

Preventive health gains ground in France according to the prevention barometer conducted by Odoxa for Ramsay Santé

Fully committed to preventive health care, Ramsay Santé welcomes the results of the latest Odoxa - Ramsay Santé prevention barometer: "The French, Europeans and preventive health" conducted in September 2022.

Odoxa conducted a study commissioned by Ramsay Santé from 14 to 27 September 2022 on the perception of preventive health among Europeans, particularly the French. The study reveals their relationship with preventive health three months after the end of the health state of emergency. The barometer also shows an objective improvement in preventive behaviour due in particular to better knowledge of the subject. Most French people have recourse to screening but this is not yet sufficiently systematic. Generally speaking, France is becoming a leader in Europe in this area.

The barometer's main findings:

Prevention is now at the heart of French people's health concerns. While **84% of French people say they "look after their health"**, a majority of French people consider that the public authorities, at a "macro" level, have taken the measure of the issue. **More than 9 out of 10 French people and Europeans overall think that prevention is important or even a priority in their country's health policy.**

For our fellow citizens, prevention is now an important health issue, with **6 out of 10 French people even believing that it is more effective than treatment** in achieving a healthy population. This conviction that prevention is paramount is also shared by the rest of the Europeans polled (7 out of 10).

In fact, preventive health care is gaining ground: **7 out of 10 French people say they are well informed about the right behaviours to adopt in terms of preventive health care** and 9 out of 10 are actually aware of the 8 main "good behaviours" for health that we tested in the study (eat more fruit and vegetables, drink at least 1.5 litres of water a day, stop or limit your tobacco consumption, etc.).

This improved knowledge leads to an objective improvement in behaviour. **Three quarters of French people now apply most of the good health behaviours** (on alcohol, tobacco, sleep, nutrition, etc.) And as many have already carried out at least one screening with a specific focus on cancer and stroke screening

However, there is still room for improvement, as while most French people do carry out certain screening tests, too many (**67% of French people**) do not do so "**systematically**" or "whenever necessary".

The full results of the study are available on request.

Pascal Roché, CEO of Ramsay Santé, says:

"Since the end of 2016, the Ramsay Santé group has been committed to promoting preventive health care through its Corporate Foundation. Aware that the best way to stay healthy is through prevention, we are fully mobilised to promote it actively. In this respect, the results of the Odoxa - Ramsay Santé prevention barometer are a step in the right direction. In support of the prevention policies already in place, Ramsay intends to work jointly with public authorities to meet ambitious goals in the area of prevention.

About Ramsay Santé

Ramsay Santé is the leader in private hospitalisation and primary care in Europe. The Group has 36,000 employees and works with nearly 8,600 practitioners to treat more than 9 million patients per year in 350 facilities and 5 countries: France, Sweden, Norway, Denmark and Italy.

Ramsay Santé offers almost all medical and surgical specialities in three domains: Medicine, Surgery, Obstetrics (MSO), Follow-up Care and Rehabilitation (FCR) and Mental Health. In all its territories, the Group contributes to public service health undertakings and providing proximity care, as in Sweden where the group has more than a hundred local health centres. Safe, quality care is the Group's priority in all the countries where it operates. This is what has made it a reference in state-of-the-art medicine, particularly in outpatient surgery and enhanced recovery after surgery (ERAS). The Group also invests more than €200 million every year in its facilities, whether in new surgical and imaging technologies or in the construction and modernisation of facilities. To best serve patient interests, it innovates constantly with new digital tools and by developing its organisations to improve efficiency of care.

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