The Dutch Public Health Foresight Study 2018: A Healthy prospect

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On behalf of Henk Hilderink and the rest of the PHFS-2018 team
Public Health Foresight Study (PHFS)

- Legal basis
- Since 1993, every 4 years
- Input for national and local public health policy
- Together with stakeholders (policy, practice, research)
PHFS-2018

- Strategic foresight study (horizon 2040)
- Combination of quantitative and qualitative methods
- Website: www.vtv2018.nl/en
The status of public health is looking good
Yet, we face some major challenges

Burden of disease caused by CVD and cancer

Older people living independently with dementia and other complex problems

Mental pressure on teenagers and young adults

Three key societal challenges for the future that were highlighted in the PHFS 2018
Burden of disease caused by CVD and cancer

Loss of life expectancy:

- Cancer
- Cardiovascular
- Nervous system
- Mental disorders
- External causes
- Respiratory tracts
- Infectious diseases
- Digestive system
- Diabetes
- Musculoskeletal

Years

2015
2040
Older people with dementia

- **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%**

- **Number of deaths from dementia**
  - 2015: 14,000
  - 2040: 40,000
  - **+186%**

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

- Pressure to perform
- Social media (FOMO)
- Potential impact on mental health
What does this mean for health professionals?

Complex societal challenges require:
● Integrative approach
● Person-centered approach
How can we make progress?

- Systems approach
- Technology
- Build on civil and healthcare initiatives
A healthy prospect!

For more information: www.vtv2018.nl/en