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Direção-Geral da Saúde

The Health of the Portuguese People in 2015

13 JULY 2015

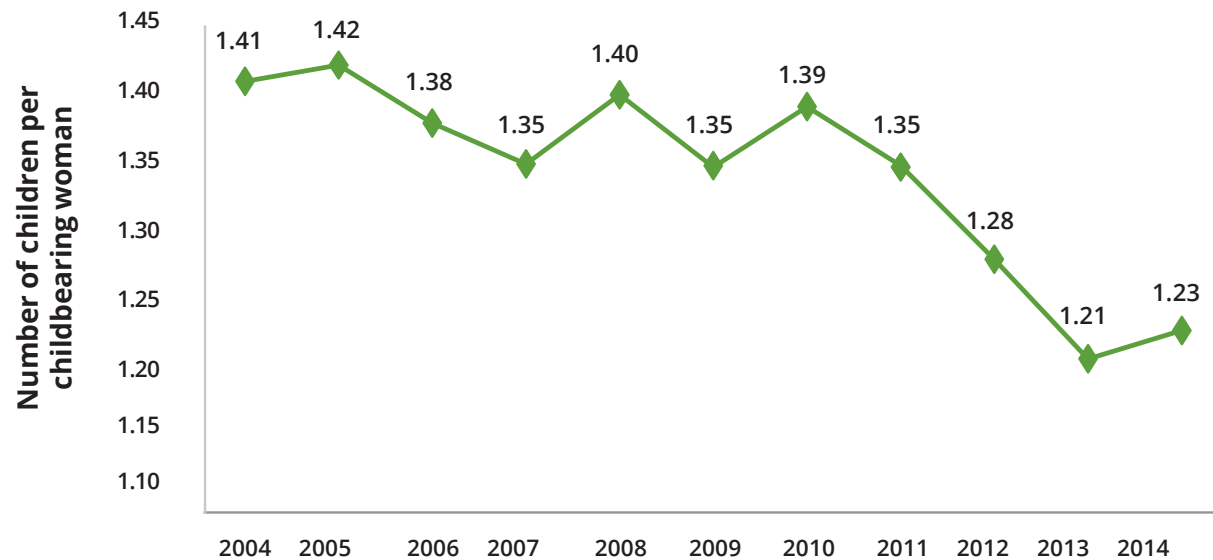
The Better Life Index

OECD

-  1st LIFE SATISFACTION
-  2nd HEALTH
-  3rd PERSONAL SAFETY

OUR POPULATION: 10.3 MILLION

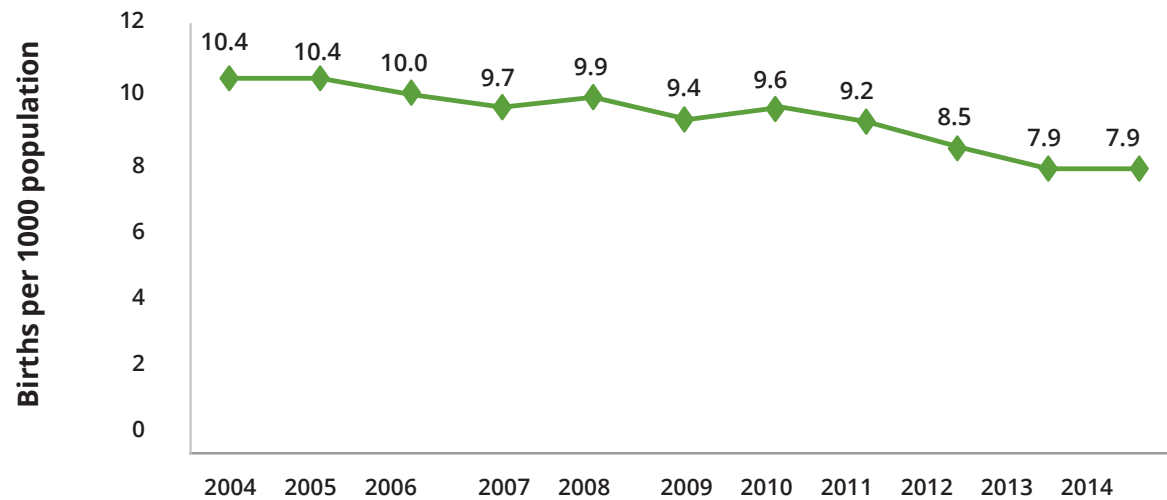
Synthetic index of fertility, Portugal (2004-2014)



Source: Statistics Portugal, 2015

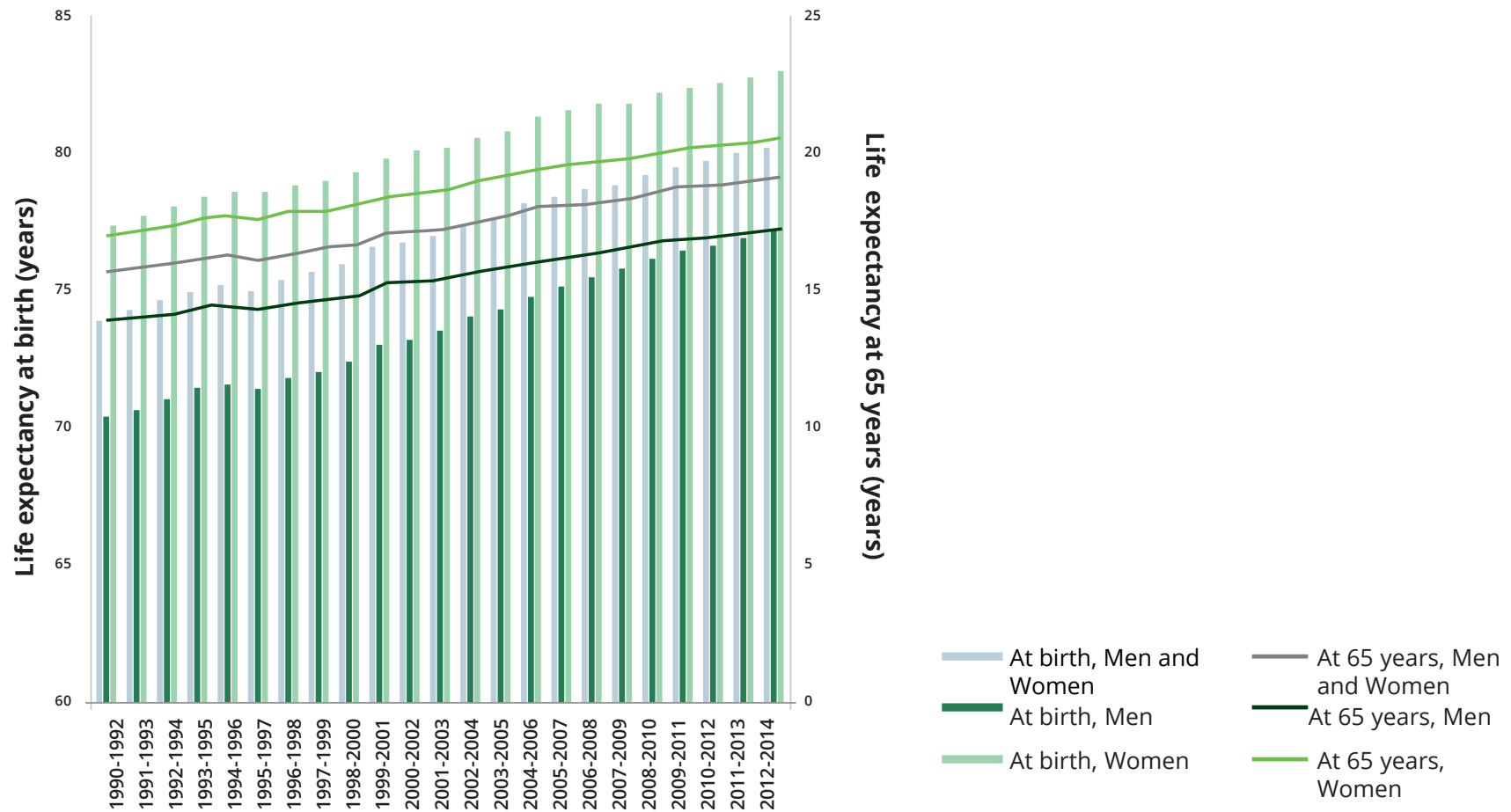
OUR POPULATION: 10.3 MILLION

Crude birth rate, Portugal (2004-2014)



Source: Statistics Portugal, 2015

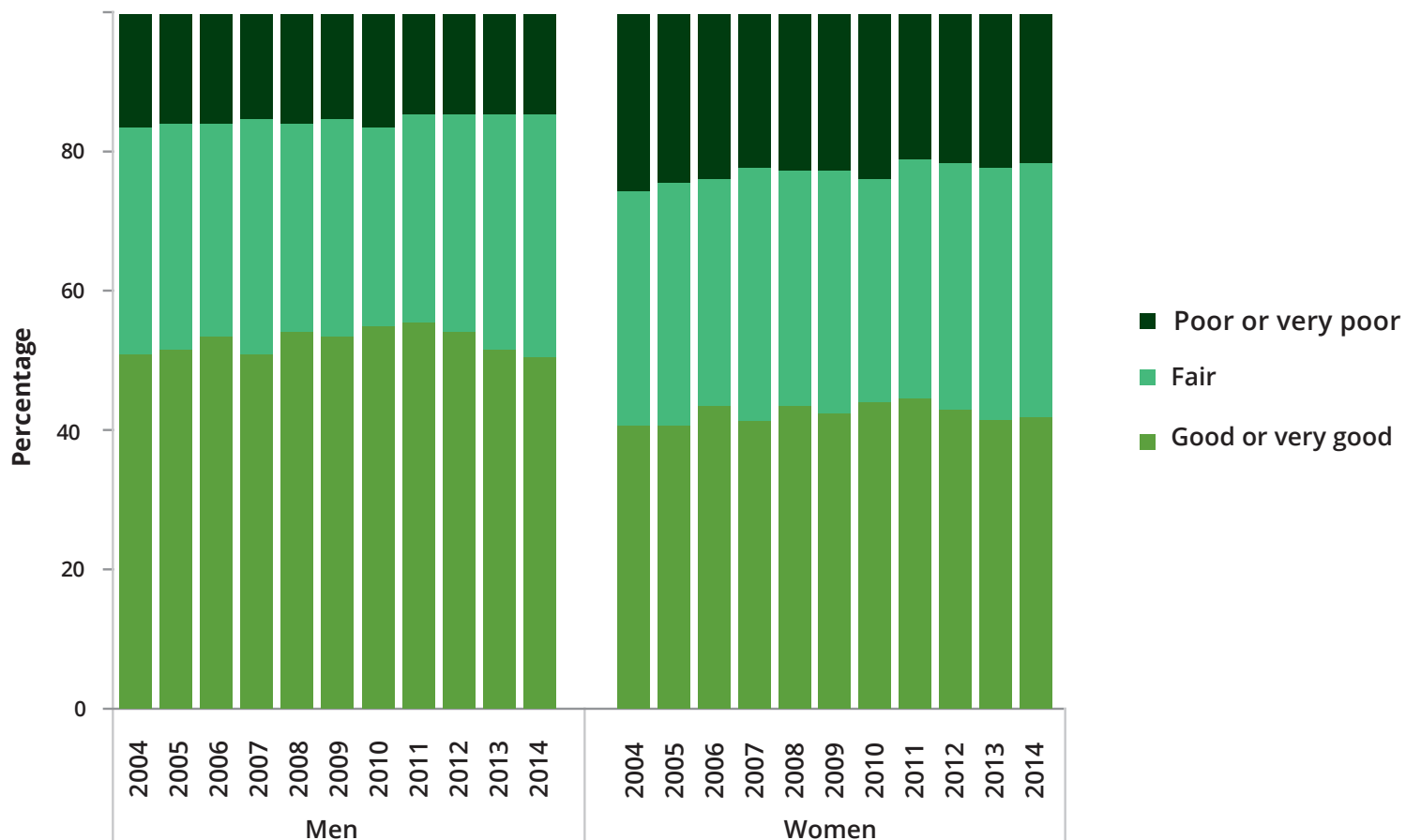
LIFE EXPECTANCY AT BIRTH AND AT 65 YEARS, BY SEX, 1980 - 2014



Source: Statistics Portugal, 2015

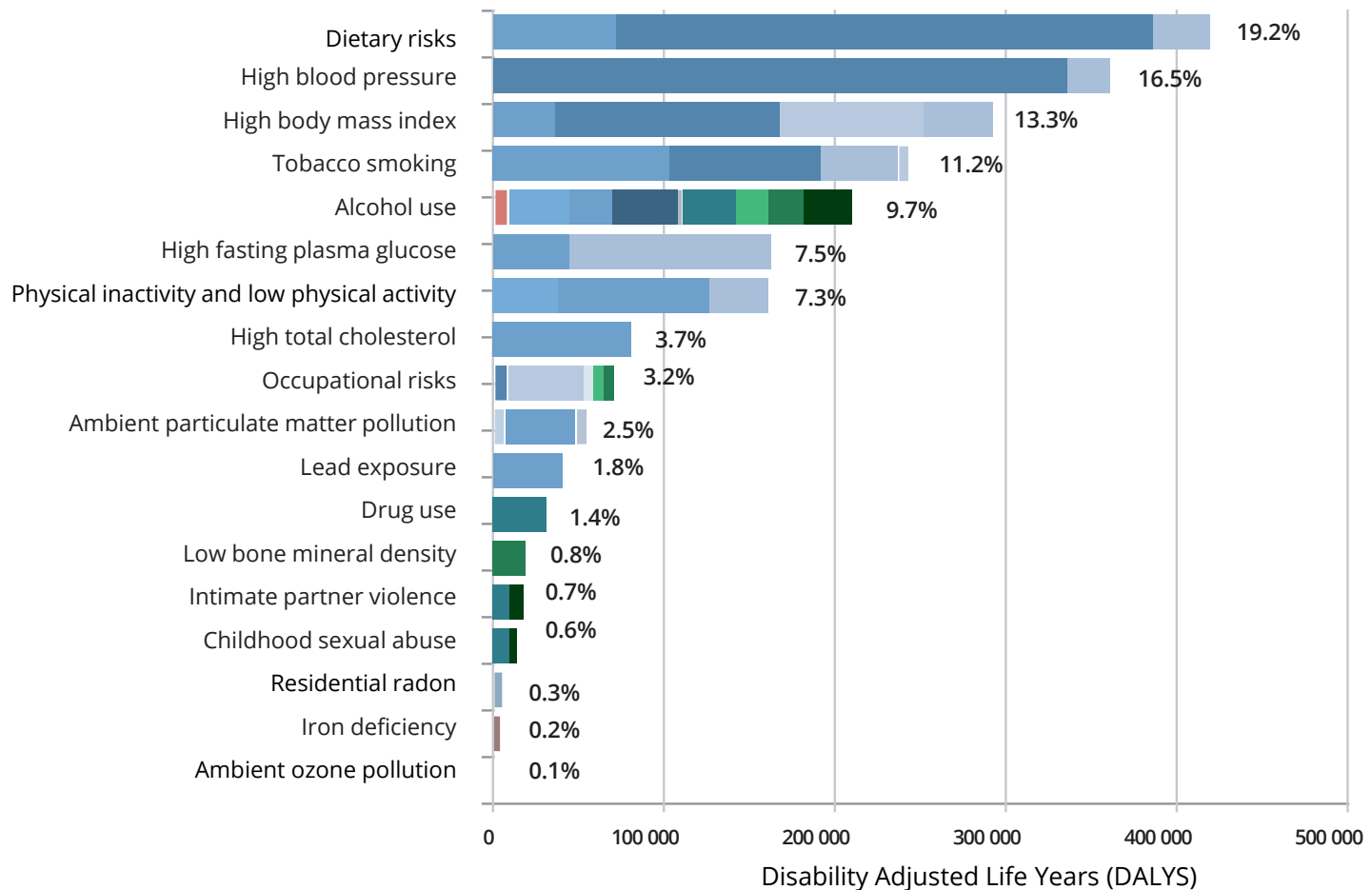
HOW WE FEEL:

Self rated health of persons aged 16 years and over 2004 - 2014



Source: Statistics Portugal, 2015

DISTRIBUTION OF SELECTED HEALTH DETERMINANTS



Source: Directorate-General of Health from Global Burden of Disease Study, 2015

Prevalence (percentage) of tobacco use. Lifetime use, use in the last year and use in the last month, people aged 15 to 64 years by sex. 2001, 2007, 2012

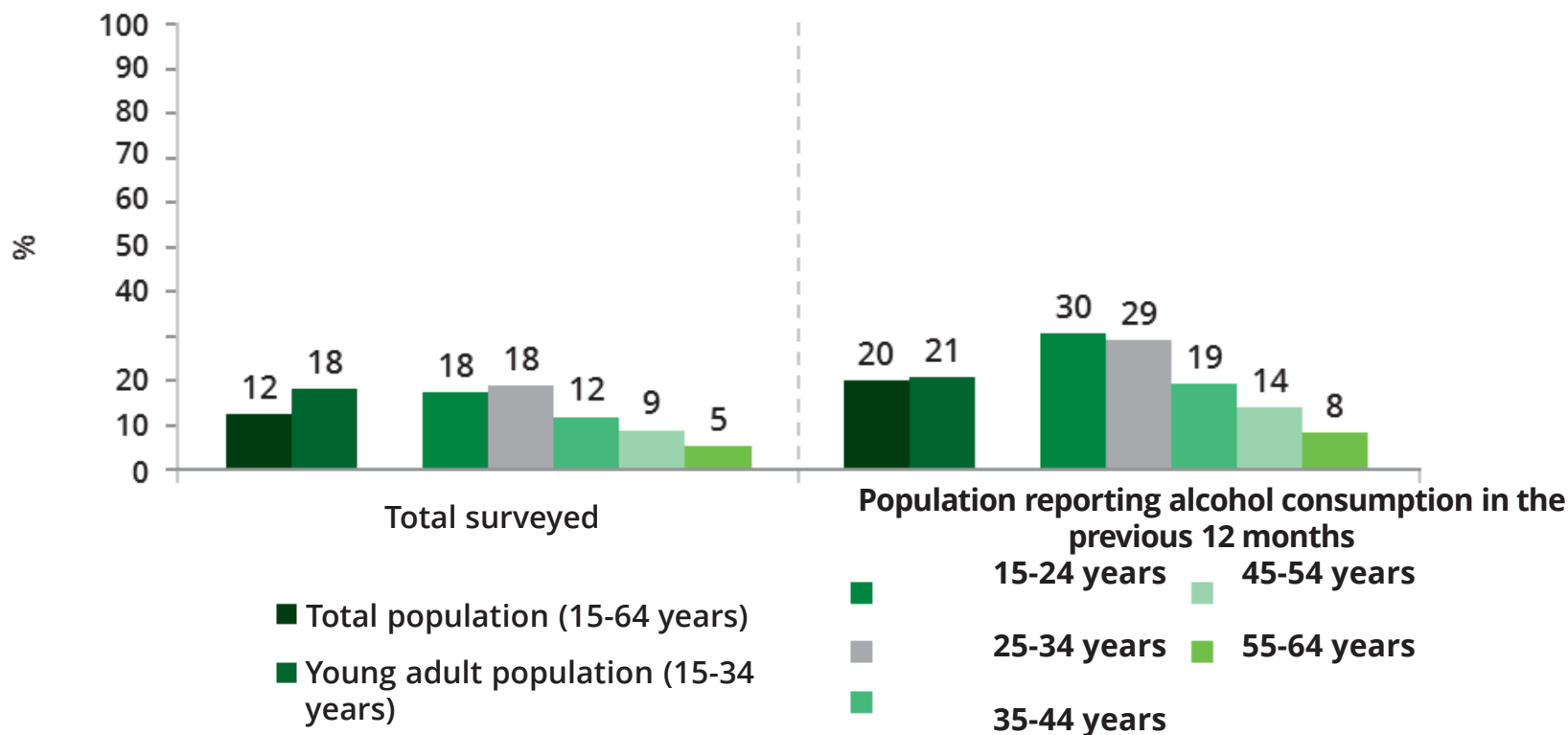
	Lifetime			12M			30D		
	Male	Female	Total	Male	Female	Total	Male	Female	Total
2001	56.0	25.0	40.2	40.4	17.7	28.8	40.1	17.6	28.6
2007	63.3	34.8	48.9	41.8	20.3	30.9	40.1	19.0	29.4
2012	60.2	32.8	46.2	36.9	19.9	28.2	35.1	18.0	26.3

