



National Institute for Public Health
and the Environment
Ministry of Health, Welfare and Sport

The Dutch Public Health Foresight Study 2018: *A Healthy prospect*

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many others*

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Public Health Foresight Study (PHFS)

Legal basis

- Every 4 years
- First edition in 1993, VTV-2018 7th edition

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

Thematic Foresight Studies

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



Synthesis

Integration of the main findings of the Trend Scenario, Thematic Foresight Studies and Options for Action



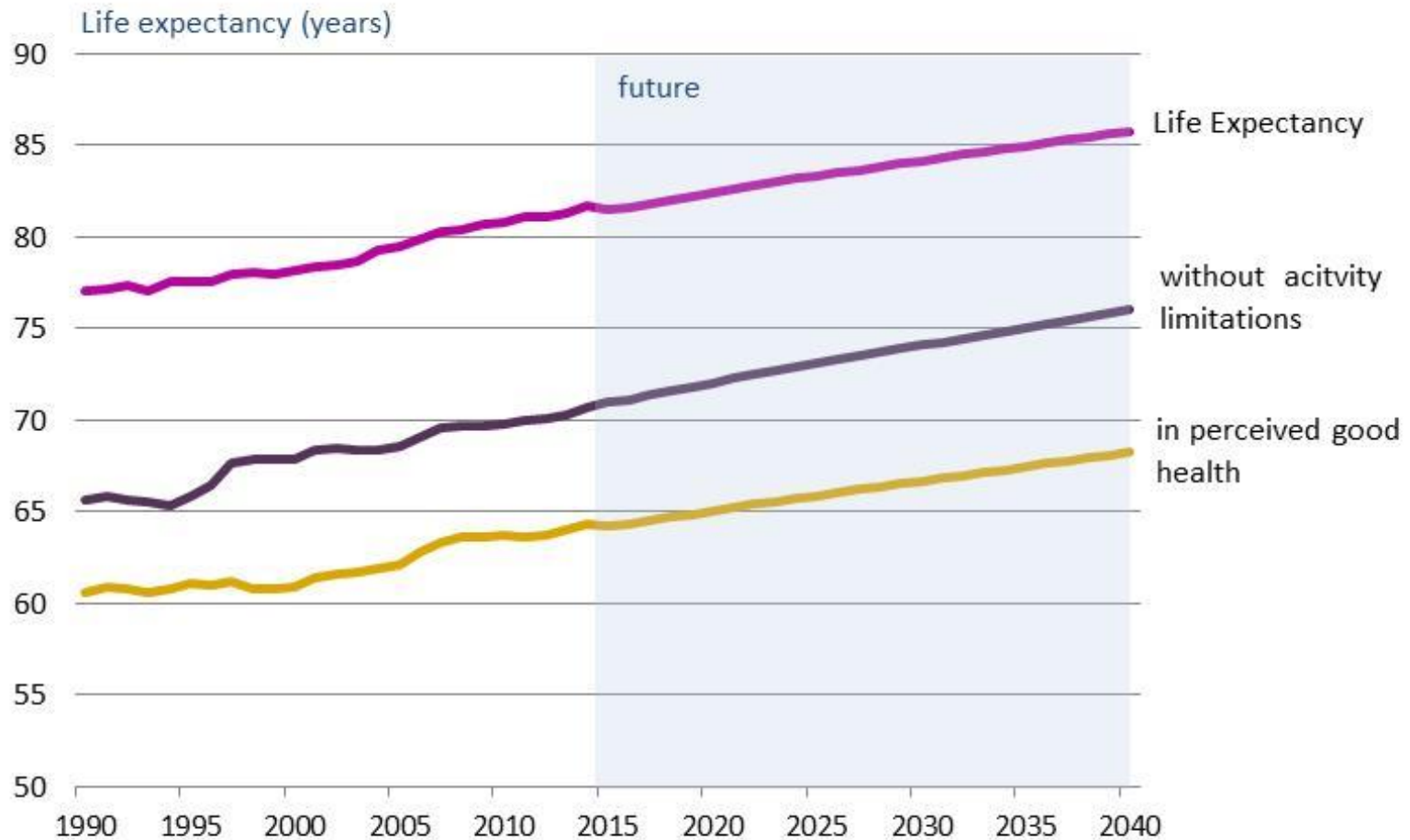
Options for Action

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





Life span increases, in good health





Impact of the ageing of the population

Socio-demographic changes in the population



Number of people aged 65 and over

2015: 3.1 million
2040: 4.8 million

+55%



Number of people aged 90 and over

2015: 117,000
2040: 340,000

+191%



Number of people aged 65 and over living alone

2015: 920,000
2040: 1.73 million

+88%



50-64 year-olds per person 85+ (informal care givers)

