



# WORLD OBESITY

## Portugal

Extended Country Report 2019

## Extended Country Profile Graphics



### Portugal

POPULATION:  
10,349,803 (2015)

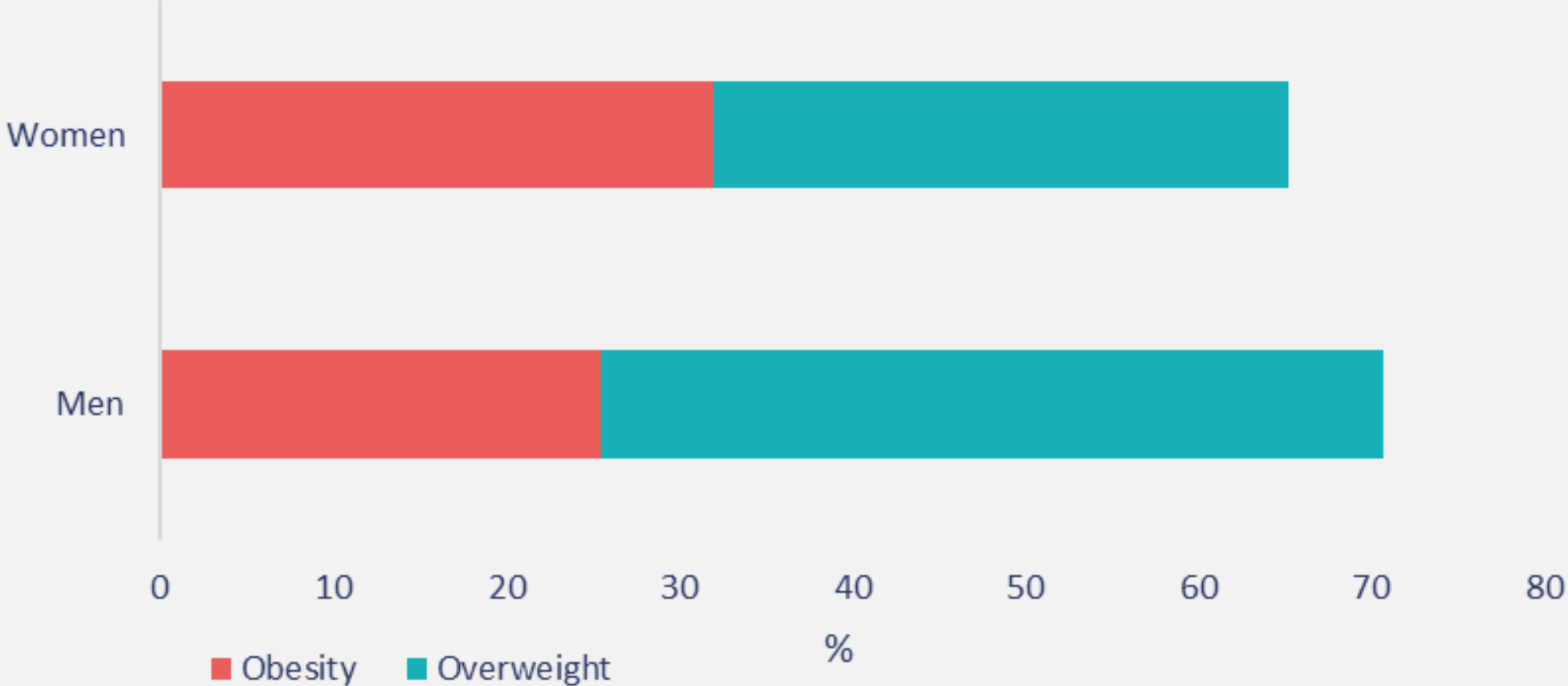
GINI INDEX:  
35.5  
(2015)

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Portugal

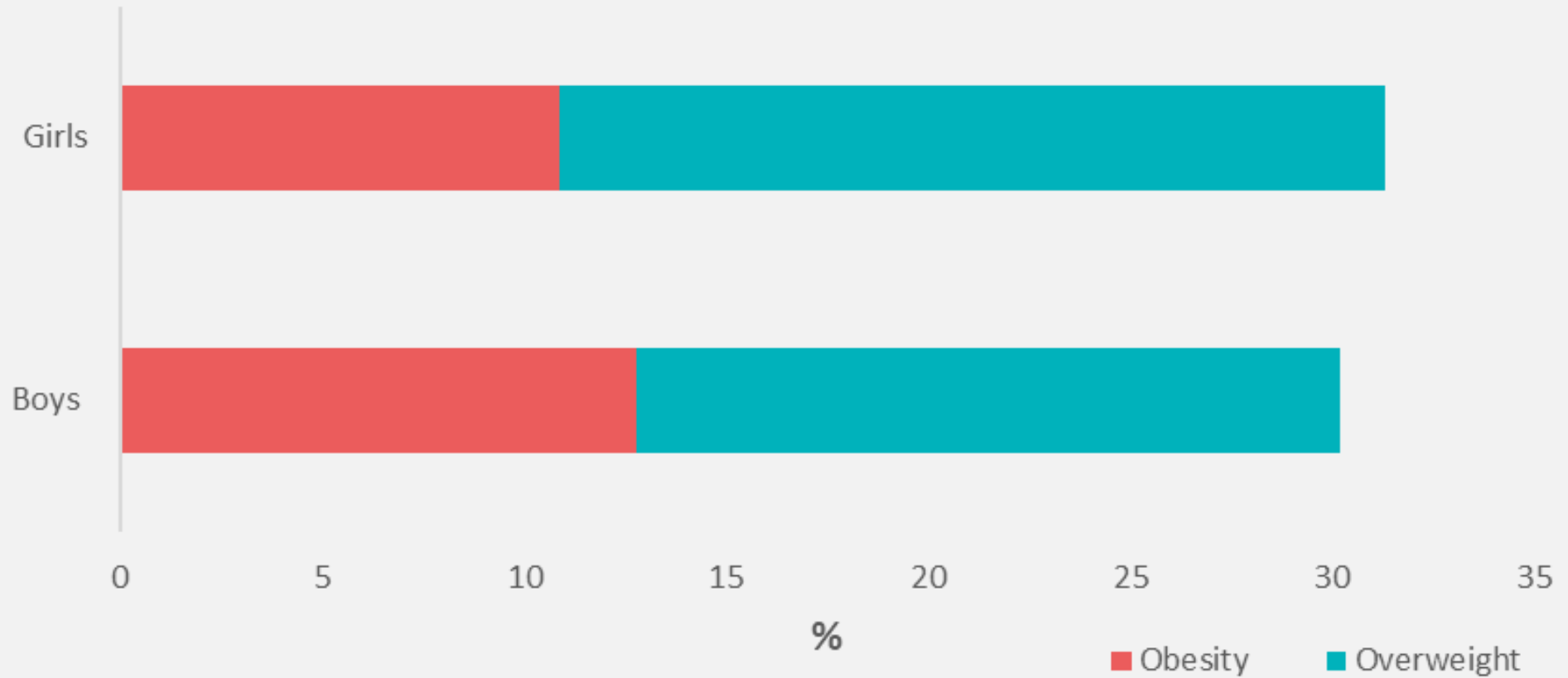
### % Overweight & Obesity in Adults in Portugal (2015)