12M – Previous 12 months

30D – Previous 30 days

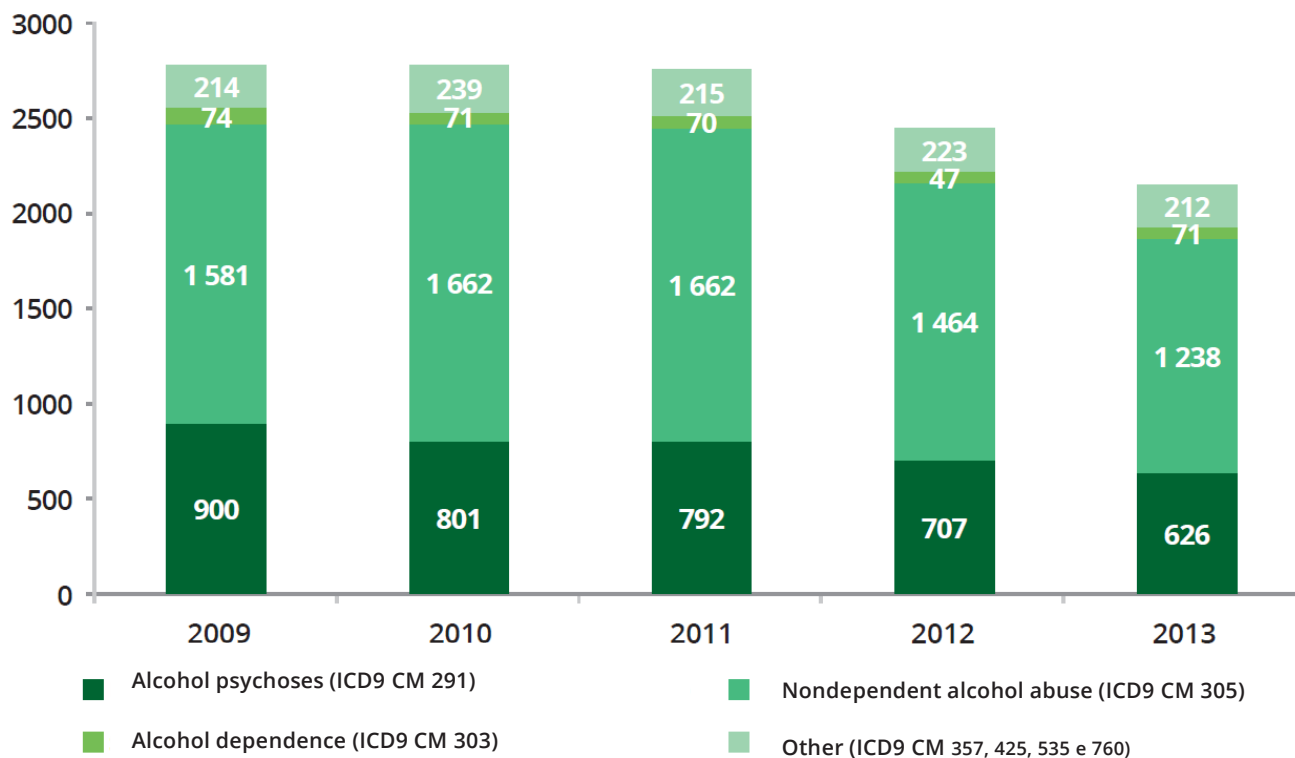
Source: SICAD, 2014

Prevalence of binge drinking, in surveyed population and population reporting alcohol consumption in the previous 12 months, 2012



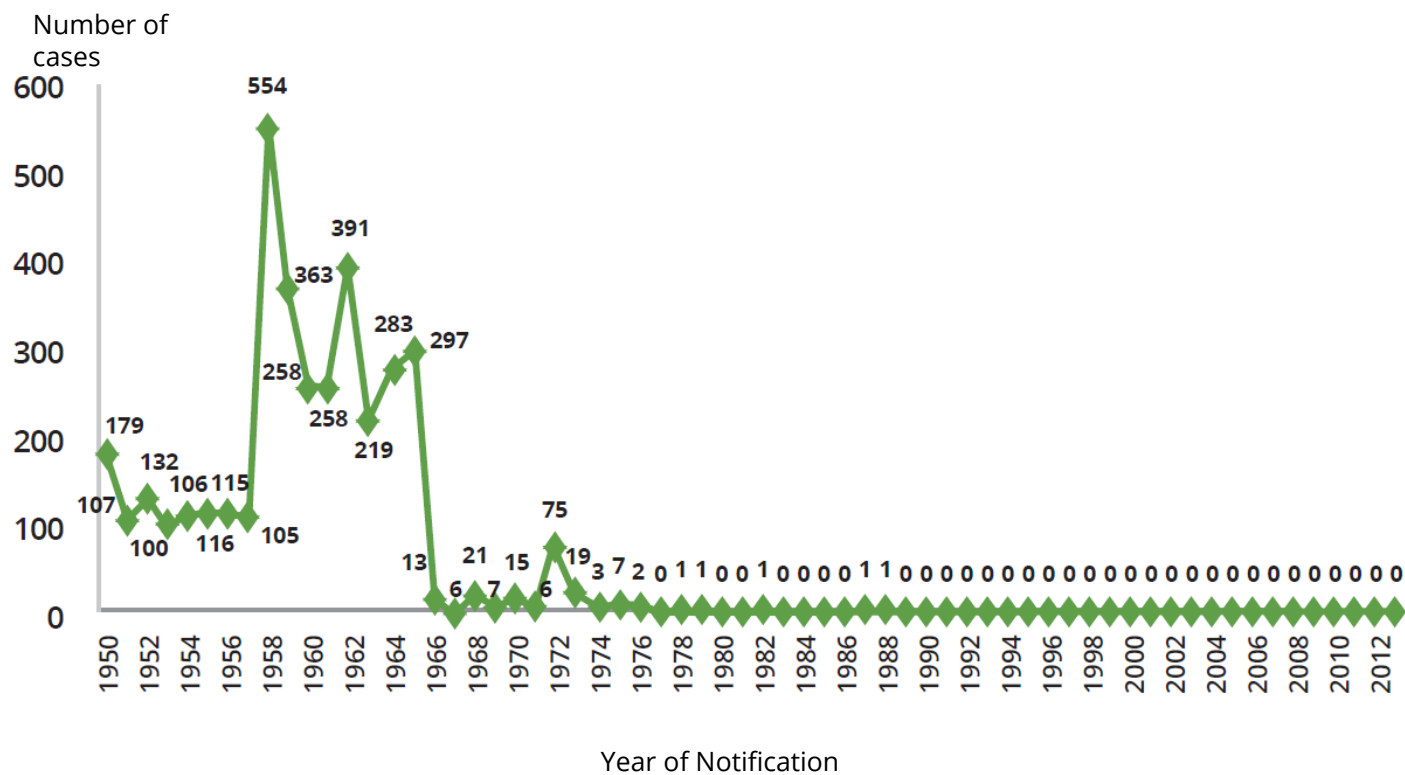
Source: SICAD / CESNOVA, 2014

Hospital admissions where the cause of admission was directly attributable to the consumption of alcohol, 2009 - 2013



Source: ACSS: GDH (31/03/2014) / SICAD, 2014

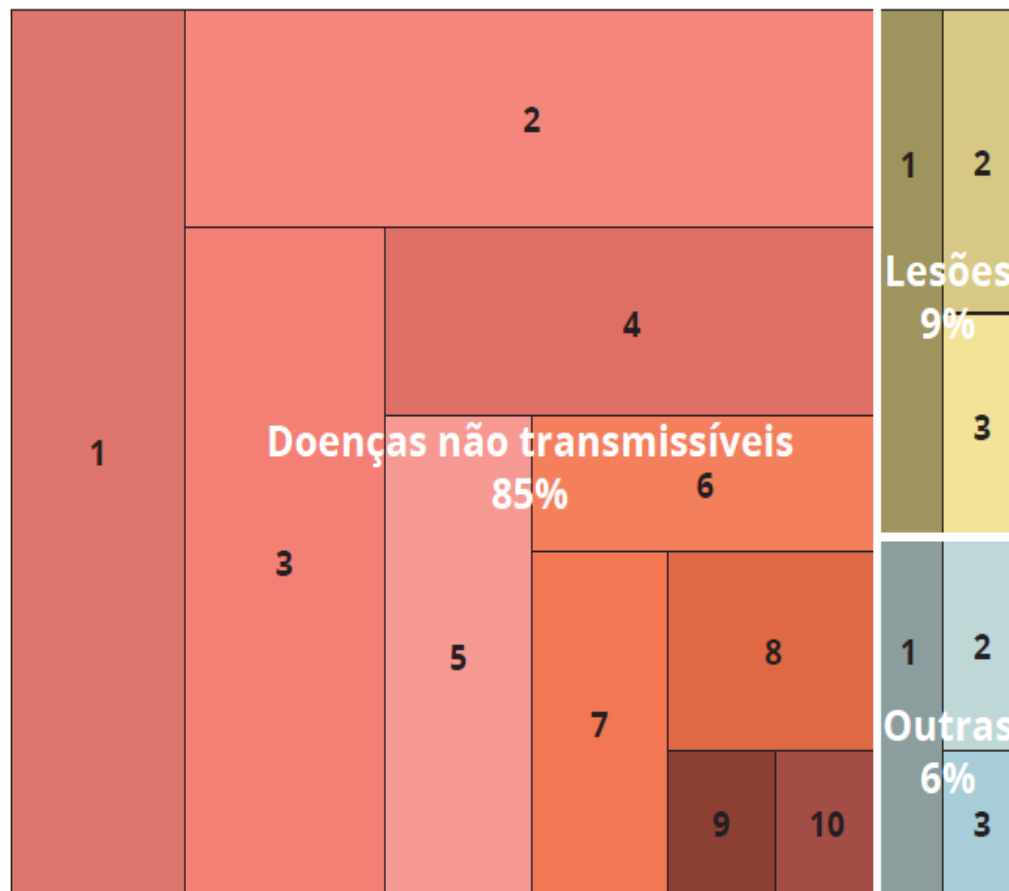
Declared cases of acute poliomyelitis, Portugal, 1987-2013



Source: Directorate-General of Health, 2015

BURDEN OF DISEASE, DALY

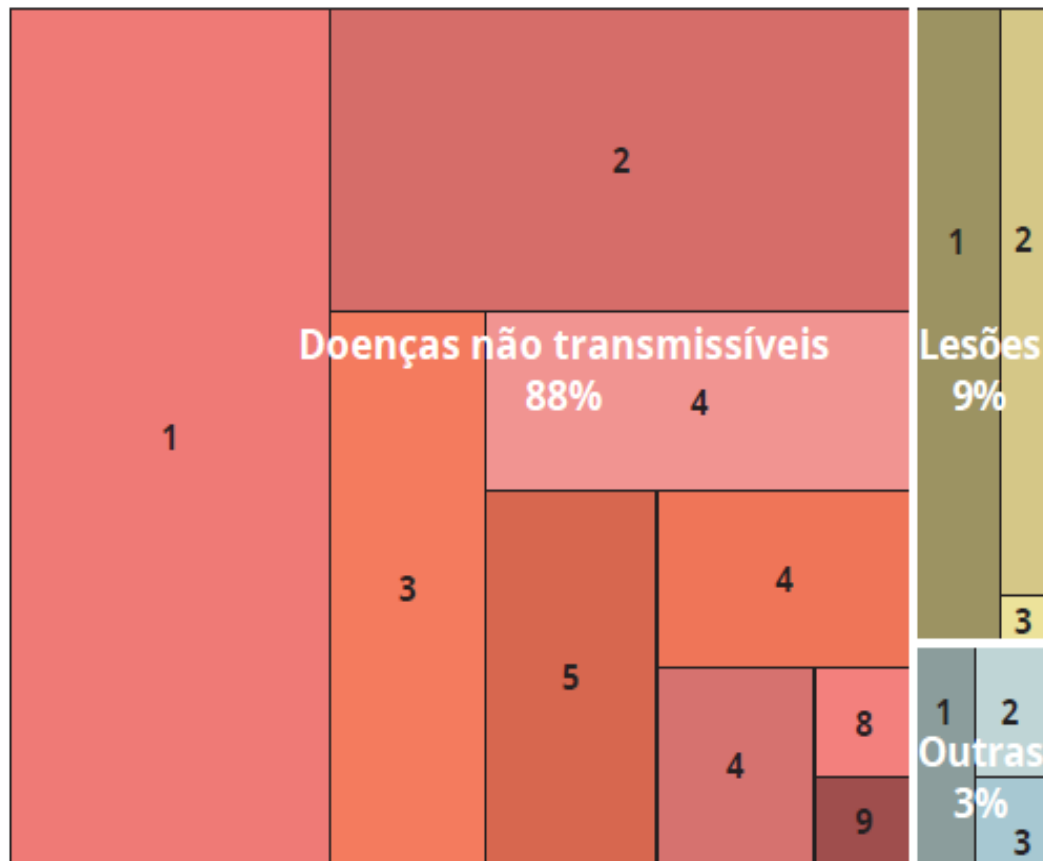
(Years of life lost as a result of illhealth, disability or death)



Source: IHME, 2015

BURDEN OF DISEASE, YLD

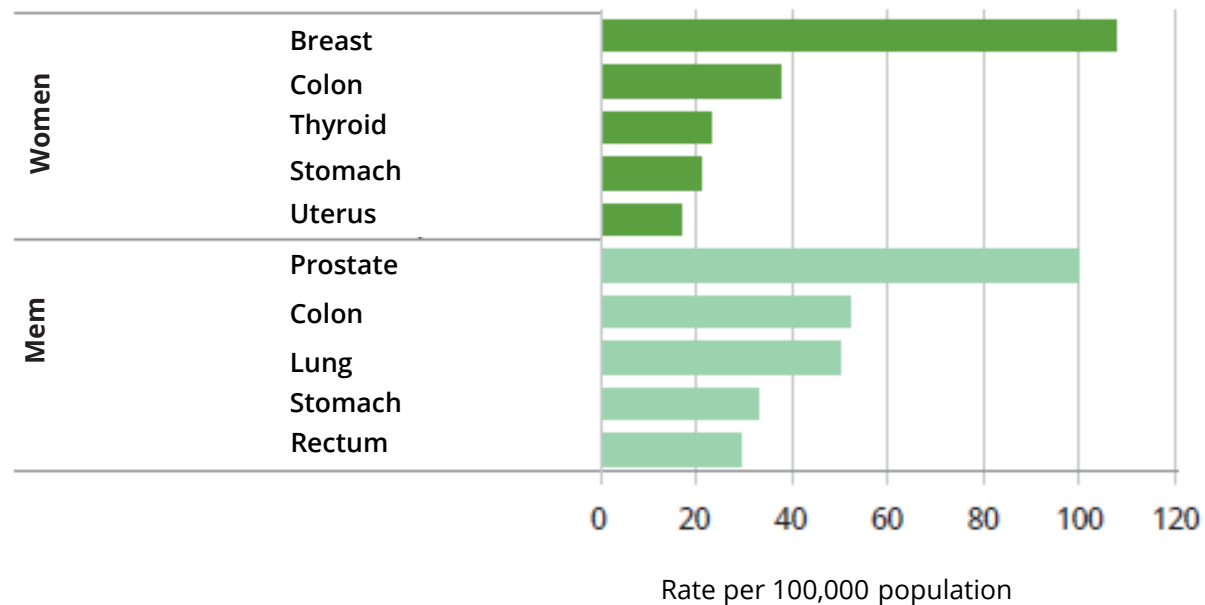
(Years lived with disability)



