



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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# 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)

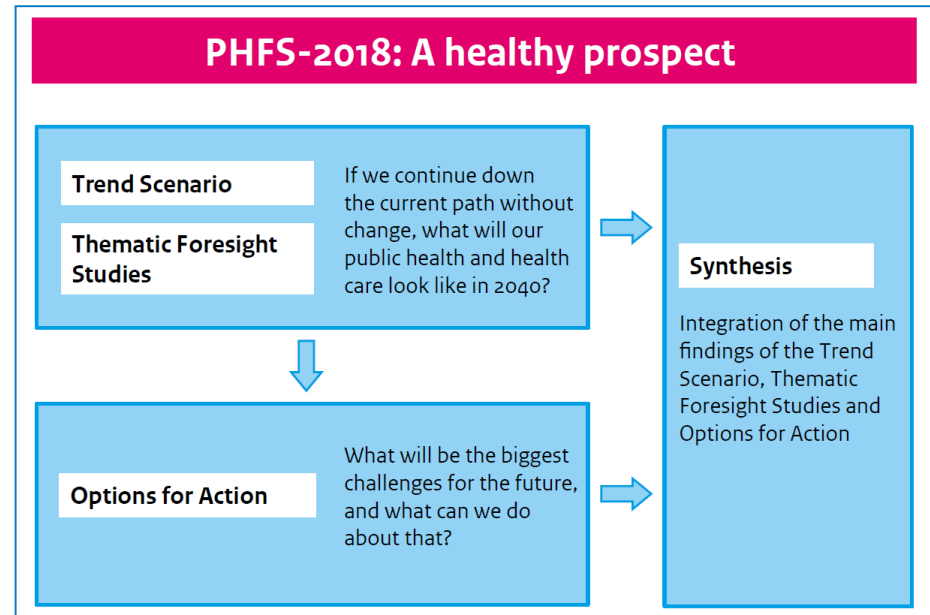


*25 years of Public  
Health Foresight  
Studies*



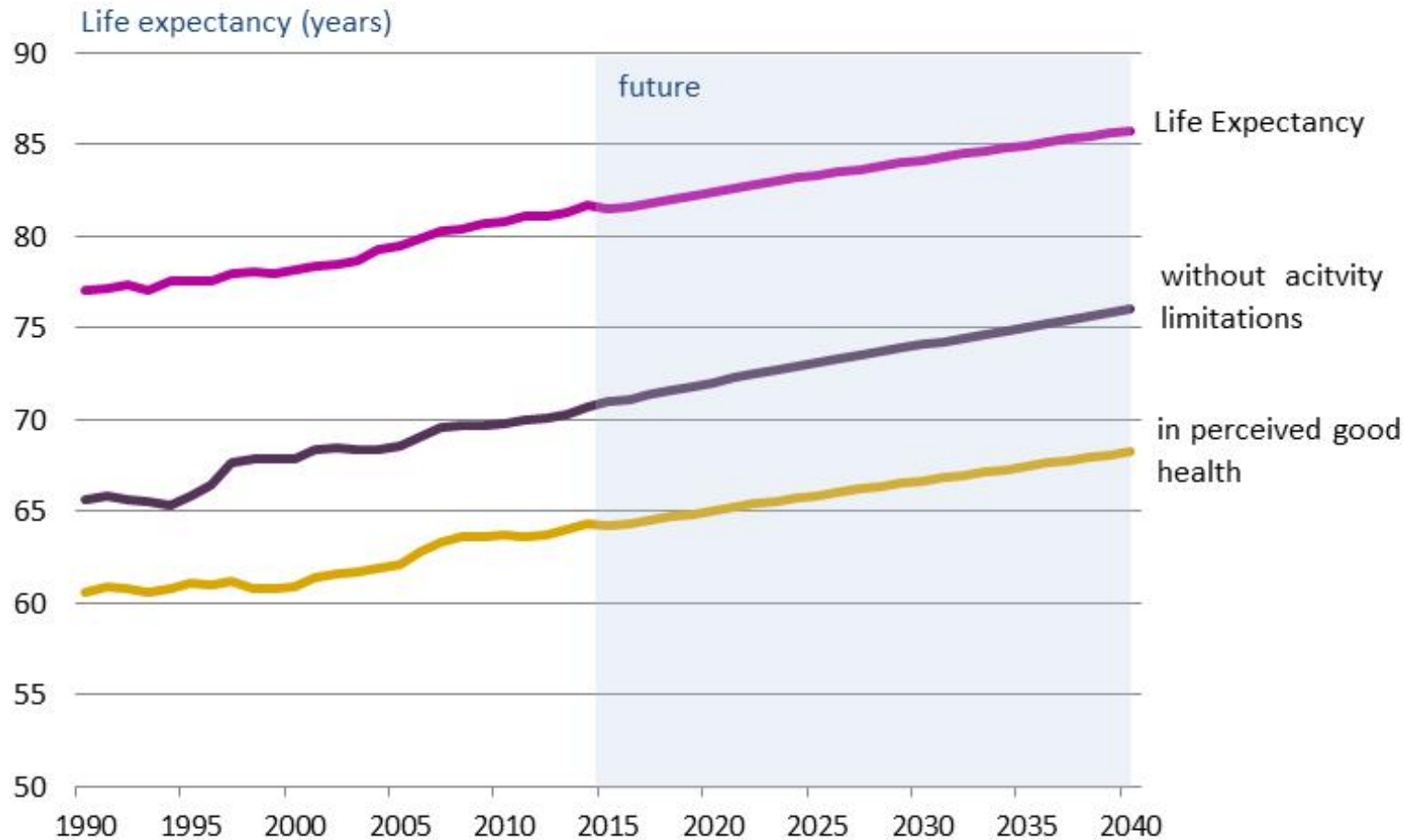
# PHFS-2018

- Strategic foresight study (horizon 2040)
- Combination of quantitative and qualitative methods
- Website: [www.vtv2018.nl/en](http://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



