

National Health Survey 2014  
2014

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**Slightly over 50% of the population aged 15 and over consumed vegetables or salads every day**

**About one-third drank alcohol on a daily basis**

**54% suffered physical pain**

- More than 5.3 million residents aged 15 years and over mentioned having at least one chronic disease in 2014, most frequently low back disorder (32.9%), high blood pressure (25.3%) and neck disorder and other chronic neck defect (24.1%).
  - 819 thousand people aged 15 and over years (9.2%) was hospitalized as an inpatient in the 12 months prior to the interview.
  - In the same period, about 6.7 million people visited a family doctor and 4.3 million reported having had appointments with medical specialists. In turn, 4.3 million people visited a dentist.
  - In 2014 more than half (4.5 million) of the population aged 18 and over was overweight (36.4%) or obese (16.4%).
  - The majority of the population aged 15 and over (5.8 million) did not carry out a physical activity regularly, while 15.4% reported practising sports, fitness or recreational (leisure) physical activities one to two days a week.
  - 2.5 million people aged 15 and over walked every day, while only 75 thousand bicycled in their daily transportations.
  - 70.8% of the population aged 15 years and over reported eating fruit every day, and 55.1% vegetables or salads.
  - Around 1.5 million people smoked daily, with an average of 14 cigarettes per day. Regular smokers recorded a ratio of 1.9 men for each woman.
  - More than 1/3 of people aged 15 years and over having drunk alcoholic beverages at least once within 12 months prior to the interview (2.1 million) did it on a daily basis: 45.0% men and 20.7% women.
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Statistics Portugal releases the publication "[Inquérito Nacional de Saúde 2014](#)", presenting the main definitive results of the National Health Survey 2014 (INS 2014), held in collaboration with the National Health Institute Doutor Ricardo Jorge (INSA), across the whole country between September and December 2014.

The INS 2014 is standardised and regulated at European level (Commission Regulation (EU) No 141/2013), enabling an international comparison of the results. National questions were also included, with a view to obtaining data on relevant issues for characterising the population health status (namely reproductive health, food consumption, life satisfaction, and long-term incapacity) and comparability with data for the 4th INS of 2005/06.

The publication "Inquérito Nacional de Saúde 2014" is structured according to three different health domains: health status, health care and health determinants. It also includes a chapter with the main methodological and conceptual features used in the INS 2014.

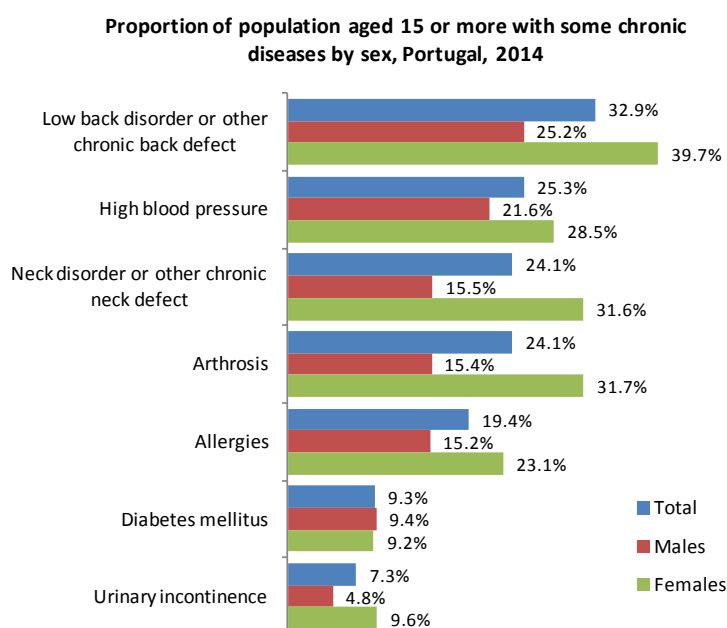
### **Around 60% of the population reported suffering from at least one chronic disease or condition**

More than 5.3 million people aged 15 and over mentioned having at least one chronic disease in 2014, the majority having indicated two or more diseases from the list of 15 chronic diseases observed in the survey.

