)	428	233	338	197	421	199	-
Lack of support of others							
Yes, I agree	577 17.9 (16.4-19.5)	474 15.4 (13.9-16.9)	476 12.3 (11.1-13.7)	404 12.4 (11.0-14.0)	454 10.3 (9.2-11.6)	466 9.6 (8.7-10.6)	-
No, I don't agree	2898 82.1 (80.5-83.6)	2807 84.6 (83.1-86.1)	3753 87.7 (86.3-88.9)	3400 87.6 (86.0-89.0)	4199 89.7 (88.4-90.8)	4286 90.4 (89.4-91.3)	-
Missing (no answer)	428	233	338	197	421	199	-
Others keep me from eating healthy							
Yes, I agree	206 5.7 (4.9-6.7)	170 5.5 (4.6-6.5)	160 3.7 (3.0-4.4)	159 5.3 (4.3-6.6)	184 3.9 (3.3-4.7)	205 4.3 (3.7-5.0)	-
No, I don't agree	3269 94.3 (93.3-95.1)	3111 94.5 (93.5-95.4)	4069 96.3 (95.6-97.0)	3645 94.7 (93.4-95.7)	4469 96.1 (95.3-96.7)	4547 95.7 (95.0-96.3)	-
Missing (no answer)	428	233	338	197	421	199	-
Fondness of good food							
Yes, I agree	574 17.5 (16.0-19.1)	1299 40.2 (38.3-42.2)	1357 31.8 (30.1-33.7)	1402 36.6 (34.5-38.6)	1629 35.7 (33.9-37.5)	1573 33.5 (31.9-35.1)	-

No, I don't agree	2901 82.5 (80.9-84.0)	1982 59.8 (57.8-61.7)	2872 68.2 (66.3-69.9)	2402 63.4 (61.4-65.5)	3024 64.3 (62.5-66.1)	3179 66.5 (64.9-68.1)	-
Missing (no answer)	428	233	338	197	421	199	-
Fondness of abundant food							
Yes, I agree	503 15.4 (14.0-16.9)	514 16.3 (14.8-17.8)	685 17.0 (15.6-18.5)	570 17.3 (15.7-19.1)	679 14.5 (13.3-15.9)	709 15.4 (14.2-16.6)	-
No, I don't agree	2972 84.6 (83.1-86.0)	2767 83.7 (82.2-85.2)	3544 83.0 (81.5-84.4)	3234 82.7 (80.9-84.3)	3974 85.5 (84.1-86.7)	4043 84.6 (83.4-85.8)	-
Missing (no answer)	428	233	338	197	421	199	-
Habits and constraints of everyday life							
Yes, I agree	1786 50.4 (48.5-52.4)	1793 52.5 (50.5-54.5)	2290 53.9 (52.0-55.8)	2153 55.6 (53.5-57.7)	2233 47.1 (45.2-48.9)	2299 48.5 (46.8-50.1)	-
No, I don't agree	1689 49.6 (47.6-51.5)	1488 47.5 (45.5-49.5)	1939 46.1 (44.2-48.0)	1651 44.4 (42.3-46.5)	2420 52.9 (51.1-54.8)	2453 51.5 (49.9-53.2)	-
Missing (no answer)	428	233	338	197	421	199	-
Lack of motivation							
Yes, I agree	1271 37.0 (35.1-38.9)	1100 34.6 (32.8-36.5)	1254 31.1 (29.4-32.9)	1064 30.9 (29.0-33.0)	1280 27.4 (25.8-29.2)	1157 23.7 (22.3-25.1)	-
No, I don't agree	2204 63.0 (61.1-64.9)	2181 65.4 (63.5-67.2)	2975 68.9 (67.1-70.6)	2740 69.1 (67.0-71.0)	3373 72.6 (70.8-74.2)	3595 76.3 (74.9-77.7)	-
Missing (no answer)	428	233	338	197	421	199	-

*Question missing in certain survey years.

**Question excluded for certain survey years due to lack of comparability.

^R Limited representativeness due to small sample size.

Table 6. Physical activity of women in childbearing age for all 7 surveys from 1992 to 2022.

	Swiss Health Survey						
	1992	1997	2002	2007	2012	2017	2022
	N = 3909	N = 3514	N = 4567	N = 4001	N = 5074	N = 4951	N = 4286
Physical activity with sweating once a week [n, % (CI)]							
Yes	2626 68.2 (66.5-69.9)	2308 67.0 (65.2-68.7)	3056 67.6 (65.9-69.3)	2857 73.8 (72.1-75.5)	3571 70.4 (68.8-71.9)	3693 75.0 (73.6-76.4)	2973 69.3 (67.6-70.9)
No	1276 31.8 (30.1-33.5)	1206 33.0 (31.3-34.8)	1511 32.4 (30.7-34.1)	1141 26.2 (24.5-27.9)	1502 29.6 (28.1-31.2)	1257 25.0 (23.6-26.4)	1313 30.7 (29.1-32.4)
Missing (no answer)	1	0	0	3	1	1	0
Frequency of intense physical activity [n, % (CI)]							
None	1276 31.8 (30.1-33.5)	1206 33.1 (31.4-34.9)	1511 32.4 (30.7-34.2)	1141 26.2 (24.6-27.9)	1502 29.6 (28.1-31.2)	1257 25.0 (23.6-26.5)	1313 30.7 (29.1-32.4)
1-2 days per week	1748 44.7 (42.9-46.5)	1400 39.7 (37.8-41.5)	1902 41.8 (40.0-43.7)	1669 42.4 (40.5-44.3)	2234 43.6 (41.9-45.4)	2219 45.2 (43.5-46.8)	1699 40.0 (38.3-41.8)
3 or more days per week	877 23.5 (22.0-25.1)	901 27.2 (25.6-29.0)	1148 25.7 (24.1-27.4)	1184 31.4 (29.6-33.3)	1332 26.7 (25.2-28.3)	1463 29.8 (28.3-31.4)	1273 29.2 (27.6-30.9)
Missing (no answer)	2	7	6	7	6	12	1