Portugal

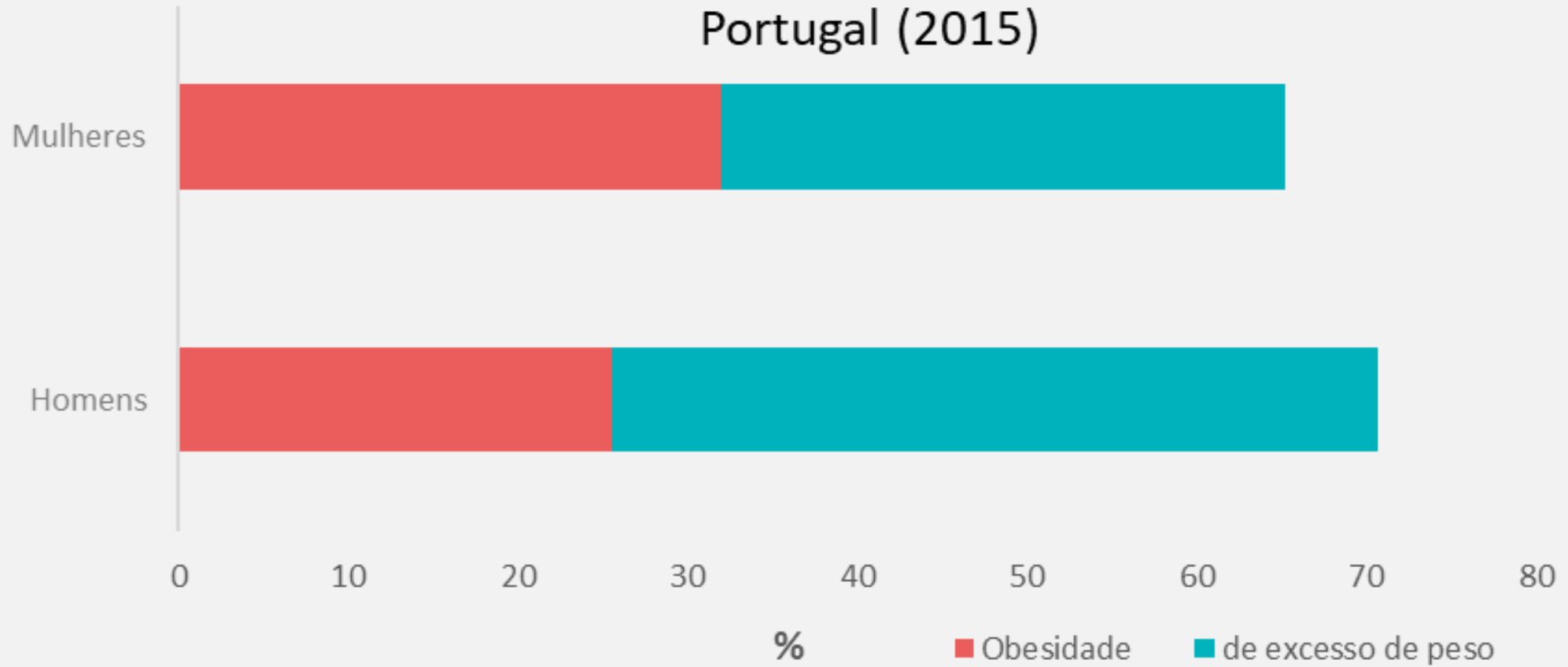
## % Overweight/Obesity in children living in Portugal (2016)