Chronic disorders, namely low back disorder or other chronic back defect and neck disorder or other chronic neck defect, were the chronic diseases mentioned most frequently: respectively by 2.9 and 2.1 million people, i.e. 32.9% and 24.1%.

In turn, 2.1 million people referred having arthrosis, and high blood pressure was reported by 2.2 million.

Also according to the survey, 19.4% of the population aged 15 years and over mentioned having allergies (1.7 million). Less frequently, 9.3% referred having *diabetes mellitus* and 7.3% urinary incontinence.



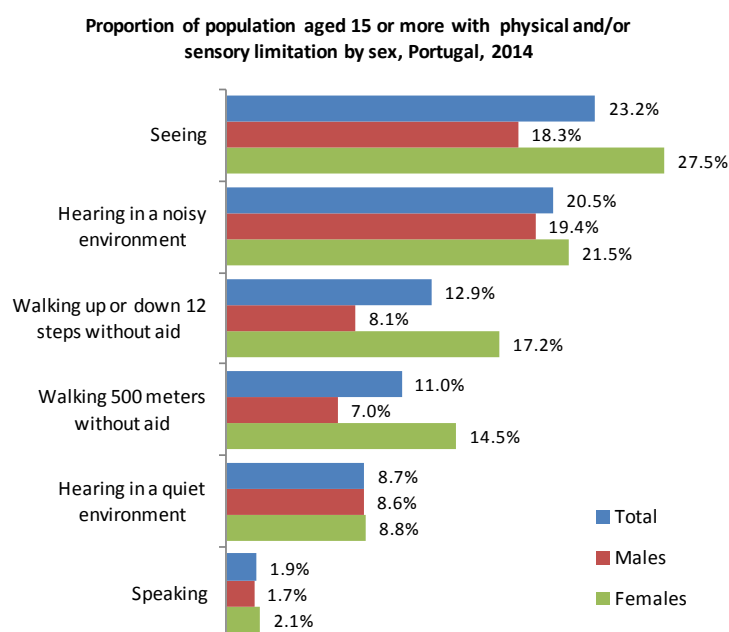
## Women were 2.5 times more affected by home accidents than men

Around half a million people aged 15 and over reported having experienced at least one non-work accident with injury. Most of them were assisted in a hospital, either as an inpatient or an outpatient (58.0%). Home and leisure accidents were the main type of non-work accidents affecting the population under review, having been referred by respectively 3.1% and 2.4% persons aged 15 and over, while road traffic accidents have affected 103 thousand people (1.2%).

The number of women having experienced at least one home accident was 2.5 times higher than the number of men in the same condition.

## More than 25% of the population had difficulty hearing

Around 3.6 million people aged 15 and over reported having at least one physical or sensory limitation. From these, around 2.6 million people reported having difficulty hearing; around 2.1 million reported difficulty seeing; almost 1 million reported having difficulty walking 500 meters on level ground without the use of any aid and 1.1 million difficulty walking up or down 12 steps without aid.



## More than 3/4 of the elderly reported no difficulty performing personal care activities...

Among the population aged 65 and over (2.1 million), more than 75% (1.6 million) reported no difficulty performing the activities of daily living observed in the INS 2014, without help.

Of the remaining, around 458 thousand elderly reported having at least one difficulty performing the personal care activities without help:

- 343 thousand had difficulty bathing or showering (16.3%),
- 305 thousand had difficulty getting in and out of a bed or chair (14.5%),

- 289 thousand had difficulty dressing or undressing (13.7%),
- 154 thousand had difficulty using toilets (7.3%),
- around 79 thousand had difficulty washing their hands and face (3.8%), and
- 65 thousand had difficulty feeding themselves (3.1%).