Doing fitness, gymnastics or other sports* [n, % (CI)]							
Yes	-	2145 61.4 (59.5-63.2)	2725 60.3 (58.5-62.1)	2527 64.5 (62.7-66.3)	3198 62.6 (60.9-64.3)	3729 74.6 (73.1-76.0)	3234 73.8 (72.1-75.5)
No	-	1369 38.6 (36.8-40.5)	1842 39.7 (37.9-41.5)	1472 35.5 (33.7-37.3)	1876 37.4 (35.7-39.1)	1219 25.4 (24.0-26.9)	1051 26.2 (24.5-27.9)
Missing (no answer)	-	0	0	0	0	3	1
Frequency of fitness, gymnastics or other sports* [n, % (CI)]							
(almost) every day	-	-	274 9.8 (8.5-11.3)	284 11.3 (9.8-13.0)	251 8.1 (7.0-9.4)	338 9.0 (8.0-10.1)	309 9.1 (8.0-10.4)
Several times per week	-	-	1358 51.5 (49.1-53.9)	1196 50.5 (48.0-52.9)	1697 54.1 (51.9-56.2)	1734 46.8 (44.9-48.7)	1531 46.6 (44.5-48.7)
Around once a week	-	-	983 35.0 (32.8-37.3)	913 33.4 (31.2-35.7)	1135 34.2 (32.2-36.3)	1137 30.3 (28.6-32.1)	960 30.2 (28.3-32.2)
Around 1-3 times per month	-	-	90 3.1 (2.4-4.0)	123 4.6 (3.7-5.7)	100 3.2 (2.5-4.1)	426 11.5 (10.3-12.8)	367 11.8 (10.5-13.3)
Less than once a month	-	-	18 ^R 0.7 (0.3-1.3)	Less than 10	14 ^R 0.4 (0.2-0.7)	85 2.4 (1.9-3.1)	65 2.3 (1.7-3.1)
Missing (filter, no answer)	-	-	1844	1476	1877	1231	1054

Physical activity with sweating (days per week) [mean (CI)]							
	2.50 (2.42-2.58)	2.73 (2.64-2.82)	2.60 (2.52-2.68)	2.72 (2.64-2.80)	2.48 (2.41-2.54)	2.51 (2.45-2.56)	2.54 (2.48-2.61)
Moderate activity (days per week)** [mean (CI)]							
	-	-	2.52 (2.44-2.61)	2.72 (2.63-2.82)	3.05 (2.97-3.14)	3.12 (3.04-3.19)	3.24 (3.15-3.32)
Duration of moderate activity (minutes per day)** [mean (CI)]							
	-	-	95.71 (91.64-99.77)	90.09 (86.05-94.14)	100.2 (96.57-103.82)	104.75 (101.17-108.33)	90.52 (87.19-93.84)

*Question missing in certain survey years.

**Question excluded for certain survey years due to lack of comparability.

^R Limited representativeness due to small sample size.

Table 7. Medication use, prescription and frequency of medication intake in last 7 days in women in childbearing age for all 7 surveys from 1992 to 2022.

	Swiss Health Survey						
	1992	1997	2002	2007	2012	2017	2022
	N = 3909	N = 3514	N = 4567	N = 4001	N = 5074	N = 4951	N = 4286
General medication intake [n, % (CI)]							
Yes	1263 31.6 (30.0, 33.4)	1259 35.2 (33.4, 37.0)	1587 34.4 (32.6, 36.1)	1700 41.1 (39.2, 43.0)	2116 41.4 (39.7, 43.1)	2218 45.6 (44.0, 47.3)	2113 49.6 (47.8, 51.5)
No	2640 68.4 (66.6, 70.0)	2255 64.8 (63.0, 66.6)	2980 65.6 (63.9, 67.4)	2300 58.9 (57.0, 60.8)	2958 58.6 (56.9, 60.3)	2731 54.4 (52.7, 56.0)	2173 50.4 (48.5, 52.2)
Missing (no answer)	0	0	0	1	0	2	0
Antihypertensive medication [n, % (CI)]							
Yes	61 5.0 (3.8, 6.6)	89 7.2 (5.7, 9.0)	85 4.9 (3.8, 6.4)	91 5.5 (4.3, 6.9)	111 6.0 (4.8, 7.5)	82 3.7 (2.9, 4.7)	69 3.1 (2.4, 4.0)
No	1202 95.0 (93.4, 96.2)	1170 92.8 (91.0, 94.3)	1403 95.1 (93.6, 96.2)	1608 94.5 (93.1, 95.7)	1821 94.0 (92.5, 95.2)	1890 96.3 (95.3, 97.1)	1893 96.9 (96.0, 97.6)
Missing (filter, no answer)	2640	2255	3079	2302	3142	2979	2324
Cardiac medication [n, % (CI)]							
Yes	31 2.0 (1.3, 2.9)	18 ^R 1.2 (0.7, 2.2)	24 ^R 1.4 (0.8, 2.3)	31 1.7 (1.1, 2.5)	38 2.5 (1.7, 3.6)	28 ^R 1.2 (0.8, 1.8)	23 ^R 1.0 (0.6, 1.6)

No	1232 98.0 (97.1, 98.7)	1241 98.8 (97.8, 99.3)	1562 98.6 (97.7, 99.2)	1669 98.3 (97.5, 98.9)	1896 97.5 (96.4, 98.3)	1944 98.8 (98.2, 99.2)	1939 99.0 (98.4, 99.4)
Missing (filter)	2640	2255	2981	2301	3140	2979	2324
Cholesterol-lowering medication* [n, % (CI)]							
Yes	-	-	21 ^R 1.1 (0.6, 1.9)	20 ^R 0.9 (0.6, 1.5)	28 ^R 1.6 (1.0, 2.5)	15 ^R 0.5 (0.3, 0.9)	20 ^R 0.9 (0.5, 1.4)
No	-	-	1566 98.9 (98.1, 99.4)	1680 99.1 (98.5, 99.4)	1906 98.4 (97.5, 99.0)	1957 99.5 (99.1, 99.7)	1941 99.1 (98.6, 99.5)
Missing (filter)	-	-	2980	2301	3140	2979	2325
Antidiabetic medication* [n, % (CI)]							
Yes	-	-	-	14 ^R 0.6 (0.3, 1.2)	27 ^R 1.2 (0.8, 1.9)	29 ^R 1.3 (0.8, 2.0)	38 2.1 (1.5, 3.0)
No	-	-	-	1686 99.4 (98.8, 99.7)	1907 98.8 (98.1, 99.2)	1943 98.7 (98.0, 99.2)	1923 97.9 (97.0, 98.5)
Missing (filter)	-	-	-	2301	3140	2979	2325
Antidepressants* [n, % (CI)]							
Yes	-	-	-	146 7.0 (5.7, 8.5)	188 9.3 (7.8, 11.0)	176 9.7 (8.3, 11.4)	195 11.0 (9.4, 12.9)
No	-	-	-	1554 93.0 (91.5, 94.3)	1746 90.7 (89.0, 92.2)	1796 90.3 (88.6, 91.7)	1765 89.0 (87.1, 90.6)
Missing (filter)	-	-	-	2301	3140	2979	2326
Painkillers [n, % (CI)]							