Portugal

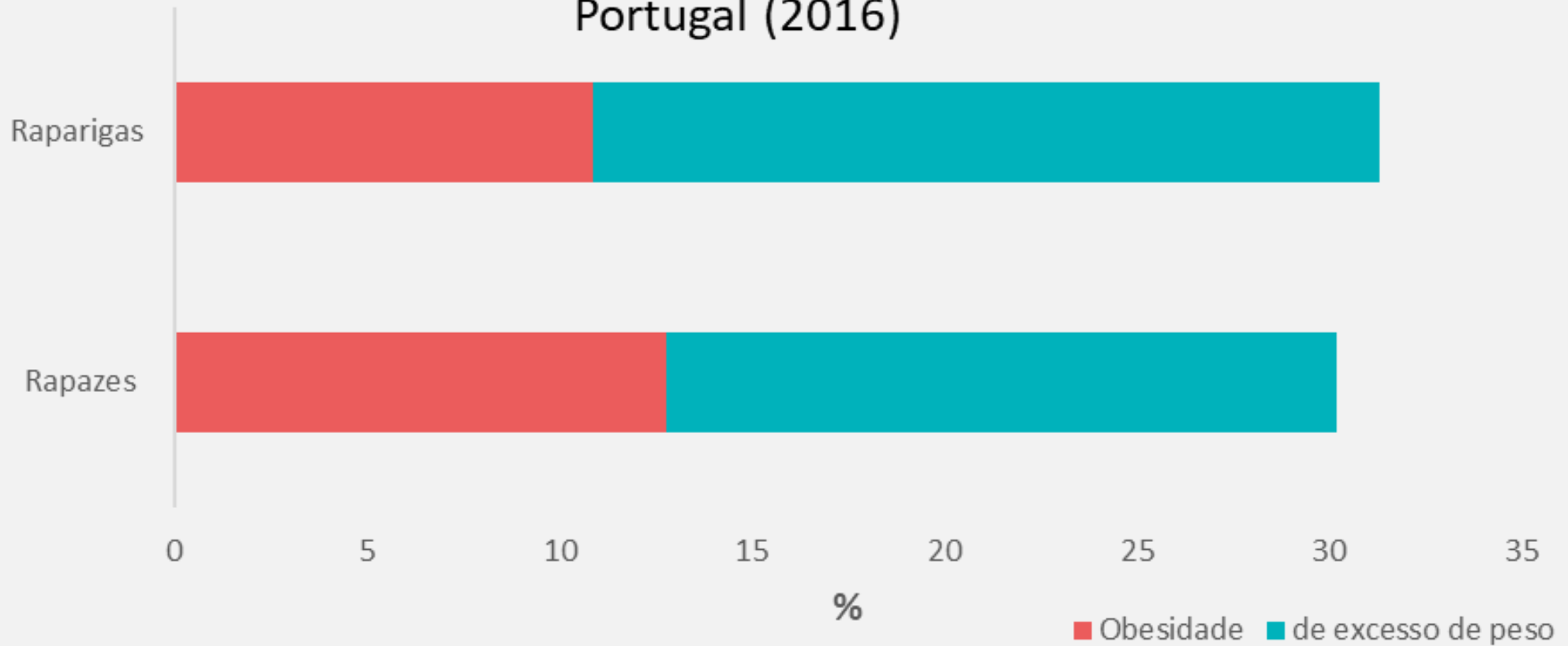
## % de excesso de peso/obesidade em adultos a viver em Portugal (2015)





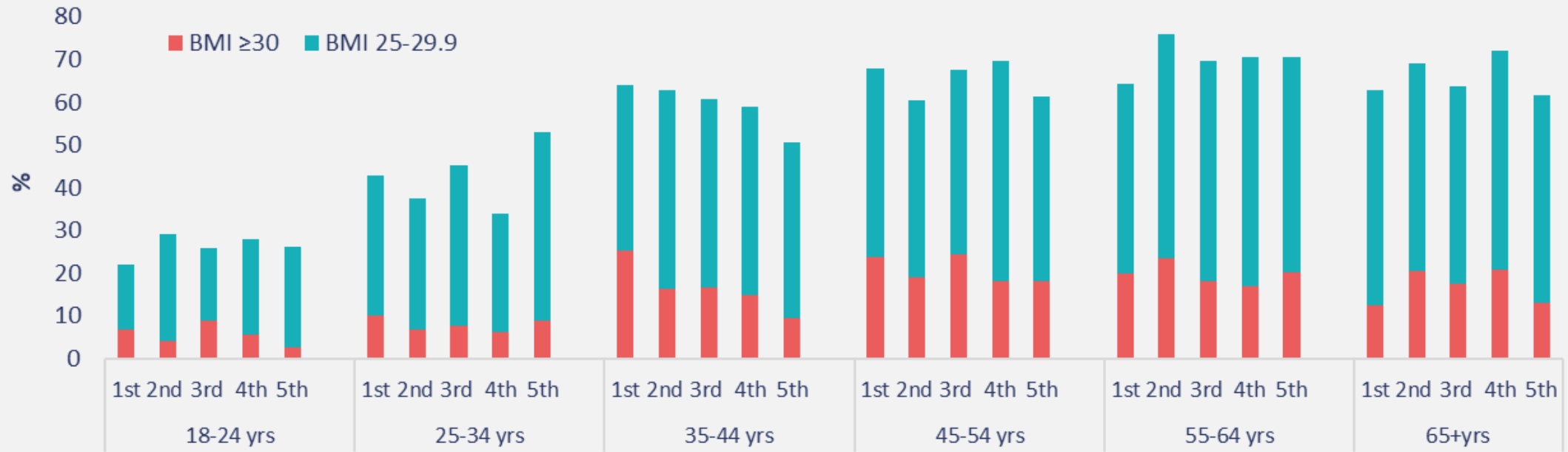
Portugal

## % de excesso de peso/obesidade em crianças a viver em Portugal (2016)





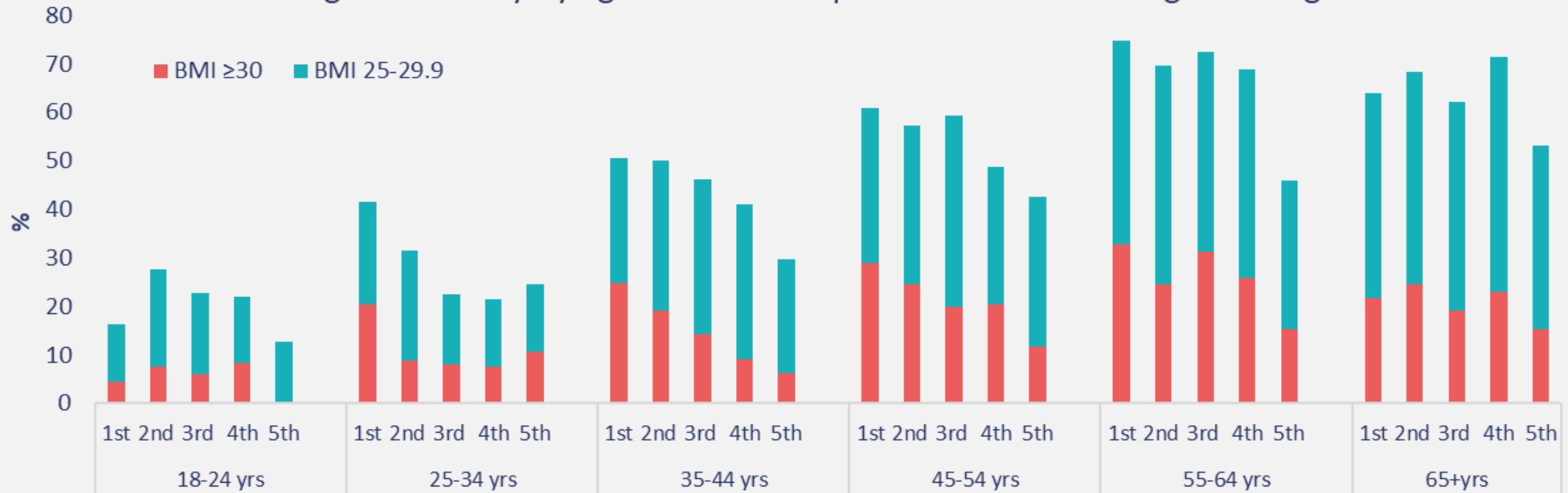
### % Overweight & Obesity by age & income quintile in males living in Portugal 2014