Source: IHME, 2015

CANCER

Incidence of the 5 most common cancers, 2008

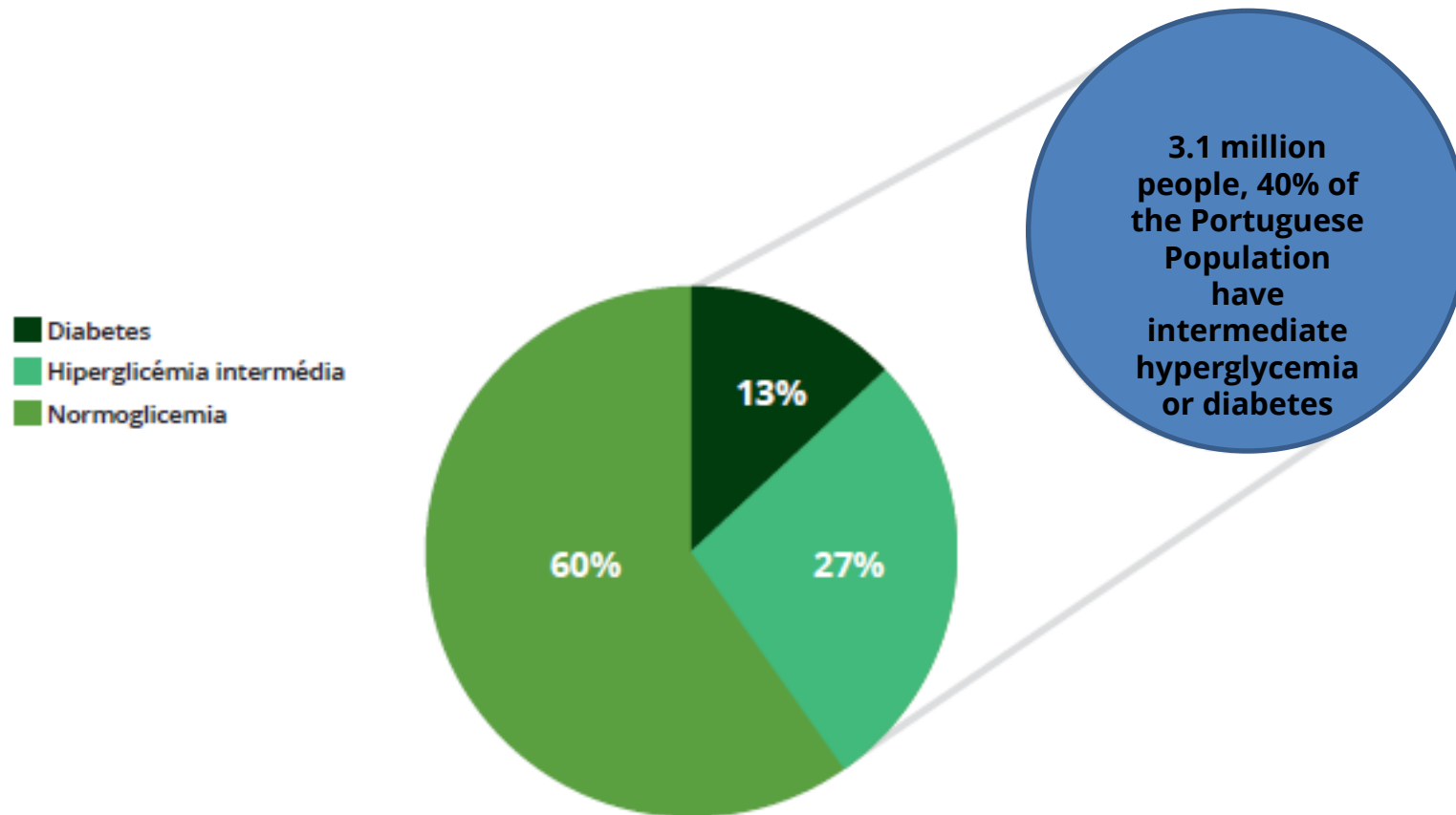


Source: ROR Centro, 2014

PREVALENCE OF MUSCULOSKELETAL DISEASES, 2011-2013

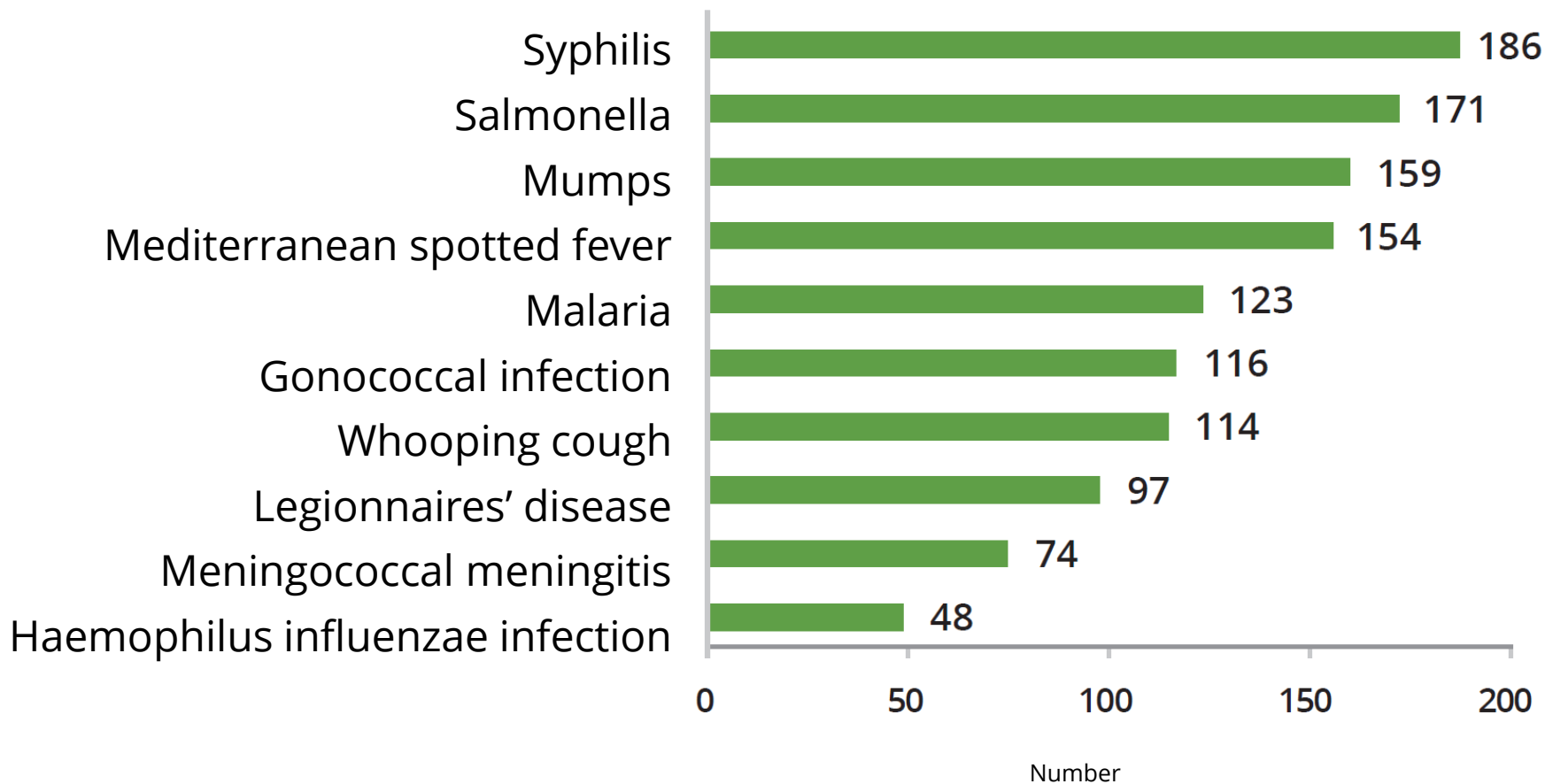
	(2011-2013)		
	Prevalência geral	Prevalência Mulheres	Prevalência Homens
	IC 95%	IC 95%	IC 95%
	n=3877	n=2630	n=1247
Lombalgia	26,4 (23,3-29,5)	29,6 (25,8-33,5)	22,8 (17,9-27,8)
Fibromialgia	1,7 (1,3-2,1)	3,1 (2,4-3,9)	0,1 (0,0-0,2)
Osteoartrose do joelho	12,4 (11,0-13,8)	15,8 (13,7-17,8)	8,6 (6,9-10,3)
Osteoartrose da mão	8,7 (7,5-9,9)	13,8 (11,6-15,9)	3,2 (2,2-4,1)
Osteoartrose da anca	2,9 (2,3-3,6)	3,0 (2,3-3,7)	2,9 (1,7-4,1)
Osteoporose	10,2 (9,9-11,3)	17,0 (14,7-19,2)	2,6 (1,9-3,4)
Patologia Periarticular	15,8 (13,0-18,0)	19,1 (16,2-22,0)	12,0 (8,4-15,6)
Artrite reumatóide	0,7 (0,5-0,9)	1,1 (0,8-1,5)	0,3 (0,1-0,4)
Espondilartrites	1,6 (1,2-2,1)	2,0 (1,3-2,7)	1,2 (0,7-1,8)
Lupus eritematoso sistémico	0,1 (0,1-0,2)	0,2 (0,1-0,4)	0,04 (0,0-0,1)
Polimialgia reumática	0,1 (0,1-0,2)	0,1 (0,0-0,3)	0,06 (0,0-0,2)
Gota	1,3 (1,0-1,6)	0,08 (0,0-0,2)	2,6 (1,9-3,3)

PERCENTAGE DISTRIBUTION OF DIABETES, INTERMEDIATE HYPERGLYCAEMIA, 2013



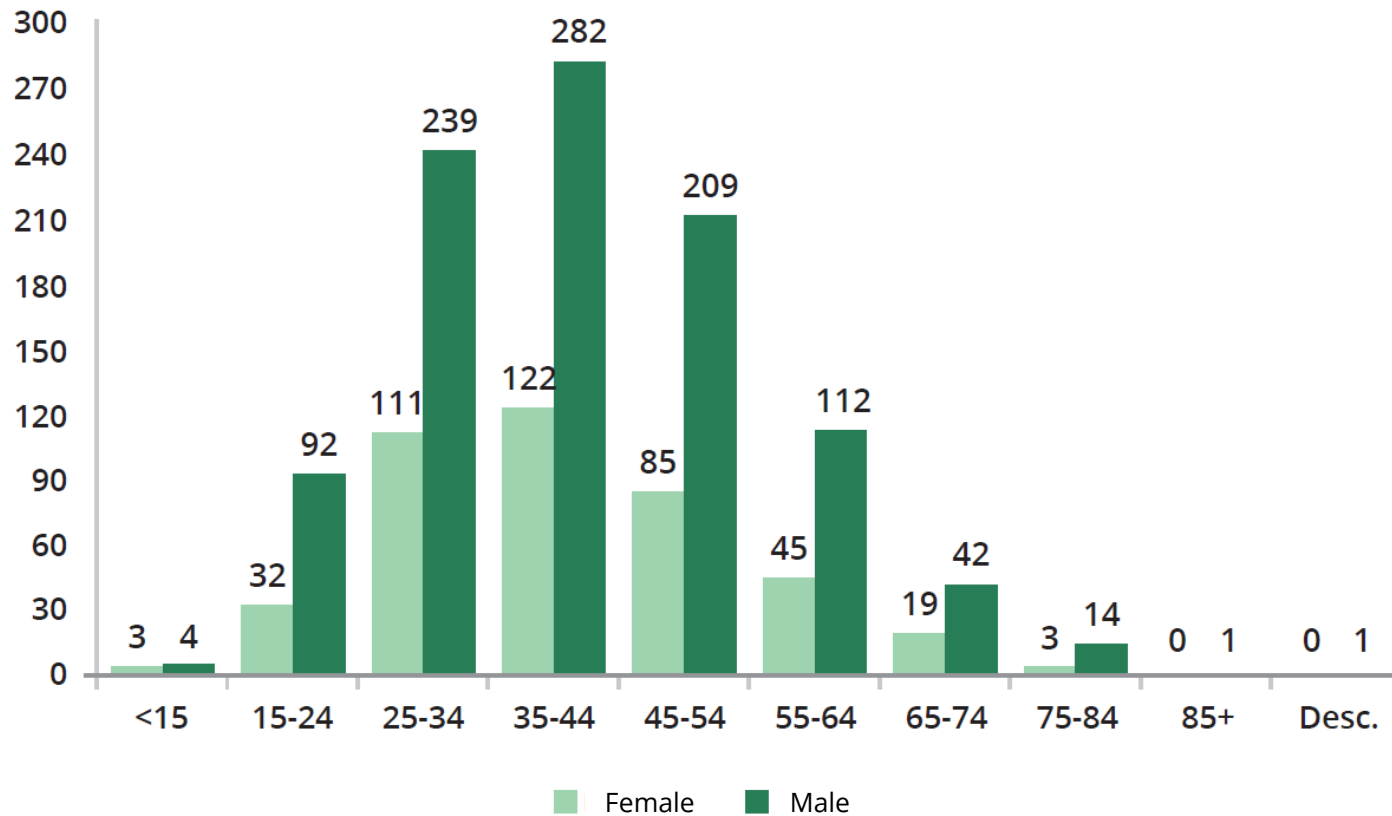
Source: National Observatory of Diabetes, 2014

NUMBER OF COMMUNICABLE DISEASE NOTIFICATIONS FOR THE 10 MOST COMMON DISEASES, 2013



Source: Directorate-General of Health, 2015

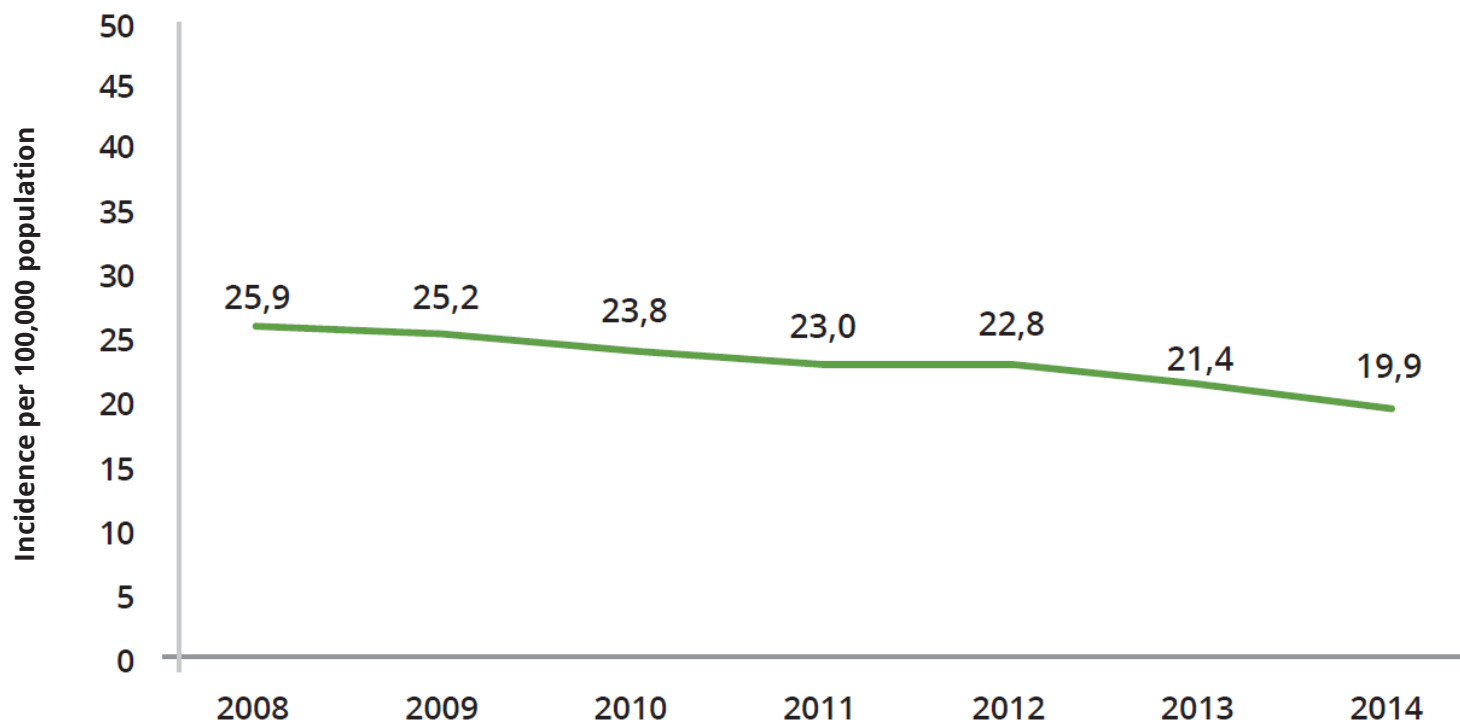
DISTRIBUTION OF NEW CASES OF HIV NOTIFIED, 2013



Source: National Institute of Health / Directorate-General of Health, 2015

INCIDENCE OF TUBERCULOSIS 2008 – 2014

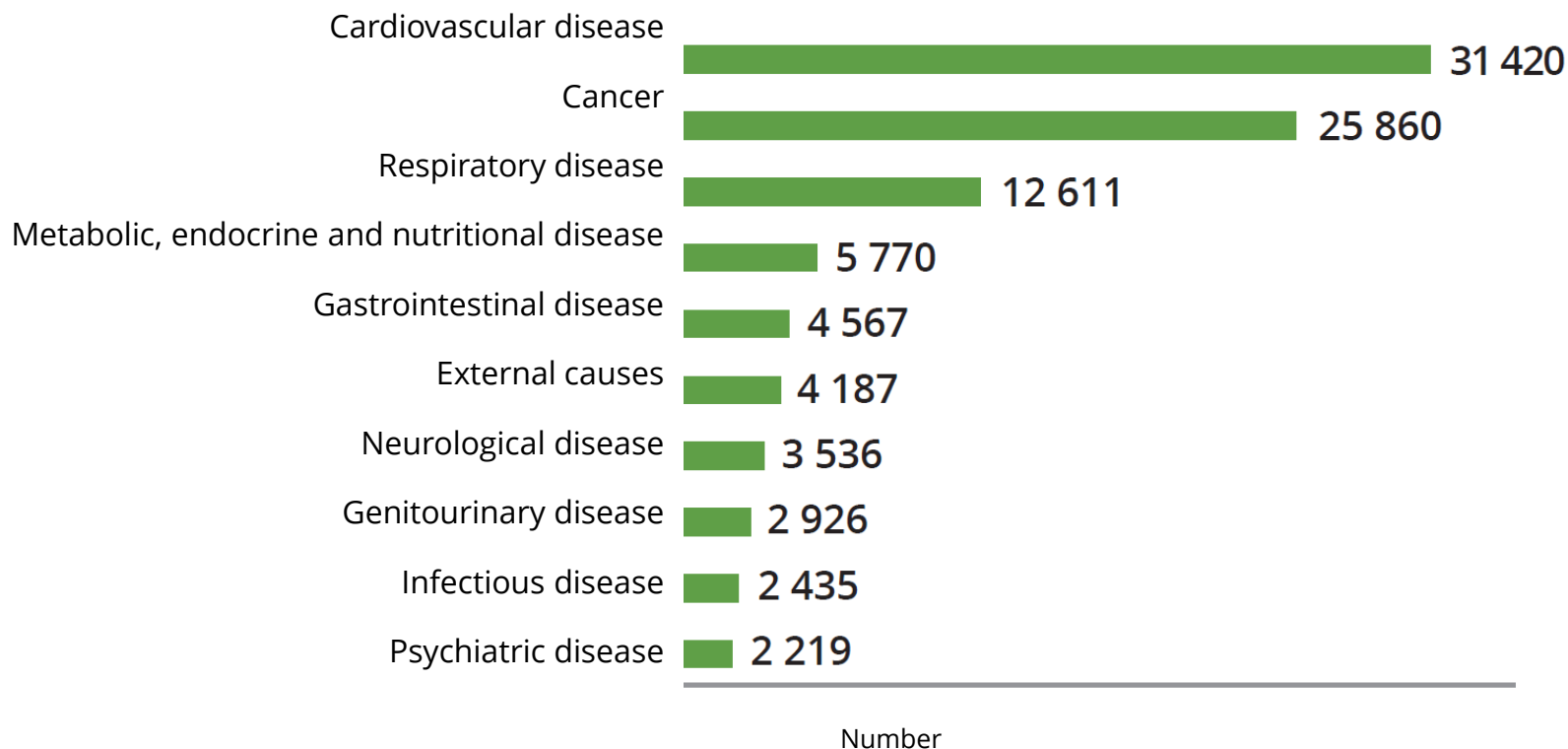
per 100,000 population



Source: Directorate-General of Health, 2015 (provisional data for 2014)