Daily	159 12.4 (10.4, 14.7)	102 7.7 (6.3, 9.4)	165 10.2 (8.5, 12.2)	167 9.3 (7.8, 11.1)	211 11.9 (10.2, 13.9)	166 8.8 (7.4, 10.4)	171 8.7 (7.3, 10.4)
Several times a week	145 11.7 (9.8, 14.0)	209 15.7 (13.6, 18.1)	234 13.5 (11.6, 15.6)	262 15.5 (13.5, 17.7)	443 23.3 (20.8, 25.8)	518 26.8 (24.6, 29.2)	495 26.0 (23.7, 28.5)
Once a week	266 21.2 (18.7, 23.9)	392 31.6 (28.7, 34.6)	432 27.6 (24.8, 30.5)	494 29.3 (26.7, 32.1)	613 31.9 (29.4, 34.6)	686 34.7 (32.3, 37.2)	670 34.7 (32.2, 37.3)
Never	693 54.7 (51.4, 57.9)	556 45.0 (41.9, 48.2)	752 48.8 (45.7, 51.9)	776 45.9 (42.9, 48.8)	665 32.9 (30.4, 35.6)	602 29.7 (27.4, 32.1)	625 30.5 (20.2, 33.0)
Missing (filter)	2640	2255	2984	2302	3142	2979	2325
Prescription of painkillers [n, % (CI)]							
Yes	189 33.8 (29.4, 38.4)	216 30.2 (26.5, 34.2)	328 40.9 (36.8, 45.3)	328 34.1 (30.5, 37.9)	473 36.6 (33.3, 40.0)	498 35.5 (32.6, 38.5)	479 35.5 (32.5, 38.7)
No, self-bought	381 66.2 (61.6, 70.6)	487 69.8 (65.8, 73.5)	503 59.1 (54.7, 63.2)	595 65.9 (62.1, 69.5)	793 63.4 (60.0, 66.7)	872 64.5 (61.5, 67.4)	856 64.5 (61.3, 67.5)
Missing (filter)	3333	2811	3736	3078	3808	3581	2951
Sleeping pill [n, % (CI)]							
Daily	42 3.1 (2.1, 4.4)	23 ^R 1.6 (1.0, 2.5)	41 2.1 (1.4, 2.9)	33 1.7 (1.1, 2.6)	60 3.1 (2.3, 4.3)	52 2.6 (1.9, 3.6)	45 3.0 (2.1, 4.3)
Several times a week	25 ^R 1.7 (1.1, 2.7)	27 ^R 1.6 (1.0, 2.6)	26 ^R 1.3 (0.8, 2.0)	23 ^R 1.3 (0.8, 2.2)	31 1.7 (1.1, 2.6)	29 ^R 1.7 (1.2, 2.6)	28 ^R 1.7 (1.1, 2.7)
Once a week	25 ^R 1.8 (1.2, 2.8)	25 ^R 1.7 (1.1, 2.6)	21 ^R 1.2 (0.7, 2.2)	27 ^R 1.9 (1.2, 2.9)	26 ^R 1.1 (0.7, 1.7)	26 ^R 1.3 (0.9, 2.1)	27 ^R 1.3 (0.8, 2.0)
Never	1171 93.4 (91.7, 94.8)	1184 95.1 (93.7, 96.3)	1499 95.5 (94.2, 96.5)	1617 95.1 (93.6, 96.2)	1817 94.0 (92.6, 95.2)	1865 94.3 (93.0, 95.4)	1862 94.0 (95.4, 95.2)
Missing (filter)	2640	2255	2980	2301	3140	2979	2324

Prescription of sleeping pill [n, % (CI)]							
Yes	68 73.2 (62.1, 82.1)	60 75.0 (60.4, 85.5)	69 79.4 (67.3, 87.9)	70 84.9 (73.8, 91.8)	97 79.7 (68.6, 87.6)	90 85.7 (76.0, 91.9)	78 74.7 (62.4, 84.1)
No, self-bought	24 ^R 26.8 (17.9, 37.9)	15 ^R 25.0 (14.5, 39.6)	19 ^R 20.6 (12.1, 32.7)	13 ^R 15.1 (8.2, 26.2)	20 ^R 20.3 (12.4, 31.4)	17 ^R 14.3 (8.1, 24.0)	22 ^R 25.3 (15.9, 37.6)
Missing (filter)	3811	3439	4479	3918	4957	4844	4186
Anxiolytics [n, % (CI)]							
Daily	76 6.0 (4.6, 7.7)	65 5.1 (3.8, 6.6)	88 4.7 (3.6, 6.1)	72 3.5 (2.7, 4.7)	89 4.0 (3.1, 5.1)	62 3.2 (2.4, 4.2)	42 2.2 (1.6, 3.2)
Several times a week	28 ^R 2.0 (1.3, 3.1)	32 1.9 (1.3, 2.8)	22 ^R 1.2 (0.7, 2.1)	26 ^R 1.2 (0.7, 2.0)	27 ^R 1.9 (1.1, 3.1)	24 ^R 1.3 (0.8, 2.1)	22 ^R 1.2 (0.7, 1.9)
Once a week	19 ^R 1.2 (0.7, 2.0)	25 ^R 2.0 (1.2, 3.2)	23 ^R 1.1 (0.7, 1.8)	23 ^R 1.2 (0.7, 2.1)	43 2.3 (1.5, 3.5)	32 1.6 (1.1, 2.4)	26 ^R 1.6 (1.0, 2.4)
Never	1140 90.8 (88.8, 92.5)	1136 91.1 (89.1, 92.7)	1453 93.0 (91.4, 94.3)	1578 94.0 (92.5, 95.2)	1774 91.9 (90.1, 93.4)	1854 93.8 (92.5, 95.0)	1871 95.0 (93.7, 96.1)
Missing (filter)	2640	2256	2981	2302	3141	2979	2325
Prescription of anxiolytics [n, % (CI)]							
Yes, with prescription	91 72.4 (62.2, 80.8)	93 73.2 (62.8, 81.5)	114 84.1 (73.9, 90.8)	83 61.3 (49.3, 72.0)	132 80.5 (68.9, 88.5)	99 82.1 (72.3, 89.0)	78 87.6 (77.3, 93.6)
No, self-bought	32 27.6 (19.2, 37.8)	29 ^R 26.8 (18.5, 37.2)	19 ^R 15.9 (9.2, 26.1)	38 38.7 (28.0, 50.7)	26 ^R 19.5 (11.5, 31.1)	19 ^R 17.9 (11.0, 27.7)	12 ^R 12.4 (6.4, 22.7)
Missing (filter)	3780	3392	4434	3880	4916	4833	4196

*Question missing in certain survey years.

**Question excluded for certain survey years due to lack of comparability.

^R Limited representativeness due to small sample size.

Table 8. Contraception methods used by women in childbearing age for all 7 surveys from 1992 to 2022.

