

Contents

Contributors	vii
Abbreviations.....	viii
Technical terms.....	viii
Country groups.....	viii
Foreword.....	ix
Part 1. Introduction.....	1
Aims of the report	3
Structure of the report	4
References	5
Part 2. Health in the European Region.....	7
Key health status indicators: averages and trends.....	8
Life expectancy	8
Mortality	13
Burden of disease.....	26
Challenges for the future	30
Factors influencing health	31
Environment and health.....	31
Lifestyle and behaviour	39
Social determinants of health.....	44
Current and future challenges	50
Changing demographics in the European Region	51
Mitigating the burden of communicable diseases	56
Continuing rise of chronic diseases.....	63
Rising health care costs	70
Health systems' role in improving population health.....	73
Improving health outcomes	74
Increasing coverage and financial protection	81
Reducing inequity in health and access to health care	88
Contributing to health and societal well-being.....	93
References	96
Part 3. Strengthening health systems	113
Investing in health systems	114
Delivering integrated and cost-effective services	114
Investing in human and capital resources	118
Reinvigorating primary care in Europe for people-centred services.....	121
Putting people first: the meaning of people-centred care	121
Diversity of primary care in the WHO European Region.....	122
Achieving people-centred care in the WHO European Region	122
Overcoming challenges to people-centred care: European examples.....	126
Sustaining performance through health financing policy.....	128
Reallocating public funds to health despite tighter fiscal constraints	128

Strategic purchasing of health care: resources allocated to providers linked with performance information or population needs	133
Conclusion	136
Exercising stewardship for healthy public policies	136
Stewardship and health systems	137
Examples of stewardship for healthy public policies in practice.....	138
Health in all policies: instruments and challenges	139
Conclusion	141
Assessing health system performance for accountability	141
Accountability for better health outcomes and health system stewardship	142
Assessing health system performance in European countries	143
International trends, key challenges and the way forward	146
References	147
Part 4. Annex	157
Table 1. Population of the WHO European Region, 2007 (or latest available year) and 2020 (projected)	158
Table 2. Basic socioeconomic indicators in the WHO European Region, 2007 or latest available year	159
Table 3. Improving health outcomes in the WHO European Region	160
Table 4. Factors influencing health – environment, lifestyle and behaviour – in the WHO European Region, 2007 or latest available year	161
Table 5. Health system financing, immunization and Stop TB Strategy in the WHO European Region	162
Table 6. Human resources for health in the WHO European Region, 2007 or latest available year	163
Table 7. Health service delivery in the WHO European Region, 2007 or latest available year	164
Definitions of the indicators included in the tables	165