1st Quintile (lowest income), 5th Quintile (highest income)



### % Overweight & Obesity by age and income quintile in females living in Portugal 2014



1st Quintile (lowest income), 5th Quintile (highest income)





# % Overweight/Obesity in males by age and education attainment 2017

## Portugal

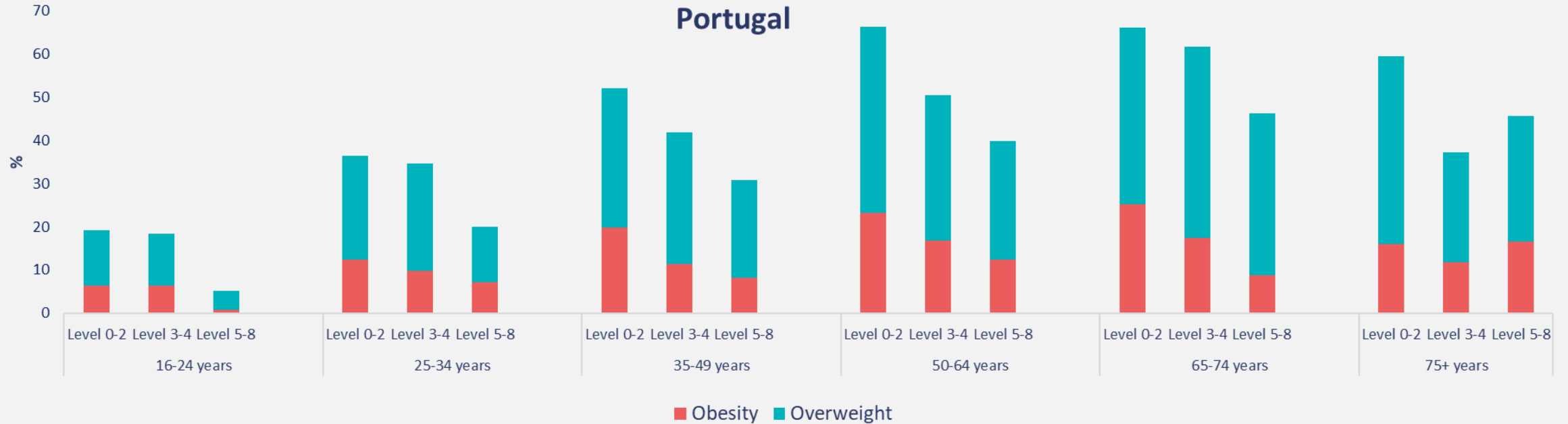


Less than primary, primary and lower secondary education (levels 0-2)  
 Upper secondary and post-secondary non-tertiary education (levels 3 and 4)  
 Tertiary education (levels 5-8)



### % Overweight/Obesity in females by age and education attainment 2017

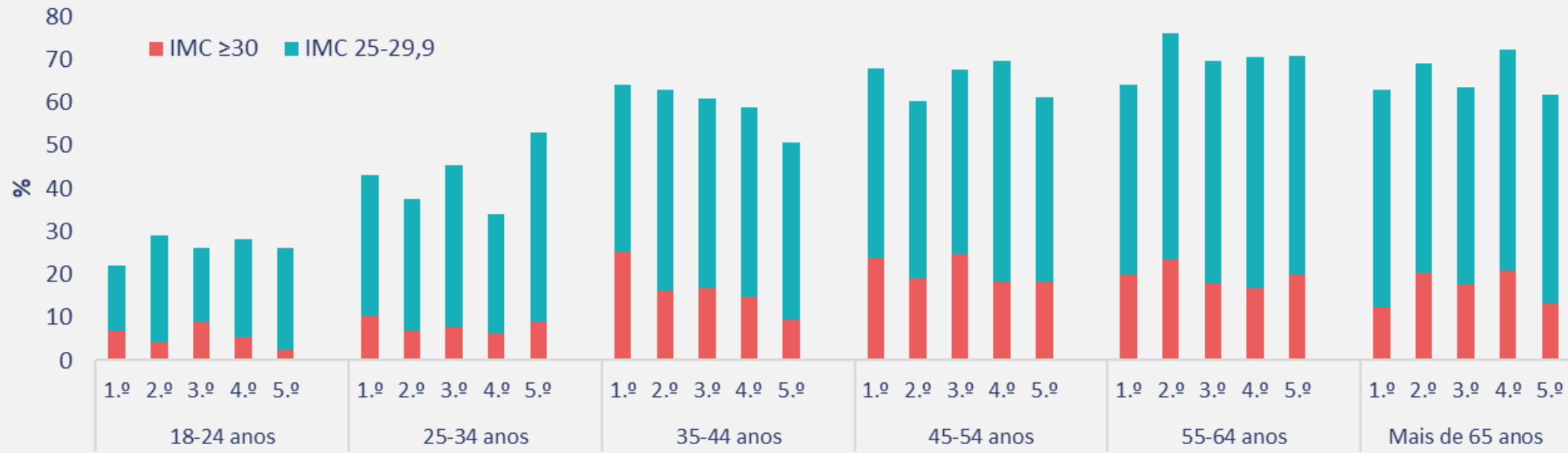
#### Portugal



Less than primary, primary and lower secondary education (levels 0-2)  
Upper secondary and post-secondary non-tertiary education (levels 3 and 4)  
Tertiary education (levels 5-8)