	Swiss Health Survey						
	1992	1997	2002	2007	2012	2017	2022
	N = 3909	N = 3514	N = 4567	N = 4001	N = 5074	N = 4951	N = 4286
Use of contraception [n, % (CI)]							
Yes	2112 53.9 (52.1, 55.8)	2532 71.7 (69.8, 73.4)	3164 71.1 (69.4, 72.7)	2677 68.1 (66.1, 70.1)	3636 73.0 (71.4, 74.6)	3584 72.3 (70.7, 73.7)	3072 71.6 (69.9, 73.3)
No	1702 46.1 (44.2, 47.9)	908 28.3 (26.6, 30.2)	1295 28.9 (27.3, 30.6)	1253 31.9 (29.9, 33.9)	1385 27.0 (25.4, 28.6)	1341 27.7 (26.3, 29.3)	1174 28.4 (26.7, 30.1)
Missing (no answer)	89	74	108	71	53	26	40
Pill [n, % (CI)]							
Yes	1113 49.2 (46.7-51.6)	1100 41.3 (39.2-43.5)	1229 39.9 (37.8-42.0)	651 26.2 (24.1-28.5)	1321 34.7 (32.7-36.6)	1154 32.7 (30.9-34.6)	669 21.7 (19.9-23.5)
No	1113 49.2 (46.7-51.6)	710 28.6 (26.6-30.6)	1927 55.7 (53.5-57.8)	1601 57.2 (54.6-59.6)	2304 63.4 (61.4-65.4)	2429 66.5 (64.7-68.4)	2401 77.0 (75.2-78.8)
No answer***	676 31.9 (29.7-34.3)	796 30.1 (28.1-32.2)	116 4.4 (3.5-5.5)	425 16.6 (14.8-18.6)	64 1.9 (1.4-2.6)	27 ^R 0.7 (0.5-1.1)	42 1.3 (0.9-1.9)
Missing (filter)	1703	908	1295	1324	1385	1341	1174
Contraception patch or ring* [n, % (CI)]							
Yes	-	-	-	-	176 5.4 (4.5, 6.5)	162 4.6 (3.8, 5.4)	117 4.3 (3.4, 5.3)

No	-	-	-	-	3449 94.6 (93.5, 95.5)	3421 95.4 (94.6, 96.2)	2953 95.7 (94.7, 96.6)
Missing (filter, no answer)	-	-	-	-	1449	1368	1216
Contraceptive injection* [n, % (CI)]							
Yes	-	17 ^R 0.7 (0.4-1.2)	41 1.1 (0.8-1.7)	19 ^R 0.6 (0.3-1.2)	26 ^R 0.9 (0.5-1.6)	29 ^R 1.1 (0.7-1.7)	Less than 10
No	-	965 38.4 (36.2-40.5)	3115 94.5 (93.3-95.4)	2233 82.8 (80.7-84.6)	3599 97.2 (96.3-97.9)	3554 98.2 (97.5-98.7)	3061 98.0 (96.9-98.7)
No answer***	-	1624 61.0 (58.8-63.1)	116 4.4 (3.5-5.5)	425 16.6 (14.8-18.6)	64 1.9 (1.4-2.6)	27 ^R 0.7 (0.5-1.1)	42 1.3 (0.9-1.9)
Missing (filter)	-	908	1295	1324	1385	1341	1174
Contraceptive implant* [n, % (CI)]							
Yes	-	-	-	-	40 1.0 (0.2, 1.4)	42 1.2 (0.8, 1.7)	31 1.3 (0.9, 2.0)
No	-	-	-	-	3585 99.0 (98.6, 99.3)	3541 98.8 (98.3, 99.2)	3039 98.7 (98.0, 99.1)
Missing (filter, no answer)	-	-	-	-	1449	1368	1216
Intrauterine device (IUD) [n, % (CI)]							
Yes	263 11.6 (10.1-13.2)	238 8.8 (7.7-10.2)	411 11.4 (10.1-12.7)	454 15.1 (13.5-17.0)	587 16.8 (15.3-18.5)	625 16.4 (15.1-17.8)	638 20.2 (18.6-22.0)
No	617 26.8 (24.7-29.0)	882 35.0 (32.9-37.2)	2745 84.2 (82.6-85.7)	1798 68.3 (65.9-70.5)	3038 81.3 (79.6-82.9)	2958 82.9 (81.4-84.2)	2432 78.4 (76.6-80.1)
No answer***	1320 61.6 (59.2-63.9)	1486 56.1 (53.9-58.3)	116 4.4 (3.5-5.5)	425 16.6 (14.8-18.6)	64 1.9 (1.4-2.6)	27 ^R 0.7 (0.5-1.1)	42 1.3 (0.9-1.9)

Missing (filter)	1703	908	1295	1324	1385	1341	1174
Morning-after pill* [n, % (CI)]							
Yes	-	-	-	-	21 ^R 0.7 (0.4, 1.19)	26 ^R 0.9 (0.6, 1.3)	17 ^R 0.4 (0.2, 0.8)
No	-	-	-	-	3604 99.3 (98.9, 99.6)	3557 99.1 (98.7, 99.4)	3053 99.6 (99.2, 99.8)
Missing (filter, no answer)	-	-	-	-	1449	1368	1216
Condoms [n, % (CI)]							
Yes	588 25.0 (23.0-27.1)	909 33.8 (31.7-35.9)	966 30.2 (28.2-32.2)	865 32.2 (29.9-34.5)	1278 34.1 (32.2-36.1)	1328 38.2 (36.3-40.1)	1239 40.6 (38.5-42.8)
No	430 19.4 (17.5-21.3)	514 20.8 (19.0-22.7)	2190 65.4 (63.3-67.5)	1387 51.2 (48.7-53.7)	2347 64.0 (62.0-66.0)	2255 61.1 (59.1-62.9)	1831 58.1 (55.9-60.2)
No answer***	1182 55.7 (53.2-58.1)	1183 45.4 (43.3-47.7)	116 4.4 (3.5-5.5)	425 16.6 (14.8-18.6)	64 1.9 (1.4-2.6)	27 ^R 0.7 (0.5-1.1)	42 1.3 (0.9-1.9)
Missing (filter)	1703	908	1295	1324	1385	1341	1174
Diaphragm, cervical cap or female condom* [n, % (CI)]							
Yes	-	22 ^R 0.6 (0.4-1.0)	10 ^R 0.4 (0.2-0.7)	21 ^R 0.5 (0.3-0.8)	10 ^R 0.3 (0.1-0.6)	13 ^R 0.4 (0.2-0.7)	13 ^R 0.5 (0.3-0.9)
No	-	952 38.0 (35.9-40.2)	3146 95.2 (94.1-96.1)	2231 82.9 (80.9-84.8)	3615 97.8 (97.1-98.4)	3570 98.9 (98.4-99.2)	3057 98.2 (97.5-98.6)
No answer***	-	1625 61.3 (59.1-63.5)	116 4.4 (3.5-5.5)	425 16.6 (14.8-18.6)	64 1.9 (1.4-2.6)	27 ^R 0.7 (0.5-1.1)	42 1.3 (0.9-1.9)
Missing (filter)	-	915	1295	1324	1385	1341	1174