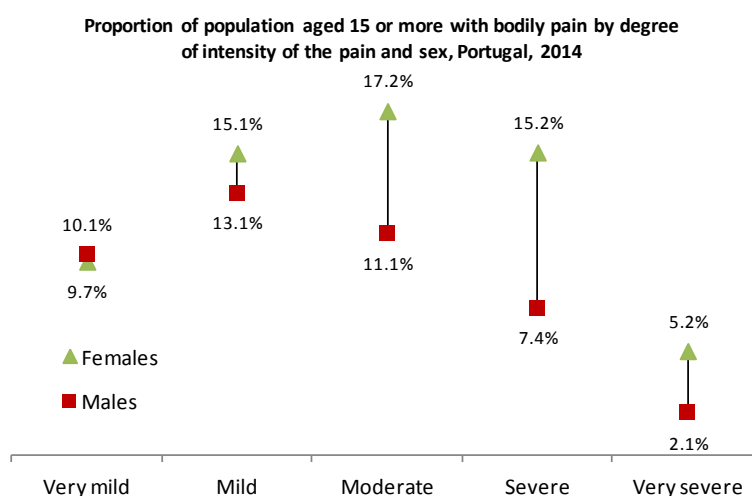
**... but more than 50% had difficulty performing household activities without help**

Around 1 million people aged 65 and over reported having at least one difficulty performing instrumental activities of daily living without help:

- 261 thousand had difficulty preparing meals (12.4%),
- 238 thousand had difficulty taking care of finances and everyday administrative tasks (11.3%),
- 214 thousand had difficulty managing medication (10.2%),
- 174 thousand had difficulty using the telephone (8.3%);
- 490 thousand reported difficulties shopping (23.3%),
- 414 thousand had difficulty doing light housework (19.7%), and
- 910 thousand had difficulty doing occasional heavy housework (43.2%).

**Bodily pain affected 54% of the population aged 15 and over**

More than half of the population aged 15 and over (4.8 million) reported having had bodily pain in the 4 weeks prior to the interview. Mild or very mild bodily pain was mentioned by 2.1 million persons, moderate pain by 1.3 million, and severe or very severe pain by 1.4 million.

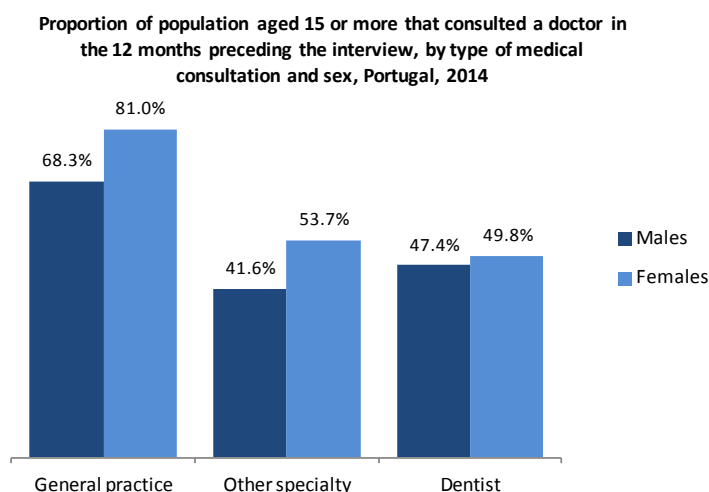


### More than half of inpatients stayed in hospital between 2 to 15 days

According to the survey, around 3.6 million people aged 15 and over (40.3%) were admitted to a hospital as a day patient and more than 819 thousand were hospitalized as an inpatient in the 12 months prior to the interview. The majority of inpatients stayed hospitalized between 2 to 15 days (60.4%), while 207 thousand (25.3%) stayed for a single day, and 111 thousand (13.5 %) for more than 2 weeks.

### 3/4 of the population reported having visited a family doctor while less than 50% visited a dentist

Around 6.7 million people aged 15 and over (75.1%) reported having visited a family doctor within 12 months prior to the interview, with 2.2 million (33.3%) reporting at least one visit in the 4 weeks prior to the interview.



In the same period, 4.3 million (48.1%) people reported having had appointments with medical specialists, of which 33.5% (1.4 million) reporting an appointment in the 4 weeks prior to the interview.

2.8 million people aged 15 and over (31.6%) visited the dentist within the last 6 months and 1.5 million within 6 to 12 months prior to the interview.

Around 56% of the population under review had used medicines prescribed by a doctor within the two weeks prior to the interview, and 23.9% reported having consumed medicines not prescribed by a doctor.

### The majority of the population had their blood pressure, cholesterol and sugar measured by a health professional

More than 76% of the resident population aged 15 and over reported having their blood pressure measured by a health professional in the 12 months prior to the interview, while the measurement of blood cholesterol and blood sugar levels by a health professional was reported, respectively, by 67.5% and 67.1% of the population.

