Switzerland - Swiss Health Study – pilot phase (SHeS-pilot)

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Visit our data catalog at: https://data.unisante.ch/

Identification

SURVEY ID NUMBER
10.16909-dataset-33

TITLE
Swiss Health Study – pilot phase (SHeS-pilot)

TRANSLATED TITLE
Etude Suisse sur la santé – phase pilote, Schweizer Gesundheitsstudie – Pilotphase

COUNTRY

Name	Country code
Switzerland	CHE

ABSTRACT
The pilot phase of the Swiss Health Study (SHeS-pilot) is a cross-sectional study on adults of both sexes and age 20-69. The study encompasses human biomonitoring HBM (spot urine and venous blood), health exams (e.g. blood pressure, anthropometry, accelerometry, lung function) and accompanying questionnaires on health status, exposure, attitude regarding health research, coronavirus and the WHO-quality of life questionnaire. Questionnaires were mostly answered online; HBM-samples were drawn in a study center, where also the health exams took place.

Data/samples are available for four different types of populations:
R - Random sample of participants from the general population of the Cantons of Vaud and Bern
C - Convenience sample of vegans/vegetarians from a sub-study on selenium, in the Canton of Vaud
S - Self-selected participants from all over Switzerland
W - Wave 0 participants from a random sample of the general population of the Cantons of Vaud and Bern that was used before the pandemic.

Reasoning for the separation of R and W: After the pandemic, due to the long break, a new random sample had to be drawn and a new questionnaire relating to the SARS-CoV-2 pandemic was included, that was not answered by Wave 0 participants that had already completed the study visit (31 participants). Some participants from Wave 0, however, came to the study visit when the study resumed and completed the SARS-Cov-2 questionnaire.

The following data categories are available:
1. Accompanying data
2. Self-administered questionnaires data
3. Health examination data
4. Analytical data associated with collected HBM samples (blood, urine)

They are subdivided into three main categories that are available as separate data packages:
1. Complete participation: Data/samples from participants who completed all steps of the study, including the study visit (data available: self-administered and interview questionnaire data, health exams and HBM-samples).
2. Partial participation: Data/samples from participants who completed the questionnaires but did not take part in the study visit (data available: self-administered questionnaire data)
3. Non-respondents: data from invited participants who refused to participate in the study but accepted to answer some general questions by phone instead.

Most self-selected participants “S” only replied to the self-administered questionnaires, but 9 self-selected participants participated in the study visit.

KIND OF DATA
Questionnaire data, biological samples (blood, spot urine), clinical chemistry in blood/urine, health exams (see data catalogue).

UNIT OF ANALYSIS
Individuals.

Complete participation :
- Random sample : N= 638

- Selenium sub-study convenience sample : N= 109*
- Self-selected participants : N= 9
- Wave 0 : N= 48
- TOTAL : N = 789*

*15 participants are both R and C. If R and C are used together, these doubles have to be removed manually based on the unique identifier “did”.

Partial participation :
- Random sample : N= 168
- Selenium sub-study convenience sample : N= 20
- Self-selected participants : N= 351
- Wave 0 : N= 21
- TOTAL : N = 560

Version

VERSION DESCRIPTION
Datasets in version 2, 3 and 4.
Modifications described in data description : https://data.unisante.ch/index.php/catalog/37/data-dictionary

VERSION DATE
2024-05-13

Scope

KEYWORDS

Keyword
Cross-sectional study
Multicentre
Environmental exposure
Nutrition
Health status
Exposure
Attitude regarding health research
Coronavirus
WHO-quality of life
Human biomonitoring HBM
Biobank
Biomarkers

Coverage

GEOGRAPHIC COVERAGE
Random sample, cantons of Vaud and Berne / Selenium sub-study convenience sample, canton of Vaud / Self-selected participation, Switzerland

UNIVERSE
General adult population (20-69)

Producers and sponsors

PRIMARY INVESTIGATORS

Name	Affiliation
BOCHUD, Murielle	Center for Primary Care and Public Health (Unisanté)
ZWAHLEN, Marcel	University of Bern

PRODUCERS

Name	Affiliation	Role
BOCHUD, Murielle	Center for Primary Care and Public Health (Unisanté)	Local supervision
TRELLE, Sven	University of Bern	Local coordination