DEATHS

Numbers of deaths by the 10 most commonly recorded cause of death, 2013



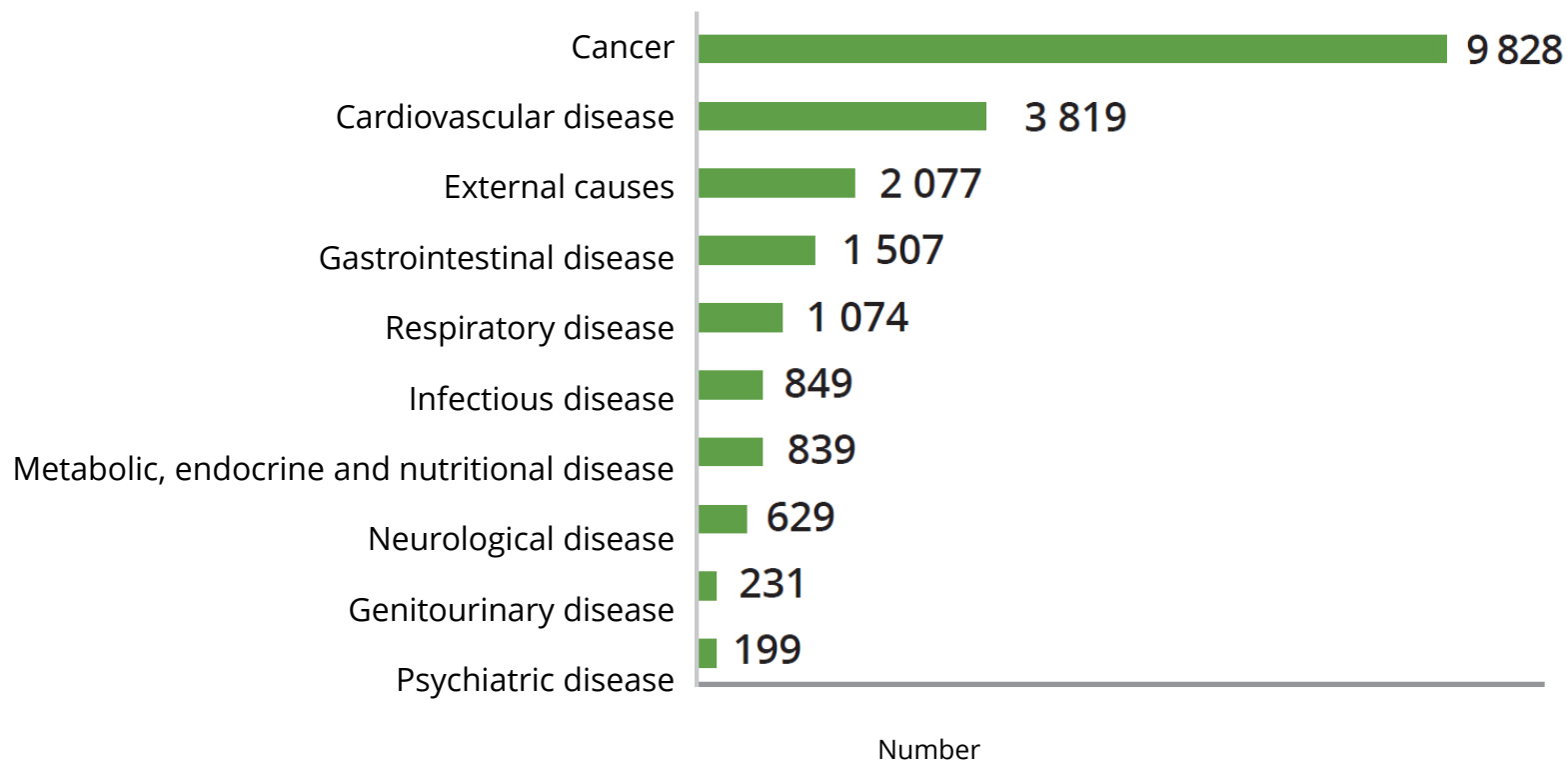
Source: Statistics Portugal, 2015

DEATHS IN PERSONS AGED UNDER 70 YEARS

Numbers of deaths by the 10 principal causes of death, 2013

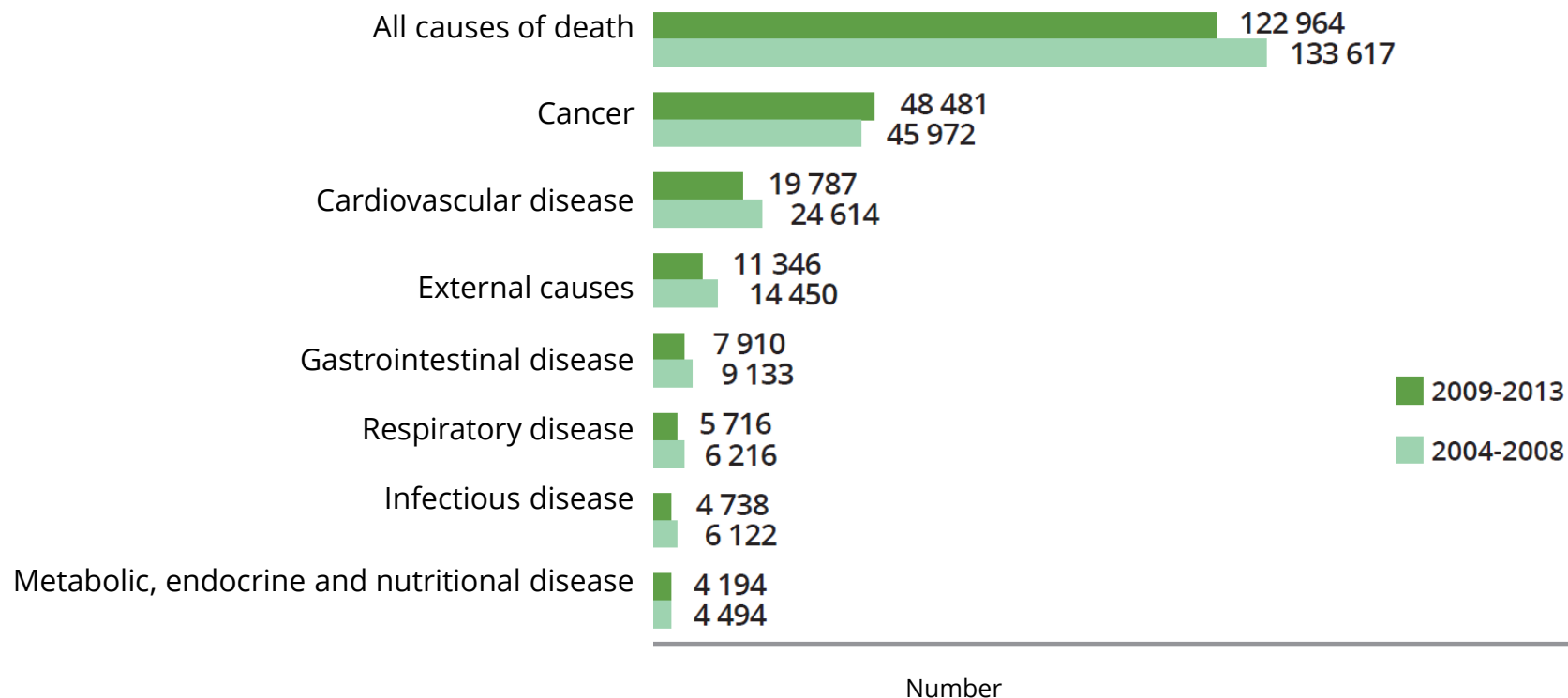


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Source: Statistics Portugal, 2015

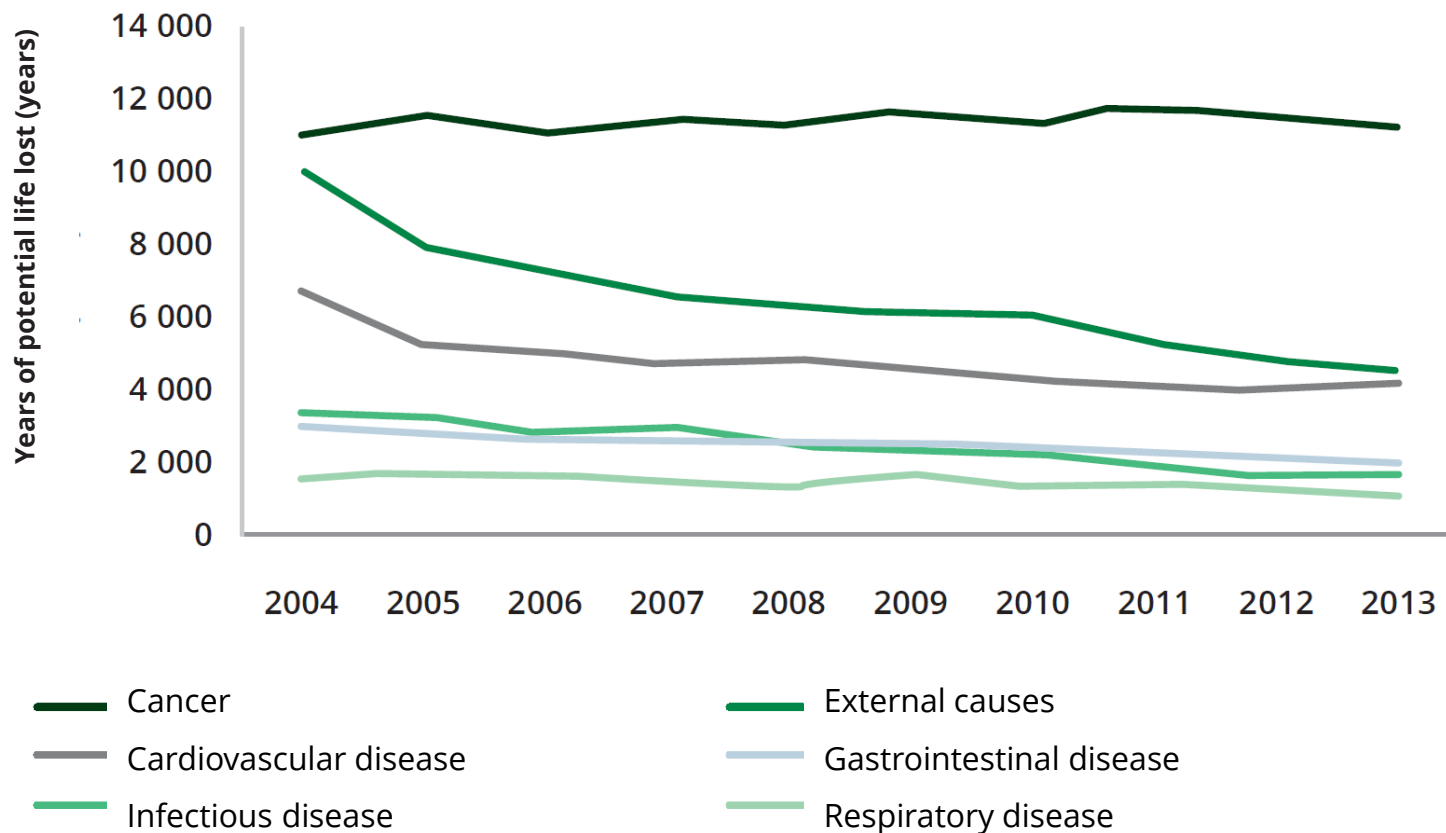
DEATHS IN PERSONS AGED UNDER 70 YEARS, Difference in the number of deaths between 2004-2008 and 2009-2013



Source: Statistics Portugal

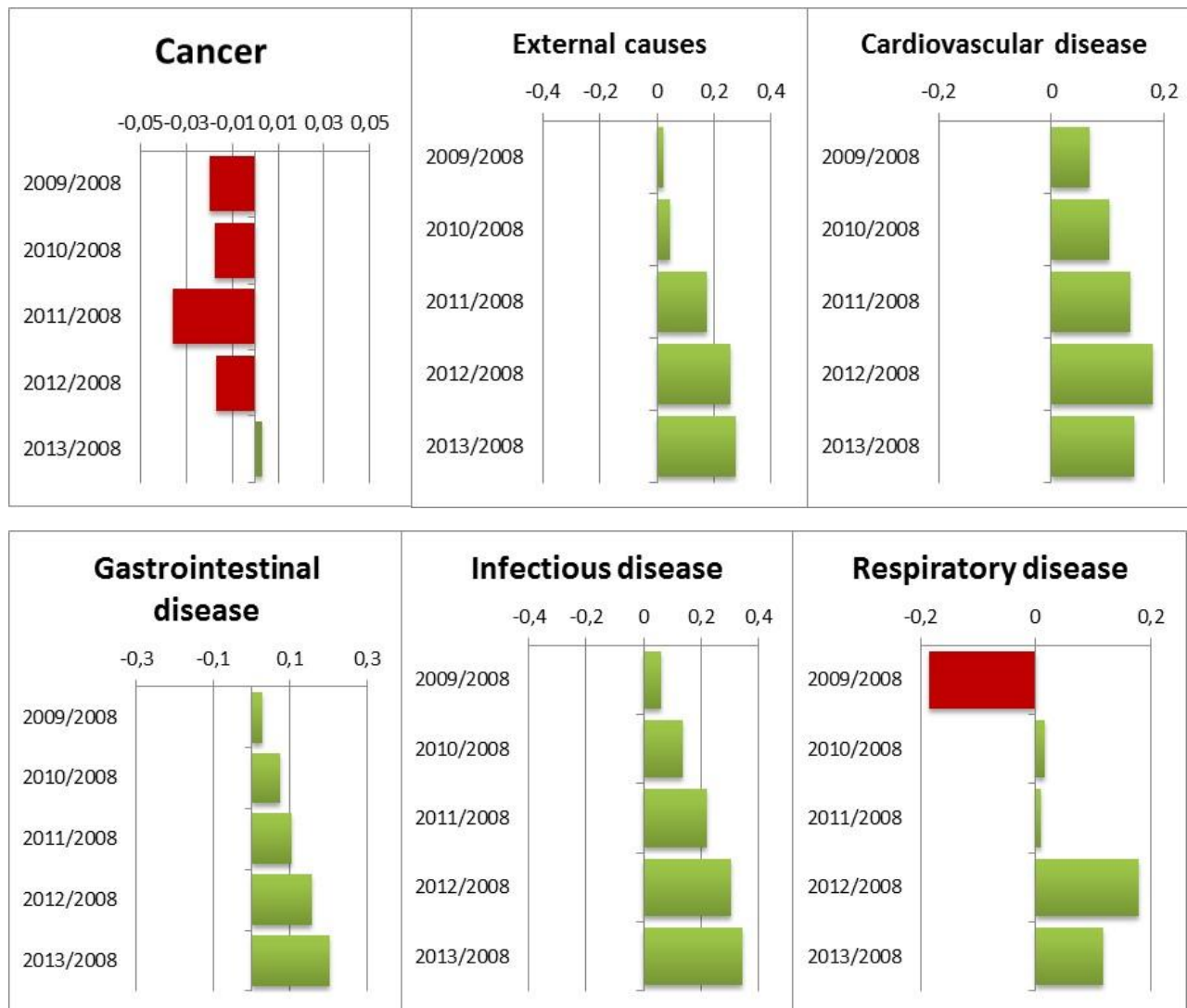
YEARS OF POTENTIAL LIFE LOST (YPLL)

By principal cause of death in persons under 70 years

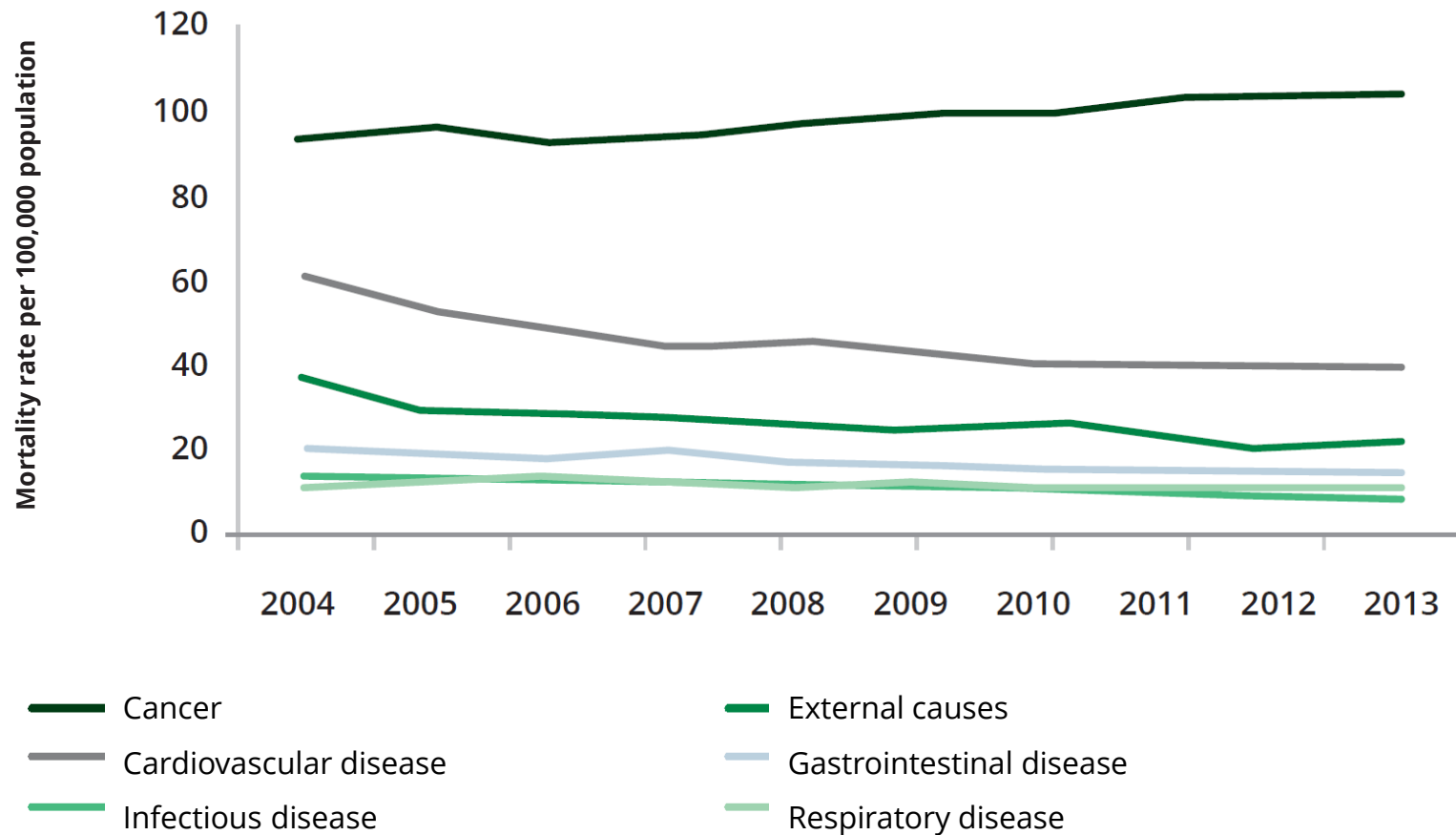


Source: Statistics Portugal, 2015

PERCENTAGE GAINS IN PYLL (PERSONS AGED UNDER 70 YEARS) BY PRINCIPAL CAUSE OF DEATH, 2008-2013

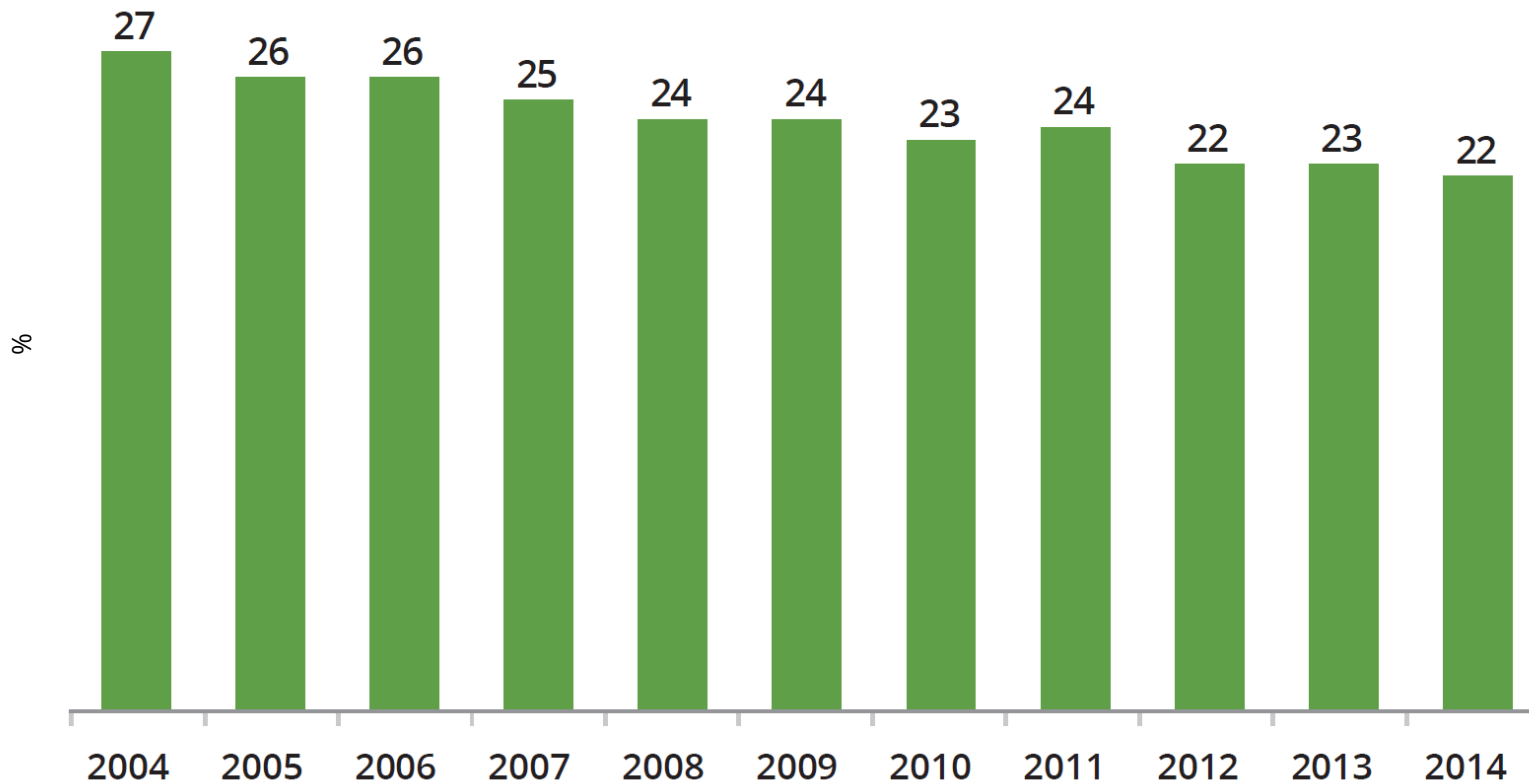


PREMATURE MORTALITY BY PRINCIPAL CAUSE OF DEATH, 2004-2013



Source: Statistics Portugal, 2015

PERCENTAGE OF TOTAL DEATHS IN PERSONS UNDER 70 YEARS, 2004-2014



Source: Statistics Portugal, 2015

NUMBER OF CHILDREN BORN AS A RESULT OF ASSISTED CONCEPTION

ANO	RN único	Gemelar	Triplo	TOTAL crianças nascidas	Nados-vivos (fonte INE)	%
2009	1121	289	13	1738	99576	1,7%
2010	1492	355	10	2232	101507	2,2%
2011	1306	347	5	2015	96993	2,1%
2012	1428	344	6	2134	90035	2,4%
2013 ⁽²⁾	1428	325	3	2087	83121	2,5%