Sterilization [n, % (CI)]							
Yes	231 12.1 (10.6-13.9)	469 20.1 (18.4-22.0)	664 20.0 (18.3-21.7)	396 15.1 (13.4-16.9)	528 14.3 (12.9-15.7)	504 11.8 (10.7-13.0)	455 12.1 (10.9-13.5)
No	637 27.6 (25.5-29.8)	814 31.9 (29.9-34.0)	2492 75.6 (73.7-77.4)	1856 68.3 (65.9-70.6)	3097 83.8 (82.3-85.3)	3079 87.5 (86.2-88.6)	2615 86.6 (85.1-87.9)
No answer***	1332 60.3 (57.8-62.6)	1323 48.0 (45.8-50.2)	116 4.4 (3.5-5.5)	425 16.6 (14.8-18.6)	64 1.9 (1.4-2.6)	27 ^R 0.7 (0.5-1.1)	42 1.3 (0.9-1.9)
Missing (filter, no answer)	1703	908	1295	1324	1385	1341	1174
Natural contraception* [n, % (CI)]							
Yes	-	215 7.4 (6.4-8.5)	213 6.1 (5.1-7.4)	158 5.6 (4.4-7.0)	161 4.6 (3.8-5.6)	188 5.8 (4.9-6.8)	193 6.9 (5.8-8.1)
No	-	855 34.6 (32.5-36.7)	2943 89.5 (88.1-90.8)	2094 77.8 (75.7-79.9)	3464 93.4 (92.3-94.4)	3395 93.5 (92.4-94.4)	2877 91.8 (90.5-92.9)
No answer***	-	1536 58.1 (55.9-60.2)	116 4.4 (3.5-5.5)	425 16.6 (14.8-18.6)	64 1.9 (1.4-2.6)	27 ^R 0.7 (0.5-1.1)	42 1.3 (0.9-1.9)
Missing (filter)	-	908	1295	1324	1385	1341	1174

*Question missing in certain survey years.

**Question excluded for certain survey years due to lack of comparability.

***Due to the question design resulting in different sample sizes throughout the survey years 'no answer' is not defined as missing, but calculated in the percentages as an answer option.

^R Limited representativeness due to small sample size.

Table 9. Alcohol consumption in women in childbearing age for all 7 surveys from 1992 to 2022.

	Swiss Health Survey						
	1992	1997	2002	2007	2012	2017	2022
	N = 3909	N = 3514	N = 4567	N = 4001	N = 5074	N = 4951	N = 4286
Habitual alcohol consumption [n, % (CI)]							
Once or more per day (merged)	341 8.2 (7.3-9.2)	197 5.5 (4.7-6.4)	226 4.7 (4.0-5.5)	177 3.9 (3.2-4.6)	176 3.2 (2.6-3.8)	122 2.6 (2.1-3.2)	50 1.0 (0.7-1.4)
Several times per week	329 7.8 (6.9-8.8)	256 6.5 (5.7-7.4)	318 6.2 (5.4-7.2)	250 5.9 (5.1-6.9)	402 8.4 (7.5-9.4)	463 9.9 (9.0-10.9)	374 9.0 (8.0-10.1)
1-2 times per week	1210 30.7 (29.1-32.4)	1069 29.8 (28.1-31.5)	1502 32.4 (30.7-34.1)	1375 35.1 (33.2-36.9)	1773 34.2 (32.6-35.9)	1748 35.4 (33.9-37.0)	1469 33.6 (31.9-35.4)
Less	1365 35.3 (33.5-37.0)	1286 37.0 (35.2-38.8)	1370 30.8 (29.1-32.6)	1506 37.2 (35.3-39.1)	1809 36.4 (34.7-38.1)	1552 30.4 (28.9-32.0)	1620 37.8 (36.1-39.6)
Never, abstinent	658 18.1 (16.7-19.5)	706 21.2 (19.7-22.8)	1149 25.9 (24.3-27.6)	692 18.0 (16.5-19.5)	913 17.9 (16.6-19.3)	1065 21.7 (20.4-23.1)	772 18.6 (17.2-20.0)
Missing (no answer)	0	0	2	1	1	1	1
Beer consumed in last 12 months [n, % (CI)]							
Yes	1106 42.3 (40.1-44.5)	925 41.9 (39.6-44.3)	1221 45.8 (43.4-48.2)	1002 51.5 (48.8-54.2)	1376 58.1 (55.6-60.6)	1292 62.8 (60.3-65.2)	1011 53.8 (51.0-56.6)
No	1534 57.7 (55.5-59.9)	1276 58.1 (55.7-60.4)	1521 54.2 (51.8-56.6)	1031 48.5 (45.8-51.2)	1007 41.9 (39.4-44.4)	809 37.2 (34.8-39.7)	849 46.2 (43.4-49.0)
Missing (filter, no answer)	1263	1313	1825	1968	2691	2850	2426

Beer consumption frequency** [n, % (CI)]							
Abstinent	-	706 21.2 (19.7-22.8)	1149 25.9 (24.3-27.6)	692 18.0 (16.5-19.5)	913 17.9 (16.6-19.3)	1065 21.7 (20.4-23.1)	772 18.6 (17.2-20.0)
No beer consumption	-	1276 35.8 (34.0-37.6)	1525 32.4 (30.7-34.2)	1599 38.6 (36.7-40.4)	1695 33.8 (32.2-35.5)	1341 26.1 (24.7-27.6)	1426 33.2 (31.5-34.9)
Less than once per week (merged)	-	884 24.6 (23.0-26.3)	1166 26.2 (24.6-27.8)	954 25.1 (23.5-26.8)	1300 25.1 (23.7-26.6)	1225 25.1 (23.7-26.6)	965 21.4 (20.0-23.0)
1-2 times per week (merged)	-	552 15.8 (14.4-17.2)	613 13.3 (12.1-14.6)	625 15.1 (13.8-16.6)	956 19.3 (18.0-20.7)	1090 22.3 (20.9-23.7)	957 22.8 (21.3-24.4)
3 times per week or more (merged)	-	96 2.6 (2.1-3.3)	111 2.2 (1.8-2.8)	130 3.2 (2.6-3.9)	209 3.9 (3.3-4.5)	229 4.8 (4.1-5.5)	165 4.0 (3.3-4.7)
Missing (no answer)	-	0	3	1	1	1	1
Wine consumption in last 12 months [n, % (CI)]							
Yes	928 88.2 (85.4-90.4)	848 86.5 (83.5-88.9)	933 79.0 (75.2-82.3)	709 82.6 (78.9-85.7)	1036 81.6 (78.9-84.1)	1174 85.2 (82.9-87.2)	959 81.4 (78.5-84.0)
No	101 11.8 (9.6-14.6)	107 13.5 (11.1-16.5)	175 21.0 (17.7-24.8)	115 17.4 (14.3-21.1)	237 18.4 (15.9-21.1)	221 14.8 (12.8-17.1)	204 18.6 (16.0-21.5)
Missing (filter, no answer)	2874	2559	3459	3177	3801	3556	3123
Wine consumption frequency** [n, % (CI)]							
Abstinent	-	706 21.2 (19.7-22.8)	1149 25.9 (24.3-27.6)	692 18.0 (16.5-19.5)	913 17.9 (16.6-19.3)	1065 21.7 (20.4-23.1)	772 18.6 (17.2-20.0)
No wine consumption	-	107 3.8 (3.1-4.7)	176 5.8 (4.8-7.0)	682 17.6 (16.2-19.2)	923 19.3 (17.9-20.7)	751 14.7 (13.6-15.9)	780 18.7 (17.3-20.2)
Less than once per week (merged)	-	773 22.5 (20.9-24.1)	846 19.7 (18.2-21.2)	650 17.0 (15.6-18.6)	926 18.7 (17.4-20.1)	1078 22.5 (21.1-24.0)	893 20.4 (19.0-21.9)

