

Burden of Hypertension in Selected EU Countries

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KANTAR HEALTH

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Introduction

Hypertension is defined as persistent elevation of systolic and diastolic blood pressure. It is proven to be a major risk factor for most cardiovascular diseases and consequently increases patients' health care utilization¹. Therefore, the burden of chronic diseases like hypertension is an important parameter for financial resource allocation and health care system capacity planning.

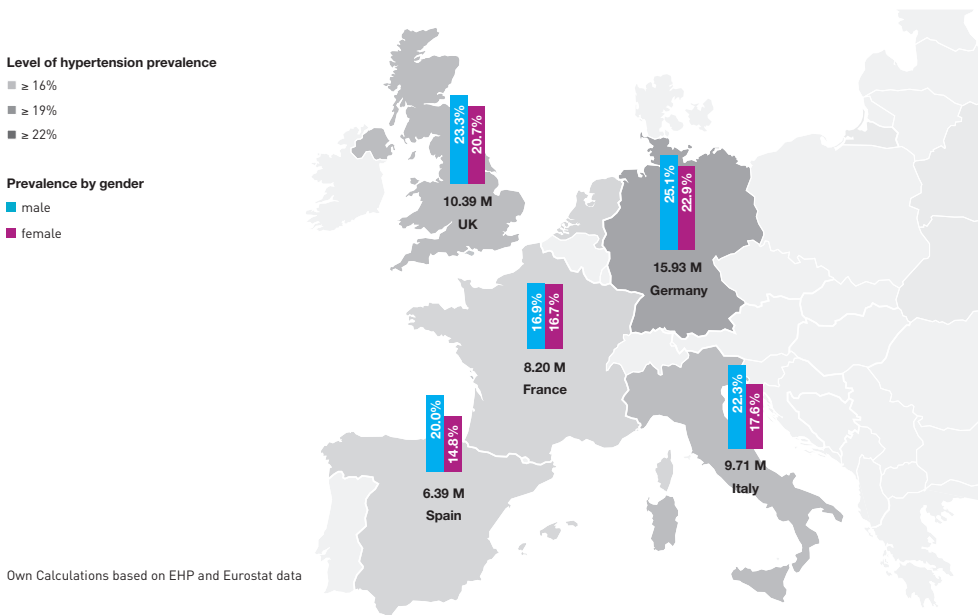
Objectives

Future prevalence and distribution of chronic conditions depend on the development of population size and structure. The European population is expected to slowly grow and rapidly age in the next decades². Our contribution aims at evaluating the impact of demographic change on prevalence of hypertension in Europe. The use of projections to support long-term planning of health care resources is discussed.

Conclusions

The projections show a considerable increase in the prevalence of hypertension: the total population in the five biggest EU countries will grow only by 5.7%, but the number of people living with hypertension will increase by 15.3%. These data quantify the influence of ageing on disease burden and reflect an increased need for appropriate health care expenditure and capacity planning.

Figure 1
Prevalence (Total/Differentiated by Gender) and Total Number of Individuals (20 years and older) with Hypertension in 2010



Own Calculations based on EHP and Eurostat data

Results

As calculated from EHP data, in 2010, 15.9M Germans aged 20 to 79 years suffered from hypertension (10.4M in UK, 8.2M in France, 9.7M in Italy and 6.4M in Spain). These numbers and additionally gender-specific prevalence rates are presented on the map in Figure 1. For the year 2025, our model predicts the absolute hypertension prevalence to increase to 17.3M in Germany, 12.3M in UK, 9.6M in France, 11.3M in Italy and 7.8M in Spain (see Figure 2). For all five countries combined hypertension is calculated to increase by 15.3%, from 50.6M to 58.4M as shown in Figure 3.

Figure 2
Projected Number of Hypertensive Individuals in 5 European Countries

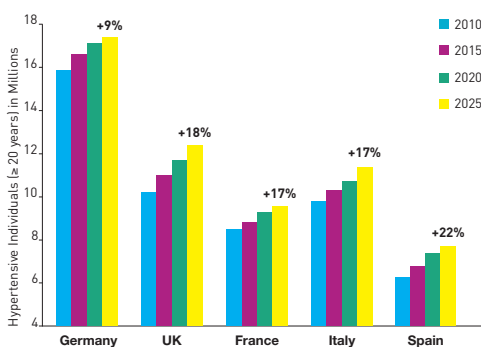
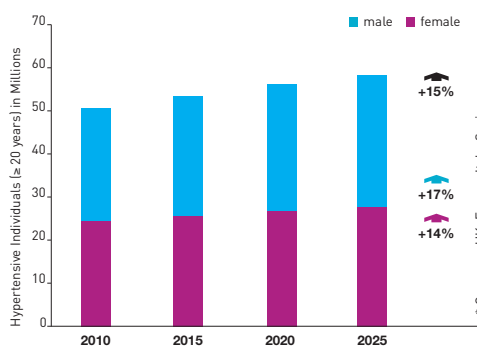


Figure 3
Projected Number of Hypertensive Individuals in Europe* by Gender



Methods

A prevalence-projection scenario was developed combining age-/sex-specific population projections with chronic disease prevalence rates. Figure 4 shows population projections that were obtained from Eurostat statistics³. Hypertension prevalence rates – as presented in Figure 5 – were estimated from the European Healthcare Access Panel (EHP), a representative health and health care utilization survey in five EU countries (Germany, UK, France, Italy and Spain). The weighted sample comprised 136,397 respondents aged 20-79. Multiplying projected population numbers with the respective age- and sex-specific hypertension rates from 2008 provided an estimate for the number of hypertensive individuals by country in forthcoming years.

Figure 4
Population (≥20 years) Projection for 5 European Countries

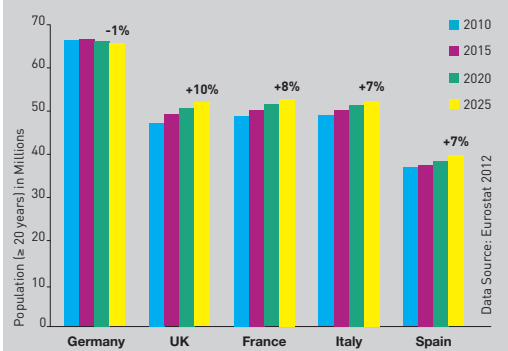
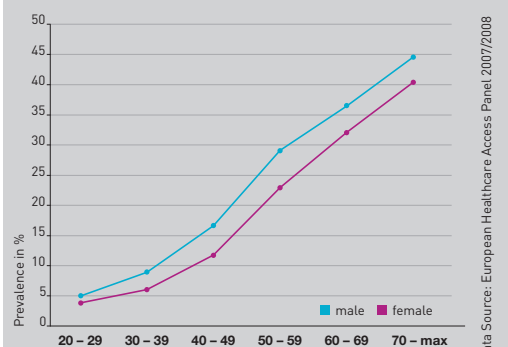


Figure 5
Prevalence of Hypertension in 5 European Countries by Gender and Age



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¹ Kannel WB. Blood pressure as a cardiovascular risk factor: Prevention and treatment. JAMA 1996;275:1571-6.

² European Commission. 2009 Ageing Report: Economic and budgetary projections for the EU-27 Member States (2008-2060). Luxembourg: Office for Official Publications of the European Communities; 2009.

³ Eurostat. Eurostat Statistics. Luxembourg: Statistical Office of the European Commission (Eurostat); 2012.

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