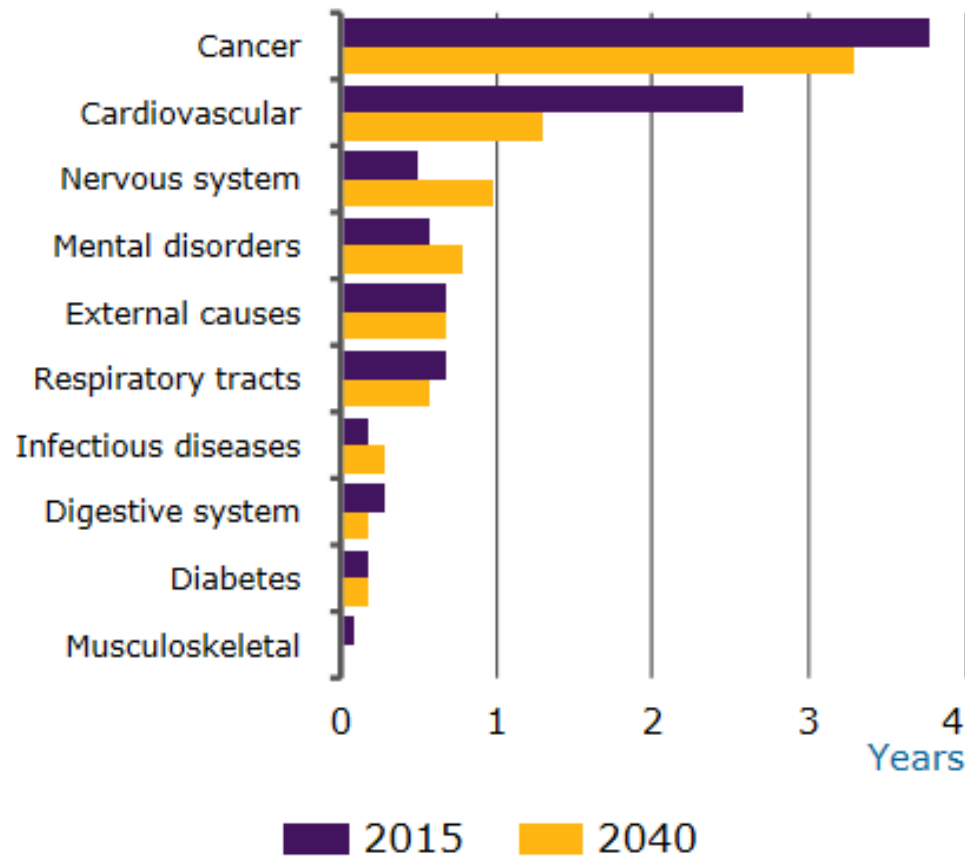
Mental pressure on  
teenagers and young  
adults

*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:





# 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





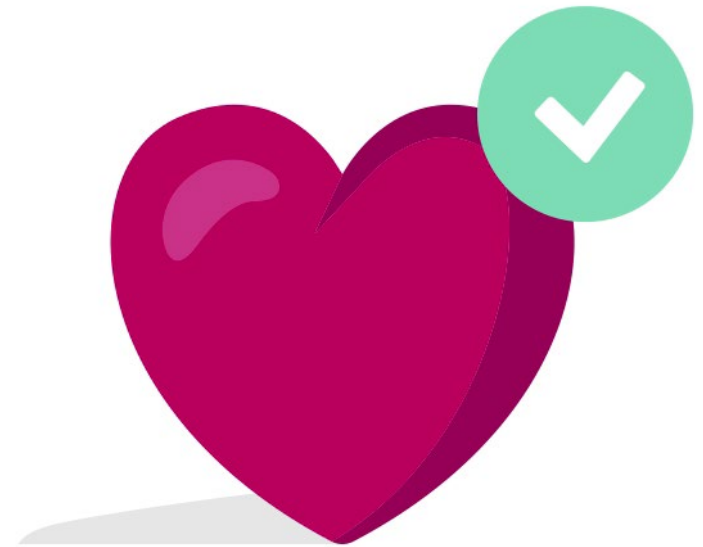
# How can we make progress?

- Systems approach
- Technology
- Build on civil and healthcare initiatives





# A healthy prospect!



For more information: [www.vtv2018.nl/en](http://www.vtv2018.nl/en)