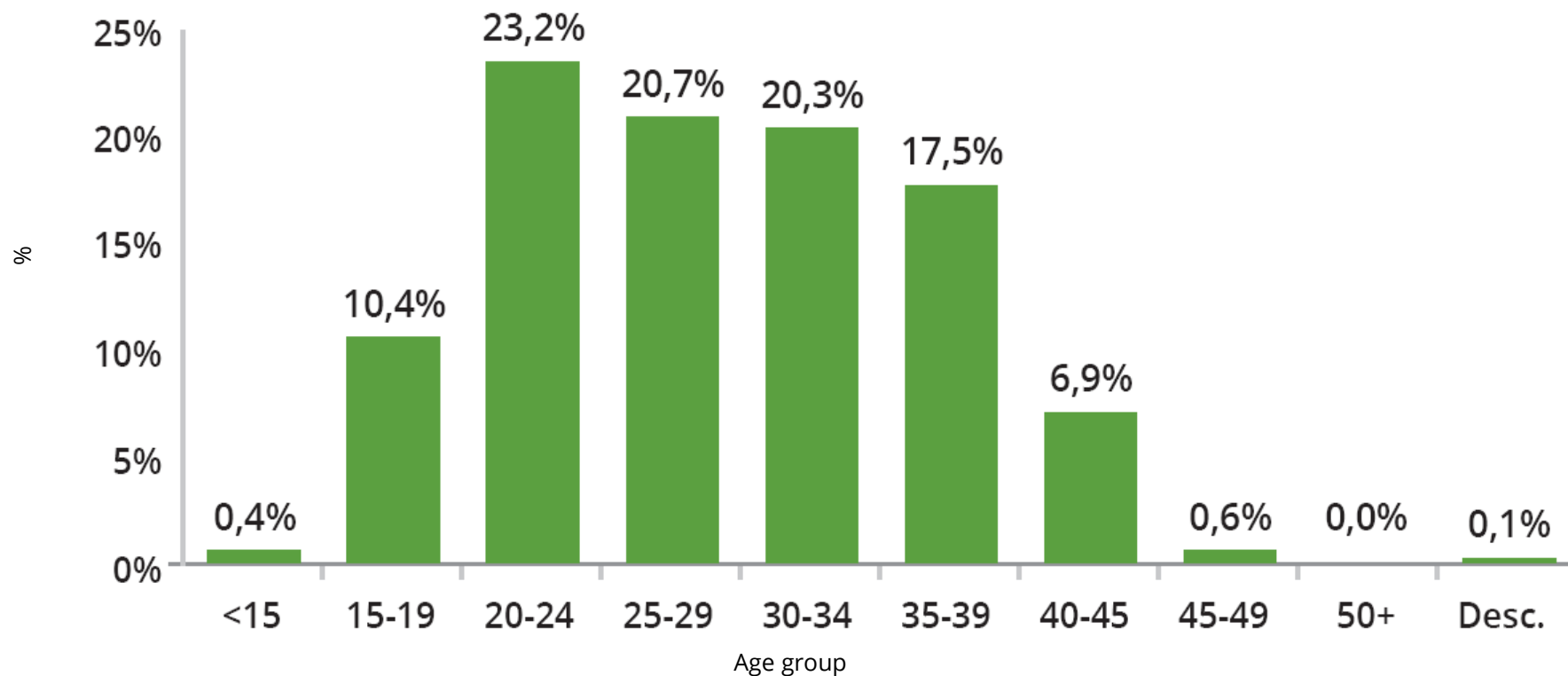
(2) Provisional data

Source: Conselho Nacional de Procriação Medicamente Assistida, 2015 / Statistics Portugal, 2015

TERMINATION OF PREGNANCY, DISTRIBUTION BY AGE GROUP, 2014

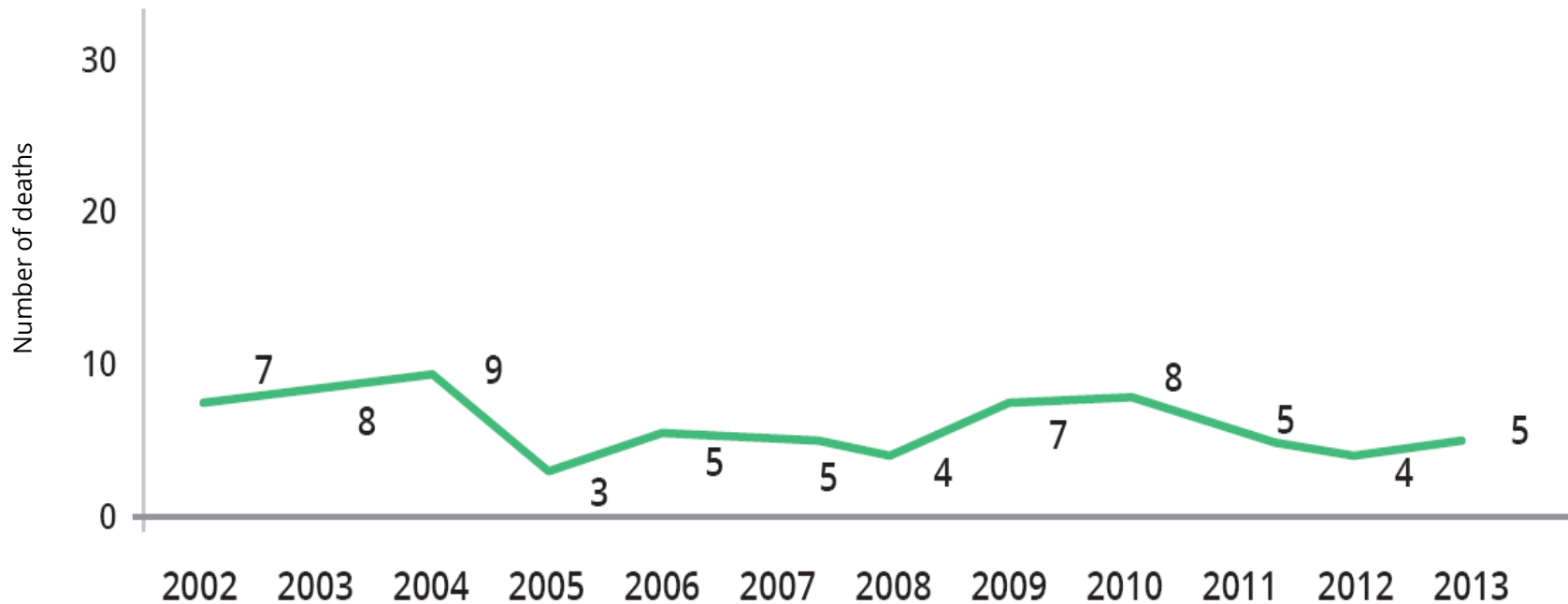


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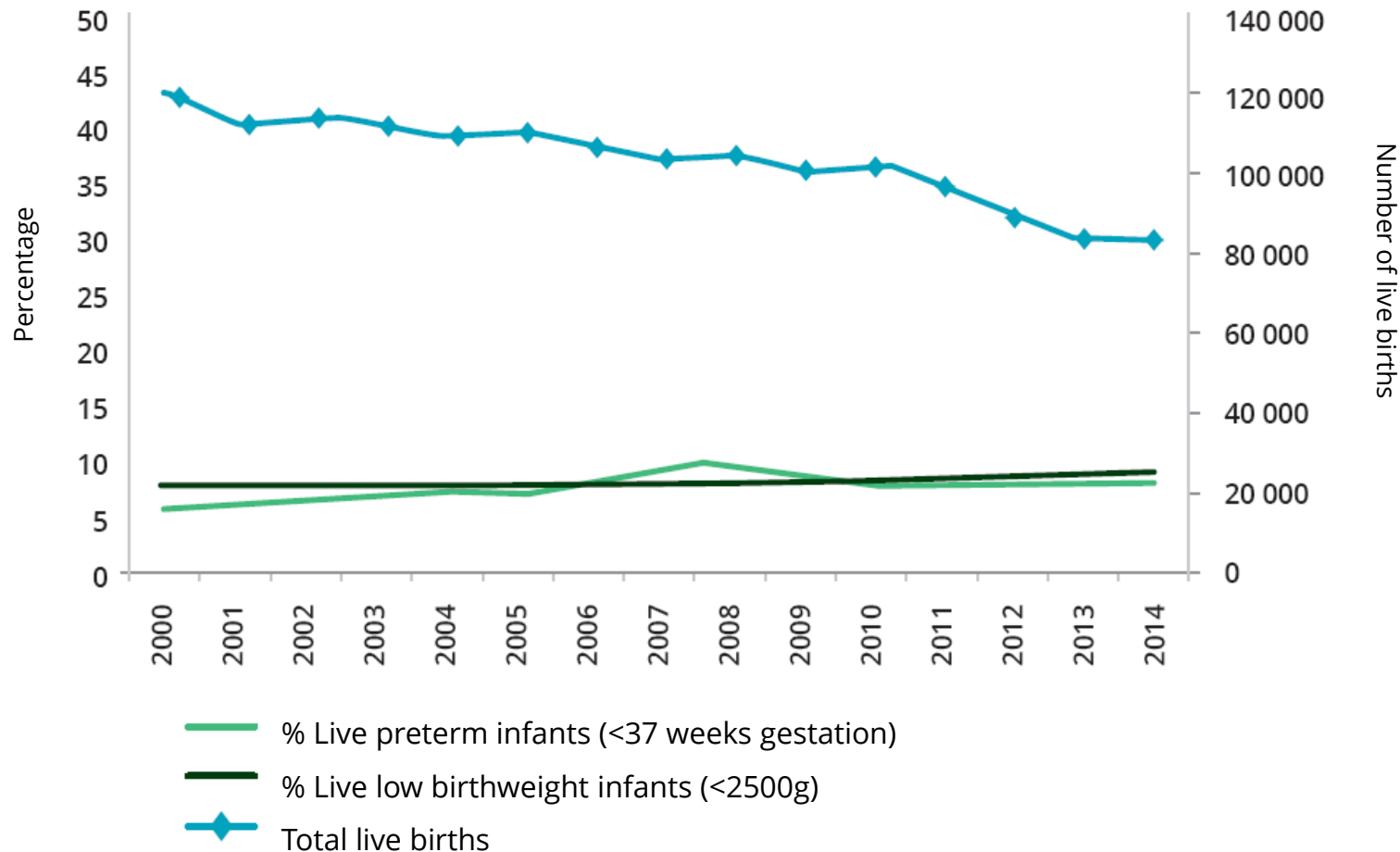
Source: Directorate-General of Health, 2015

MATERNAL MORTALITY, 2002 - 2013

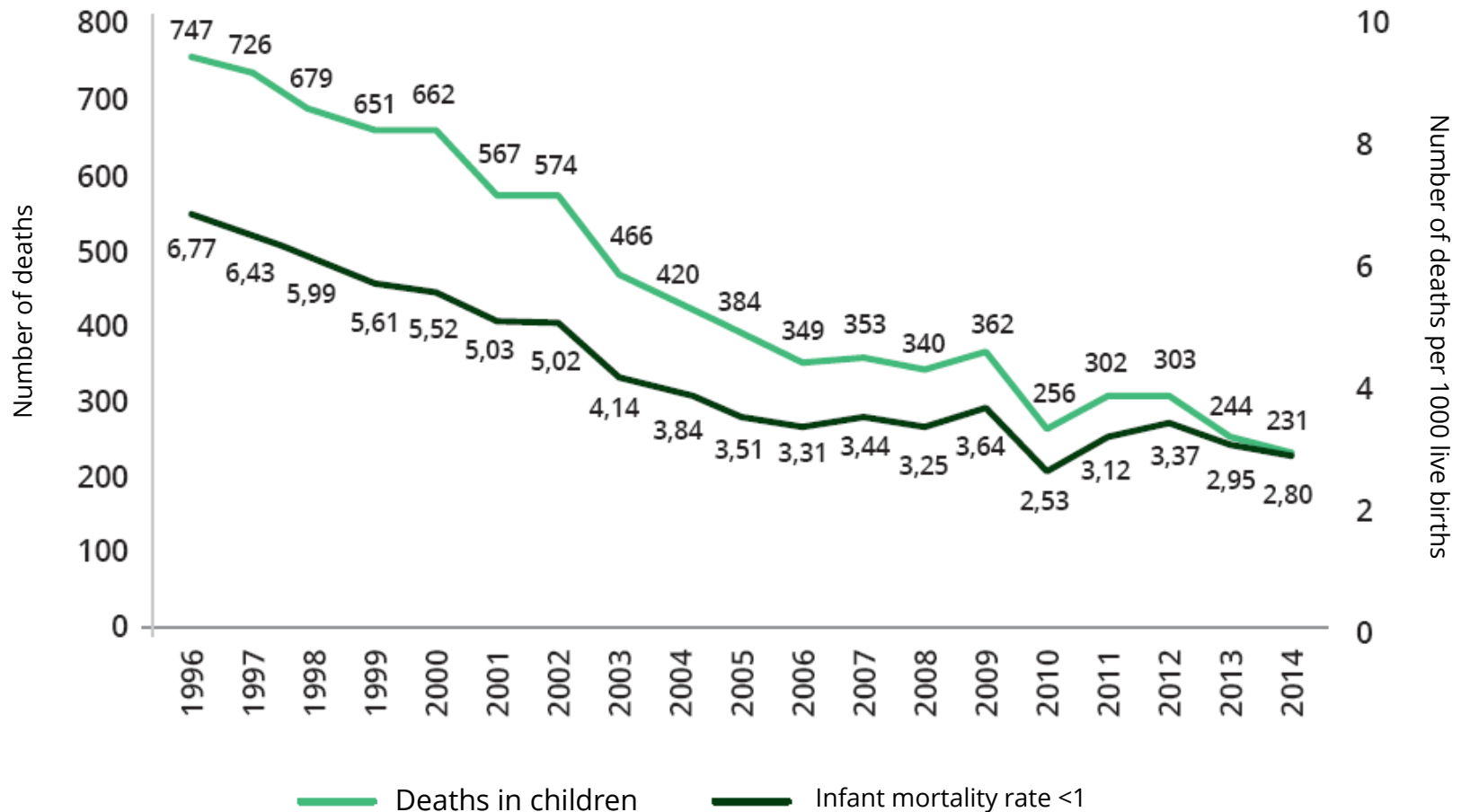


Source: Statistics Portugal, 2015

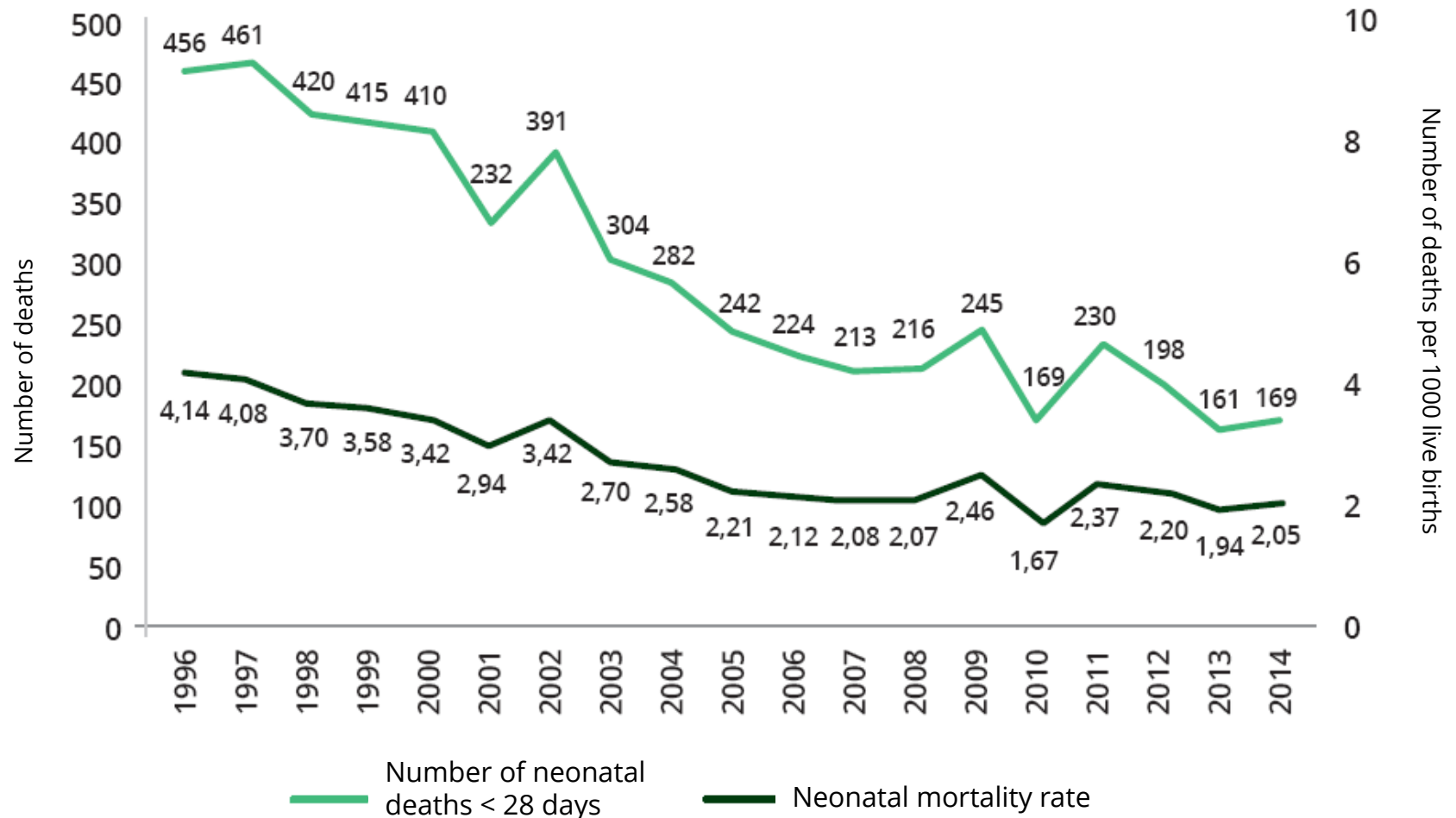
LOW BIRTHWEIGHT INFANTS (<2500g) AND PRETERM INFANTS (<37 weeks gestation), 2000-2014