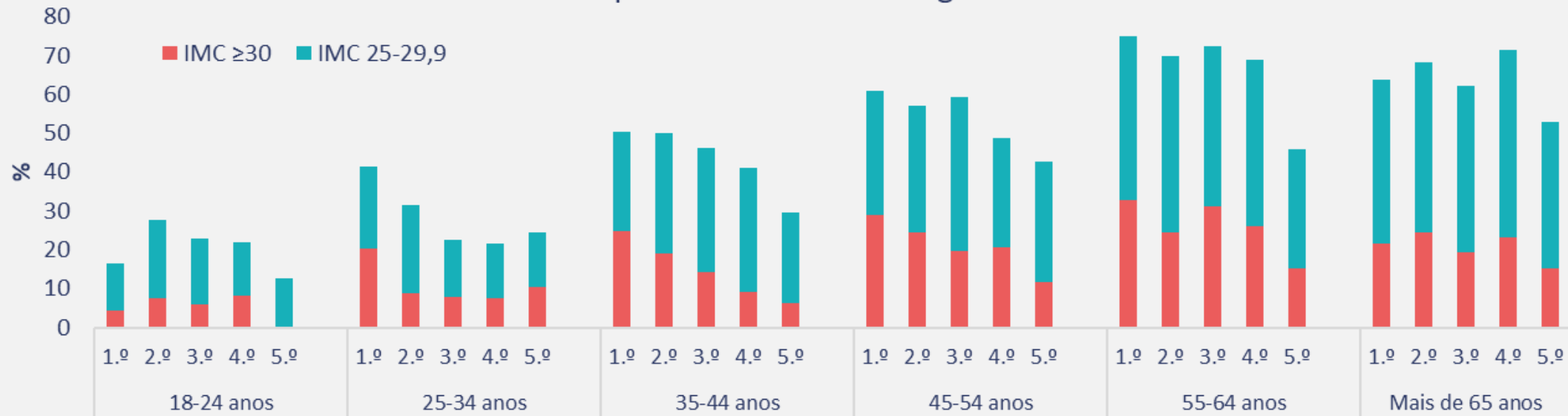
### Percentagem de excesso de peso e obesidade por idade e quintil de rendimento nos homens que residiam em Portugal em 2014



1.º quintil (rendimento mais baixo), 5.º quintil (rendimento mais elevado)



### Percentagem de excesso de peso e obesidade por idade e quintil de rendimento nas mulheres que residiam em Portugal em 2014

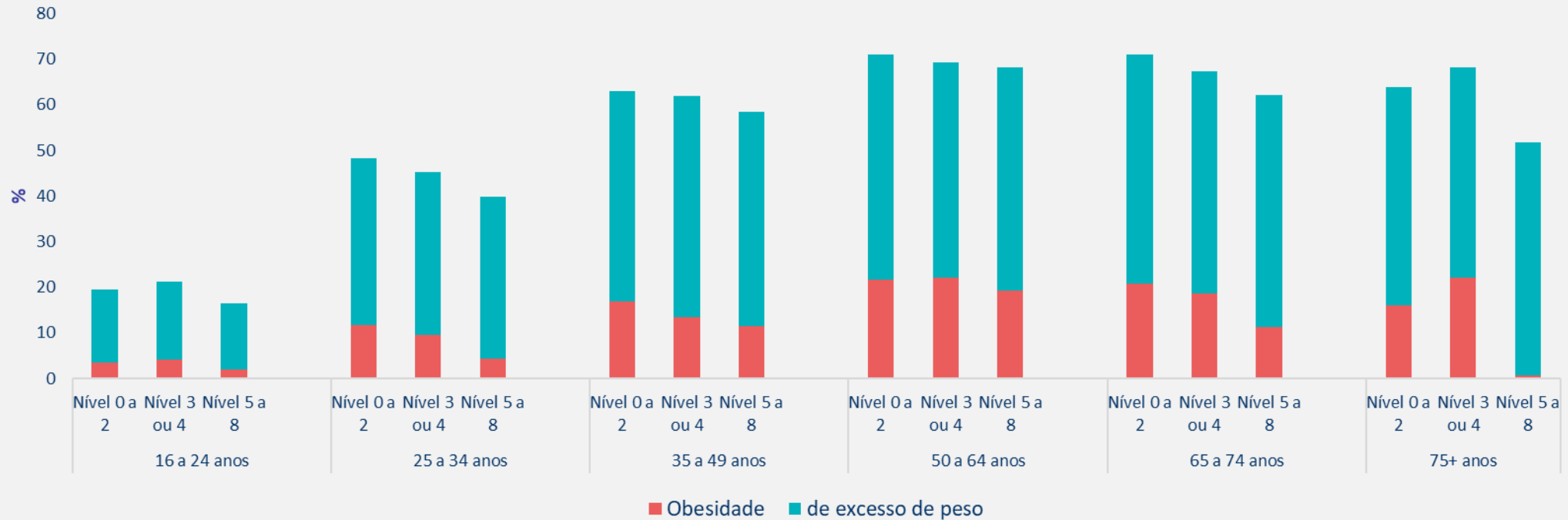


1.º quintil (rendimento mais baixo), 5.º quintil (rendimento mais elevado)