2015: 10
2040: 4

-60%



Consequences for population health



Number of people with multiple chronic diseases

2015: 4.3 million
2040: 5.5 million

+28%



Number of people with arthrosis

2015: 1.2 million
2040: 2.3 million

+92%



Number of deaths from dementia

2015: 14,000
2040: 40,000

+186%



Number of people with dementia

2015: 154,000
2040: 330,000

+114%



Number of people aged 75 and over feeling lonely

2015: 600,000
2040: 1.3 million

+117%



Number of people with urinary incontinence

2015: 495,000
2040: 740,000

+49%



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%



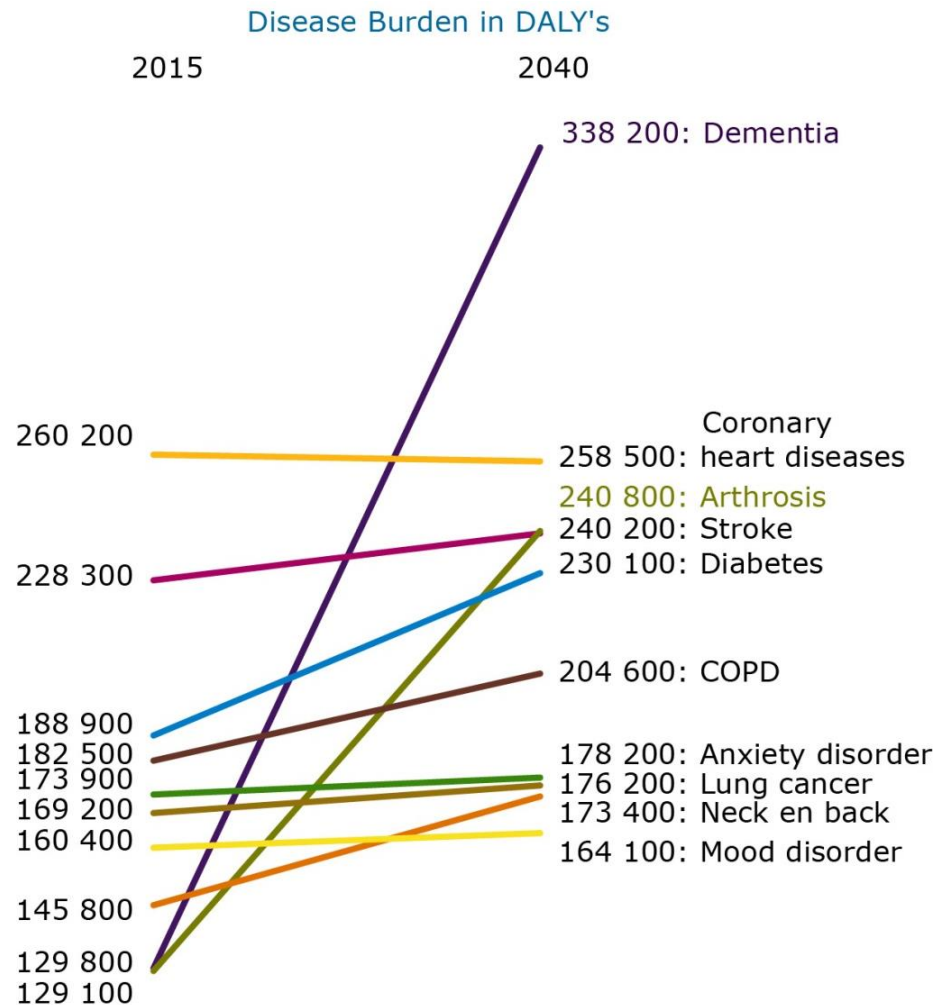
Expenditures on elderly care

2015: 17 billion
2040: 43 billion

+157%

