



INSTITUTO NACIONAL DE ESTATÍSTICA  
STATISTICS PORTUGAL

# National Health Survey 2014

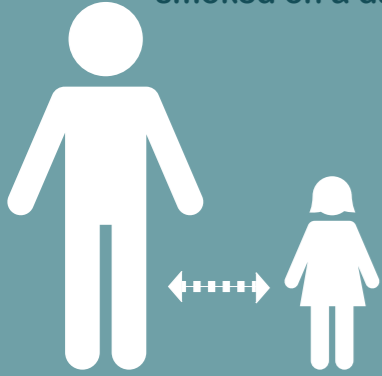
www.ine.pt

Note: indicators presented refer to the resident population aged 15 or more, except the indicators related to overweight or obesity, which exclusively portrait the adult population.

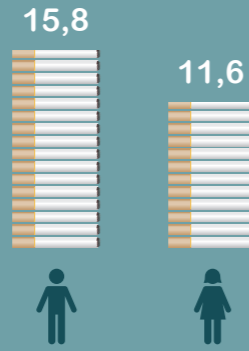
1,5 million

people smoked on a daily basis

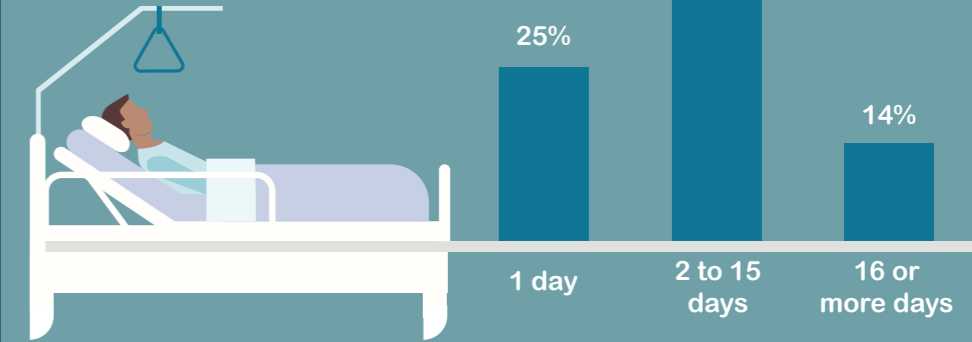
1,9 men for each woman  
smoked on a daily basis



Average cigarette  
consumption per day



819 thousand people  
stood in hospitals, of which  
495 thousand for a period  
between 2 to 15 days.



6,3 million people consumed  
fruit on a daily basis



2,3 portions on average

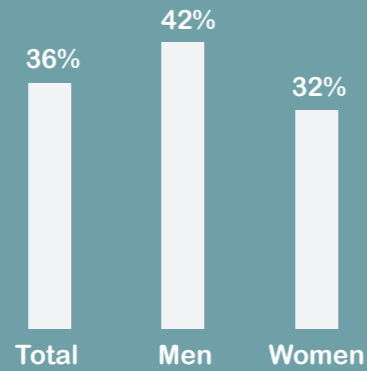
4,9 million people consumed  
vegetables or salads  
on a daily basis



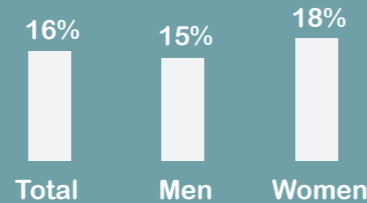
1,8 portions on average

4,5 million

adults were  
**overweight**

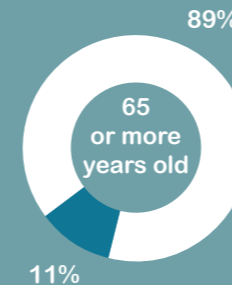
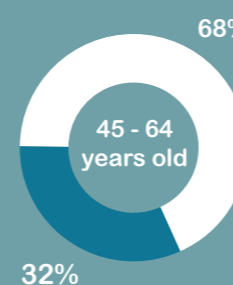
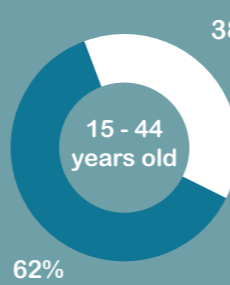
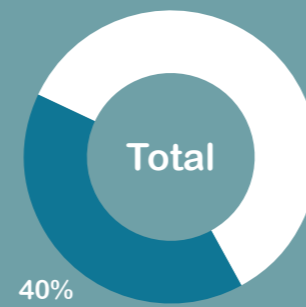


or **obese**



5,3 million

million people referred  
suffering from one or  
more chronic diseases



4,8 million

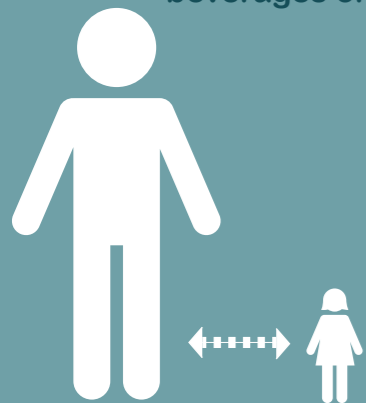
people referred suffering  
from physical pain



**Intense or very intense** pain afflicted  
2,4 women for each man



2,9 men for each woman  
consumed alcoholic  
beverages on a daily basis



2,1 million

people consumed  
alcoholic beverages  
**on a daily basis**

1,7 million

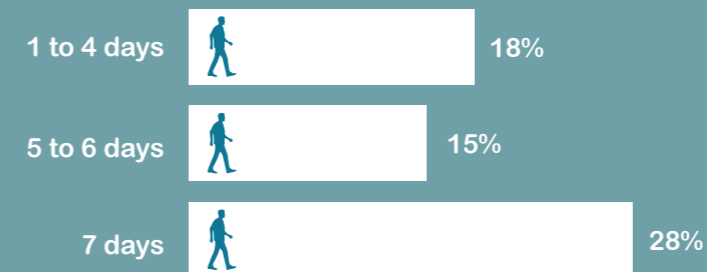
were **regular** consumers  
but not on a daily basis.

1,1 million

consumed **occasionally**

On a regular week...

2,5 million people travelled  
on foot **every day**



and **75 thousand** used a bicycle

3,1 million people practiced  
a sports activity