FUNDING AGENCY/SPONSOR

Name	Abbreviation
Swiss Federal Office of Public Health	FOPH
Swiss Federal Office for the Environment	FOEN
Swiss Federal Food Safety and Veterinary Office	FSVO

OTHER IDENTIFICATIONS/ACKNOWLEDGMENTS

Name	Affiliation	Role
SBP	Swiss Biobanking Platform	Quality management
Nicole Probst-Hensch	Swiss TPH	Support in study design

Sampling

SAMPLING PROCEDURE

R: random sample
Random sampling based on registries.
Participants were invited to participate via a postal letter (and reminder letters when necessary). Unreached participants were further contacted by phone, if their number was available.*

C: Selenium sub-study convenience sample
For a sub-study on selenium, we recruited people following a vegan/ vegetarian diet since at least one year. Participants were recruited via ads placed in vegan/vegetarian restaurants, fruit/vegetable box delivery services and by the snowball method.*

S: Self-selected sample
Anyone interested in participating in the study was free to register via the study website. Self-selected participants could answer all online questionnaires, but were normally not invited to the study visit and sample collection.

W: random sample - wave 0
Random sample based on registries from before the pandemic. Due to the long break, a new random sample had to be drawn for invitation waves 1-5 that form the sample R.

*Participants from the random sample following a vegetarian/vegan diet were flagged and invited to participate in the selenium sub-study. For this reason, some participants are part of both R and C.

Data collection

DATES OF DATA COLLECTION

Start	End
2020-02-01	2021-12-15

DATA COLLECTION MODE

Questionnaires:
- Before the study visit: self-administered online. Participants from the random sample could request a paper version of the questionnaires.
- During study visit: two additional questionnaires in the form of an interview with the study nurse.

Note that the questionnaires were available to participants in French, German and Italian. The English version was only developed for the codebooks and not available during data collection.

Health data:
- During study visit: (handgrip test, blood pressure, anthropometry, bioimpedance analysis, spirometry, oxidative potential in exhaled air (OPEA), accelerometry, food intake via a mobile app, blood and urine clinical parameters)

Analytical data / Collection of biological samples:
- Collected during study visit: in study center, single sample, non-fasting. Venous blood (venipuncture: whole blood, plasma LiHep, plasma EDTA, buffy coat, serum), spot urine.

An interactive sample catalogue from the study biobank can be accessed via the SBP NeXT website. For information on where to find and how to use this sample catalogue, go to the “How to request data/samples from the Swiss Health Study Pilot phase” document under the tab “Documentation”.

Questionnaires

QUESTIONNAIRES

One time cross-sectional study.

Data Processing

DATA EDITING

Suppression of identifying variables, completion check of questionnaires data, correction of inconsistencies or data entry errors (using field validation information linked to variables).

Access policy

ACCESS CONDITIONS

Samples can be requested by projects in the public domain (e.g. universities, FH, federal or cantonal entities) that have ethical approval of a Swiss Ethics Committee and serve a public interest. In case a confirmation of sample availability is needed for ethical approval, a pre-evaluation of the request is possible.
Data can be requested without ethical approval but will also undergo the evaluation process.
The data and/or samples will only be sent after a data transfer agreement has been signed between the Applicant and the Federal Office of Public Health (FOPH). The data requested has to match the described purpose of the study: only the data necessary for achieving the goals of the study will be delivered. The data has to be deleted after the end of the study. The respective publications and/or reports have to be sent to the FOPH point of contact (more information in the “How to request data/samples from the Swiss Health Study Pilot phase” document under the tab “Documentation”).
FEES: The data packages are available at a fee of 100 CHF per request.

CITATION REQUIREMENTS

Swiss Health Study – pilot phase, Data and human biomonitoring samples of Swiss healthy adults from the cantons of Waadt and Berne, 2018-2021, https://www.schweizer-gesundheitsstudie.ch

ACCESS AUTHORITY

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Metadata production

PRODUCERS

Name	Abbreviation
Center for Primary Care and Public Health (Unisanté), University of Lausanne, Switzerland	Unisante

DDI DOCUMENT VERSION
Version 2.1 (16.07.2024)

Data Dictionary