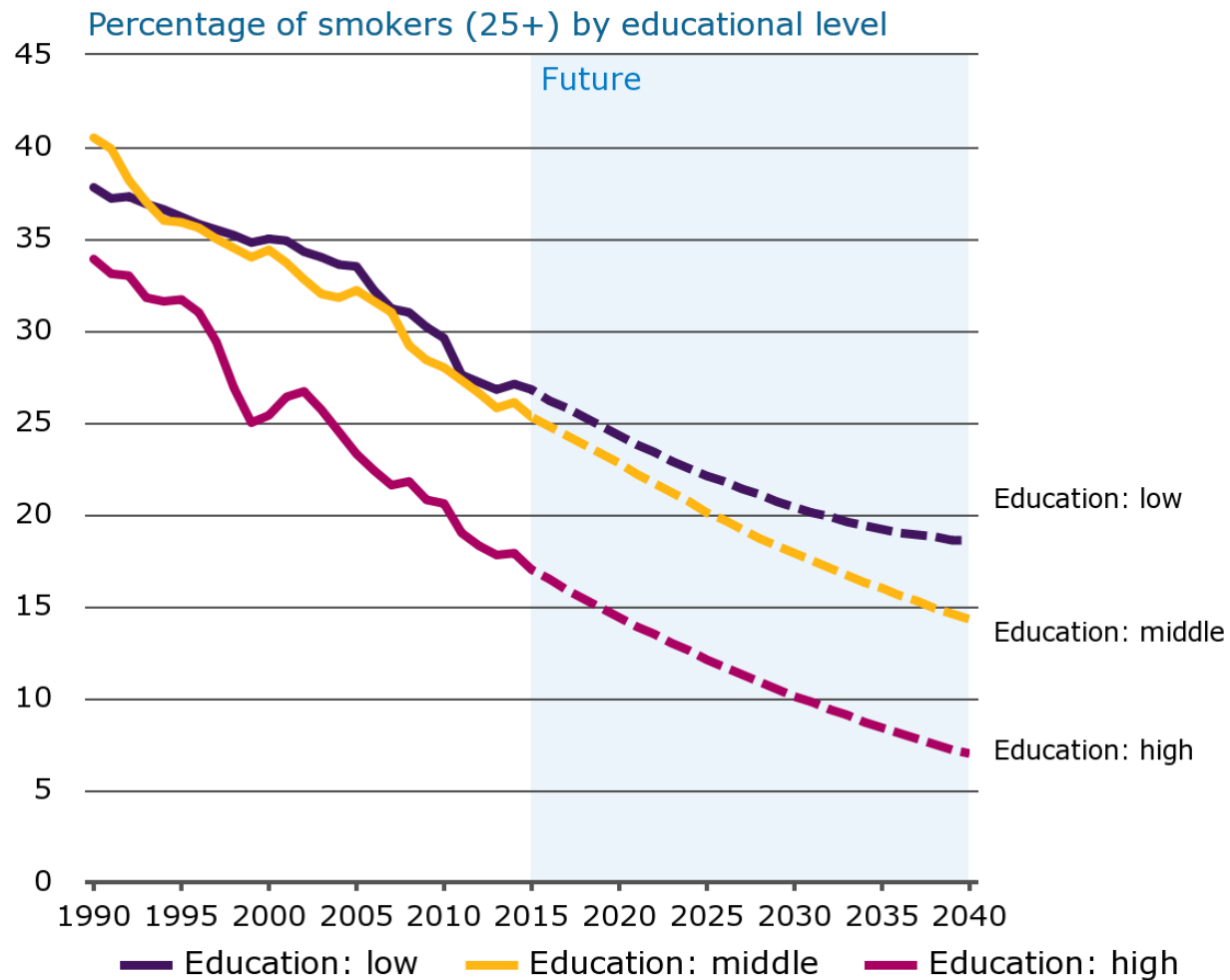


Disease burden dementia and arthrosis increases



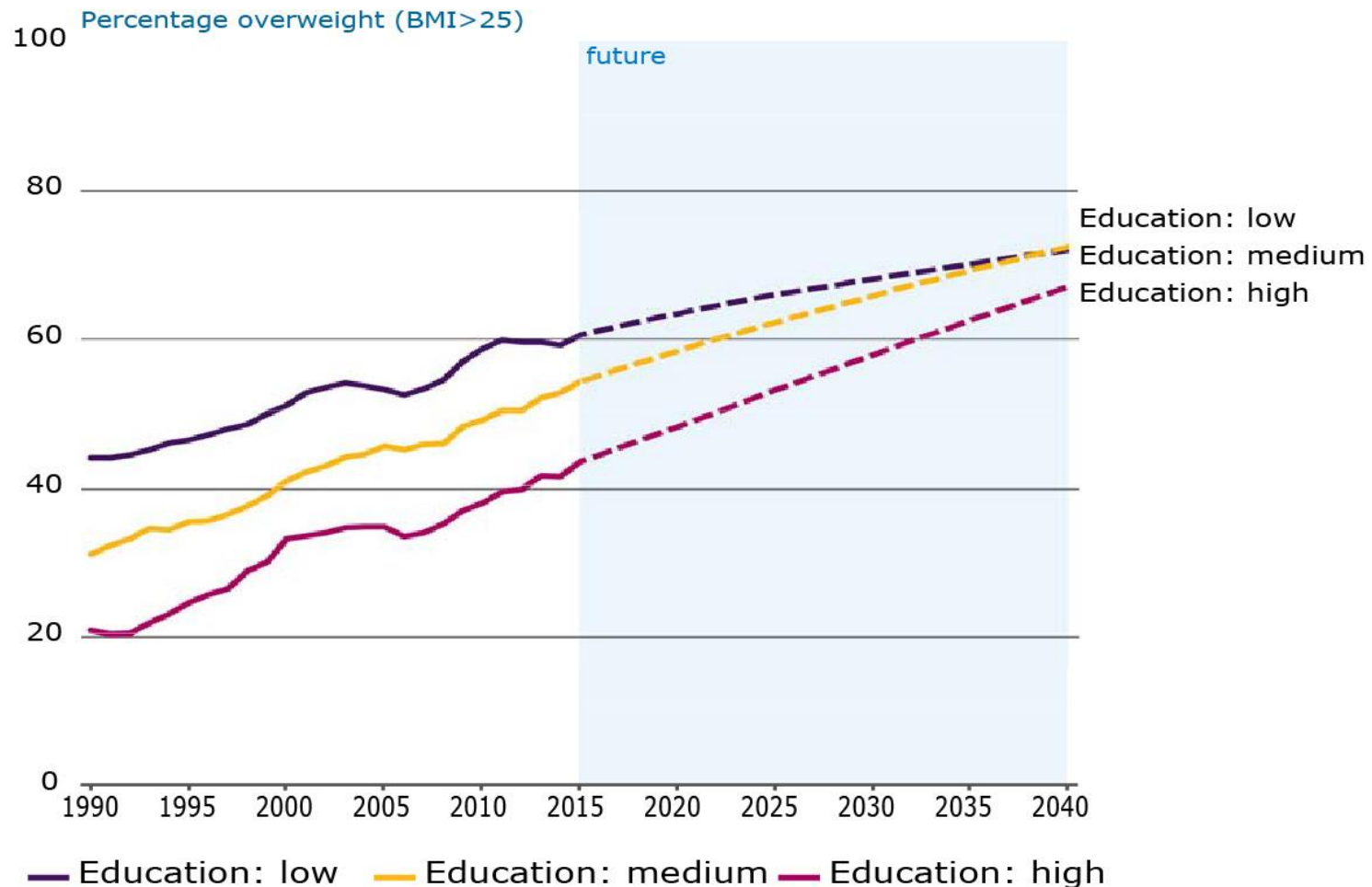


Decrease in smoking



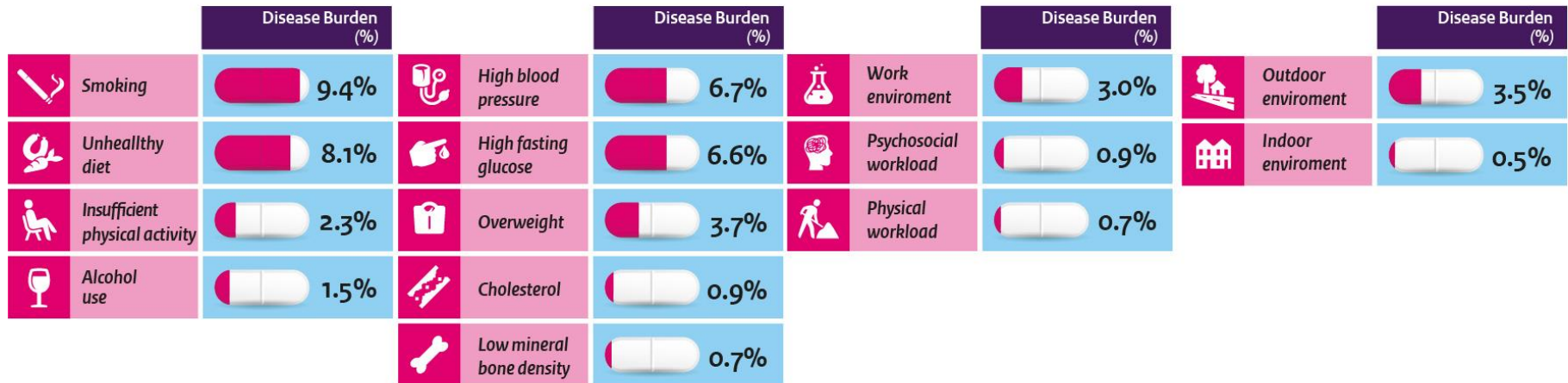
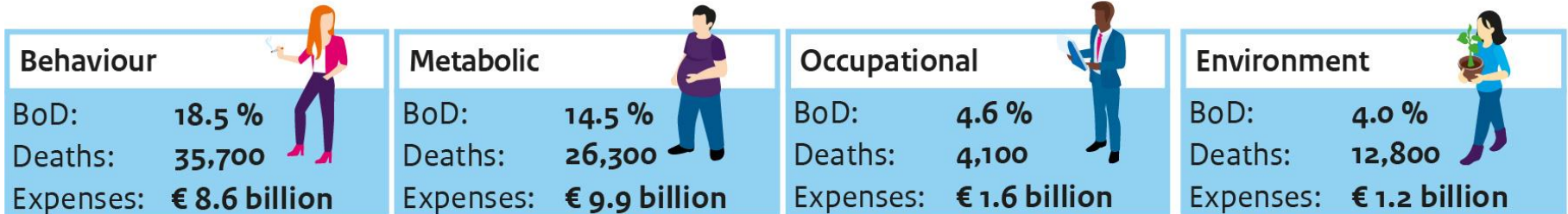