INFANT DEATHS AND INFANT MORTALITY RATE 1996-2014

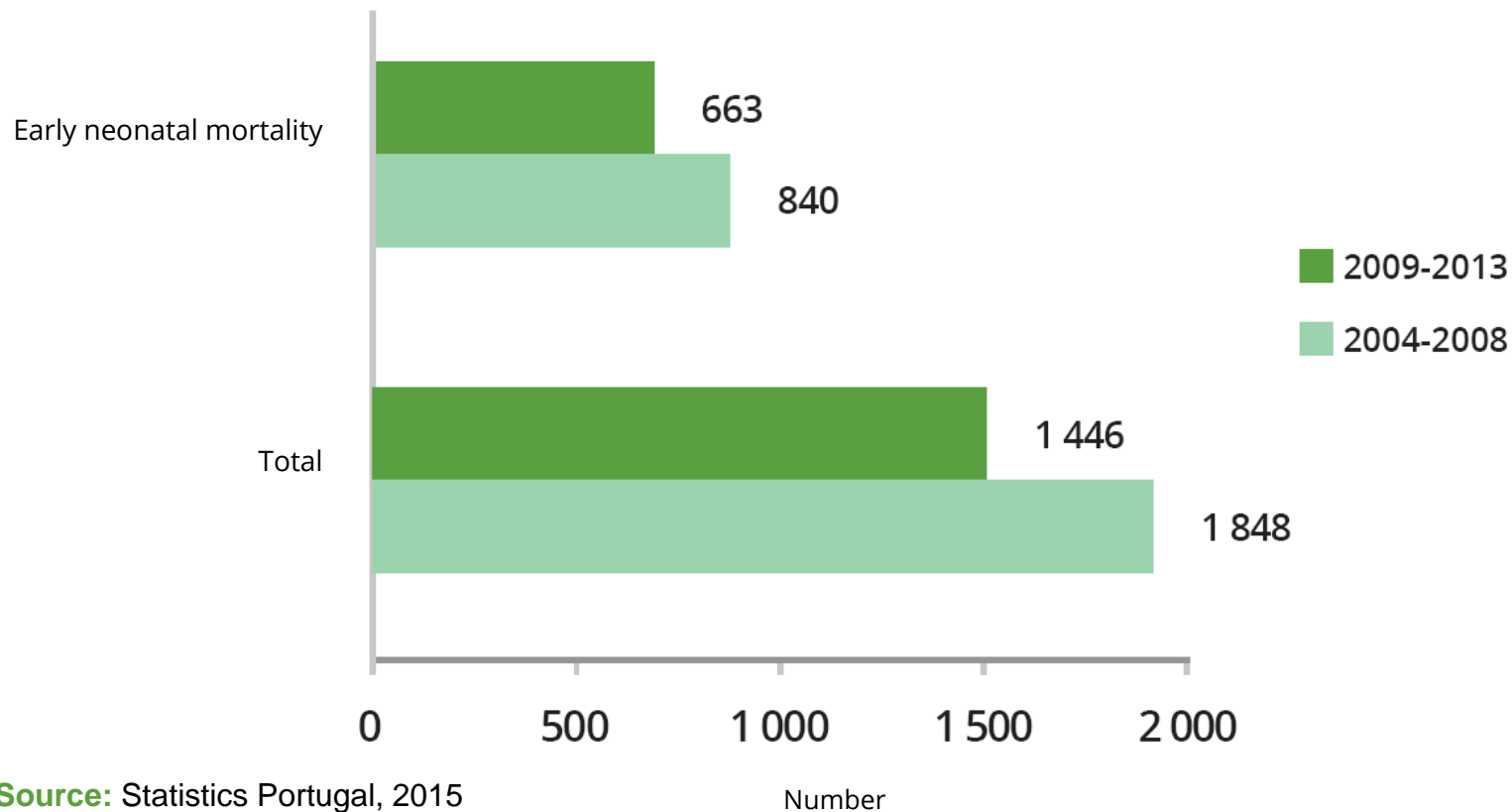


NEONATAL DEATHS AND NEONATAL MORTALITY RATE, 1996 - 2014

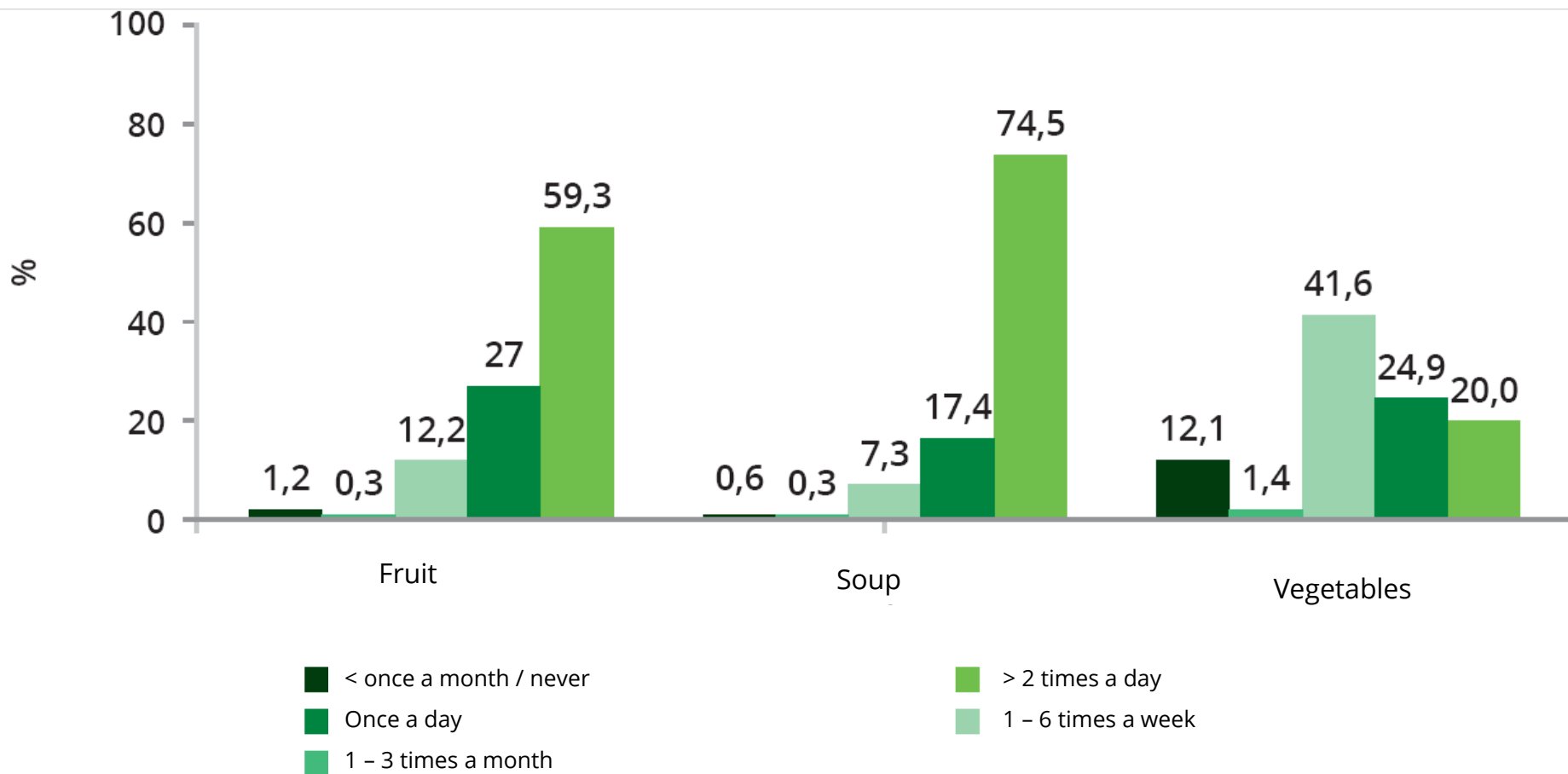


EARLY NEONATAL MORTALITY

Comparison numbers of early neonatal deaths between 2004-2008 to 2009-2013



FREQUENCY OF CONSUMPTION OF FRUIT, SOUP AND VEGETABLES IN CHILDREN AGED 4 YEARS, 2010

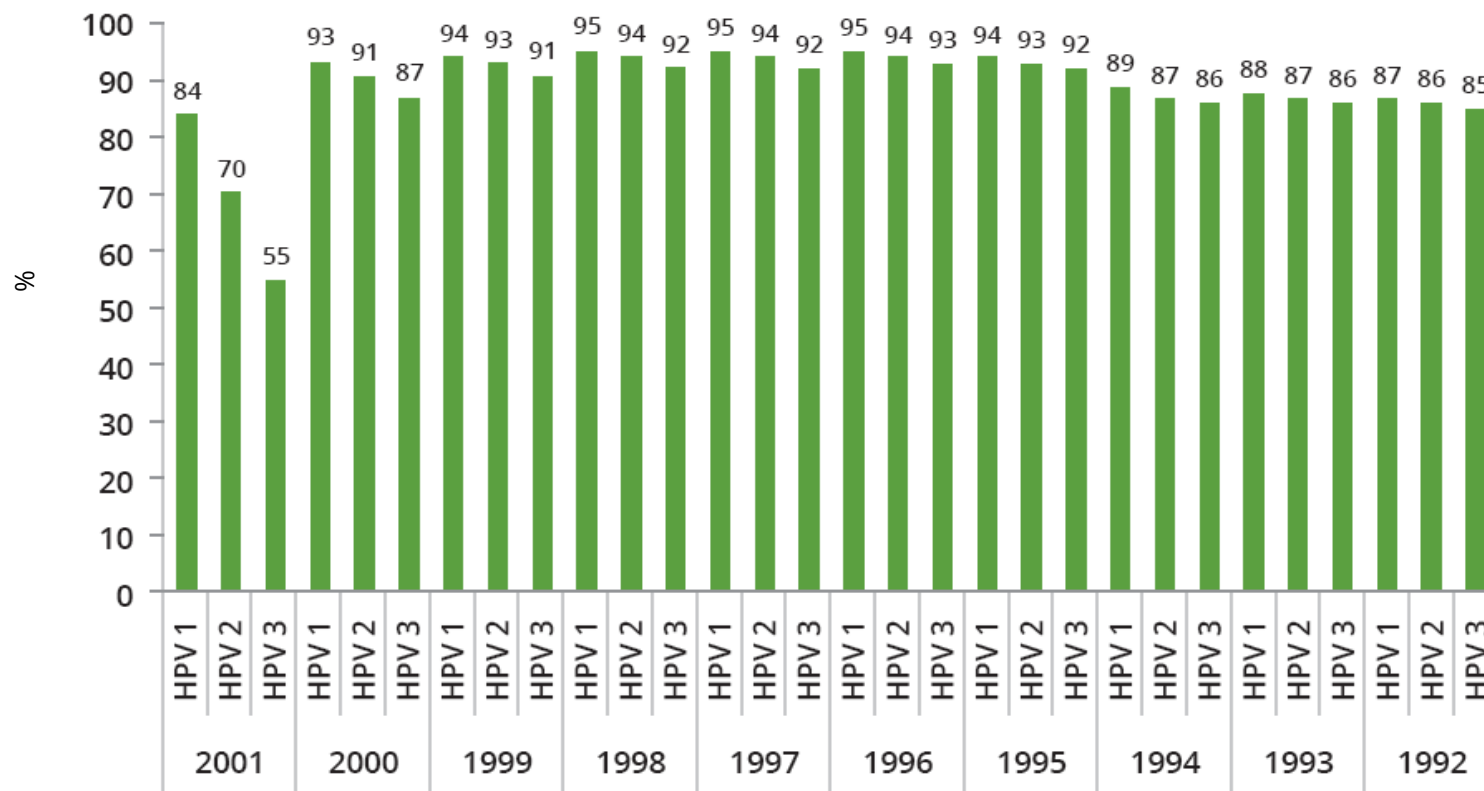


Source: Statistics Portugal, 2015

HPV VACCINATION COVERAGE BY YEAR OF BIRTH AND NUMBER OF DOSES IN GIRLS AGED 14, 2014



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Source: Directorate-General of Health, 2015

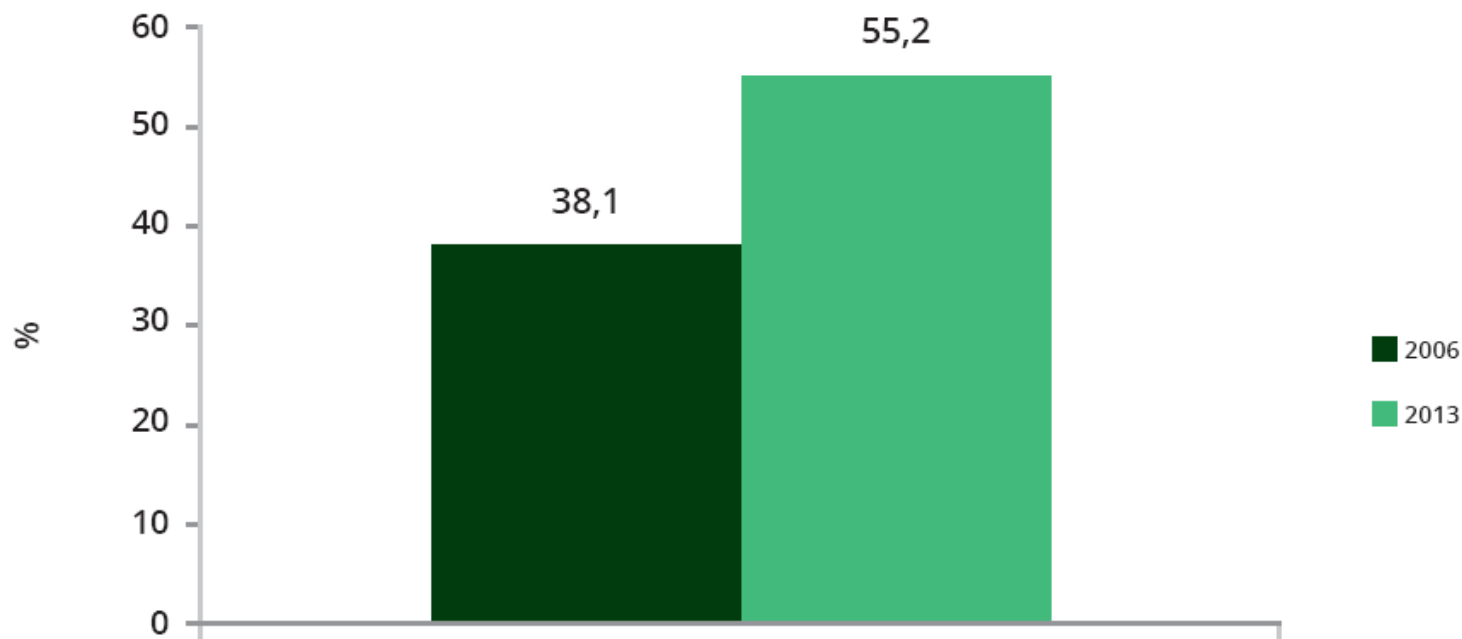
PREVALENCE AND SEVERITY OF DENTAL CARIES IN CHILDREN AGED 6 AND 12 YEARS, 2000, 2006, 2013

Ano	6 anos de idade		12 anos de idade
	cpod	Livres de cárie	CPOD
2000	3,56	33%	2,95
2006	2,1	51%	1,49
2013	1,62	54%	1,18

CPOD – Decayed Missing and Filled-Teeth Index (DMF-T)

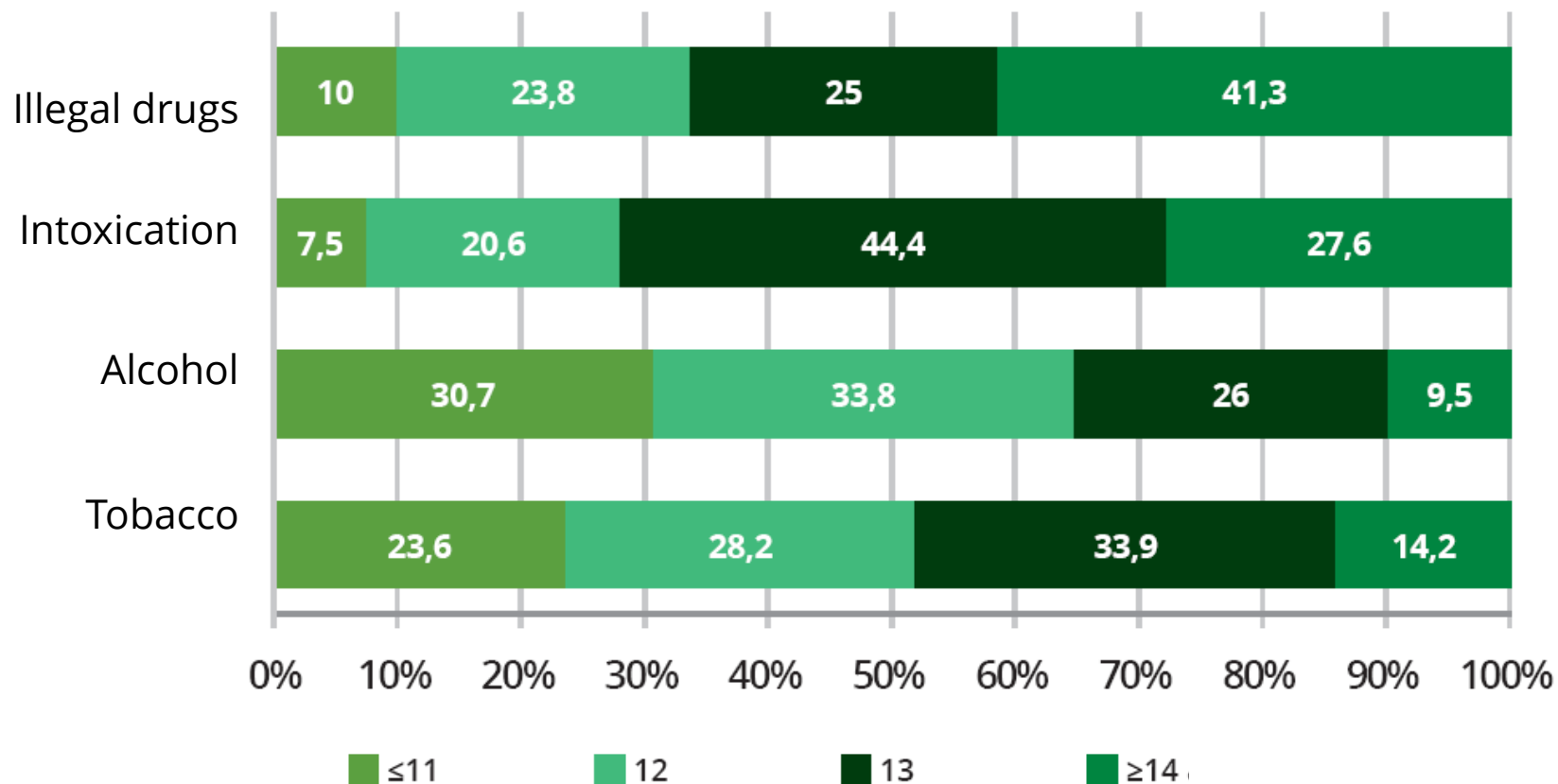
Source: Directorate-General of Health, 2015

PERCENTAGE OF 12 YEAR OLDS WITH DENTAL SEALANTS APPLIED TO AT LEAST ONE PERMANENT TOOTH, 2006 AND 2013



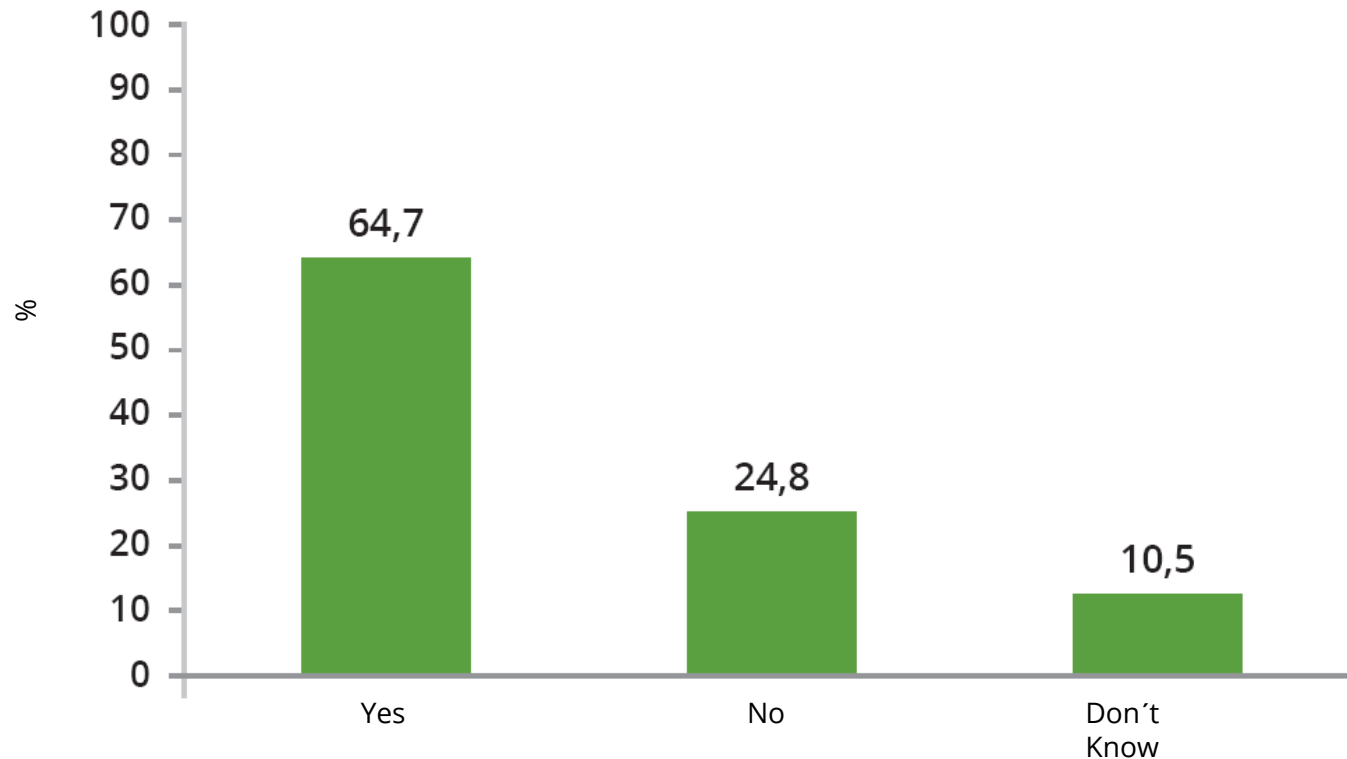
Source: Directorate-General of Health, 2015