## % excesso de peso/obesidade em homens por idade e nível de habilitações 2017

### Portugal

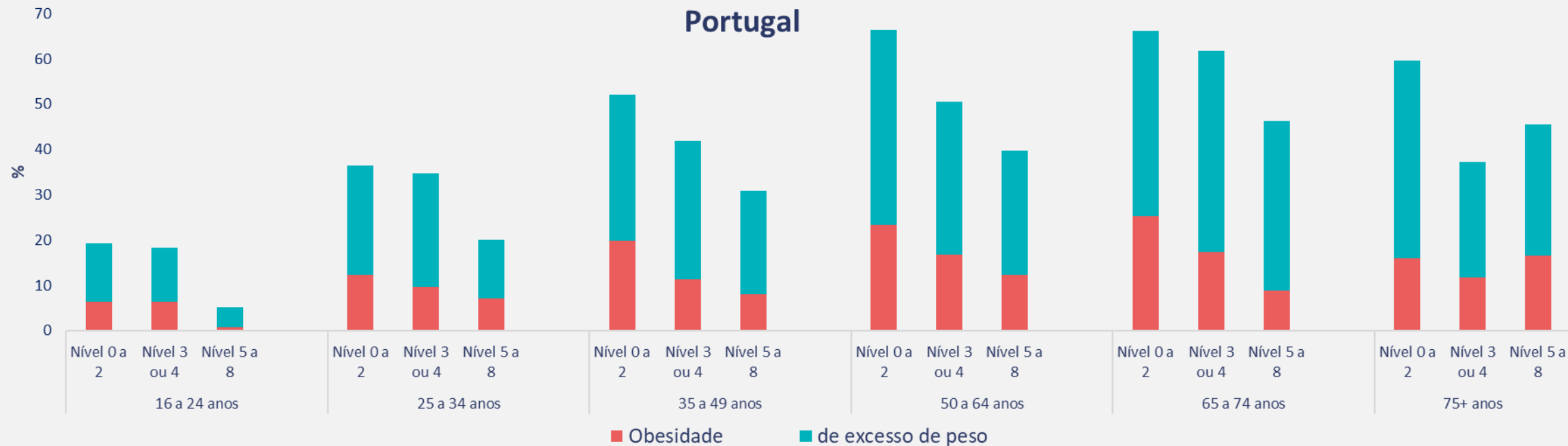


Ensino pré-escolar ou ensino básico (níveis 0 a 2)  
Ensino secundário e pós-secundário (não superior) (níveis 3 e 4)  
Ensino superior (níveis 5 a 8)



Portugal

## % excesso de peso/obesidade em mulheres por idade e nível de habilitações 2017



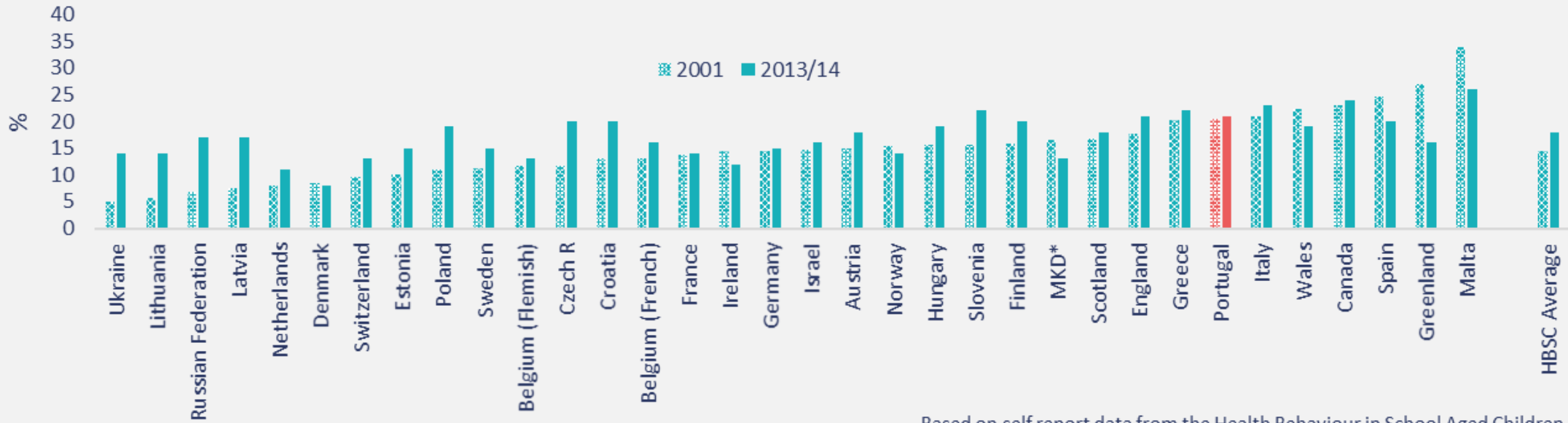
Ensino pré-escolar ou ensino básico (níveis 0 a 2)

Ensino secundário e pós-secundário (não superior) (níveis 3 e 4)

Ensino superior (níveis 5 a 8)



### Changes in Overweight (%) in 13 year old boys between 2001 & 2013/14



Based on self report data from the Health Behaviour in School Aged Children (HBSC) Study using IOTF International Cut Off Points