...but increase in overweight



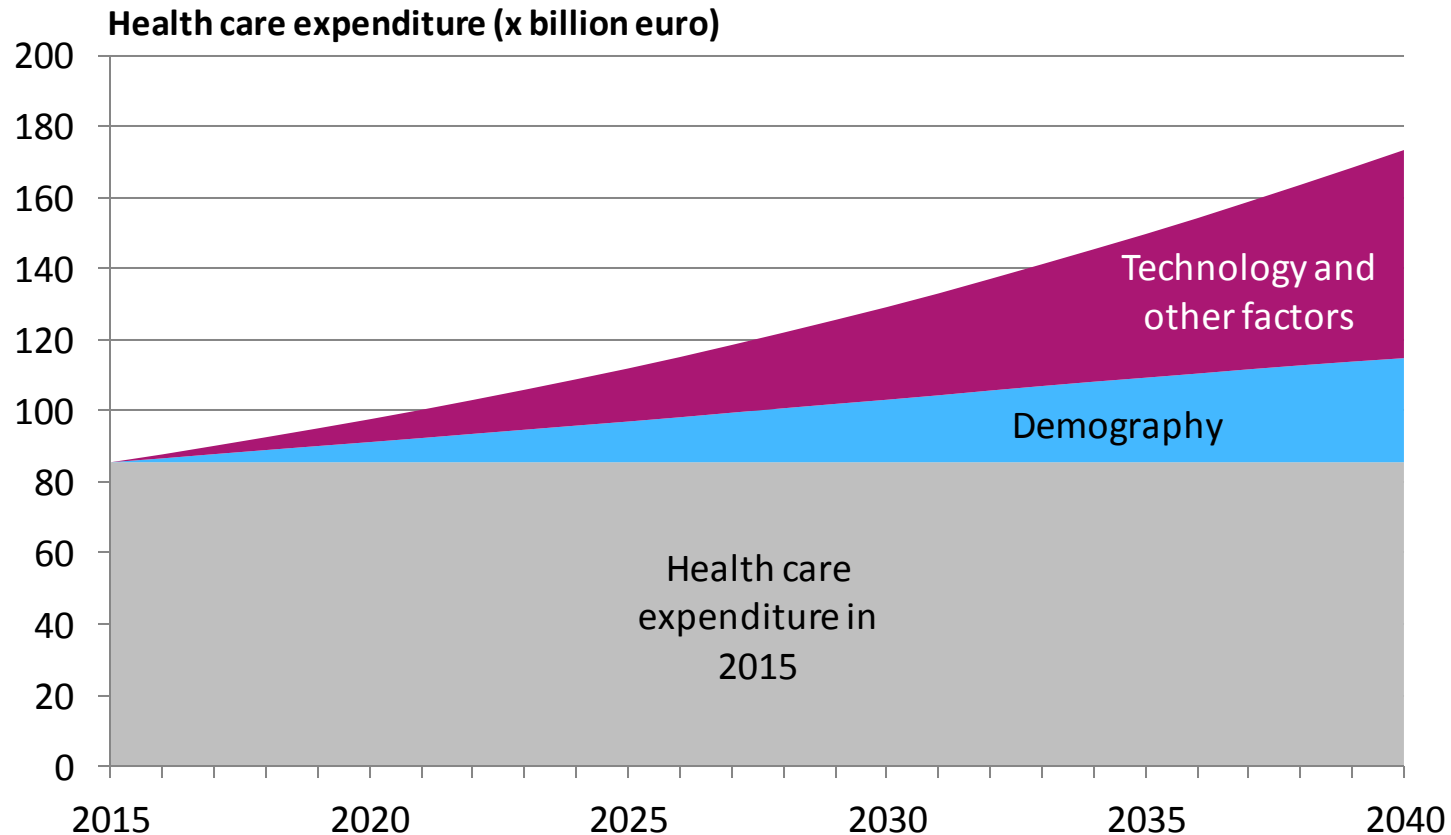


Lifestyle and environment influence health





Health care expenditures double



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



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