AGE AT WHICH 8TH GRADE STUDENTS FIRST EXPERIMENTED WITH PSYCHOACTIVE SUBSTANCES, 2014 (among positive responses)



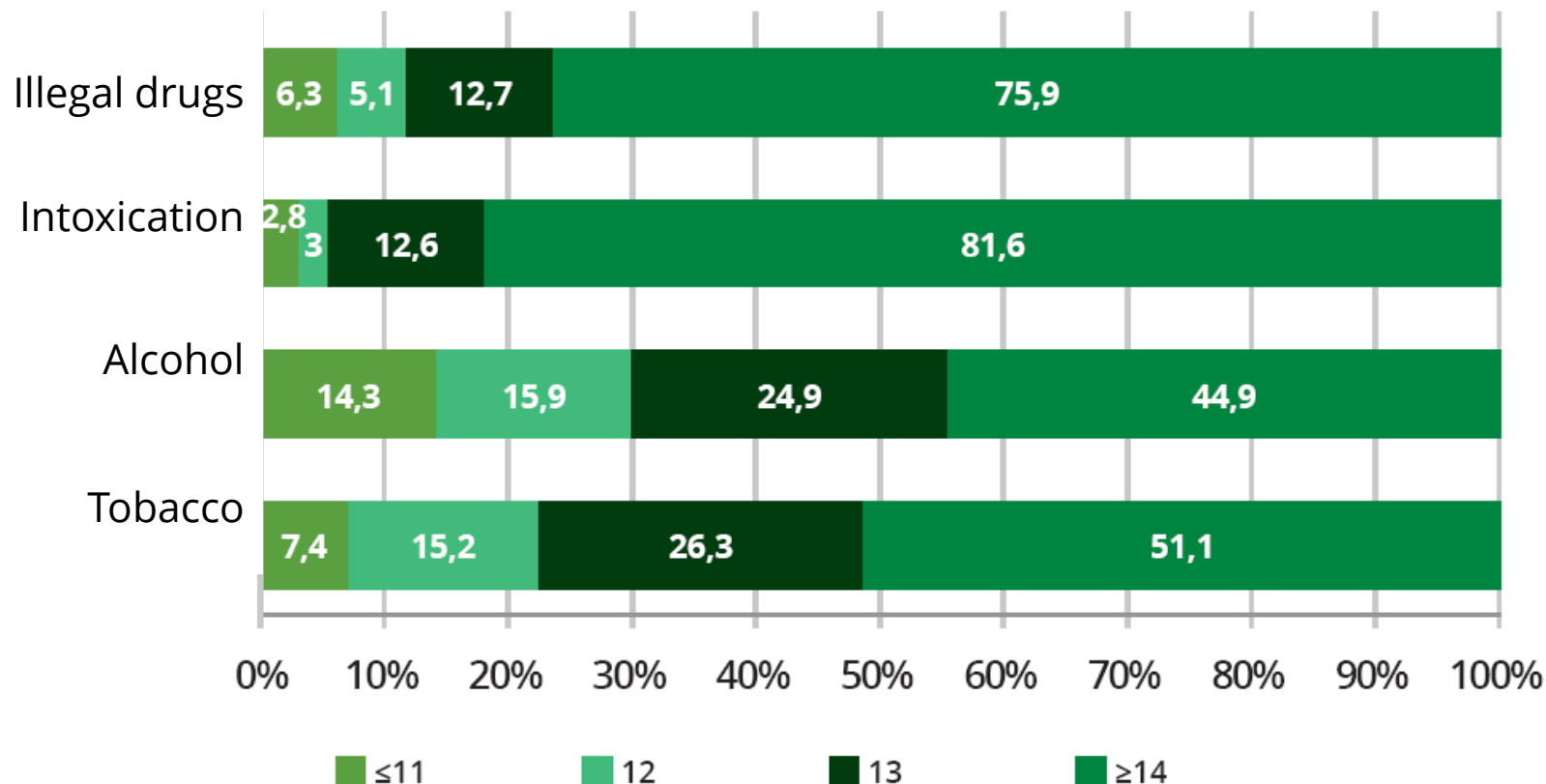
Source: HBSC, 2014

REPORTED CONDOM USE IN FIRST SEXUAL RELATIONSHIP BY 8TH GRADE STUDENTS, 2014



Source: HBSC, 2014

AGE AT WHICH 10TH GRADE STUDENTS FIRST EXPERIMENTED WITH PSYCHOACTIVE SUBSTANCES, 2014 (among positive responses)

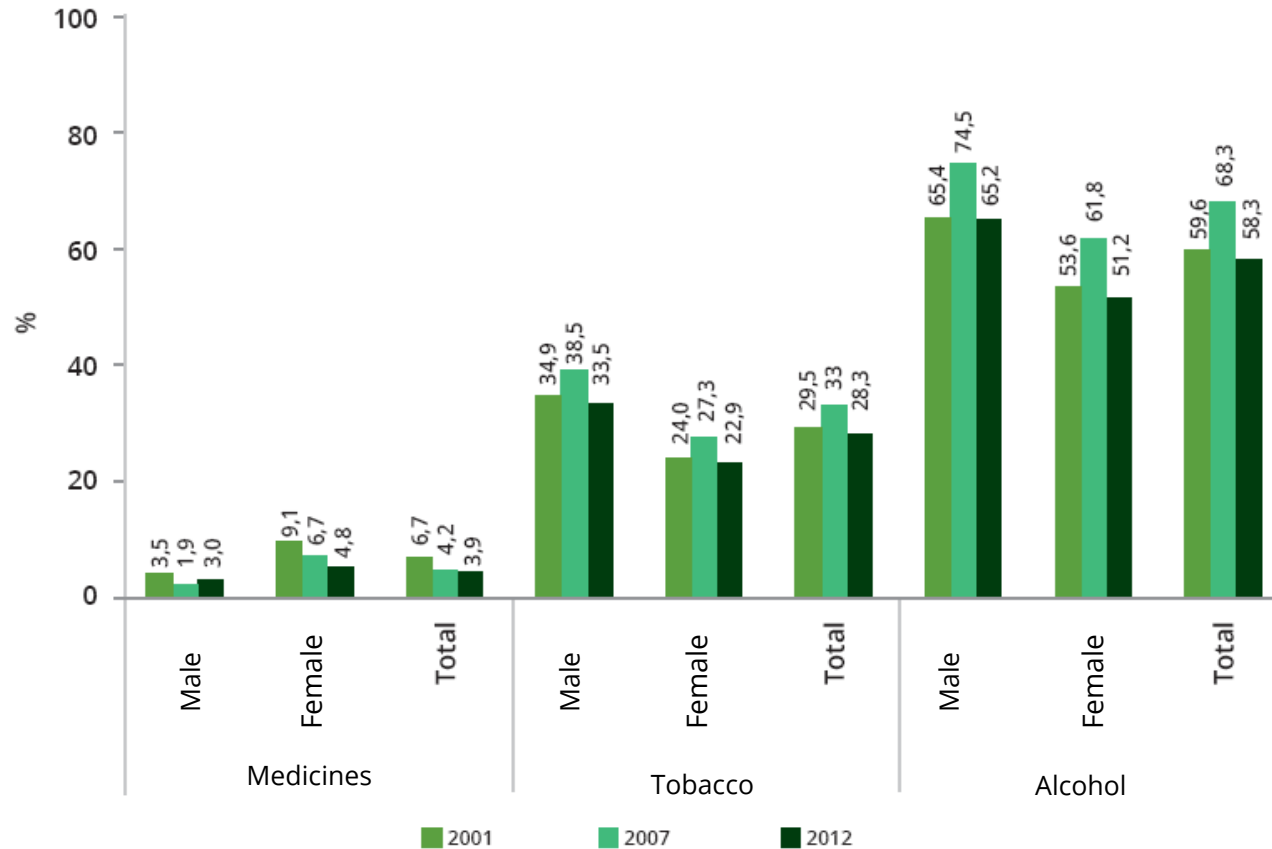


Source: HBSC, 2014

REPORTED CONSUMPTION OF DRUGS, TOBACCO AND ALCOHOL IN THE PAST YEAR, YOUNG PEOPLE AGED 15-24 YEARS, 2001, 2007 AND 2012



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Source: CESNOVA/SICAD, 2014

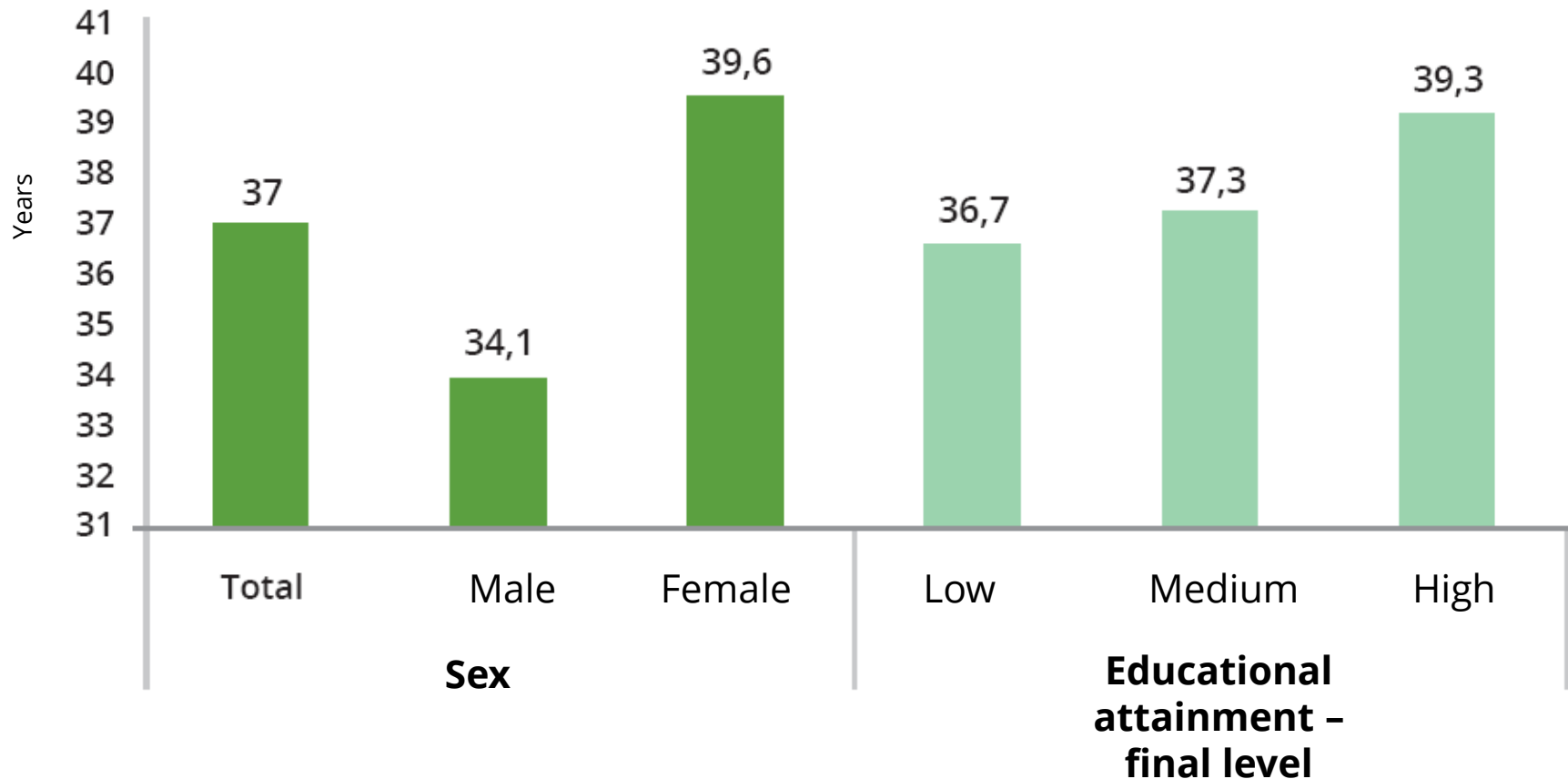
FATAL OCCUPATIONAL ACCIDENTS IN WORKING POPULATION AGED 25-44 YEARS, 2002 - 2012

(Number and rate per 100,000 workers)