1-2 times per week (merged)	-	1439 39.0 (37.2-40.8)	1807 36.9 (35.2-38.7)	1533 37.4 (35.5-39.2)	1836 35.2 (33.6-36.9)	1628 32.7 (31.2-34.3)	1537 35.6 (33.9-37.4)
3 times per week or more (merged)	-	489 13.5 (12.3-14.8)	586 11.7 (10.6-12.9)	443 10.0 (9.0-11.1)	475 8.9 (8.0-9.9)	428 8.4 (7.5-9.3)	303 6.7 (5.9-7.6)
Missing (no answer)	-	0	3	1	1	1	1
Spirits consumption [n, % (CI)]							
Yes		1517 55.7 (53.5-57.9)	1197 49.7 (47.4-51.9)	1442 51.7 (49.3-54.0)	1277 59.1 (56.6-61.6)	1791 62.3 (60.0-64.4)	1779 63.5 (61.4-65.6)
No		1159 44.3 (42.1-46.5)	1213 50.3 (48.1-52.6)	1370 48.3 (46.0-50.7)	969 40.9 (38.4-43.4)	1069 37.7 (35.6-40.0)	998 36.5 (34.4-38.6)
Missing (filter, no answer)		1227	1104	1755	1755	2214	2174
Spirits consumption frequency** [n, % (CI)]							
Abstinent	-	706 21.2 (19.7-22.8)	1149 25.9 (24.3-27.6)	692 18.0 (16.5-19.5)	913 17.9 (16.6-19.3)	1065 21.7 (20.4-23.1)	772 18.6 (17.2-20.0)
No consumption of spirits	-	1214 34.3 (32.6-36.1)	1373 28.9 (27.3-30.6)	1538 36.0 (34.2-37.9)	1756 35.6 (34.0-37.3)	1529 31.0 (29.5-32.5)	1662 38.2 (36.5-40.0)
Less than once per week (merged)	-	1178 33.3 (31.5-35.1)	1427 30.5 (28.8-32.3)	1242 31.2 (29.5-33.0)	1748 34.1 (32.5-35.8)	1739 35.0 (33.4-36.6)	1236 29.3 (27.6-31.0)
1-2 times per week (merged)	-	393 10.6 (9.5-11.8)	564 13.6 (12.3-15.0)	502 14.1 (12.8-15.6)	612 11.5 (10.4-12.6)	579 11.7 (10.6-12.7)	584 13.3 (12.1-14.5)
3 times per week or more (merged)	-	23 ^R 0.5 (0.3-0.9)	51 1.1 (0.8-1.5)	26 ^R 0.7 (0.4-1.1)	44 0.9 (0.6-1.3)	38 0.7 (0.5-1.1)	31 0.7 (0.4-1.0)
Missing (no answer)	-	0	3	1	1	1	1

Alcohol consumption amount [mean (CI)]							
Pure alcohol (gram per day)	7.68 (7.14-8.21)	6.67 (6.28-7.07)	6.69 (6.35-7.03)	6.26 (5.82-6.70)	6.12 (5.75-6.47)	6.62 (6.26-6.98)	6.07 (5.78-6.38)
Chronic alcohol consumption** [n, % (CI)]							
Abstinent	-	706 21.2 (19.7-22.8)	1149 25.9 (24.3-27.6)	692 18.0 (16.5-19.5)	913 17.9 (16.6-19.3)	1065 21.7 (20.4-23.1)	772 18.6 (17.2-20.0)
Low risk	-	2270 63.7 (61.9-65.5)	2741 60.5 (58.6-62.3)	2718 67.8 (66.0-69.6)	3363 66.9 (65.3-68.5)	3127 62.9 (61.3-64.4)	2891 66.9 (65.2-68.6)
Slight risk	-	384 10.9 (9.8-12.2)	493 10.0 (9.0-11.1)	437 10.6 (9.5-11.7)	611 11.8 (10.7-13.0)	567 11.8 (10.7-12.9)	467 11.2 (10.1-12.4)
Moderate risk	-	127 3.4 (2.8-4.1)	127 2.6 (2.1-3.2)	118 2.7 (2.2-3.3)	144 2.7 (2.2-3.3)	158 3.0 (2.5-3.6)	133 2.8 (2.3-3.5)
Increased risk	-	27 ^R 0.7 (0.5-1.1)	54 1.0 (0.8-1.5)	35 1.0 (0.7-1.5)	42 0.7 (0.5-1.0)	33 0.7 (0.5-1.0)	22 ^R 0.5 (0.3-0.8)
Missing (no answer)	-	0	3	1	1	1	1

*Question missing in certain survey years.

**Question excluded for certain survey years due to lack of comparability.

^R Limited representativeness due to small sample size.

Table 10. Tobacco use and smoking habits in women in childbearing age for all 7 surveys from 1992 to 2022.

	Swiss Health Survey						
	1992	1997	2002	2007	2012	2017	2022
	N = 3909	N = 3514	N = 4567	N = 4001	N = 5074	N = 4951	N = 4286
Current tobacco use [n, % (CI)]							
Yes	1207 27.8 (26.2-29.4)	1278 35.4 (33.6-37.2)	1496 31.0 (29.3-32.7)	1163 26.8 (25.2-28.5)	1388 27.5 (26.0-29.1)	1270 27.1 (25.7-28.6)	927 23.9 (22.4-25.5)
No	2696 72.2 (70.6-73.8)	2235 64.6 (62.8-66.4)	3071 69.0 (67.3-70.7)	2838 73.2 (71.5-74.8)	3686 72.5 (70.9-74.0)	3681 72.9 (71.4-74.3)	3358 76.1 (74.5-77.6)
Missing (no answer)	0	1	0	0	0	0	1
Tobacco use [n, % (CI)]							
Non-smoker	1969 54.6 (52.8-56.4)	1671 49.1 (47.2-51.0)	2342 54.1 (52.3-55.9)	2180 57.4 (55.5-59.3)	2932 56.8 (55.1-58.5)	3012 58.9 (57.3-60.5)	2721 61.4 (59.6-63.2)
Ex-smoker	727 17.6 (16.3-19.0)	564 15.6 (14.3-17.0)	729 14.9 (13.7-16.2)	658 15.8 (14.4-17.2)	754 15.7 (14.4-17.0)	669 13.9 (12.8-15.1)	637 14.7 (13.4-16.0)
Smoker	1207 27.8 (26.2-29.4)	1278 35.4 (33.6-37.2)	1496 31.0 (29.3-32.7)	1163 26.8 (25.2-28.5)	1388 27.5 (26.0-29.1)	1270 27.1 (25.7-28.6)	927 23.9 (22.4-25.5)
Missing (no answer)	0	1	0	0	0	0	1
Type of tobacco smoked [n, % (CI)]							
Non-smoker	2696 72.2 (70.6-73.8)	2235 64.6 (62.8-66.4)	3071 69.0 (67.3-70.7)	2838 73.2 (71.5-74.8)	3686 72.5 (70.9-74.0)	3681 72.9 (71.4-74.3)	3358 76.1 (74.5-77.6)

