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Prevalence Estimates of Chronic Conditions in Ireland

Chronic conditions, including cardiovascular diseases and diabetes, are among the leading causes of death worldwide. Because of factors including population ageing and increasing overweight and obesity, the prevalence of chronic disease and multimorbidity (two or more chronic conditions) is increasing in Ireland. To date, information on prevalence of chronic conditions in Ireland is lacking.

➢ We were asked by the National Clinical Advisor & Group Lead for Chronic Disease to provide information on the eight chronic conditions, currently prioritised by the HSE Integrated Care Programme for the Prevention and Management of Chronic Disease.
➢ These conditions are: atrial fibrillation, chronic obstructive pulmonary disorder (COPD), coronary heart disease (CHD), diabetes, heart failure, stroke, transient ischemic attack (TIA) and asthma.
➢ Overall prevalence of the eight chronic conditions increases with age (Figure 1).
➢ Individual prevalence of each of the eight chronic conditions increases with age, except asthma. Asthma is the most prevalent condition in the youngest age-group (Figure 2).

Figure 1. Prevalence of any of the eight prioritised chronic conditions by age group


1 in 11	1 in 7	1 in 4	1 in 4	1 in 3
18-44 years	45-64 years	65-69 years	70-74 years	75+ years
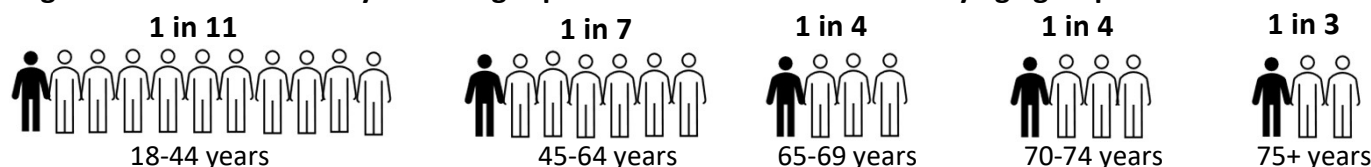
Our research shows, that **the most prevalent chronic conditions** in Ireland are:
• **Diabetes** (in those aged 45 to 74 years)
• **CHD** (in those aged 75 years and older).

Prevalence of multi-morbidities also increases with age:
• **10%** of those aged 75 years and older have **two or more chronic** conditions.

Figure 2. Prevalence of the eight individual chronic conditions by age group

Legend: Heart Failure, Stroke, TIA, COPD, Atrial Fibrillation, Asthma, Diabetes, CHD
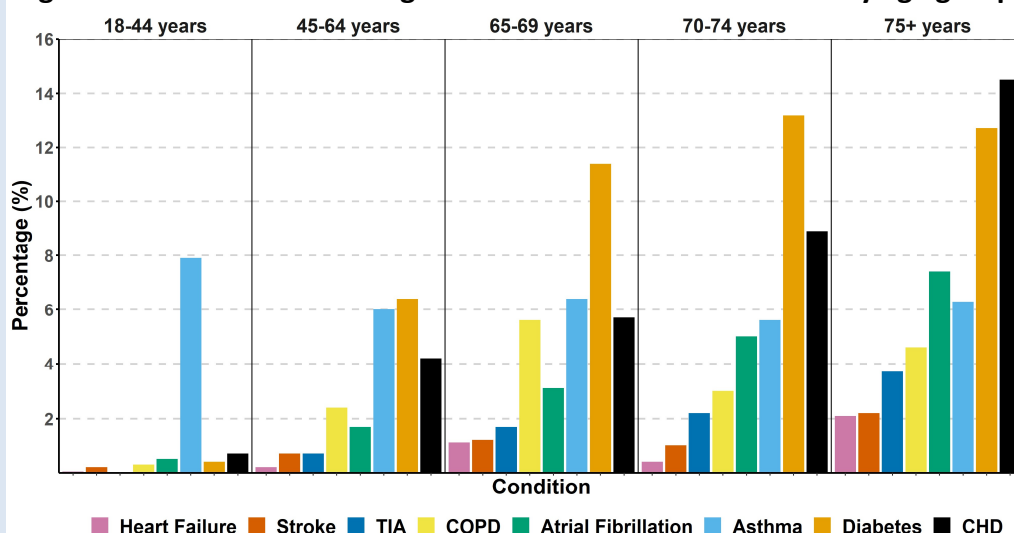
Integrated Knowledge Translation

➢ These estimates were calculated through secondary analysis of the 5th wave of the Healthy Ireland survey (2018-2019) as part of the Evidence for Policies to Prevent Chronic Conditions (EPICC) study, funded by the Health Research Board.
➢ More detailed information on the data source and prevalence estimates stratified by deprivation status, medical reimbursement status (GMS Medical Card), age, are available here: **https://www.ucc.ie/en/esprit/research/epicc/**
➢ These estimates informed the development of the National Framework for the Integrated Prevention and Management of Chronic Disease and the Integrated Model of Care for the Prevention and Management of Chronic Disease.

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