


**PORTUGAL – SEPTEMBER 2023**

**Status of Cardiovascular Disease (CVD) and Non-communicable diseases (NCD)**

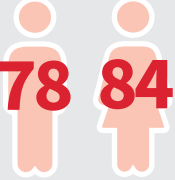
**Country Demographics**

**World Bank Classification**  
**High income**




Life expectancy at birth (in years):

**MALE 78 FEMALE 84**

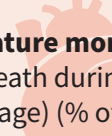


**67%**  
of population living in **urban** areas



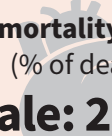
**Premature mortality** due to CVD (death during 30-70 years of age) (% of deaths):

**3%**




**Total mortality** due to CVD (% of deaths):

**male: 27.94%**  
**female: 36.25%**




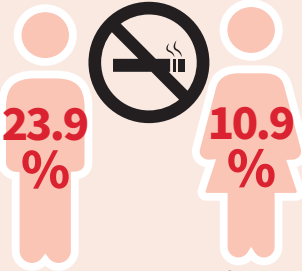
**↑ male: 63.8%**  
**↑ female: 62.8%**

Percentage of adult population with raised total **cholesterol** (≥5.0 mmol/L / ≥90 mg/dl)  
Global data: **38.9%**





**MALE 23.9%** **FEMALE 10.9%**

**Prevalence of tobacco use age ≥15**  
Global data: **36.1%** (male) **6.8%** (female)

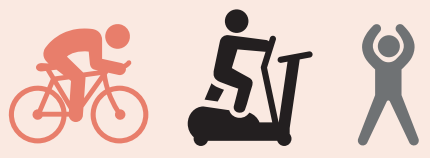
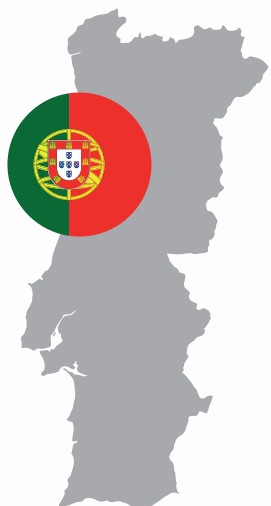
**18.1%**

Proportion of **premature CVD mortality** attributable to tobacco (%)

Percentage of adults (age-standardized estimate) who are insufficiently active (**less than 150 minutes** of moderate intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week):


**male: 37.5%**  
**female: 48.5%**

**PORTUGAL**

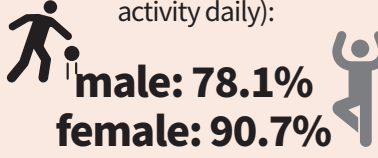
Percentage of adults who are overweight (body mass index (BMI) of 25 kg/m2 or higher):

**male: 20.3%**  
**female: 21.2%**




Percentage of adolescents (ages 11-17) who are insufficiently active (**less than 60 minutes** of moderate- to vigorous intensity physical activity daily):

**male: 78.1%**  
**female: 90.7%**



Prevalence of diabetes in adults (ages 20-79):

**9.1%**





## PORTUGAL

**KEY:** No data Not in place In process/ partially implemented In place

### Essential Medicines and Interventions

ACE inhibitors: . . . . .		Metformin: . . . . .	
Aspirin: . . . . .		Insulin: . . . . .	
Beta blockers: . . . . .		Warfarin: . . . . .	
Statins: . . . . .		Clopidogrel: . . . . .	

### Clinical Practice and Guidelines

Locally-relevant (national or subnational level):

Clinical tool to assess CVD risk: . . . . .	
CVD prevention (within the last 5 years): . . . . .	
Treatment of tobacco dependence: . . . . .	
Detection and management of Atrial Fibrillation: . . . . .	

### Cardiovascular Disease Governance

**A National strategy or plan that addresses:**

- CVDs and their risk factors specifically: . . . . .
- A national tobacco control plan: . . . . .
- A national multisectoral coordination mechanism for tobacco control: . . . . .
- A national surveillance system that includes CVDs and their risk factors: . . . . .
- Policies that ensure screening of individuals at high risk of CVDs: . . . . .

### Stakeholder action

- NGO advocacy for CVD policies and programmes: . . . . .
- Active involvement of patients' organizations in advocacy for CVD prevention and management: . . . . .
- Involvement of civil society in the development and implementation of a national CVD prevention and control plan: . . . . .
- Specific activities by cardiology professional associations aimed at 25% reduction in premature CVD mortality by 2025: . . . . .
- Hypertension screening by businesses at workplaces: . . . . .

Source References: Global Health Data Exchange; WHO Global Health Observatory data repository; WHO NCD Document repository; Country specific publications.