Only cigarettes	1194 27.5 (26.0-29.1)	1255 34.7 (32.9-36.5)	1440 29.8 (28.2-31.5)	1039 23.1 (21.5-24.7)	1254 24.6 (23.1-26.1)	1063 22.7 (21.3-24.1)	710 18.4 (17.0-19.9)
Cigarettes and / or others (merged)	13 ^R 0.3 (0.1-0.5)	23 ^R 0.7 (0.4-1.1)	56 ^R 1.2 (0.8-1.6)	123 3.7 (3.0-4.6)	134 3.0 (2.4-3.7)	207 4.4 (3.8-5.2)	217 5.6 (4.8-6.5)
Missing (no answer)	0	1	0	1	0	0	1
Number of cigarettes per day in groups [n, % (CI)]							
Non-smoker	2696 72.2 (70.6-73.8)	2235 64.7 (62.9-66.5)	3071 69.2 (67.4-70.8)	2838 73.4 (71.7-75.0)	3686 72.5 (70.9-74.0)	3681 73.2 (71.7-74.6)	3358 77.9 (76.3-79.5)
Less than 1 cigarette per day	76 1.7 (1.3-2.2)	160 4.8 (4.1-5.8)	169 3.6 (3.0-4.4)	236 5.9 (5.0-6.9)	320 6.2 (5.4-7.0)	319 6.8 (6.0-7.6)	289 7.1 (6.2-8.1)
1-9 cigarettes per day	312 7.9 (7.0-8.9)	356 10.4 (9.3-11.6)	425 9.5 (8.5-10.7)	335 8.2 (7.2-9.3)	467 9.5 (8.5-10.5)	457 9.7 (8.7-10.7)	291 8.3 (7.3-9.4)
10-19 cigarettes per day	392 9.0 (8.1-10.1)	345 9.2 (8.2-10.3)	450 9.2 (8.2-10.3)	328 7.4 (6.5-8.4)	398 8.0 (7.1-9.0)	328 7.1 (6.3-8.0)	186 5.2 (4.4-6.1)
20 and more cigarettes per day	427 9.2 (8.2-10.2)	412 10.9 (9.8-12.1)	442 8.5 (7.6-9.5)	252 5.1 (4.4-6.0)	203 3.9 (3.2-4.6)	148 3.3 (2.7-3.9)	66 1.5 (1.2-2.0)
Missing (no answer)	0	6	10	12	0	18	96
Attempt to quit smoking [n, % (CI)]							
Yes	357 28.4 (25.6-31.5)	332 26.4 (23.7-29.3)	420 27.4 (24.6-30.5)	324 29.9 (26.6-33.4)	420 30.0 (27.0-33.2)	436 34.9 (31.9-38.0)	334 37.5 (33.8-41.4)
No	847 71.6 (68.5-74.4)	929 73.6 (70.7-76.3)	1048 72.6 (69.5-75.4)	797 70.1 (66.6-73.4)	958 70.0 (66.8-73.0)	822 65.1 (62.0-68.1)	586 62.5 (58.6-66.2)
Missing (filter, no answer)	2699	2253	3099	2880	3696	3693	3366

Desire to quit smoking [n, % (CI)]							
Yes	364 43.4 (39.5-47.4)	406 43.1 (39.5-46.7)	502 47.2 (43.3-51.1)	380 43.6 (39.4-47.9)	432 45.3 (41.4-49.3)	386 47.3 (43.3-51.3)	233 39.5 (34.9-44.2)
No	482 56.6 (52.6-60.5)	519 56.9 (53.3-60.5)	538 52.8 (48.9-56.7)	414 56.4 (52.1-60.6)	521 54.7 (50.7-58.6)	438 52.7 (48.7-56.7)	351 60.5 (55.8-65.1)
Missing (filter, no answer)	3057	2589	3527	3207	4121	4127	3702
Number of cigarettes per day (within smokers) [mean (CI)]							
	12.97 (12.36-13.58)	11.56 (10.96-12.16)	11.23 (10.64-11.81)	9.00 (8.43-9.58)	8.10 (7.61-8.59)	7.42 (6.95-7.89)	5.82 (5.31-6.34)
Missing (filter, no answer)	2698	2251	3094	2869	3714	3734	3480

^R Limited representativeness due to small sample size.

Table 11. Consumption of illicit drugs in women in childbearing age for all 7 surveys from 1992 to 2022.

	Swiss Health Survey						
	1992	1997	2002	2007	2012	2017	2022
	N = 3909	N = 3514	N = 4567	N = 4001	N = 5074	N = 4951	N = 4286
Ever used drugs [n, % (CI)]							
Yes	427 9.7 (8.7-10.7)	625 16.8 (15.4-18.2)	952 19.9 (18.5-21.4)	1006 24.5 (22.9-26.1)	1336 27.4 (25.9-29.0)	1402 31.6 (30.1-33.2)	1379 34.2 (32.5-36.0)
No	3469 90.3 (89.3-91.3)	2887 83.2 (81.8-84.6)	3615 80.1 (78.6-81.5)	2991 75.5 (73.9-77.1)	3735 72.6 (71.0-74.1)	3547 68.4 (66.8-69.9)	2905 65.8 (64.0-67.5)
Missing (filter, no answer)	7	2	0	4	3	2	2
Last consumption of drugs [n, % (CI)]							
Never used drugs	2430 88.4 (87.0-89.6)	2887 83.3 (81.9-84.7)	3615 80.3 (78.9-81.7)	2991 75.6 (73.9-77.2)	3735 72.6 (71.0-74.1)	3547 68.4 (66.8-70.0)	2905 66.0 (64.3-67.8)
More than 12 months ago	266 8.4 (7.3-9.6)	474 12.2 (11.0-13.4)	729 14.8 (13.6-16.1)	857 20.8 (19.3-22.4)	1064 21.9 (20.5-23.4)	1091 24.6 (23.1-26.1)	1062 25.5 (23.9-27.1)
In last 12 months	55 1.9 (1.4-2.5)	84 2.6 (2.0-3.3)	125 2.7 (2.2-3.4)	84 2.1 (1.7-2.8)	186 3.6 (3.0-4.3)	190 4.2 (3.6-5.0)	177 4.8 (4.1-5.7)
In last 30 days	40 1.4 (1.0-2.0)	63 1.9 (1.4-2.5)	87 2.1 (1.6-2.7)	58 1.4 (1.1-1.9)	86 1.9 (1.4-2.4)	120 2.8 (2.3-3.5)	125 3.7 (3.0-4.5)
Missing (filter, no answer)	1112	6	11	11	3	3	17