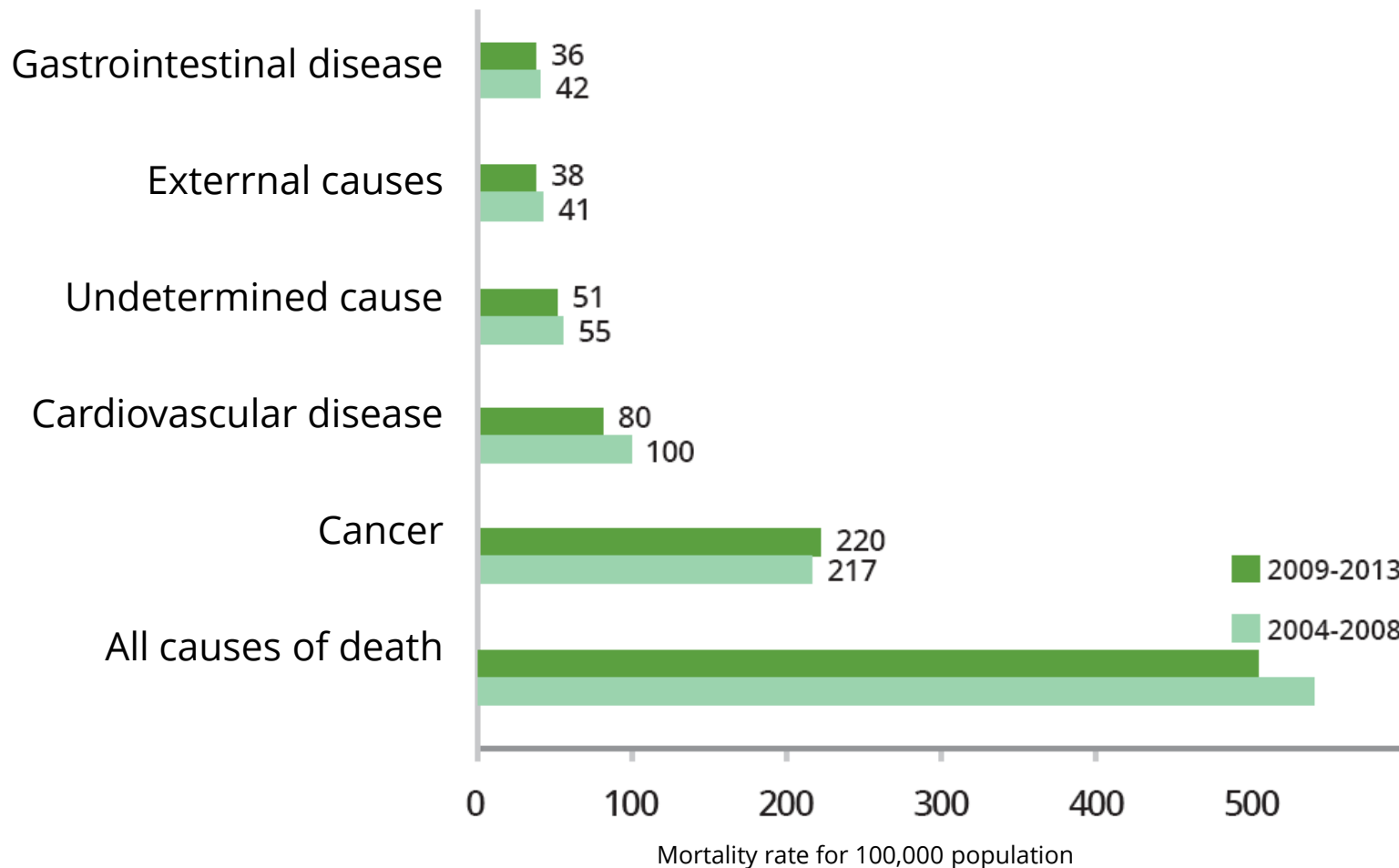
Source: Statistics Portugal, 2015

LIFE EXPECTANCY AT 45 YEARS BY SEX AND EDUCATIONAL ATTAINMENT, 2012



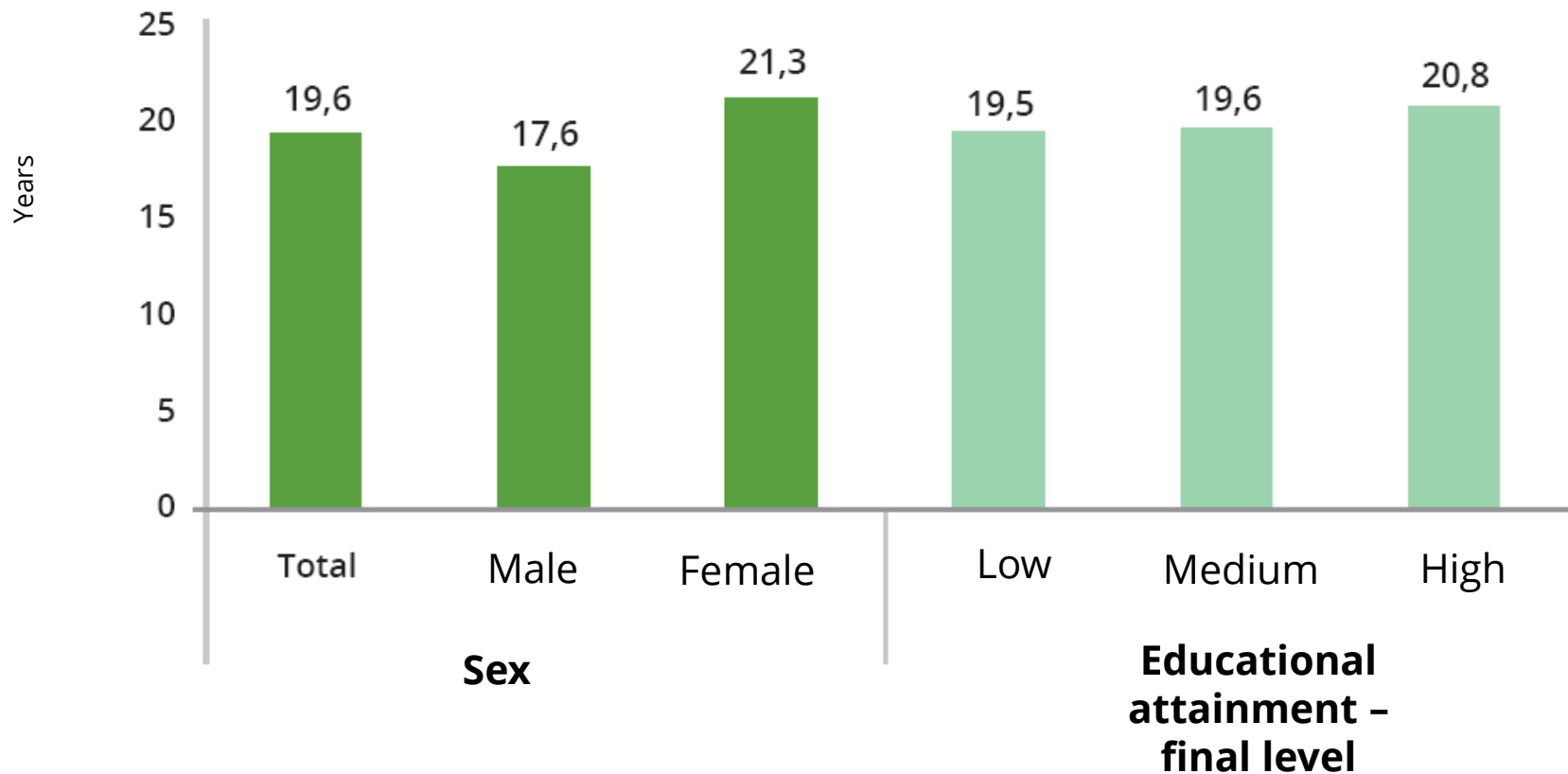
Source: EUROSTAT, 2015

AVERAGE 5 YEAR MORTALITY RATES BY PRINCIPAL CAUSE IN ADULTS AGED 45-64 YEARS



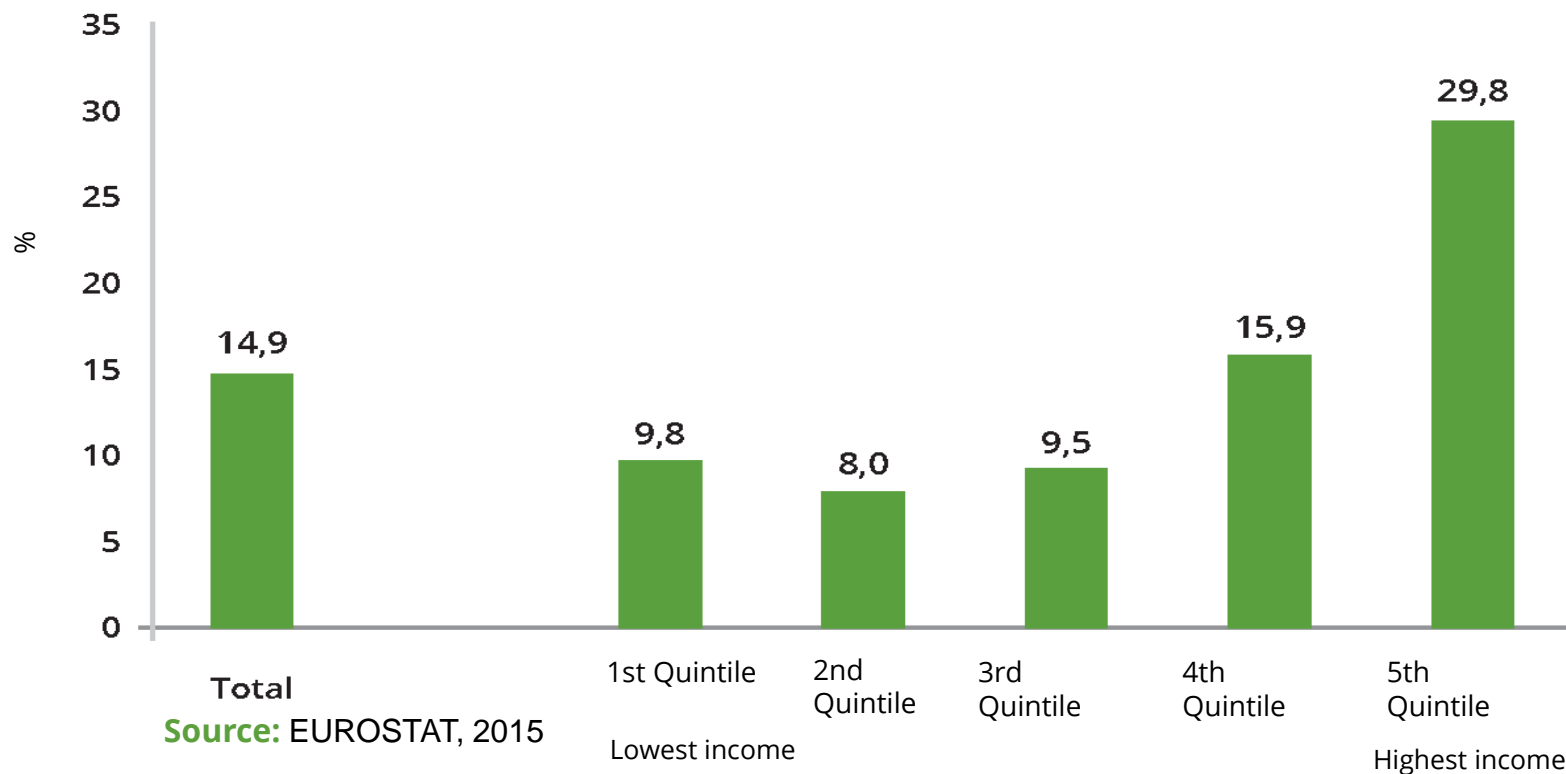
Source: Statistics Portugal, 2015

LIFE EXPECTANCY AT 65 YEARS FOR SEX AND EDUCATIONAL ATTAINMENT, 2012

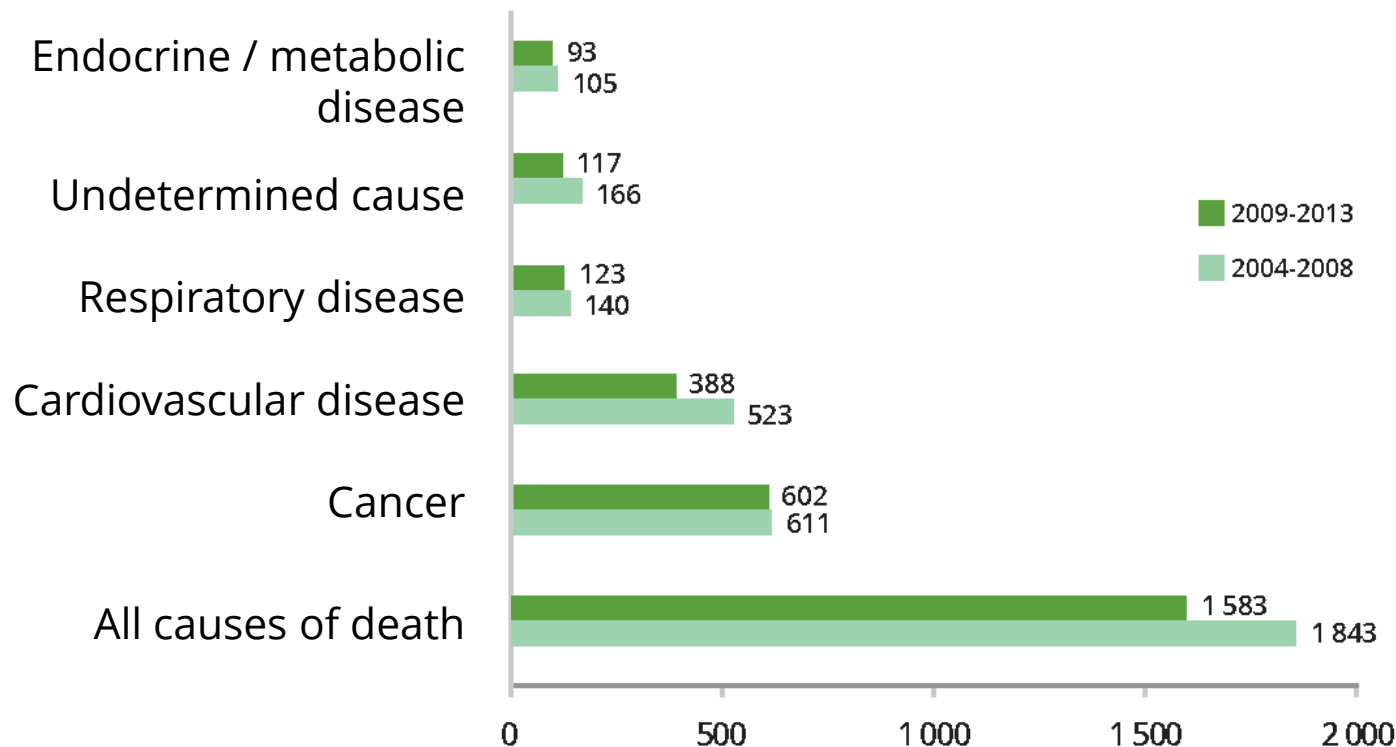


Source: EUROSTAT, 2015

POSITIVE SELF RATED HEALTH IN PERSONS AGED 65-74 YEARS BY INCOME QUINTILE, 2013



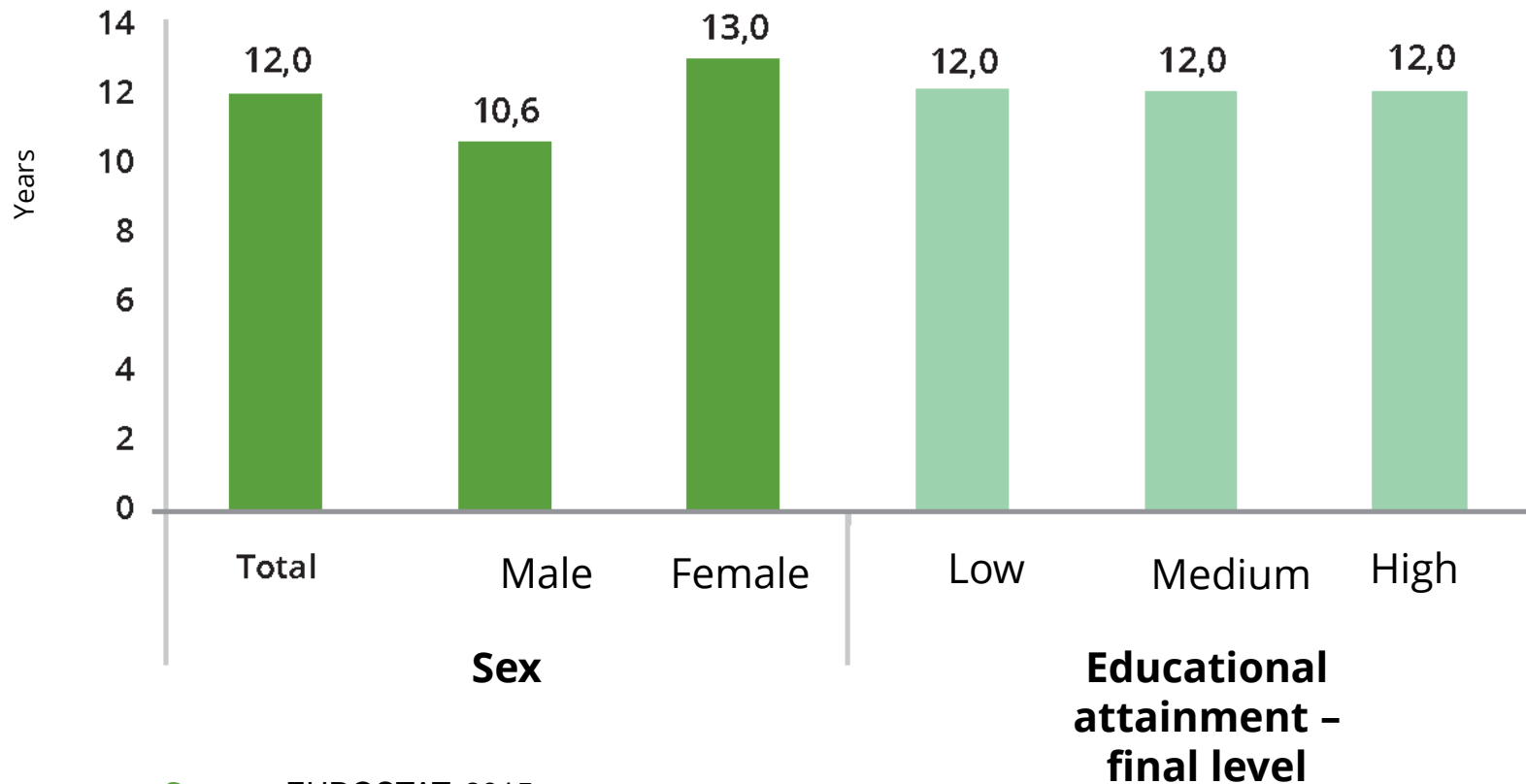
COMPARISON OF RATES OF MORTALITY BY PRIMARY CAUSE IN PERSONS AGED 65-74 YEARS IN THE YEARS 2004-2008 AND 2009-2013



Source: Statistics Portugal, 2015

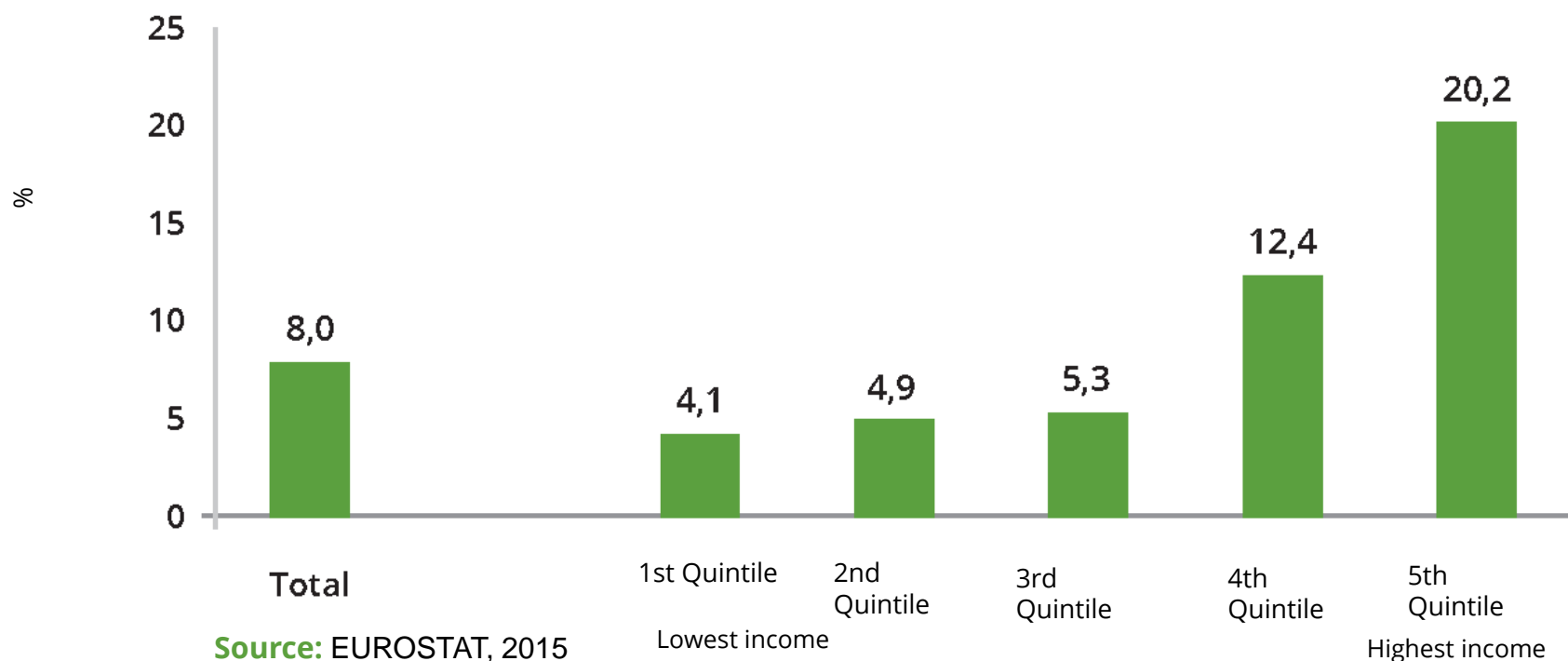
Mortality rate for 100,000 population

LIFE EXPECTANCY AT 75 YEARS BY SEX AND EDUCATIONAL ATTAINMENT, 2012

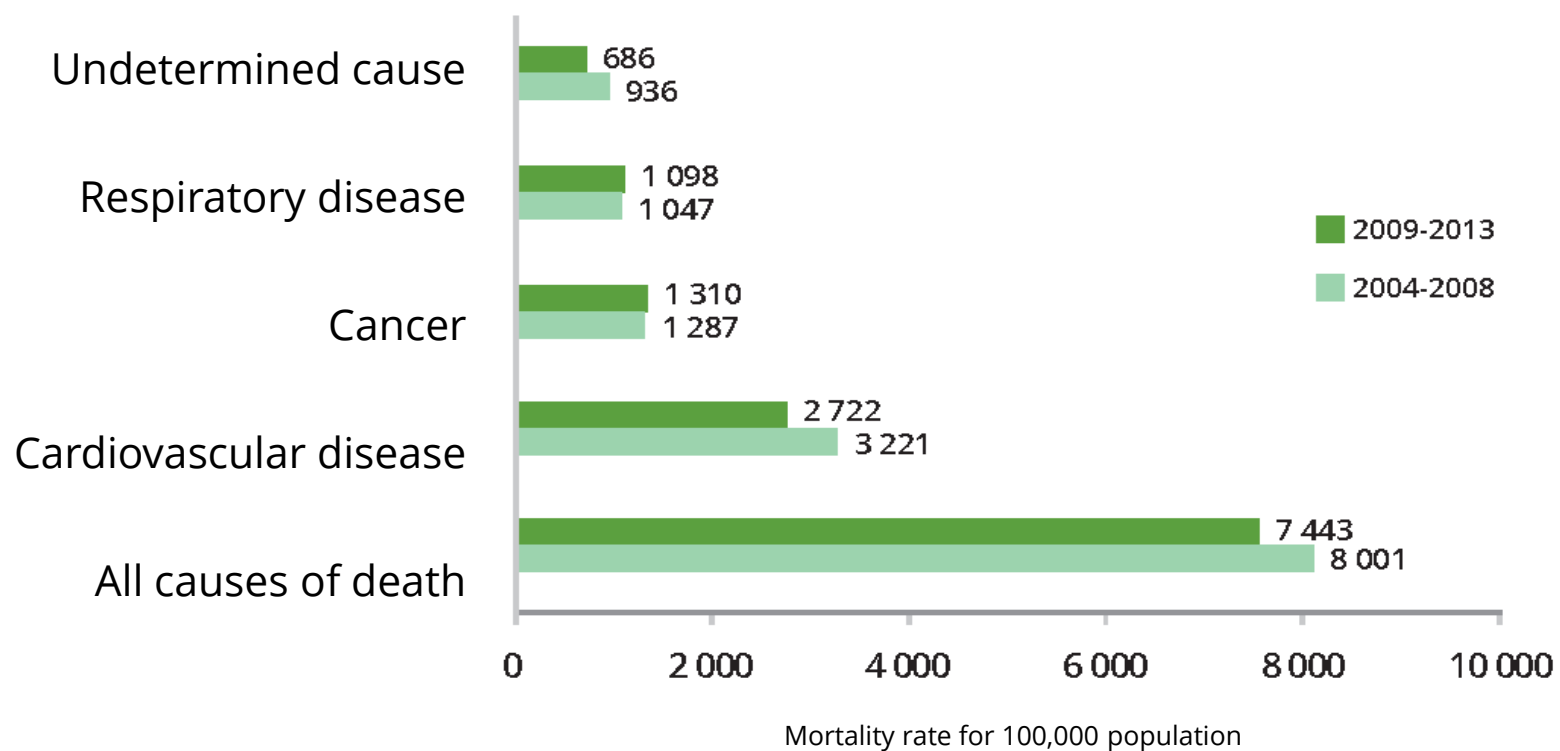


Source: EUROSTAT, 2015

POSITIVE SELF RATED HEALTH IN PERSONS AGED 75 YEARS AND OVER BY INCOME QUINTILE, 2013



COMPARISON OF RATES OF MORTALITY BY PRIMARY CAUSE IN PERSONS AGED ≥ 75 YEARS IN THE YEARS 2004-2008 AND 2009-2013



Source: Statistics Portugal, 2015

- Overall positive trend in the principal health indicators related to all phases of life;
- The year on year positive trend observed in key health indicators reflect the gains in health of the population as a whole;
- The contribution of chronic diseases and long term conditions to the burden of disease has increased;
- Maintaining the improvements in mother and child health already achieved by Portugal present a new challenge;

- It is likely that the effects of the economic and social crisis will be reflected in medium and long term health indicators;
- It is also likely that the continued health gains recorded in the population during this period are, in part, attributable to the resilience of citizens, families and communities.

- Commitments for policies of **primary prevention**:
 - Reduction of salt in food
 - Reduction of smoking
 - Promotion of physical exercise
 - Promotion of healthy ageing
- Commitments for policies of **secondary prevention**:
 - Cancer
 - Complications of diabetes
 - Overweight and obesity
 - High blood pressure



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