Almost 50% of people aged 65 and over (47.2%) reported having been vaccinated against the flu in the year prior to the interview.

More than 70% of women aged 20 to 69 reported having had a cervical smear in the three years prior to the interview, and 84.2% of women aged 50 to 69 reported having had a mammography in the two years preceding the interview.

Slightly more than 1/3 of the population aged 50 and over reported having had a colonoscopy in the 10 years prior to the interview.

### More than 50% of women in childbearing age reported using contraceptives to avoid pregnancy

55.4% of women aged 15-55 reported having used a birth control method to avoid pregnancy within 30 days prior to the interview: 69,7% of them used the contraceptive pill as birth control method.

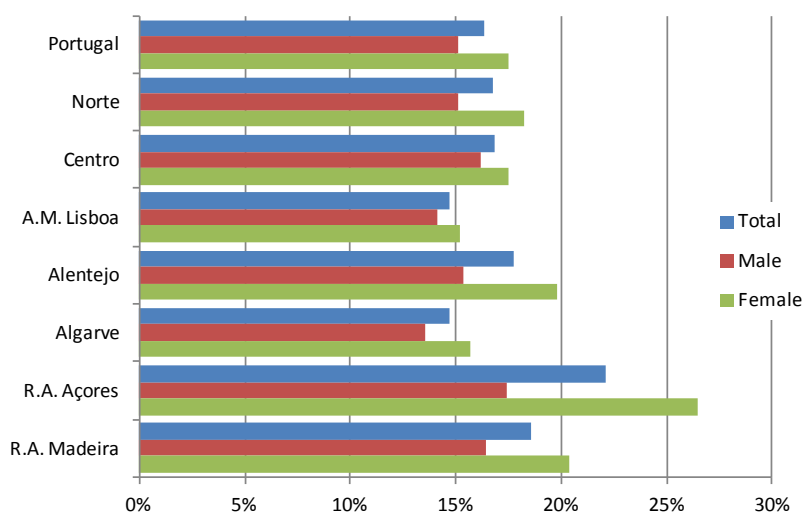
### More than half of the population aged 18 and over was overweight or obese

More than half of the population aged 18 and over (4.5 million) was overweight or obese, i.e., a body mass index of 25 or more kg/m<sup>2</sup>. The body mass index of around 3.8 million people (44.0%) corresponded to normal weight (18.5 to 25 kg / m<sup>2</sup>) and around 155 thousand (1.8%) were underweight (less than 18.5 kg/m<sup>2</sup>).

Obesity (30 or more kg/m<sup>2</sup>) reached 1.4 million people with 18 and over, with women being more affected than men. Obesity reached most importantly the population aged 45-74.

The highest proportions of women with obesity were reported in the Região Autónoma dos Açores, in the Região Autónoma da Madeira and in Alentejo.

Proportion of population aged 18 or more with obesity by sex, NUTS II, 2014



### 1/4 of the population walked daily

Around 4.2 million people aged 15 and over (47.0%) performed their daily tasks, mostly sitting or standing, in activities involving light physical effort, while around 923 thousand (10.4%) performed mostly heavy labour or physically demanding work.

Over a quarter of the population aged 15 and over (2.5 million) walked every day, and around 75 thousand people bicycled every day in their daily transportation.

The majority of people aged 15 and over (5.8 million) did not carry out a physical activity regularly, while 1.4 million reported practicing sports, fitness or recreational (leisure) physical activities one to two days a week. Practicing sports, fitness or recreational (leisure) physical activities was an everyday activity for about 422 thousand people.