Last cannabis consumption [n, % (CI)]							
Never used drugs	2430 88.3 (86.9-89.6)	2887 83.3 (81.9-84.7)	3615 80.4 (78.9-81.7)	2991 75.6 (73.9-77.2)	3735 72.6 (71.0-74.1)	3547 68.4 (66.8-69.9)	2905 65.8 (64.0-67.5)
Never used cannabis	Less than 10	Less than 10	Less than 10	12 ^R 0.3 (0.1-0.5)	10 ^R 0.2 (0.1-0.5)	Less than 10	23 ^R 0.7 (0.4-1.1)
More than 12 months ago	272 8.6 (7.5-9.8)	479 12.3 (11.1-13.5)	728 14.8 (13.6-16.1)	851 20.6 (19.1-22.2)	1064 22.0 (20.6-23.5)	1096 24.7 (23.2-26.2)	1070 25.9 (24.3-27.5)
In last 12 months	45 1.5 (1.1-2.1)	74 2.3 (1.8-2.9)	118 2.6 (2.1-3.2)	77 2.0 (1.6-2.7)	176 3.4 (2.8-4.1)	180 4.0 (3.4-4.7)	158 4.0 (3.4-4.8)
In last 30 days	40 1.4 (1.0-2.0)	63 1.9 (1.4-2.5)	87 2.1 (1.6-2.7)	58 1.4 (1.1-1.9)	86 1.9 (1.4-2.4)	120 2.8 (2.3-3.5)	125 3.7 (3.0-4.5)
Ever used cannabis (merged)	357 11.5 (10.2-12.9)	616 16.4 (15.1-17.8)	933 19.5 (18.1-21.0)	986 24.1 (22.5-25.8)	1326 27.2 (25.7-28.8)	1396 31.5 (29.9-33.1)	1353 33.5 (31.8-35.3)
Missing (filter, no answer)	1111	6	13	12	3	2	5
Last heroin consumption [n, % (CI)]							
Never used drugs	2430 88.3 (86.9-89.6)	2887 83.2 (81.8-84.6)	3615 80.1 (78.6-81.5)	2991 75.5 (73.9-77.1)	3735 72.6 (71.0-74.1)	3547 68.4 (66.8-70.0)	2905 65.8 (64.0-67.5)
Never used heroin	347 11.1 (9.9-12.5)	601 16.3 (14.9-17.7)	922 19.4 (18.0-20.9)	974 23.8 (22.2-25.5)	1298 26.8 (25.2-28.3)	1389 31.3 (29.8-32.9)	1365 33.9 (32.2-35.7)
More than 12 months ago	13 ^R 0.5 (0.2-0.9)	21 ^R 0.4 (0.3-0.7)	27 ^R 0.4 (0.3-0.7)	31 ^R 0.6 (0.4-1.0)	37 ^R 0.6 (0.4-0.9)	11 ^R 0.2 (0.1-0.5)	14 ^R 0.3 (0.2-0.5)
In last 12 months	Less than 10	Less than 10	Less than 10	Less than 10	Less than 10	Less than 10	Less than 10
Ever used heroin (merged)	15 ^R 0.6 (0.3-1.0)	24 ^R 0.5 (0.3-0.8)	29 ^R 0.4 (0.3-0.7)	31 0.6 (0.4-1.0)	38 0.7 (0.5-1.0)	12 ^R 0.3 (0.2-0.6)	14 ^R 0.3 (0.2-0.5)
Missing (filter, no answer)	1111	2	1	5	3	3	2

Last cocaine consumption [n, % (CI)]							
Never used drugs	2430 88.3 (86.9-89.6)	2887 83.2 (81.8-84.6)	3615 80.2 (78.7-81.6)	2991 75.6 (73.9-77.2)	3735 72.6 (71.0-74.1)	3547 68.4 (66.8-70.0)	2905 65.8 (64.0-67.5)
Never used cocaine	309 10.0 (8.8-11.4)	553 14.9 (13.7-16.3)	848 18.1 (16.8-19.5)	873 21.4 (19.9-23.0)	1158 23.7 (22.3-25.3)	1228 27.4 (25.9-28.9)	1213 29.7 (28.1-31.4)
More than 12 months ago	47 1.4 (1.0-2.0)	66 1.7 (1.3-2.2)	93 1.6 (1.2-2.0)	121 2.8 (2.3-3.5)	155 3.2 (2.6-3.9)	153 3.7 (3.1-4.5)	138 3.5 (2.9-4.3)
In last 12 months	Less than 10	Less than 10	Less than 10	Less than 10	23 0.5 (0.3-0.8)	20 0.5 (0.3-0.8)	28 1.0 (0.6-1.6)
Ever used cocaine (merged)	53 1.6 (1.2-2.2)	72 1.8 (1.4-2.4)	100 1.7 (1.4-2.2)	128 3.0 (2.4-3.7)	178 3.7 (3.1-4.4)	173 4.2 (3.6-5.0)	166 4.5 (3.8-5.5)
Missing (filter, no answer)	1111	2	4	9	3	3	2
Last consumption of other drugs [n, % (CI)]							
Never used drugs	2430 88.4 (87.0-89.7)	2887 83.2 (81.8-84.6)	3615 80.1 (78.7-81.5)	2991 75.5 (73.9-77.1)	3735 72.6 (71.0-74.1)	3547 68.4 (66.8-70.0)	2905 65.8 (64.0-67.5)
Never used cannabis	302 9.8 (8.7-11.2)	562 15.2 (13.9-16.5)	871 18.3 (17.0-19.8)	924 22.4 (20.8-24.0)	1194 24.4 (22.9-25.9)	1263 28.0 (26.5-29.6)	1214 29.6 (27.9-31.3)
More than 12 months ago	49 1.4 (1.0-2.0)	50 1.3 (0.9-1.8)	70 1.3 (0.9-1.7)	76 2.0 (1.5-2.7)	124 2.6 (2.1-3.2)	115 3.0 (2.5-3.8)	137 3.8 (3.1-4.6)
In last 12 months	Less than 10	12 0.3 (0.2-0.5)	Less than 10	Less than 10	18 0.5 (0.3-0.8)	22 0.5 (0.3-0.8)	28 0.9 (0.6-1.4)
Ever used other drugs (merged)	53 1.6 (1.2-2.2)	62 1.6 (1.2-2.1)	79 1.5 (1.1-2.0)	81 2.1 (1.6-2.8)	142 3.0 (2.5-3.7)	137 3.5 (2.9-4.3)	165 4.7 (3.9-5.6)
Missing (filter, no answer)	1113	3	2	5	3	4	2

*Question missing in certain survey years.

**Question excluded for certain survey years due to lack of comparability.

^R Limited representativeness due to small sample size.