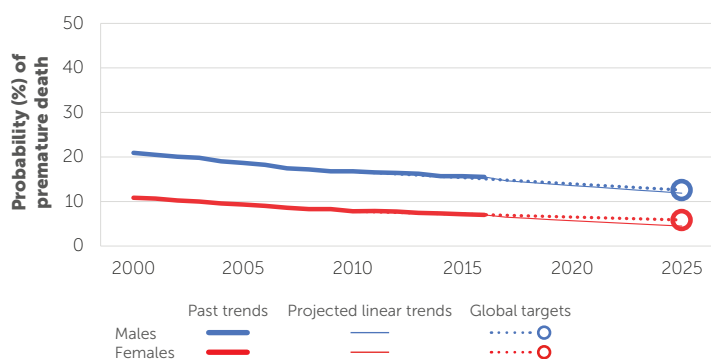


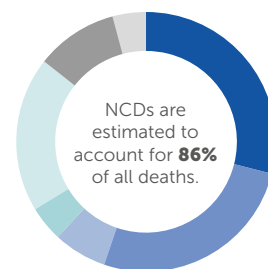
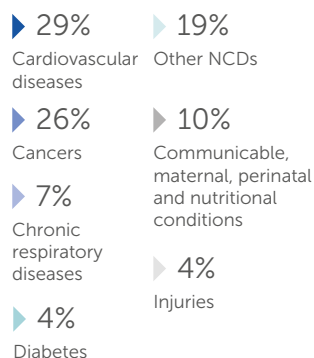
# PORTUGAL

2016 TOTAL POPULATION: 10 372 000  
2016 TOTAL DEATHS: 107 000











## RISK OF PREMATURE DEATH DUE TO NCDs (%)



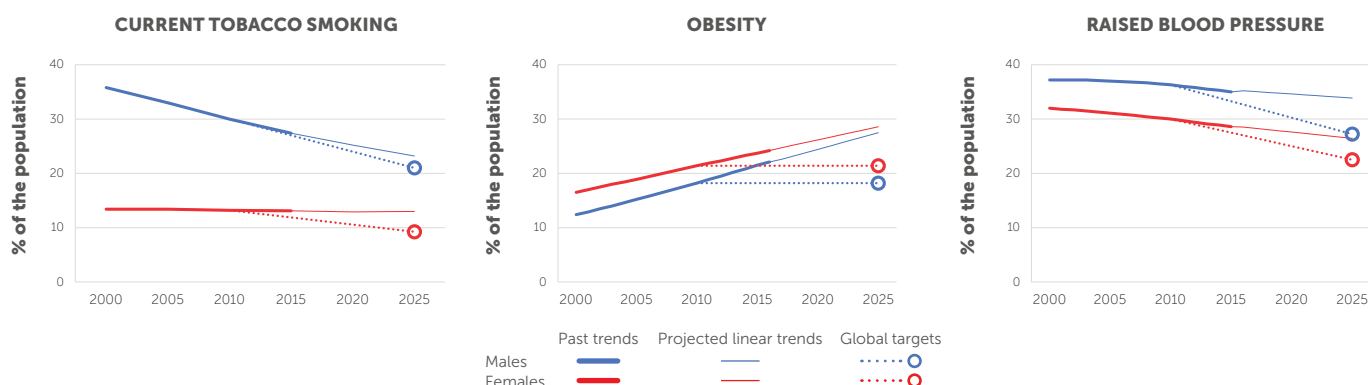
## PROPORTIONAL MORTALITY



3 500 LIVES CAN BE SAVED BY 2025 BY IMPLEMENTING ALL OF THE WHO "BEST BUYS"

NATIONAL TARGET SET			DATA YEAR	MALES	FEMALES	TOTAL	
MORTALITY							
	Premature mortality from NCDs	✓	Total NCD deaths	2016	46 000	45 800	91 800
			Risk of premature death between 30-70 years (%)	2016	16	7	11
	Suicide mortality	-	Suicide mortality rate (per 100 000 population)	2016	-	-	14
RISK FACTORS							
	Harmful use of alcohol	X	Total alcohol per capita consumption, adults aged 15+ (litres of pure alcohol)	2016	21	5	12
	Physical inactivity	X	Physical inactivity, adults aged 18+ (%)	2016	40	52	46
	Salt/Sodium intake	X	Mean population salt intake, adults aged 20+ (g/day)	2010	11	10	11
	Tobacco use	X	Current tobacco smoking, adults aged 15+ (%)	2016	27	13	20
	Raised blood pressure	X	Raised blood pressure, adults aged 18+ (%)	2015	35	29	32
	Diabetes	X	Raised blood glucose, adults aged 18+ (%)	2014	11	8	9
	Obesity	✓	Obesity, adults aged 18+ (%)	2016	22	24	23
			Obesity, adolescents aged 10-19 (%)	2016	9	8	9
	Ambient air pollution	-	Exceedance of WHO guidelines level for annual PM2.5 concentration (by a multiple of) <sup>a</sup>	2016	-	-	-
	Household air pollution	-	Population with primary reliance on polluting fuels and technologies (%)	2016	-	-	<5

## SELECTED ADULT RISK FACTOR TRENDS



## NATIONAL SYSTEMS RESPONSE

	<b>Drug therapy to prevent heart attacks and strokes</b>	X	Proportion of population at high risk for CVD or with existing CVD (%)	-	...
			Proportion of high risk persons receiving any drug therapy and counselling to prevent heart attacks and strokes (%)	-	...
			Proportion of primary health care centres reported as offering CVD risk stratification	2017	More than 50%
			Reported having CVD guidelines that are utilized in at least 50% of health facilities	2017	Yes
	<b>Essential NCD medicines and basic technologies to treat major NCDs</b>	X	Number of essential NCD medicines reported as "generally available"	2017	10 out of 10
			Number of essential NCD technologies reported as "generally available"	2017	4 out of 6

... = no data available  
° not exceeding

World Health Organization - Noncommunicable Diseases (NCD) Country Profiles, 2018.