### Slightly over 50% of the population aged 15 and over consumed vegetables or salads every day

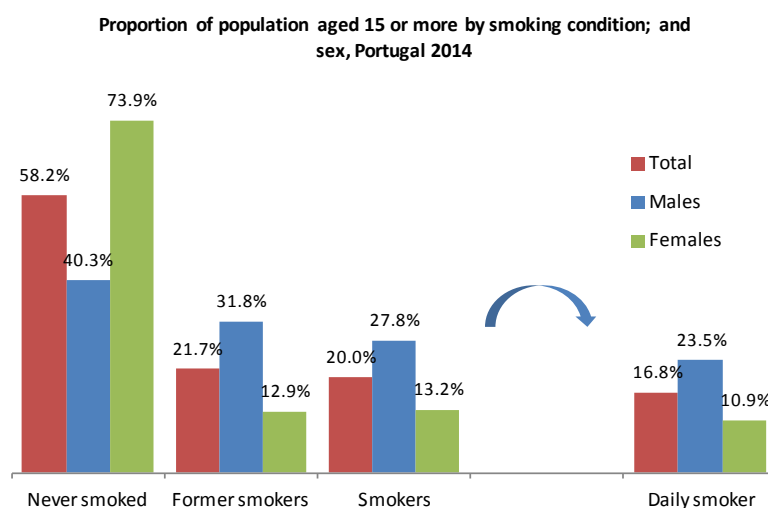
Around 6.3 million people aged 15 and over (70.8%) ate fruit every day, 2.3 portions on average. Daily consumption of fruit was less common among people aged 15 to 24 years old and more frequent after 45 years. On the other hand, 5.0% of the population under review ate fruit less than once per week and 0.9% people never did.

The survey results also indicate that 4.9 million people (55.1%) ate vegetables or salad every day, on average 1.8 portions per day. Women ate vegetables or salad more often (60.7%) than men (48.8%), and daily consumption of vegetables or salads was more frequent among people aged 55- 74 years (60.8%). Only 37.5% of people aged 15-24 ate vegetables or salads on a daily basis.

The proportion of people aged 15 years and over eating vegetables or salads less than once a week was 4.2%, and people never eating vegetables or salads accounted for 1.0%.

### 1.5 million people aged 15 and over smoked daily

In 2014, 20.0% of the population aged 15 and over were smokers, 21.7% ex-smokers and the majority, 58.2%, had never smoked.



The survey results also show that 1.5 million people (16.8%) smoked daily and 288 thousand did it occasionally. The average daily number of cigarettes for regular smokers was 14.3, higher for men (15.8 cigarettes/day) than for women (11.6 cigarettes/day).

The percentage of women who reported never smoking (73.9%) largely exceeded the percentage of men in the same condition (40.3%).

Around 8.6% of the population (762 thousand people aged 15 years and over) reported being exposed daily to passive smoking indoors. Places of leisure were the main place of exposure to passive smoking (38.3%).

### **2.1 million people drank alcohol on a daily basis**

Around 6.2 million people (70.0%) aged 15 and over years reported having drunk alcoholic beverages within the 12 months prior to the interview: 2.1 million did it on a daily basis (34.5%), 1, 7 million (27.3%) regularly but not every day, and 1.1 million (17.1%) only occasionally.

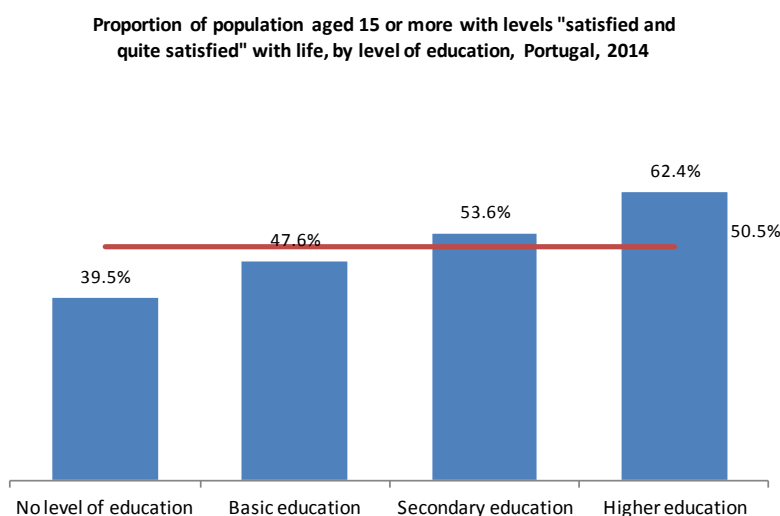
By sex, 45.0% of men drunk alcoholic beverages every day, while more than half of women did it monthly or only occasionally.

