The Dutch Public Health Foresight Study 2018: 
A Healthy prospect

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Public Health Foresight Study (PHFS)

Legal basis
- Every 4 years

What?
- Strategic foresight study (horizon 2040)
- Input for national and local public health policy

How?
- Together with stakeholders (policy, practice, research)
- Website: www.vtv2018.nl/en
PHFS-2018: A healthy prospect

**Trend Scenario**
If we continue down the current path without change, what will our public health and health care look like in 2040?

**Thematic Foresight Studies**

**Options for Action**
What will be the biggest challenges for the future, and what can we do about that?

**Synthesis**
Integration of the main findings of the Trend Scenario, Thematic Foresight Studies and Options for Action
Life span increases, in good health
## Impact of the ageing of the population

### Socio-demographic changes in the population

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2040</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Number of people aged 65 and over</strong></td>
<td>3.1 million</td>
<td>4.8 million</td>
<td>+55%</td>
</tr>
<tr>
<td><strong>Number of people aged 65 and over living alone</strong></td>
<td>920,000</td>
<td>1.73 million</td>
<td>+88%</td>
</tr>
<tr>
<td><strong>Number of people aged 90 and over</strong></td>
<td>117,000</td>
<td>340,000</td>
<td>+191%</td>
</tr>
<tr>
<td><strong>50-64 year-olds per person 85+ (informal care givers)</strong></td>
<td>10</td>
<td>4</td>
<td>-60%</td>
</tr>
</tbody>
</table>
## Consequences for population health

<table>
<thead>
<tr>
<th>Category</th>
<th>2015</th>
<th>2040</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of people with multiple chronic diseases</td>
<td>4.3 million</td>
<td>5.5 million</td>
<td>+28%</td>
</tr>
<tr>
<td>Number of deaths from dementia</td>
<td>14,000</td>
<td>40,000</td>
<td>+186%</td>
</tr>
<tr>
<td>Number of people aged 75 and over feeling lonely</td>
<td>600,000</td>
<td>1.3 million</td>
<td>+117%</td>
</tr>
<tr>
<td>Number of people with arthrosis</td>
<td>1.2 million</td>
<td>2.3 million</td>
<td>+92%</td>
</tr>
<tr>
<td>Number of people with dementia</td>
<td>154,000</td>
<td>330,000</td>
<td>+114%</td>
</tr>
<tr>
<td>Number of people with urinary incontinence</td>
<td>495,000</td>
<td>740,000</td>
<td>+49%</td>
</tr>
</tbody>
</table>
Consequences for healthcare

Number of cataract operations among people aged 75 and over
- 2015: 62,000
- 2040: 128,000
+106%

Number of people with dementia who need nursing home care
- 2015: 76,000
- 2040: 165,000
+117%

First aid visits by people aged 85 and over
- 2015: 125,000
- 2040: 304,000
+143%

Expenditures on elderly care
- 2015: 17 billion
- 2040: 43 billion
+157%
Disease burden dementia and arthrosis increases

Disease Burden in DALY's

- 338 200: Dementia
- 258 500: Coronary heart diseases
- 240 800: Arthrosis
- 240 200: Stroke
- 230 100: Diabetes
- 204 600: COPD
- 178 200: Anxiety disorder
- 176 200: Lung cancer
- 173 400: Neck en back
- 164 100: Mood disorder

2015

2040
Decrease in smoking

Percentage of smokers (25+) by educational level

Future

Education: low

Education: middle

Education: high

- Education: low
- Education: middle
- Education: high
...but increase in overweight
Lifestyle and environment influence health

**Behaviour**
- BoD: 18.5%
- Deaths: 35,700
- Expenses: €8.6 billion

**Metabolic**
- BoD: 14.5%
- Deaths: 26,300
- Expenses: €9.9 billion

**Occupational**
- BoD: 4.6%
- Deaths: 4,100
- Expenses: €1.6 billion

**Environment**
- BoD: 4.0%
- Deaths: 12,800
- Expenses: €1.2 billion

### Disease Burden (in %)

- **Smoking**: 9.4%
- **Unhealthy diet**: 8.1%
- **Insufficient physical activity**: 2.3%
- **Alcohol use**: 1.5%
- **High blood pressure**: 6.7%
- **High fasting glucose**: 6.6%
- **Overweight**: 3.7%
- **Cholesterol**: 0.9%
- **Low mineral bone density**: 0.7%
- **Work environment**: 3.0%
- **Psychosocial workload**: 0.9%
- **Physical workload**: 0.7%
- **Outdoor environment**: 3.5%
- **Indoor environment**: 0.5%
Health care expenditures double

Percentage of GDP: 12.7% in 2015 and 16.4% in 2040
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