

# Specchio :

## An epidemiological tool for hospitals to follow and improve population health

### Objectives

Provide **guidance** and **evidence**  
**Prevention** and health  
**promotion** strategies

Investigate **new** research questions with  
temporal **comparisons** overtime or between  
sub-groups of the Geneva population +  
understand geographical health disparities.

Provide **insights** from a population-based study  
to allow hospitals and policy makers to shift from a  
reactive to a **proactive** healthcare model



### Methods

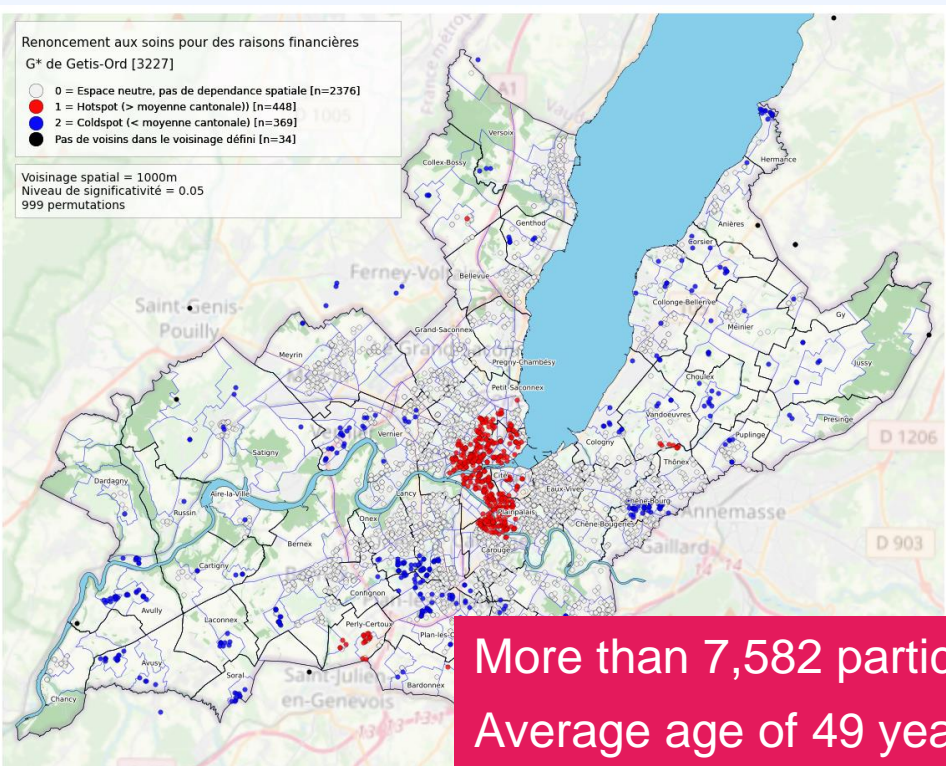
Digital population-based cohort study that started in 2020 ([www.specchio-hub.ch](http://www.specchio-hub.ch)) : complete a baseline questionnaire with digital follow-ups including validated scales to study health determinants and outcomes.

Investing in a **population-based** study allows hospitals and policy makers to shift from a reactive to a **proactive healthcare model**, reducing long-term healthcare costs and expenditures. **Preventive** actions and the promotion of health are then implemented in a more **informed** and targeted manner, considering the differences between **subgroups** of the population (age, sex, socioeconomic disparities) or geographical area.

### Results

More than 7,582 participants  
Average age of 49 years , 57% women  
80% of adults in Geneva in good health  
Women report poorer health and consult more, men suffer more from loneliness and depression. Young adults with ++ mental health issues  
In general: depressive disorders (12.7% of participants) anxiety (18.8%), and low social support (18.9%).  
Disparities in Geneva

Strengthen **partnerships** by design (cantonal office of health, hospital, universities, public-private partnerships)



**SPECCHIO**   
[www.specchio-hub.ch](http://www.specchio-hub.ch)

Mayssam Nehme, Helene Baysson,  
Silvia Stringhini, Idris Guessous

**HUG** Hôpitaux  
Universitaires  
Genève