2.1 million people (33.2%), reported having had 6 or more alcoholic drinks on a single occasion, at least once in the 12 months preceding the interview.

### **Satisfaction with life increased with the level of education**

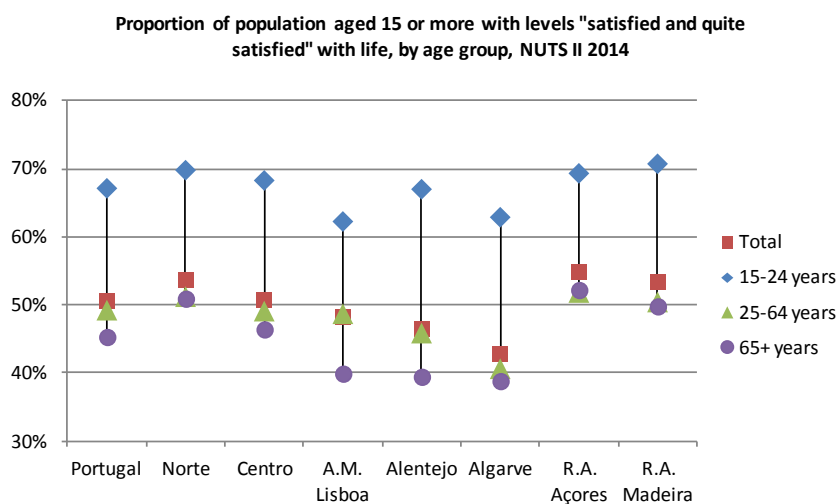
Around 50% of the residents aged 15 and over (4.5 million people) were satisfied or quite satisfied with life in late 2014.

The degree of satisfaction with life increased with the level of education: 39.5% of people without any education level were satisfied or very satisfied vis-à-vis 62.4% of those who had completed higher education.





More than half of the population living in the autonomous regions and in the region Norte reported being satisfied or quite satisfied with life. The regions of Alentejo, Algarve and Área Metropolitana de Lisboa stood out by a majority of people less satisfied with life.



**Around 200 thousand people had no one to turn to in case of a serious personal problem**

Most of the population reported having social support to solve a personal problem: 64.2% mentioned they could count on three or more people, and 33.1% on one or two persons. Nevertheless, 2.3% of people aged 15 and over (more than 200 thousand people) had no one to turn to in case of a serious personal problem.

## Methodological note

The 2014 National Health Survey (INS 2014) was held by Statistics Portugal in collaboration with the National Health Institute Doutor Ricardo Jorge, among a representative sample of dwellings across the whole Portuguese territory. This survey is part of the European Health Interview Survey (EHIS) project, whose regular collection is provided for in the Regulation of the European Parliament and of the Council on statistics on public health and health and safety at work (Regulation (EC) No 1338/2008).

Its main purpose was to collect background information on resident population aged 15 and over in three large domains: health status, health care, and health determinants. The INS 2014 is standardised and regulated at European level (Commission Regulation (EU) No 141/2013), enabling an international comparison of the results. National questions were also included, with a view to obtaining data on relevant issues for characterising the population health status (namely reproductive health, food consumption, life satisfaction, and long-term incapacity) and comparability with data for the 4th INS of 2005/06.

The survey's target population was the entire range of individuals aged 15 and over who were residing in Portugal in the reference period.

The selection of the sample followed a multistage sampling scheme stratified by region, where primary sampling units (PSU), formed by a series of one or more 1 square km Grid INSPIRE contiguous cells, were systemically selected with probability proportional to the magnitude of the number of household main dwellings. Secondary sampling units (SSU) (dwellings) were randomly and systematically selected from first-stage units. Only one individual was selected in each dwelling (totaling 22,538).

Responses to the INS 2014 were collected from September to December 2014 through face-to-face interviews and the Internet, the latter being used for the first time in a sample survey to households. 18,204 valid answers were obtained, corresponding to an overall response rate of 80.8% for the whole territory.

Estimated results were obtained from individual weights, adjusted according to the distribution of these units by region, age group, gender, level of education according to the ISCED 2011 classification (0-2; 3-4; 5-8), and household size (1, 2, 3, 4 and + individuals).