\* The Former Yugoslav Republic Macedonia



### Changes in prevalence of Overweight (%) in 15 year old boys between 2001 & 2013/14



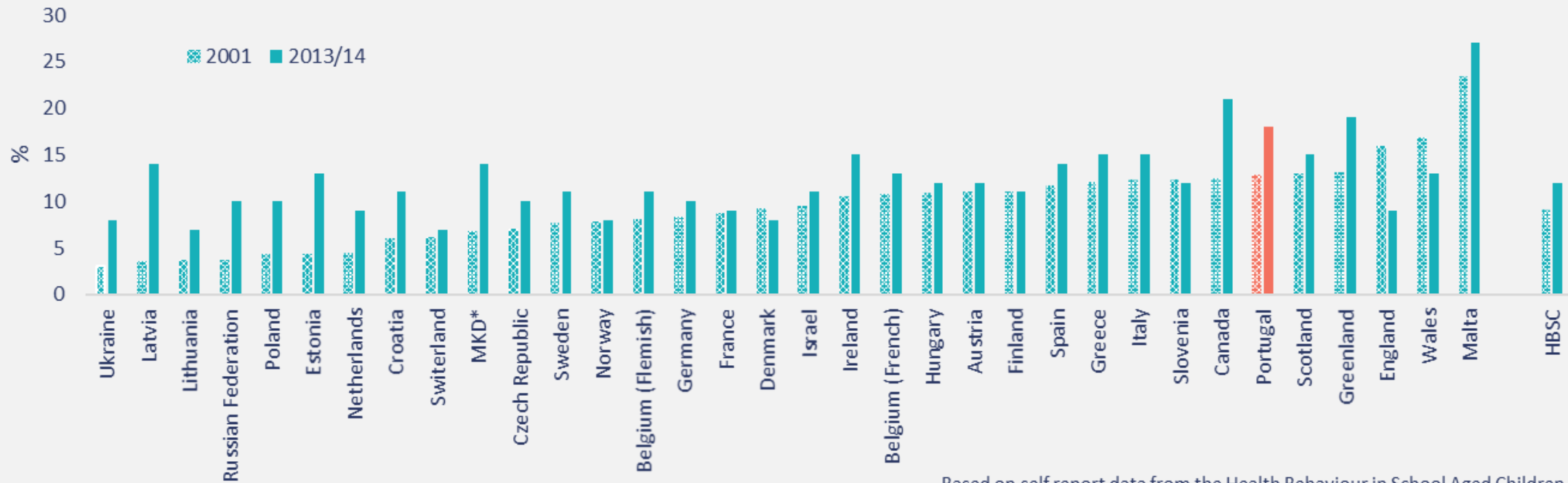
\* The Former Yugoslav Republic Macedonia

Based on self report data from the Health Behaviour in School Aged Children (HBSC) Study using IOTF International Cut Off Points





### Changes in Overweight (%) in 13 year old girls between 2001 & 2013/14

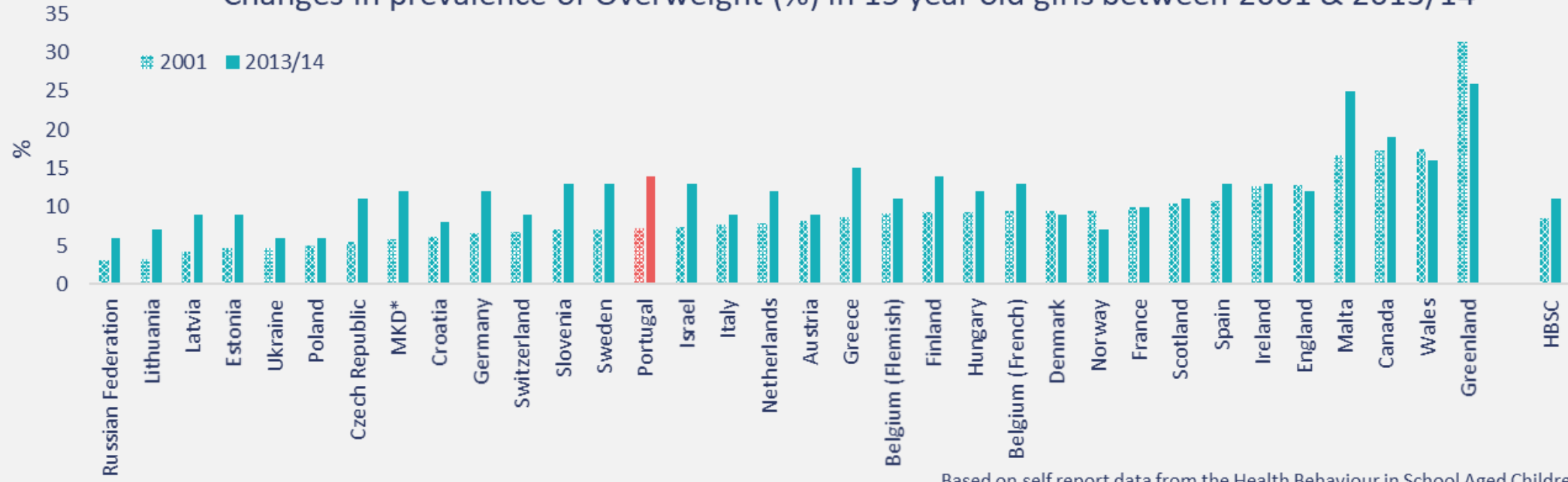


\* The Former Yugoslav Republic Macedonia

Based on self report data from the Health Behaviour in School Aged Children (HBSC) Study using IOTF International Cut Off Points



### Changes in prevalence of Overweight (%) in 15 year old girls between 2001 & 2013/14



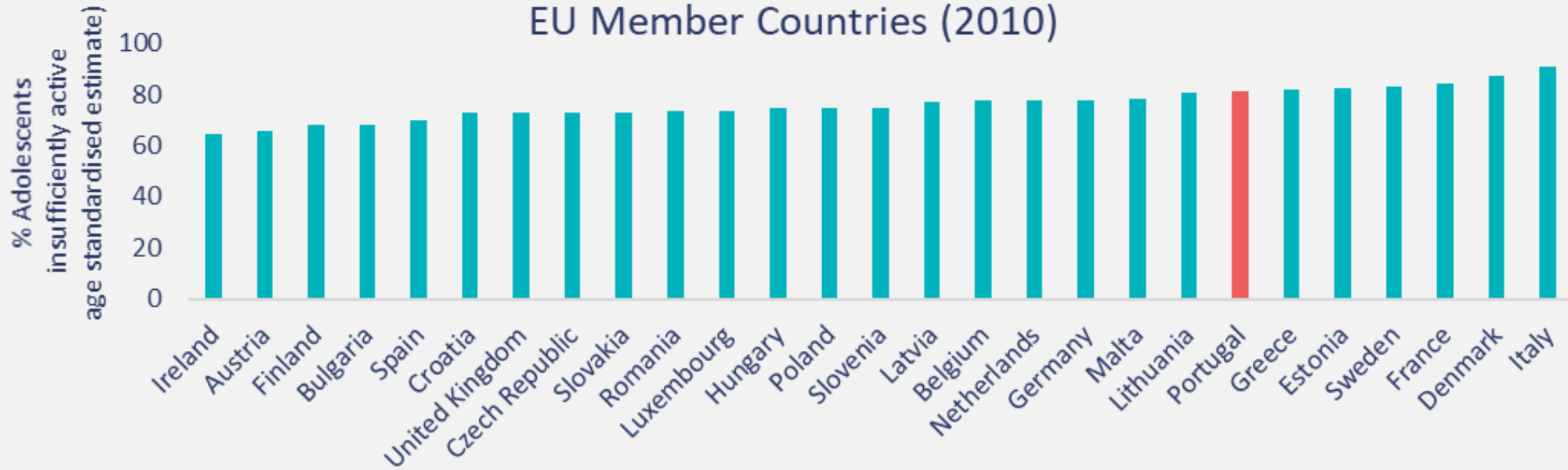
\* The Former Yugoslav Republic Macedonia

