PORTUGAL

RISK OF PREMATURE DEATH DUE TO NCDS (%)

PROPORTIONAL MORTALITY

- 29% Cardiovascular diseases
- 19% Other NCDs
- 26% Cancers
- 10% Communicable, maternal, perinatal and nutritional conditions
- 7% Chronic respiratory diseases
- 4% Injuries
- 4% Diabetes

Probability (%) of premature death

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 (proportion)° 2016 - - -

Household air pollution -

Population with primary reliance on polluting fuels and technologies (%) 2016 - - <5

SELECTED ADULT RISK FACTOR TRENDS

CURRENT TOBACCO SMOKING

OBESITY

RAISED BLOOD PRESSURE

NATIONAL SYSTEMS RESPONSE

Drug therapy to prevent heart attacks and strokes 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 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

Essential NCD medicines and basic technologies to treat major NCDs 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