February 11, 2025
World Day of the Sick

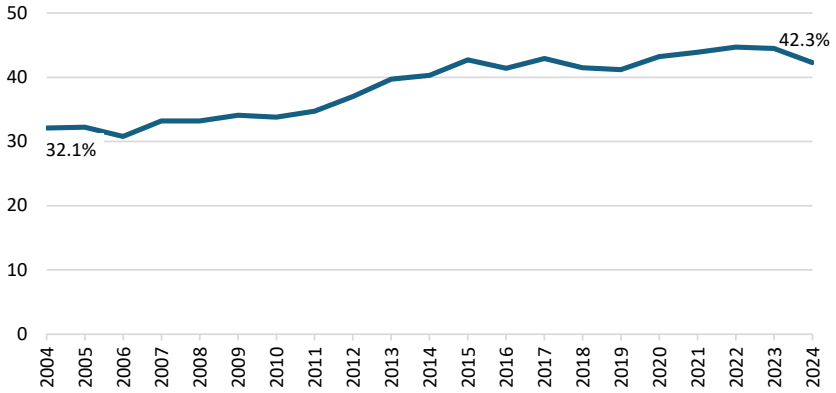
42.3% WITH CHRONIC DISEASE OR LONG-STANDING HEALTH PROBLEM

42.3% of people aged 16 and over reported having a chronic disease or long-standing health problem in 2024, 10.2 percentage points (pp) more than in 2004. This condition affected more the elderly (68.1%) and women (45.9%). The results obtained at EU-27 level for 2023 indicate that Portugal was the third country with the highest proportion of people with chronic disease. Low back and neck pain were the most frequently reported chronic diseases in 2019 (37.3% and 27.1%, respectively).

In 2024, 42.3% of people aged 16 and over reported having a chronic disease or long-standing health problem

20 years ago, the proportion was 32.1%

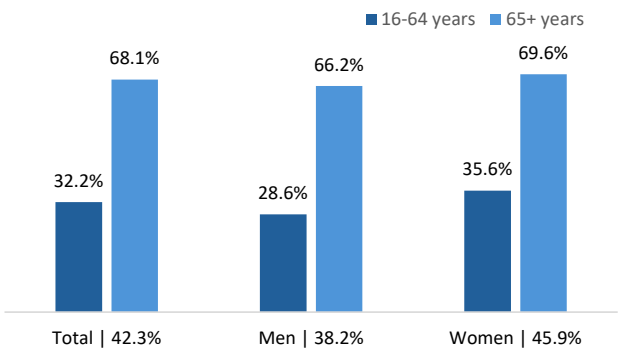
For more information



Source: Statistics Portugal, Survey on Living Conditions and Income .

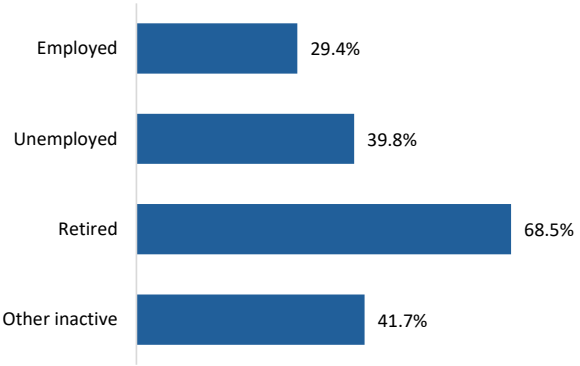
In the elderly population, this condition affected almost 7 out of 10 people

and more women than men ...

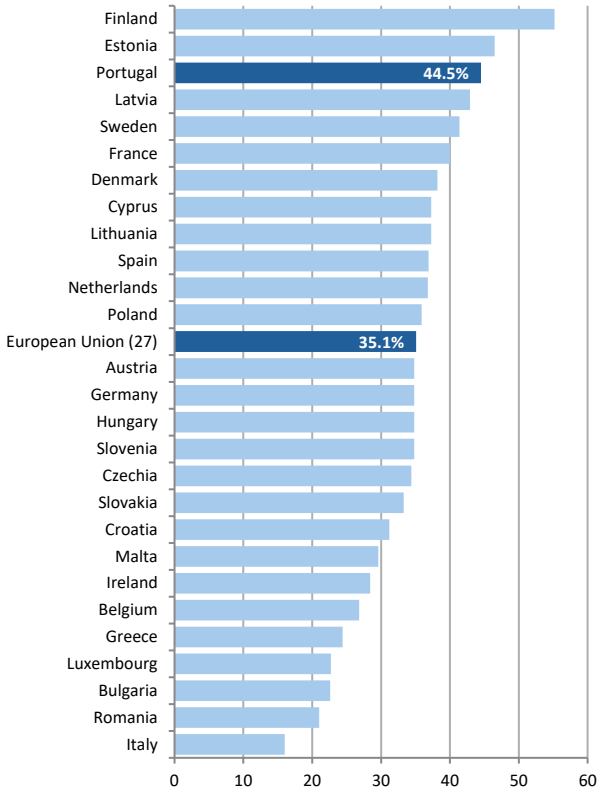


Source: Statistics Portugal, Survey on Living Conditions and Income (2024).

In 2024, about 30% of the employed population reported chronic morbidity, a proportion that increased to almost 40% in the unemployed population



Source: Statistics Portugal, Survey on Living Conditions and Income (2024).



Source: Eurostat [hlth_silc_11] (2023).

In 2023, Portugal was the third country with the highest proportion of people with chronic disease or long-standing health problems (44.5%) in the EU-27, whose average was 35.1% ...

... and one of the five Member States with a proportion above 40%

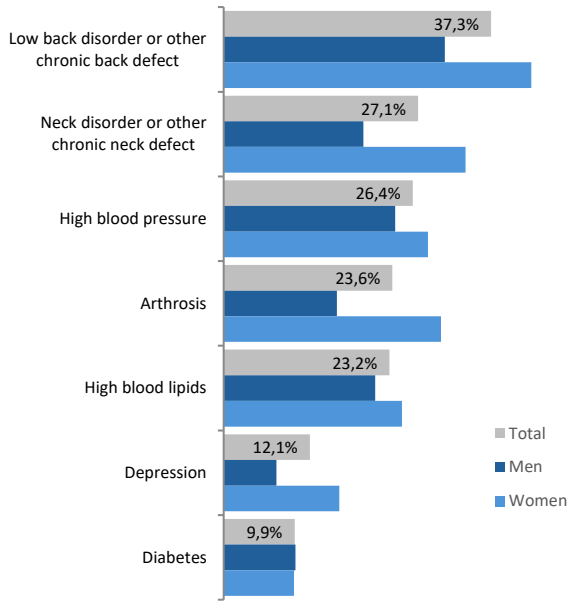
For more information

Low back and neck pain were the most frequently reported chronic diseases in 2019 (37.3% and 27.1%)

High blood pressure was reported by 26.4% of the population

Chronic diseases generally affected women more than men, especially low back and neck pain, arthrosis and depression

For more information



Source: Statistics Portugal, National Health Survey (2019).

The data presented, collected in the Survey on Living Conditions and Income and in the National Health Survey, correspond to the self-assessment of the existence of a chronic disease or long-standing health problem, not depending on a medical diagnosis.

Chronic disease: Disease that is predictably permanent and needs medical intervention to follow and control it.

Long-standing health problem: Health problem that lasts or is expected to last for six months or more.