Based on self report data from the Health Behaviour in School Aged Children (HBSC) Study using IOTF International Cut Off Points



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### % Insufficiently active male adolescents living in EU Member Countries (2010)



No data available in Cyprus



Portugal

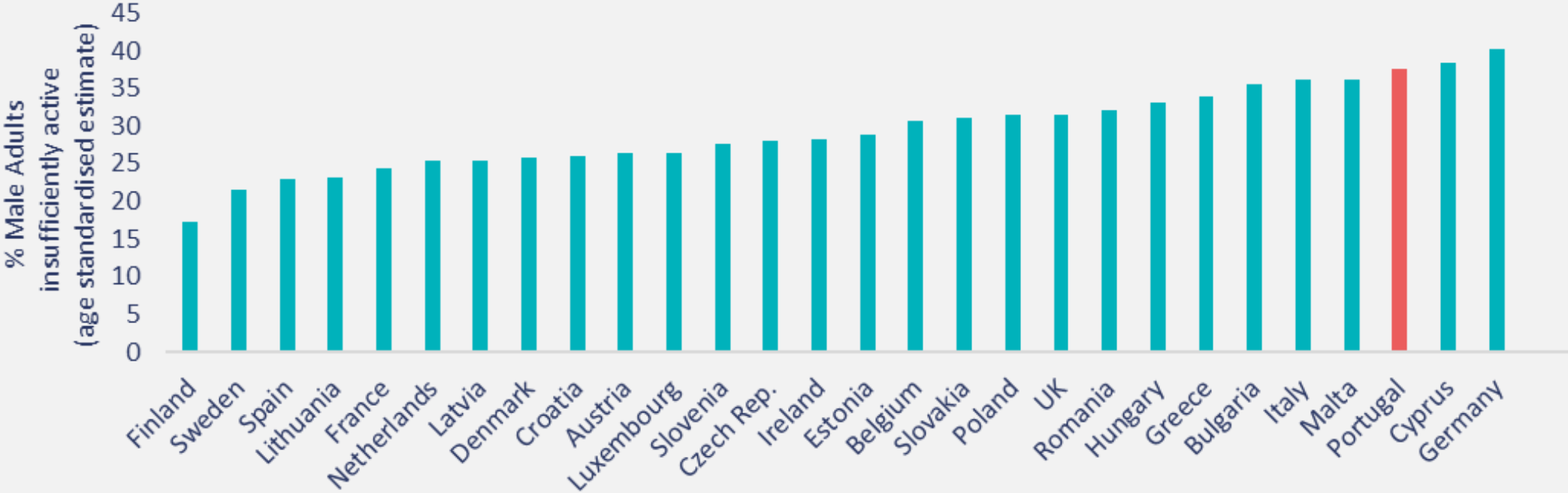
### % Insufficiently active female adolescents living in EU Member Countries (2010)



No data available in Cyprus



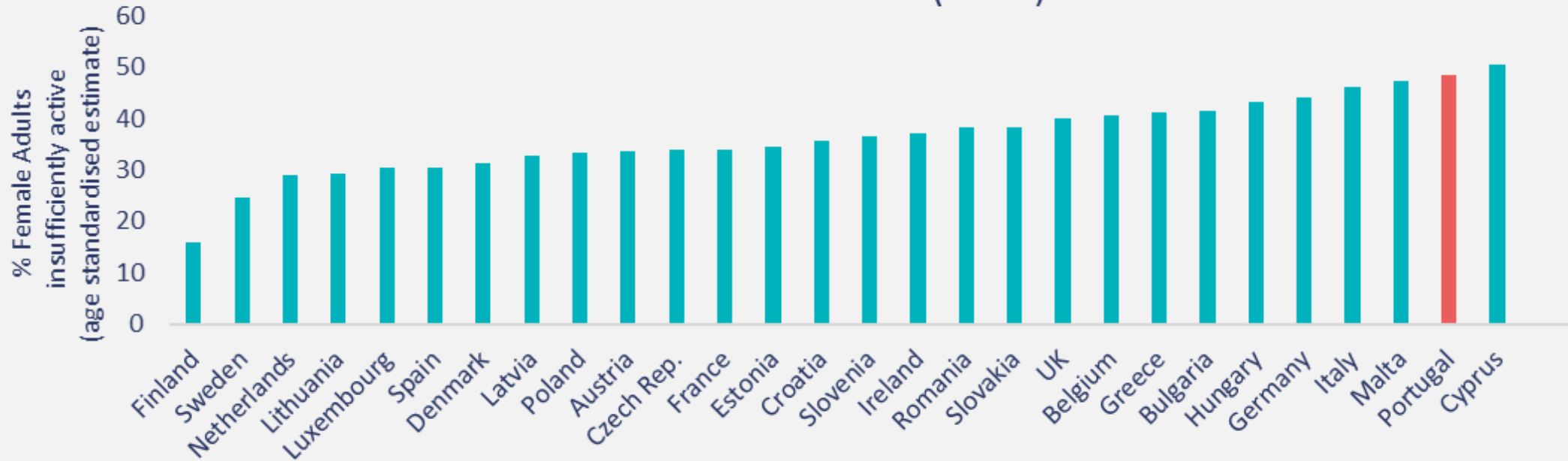
### % Insufficiently active male adults living in EU Member Countries (2016)





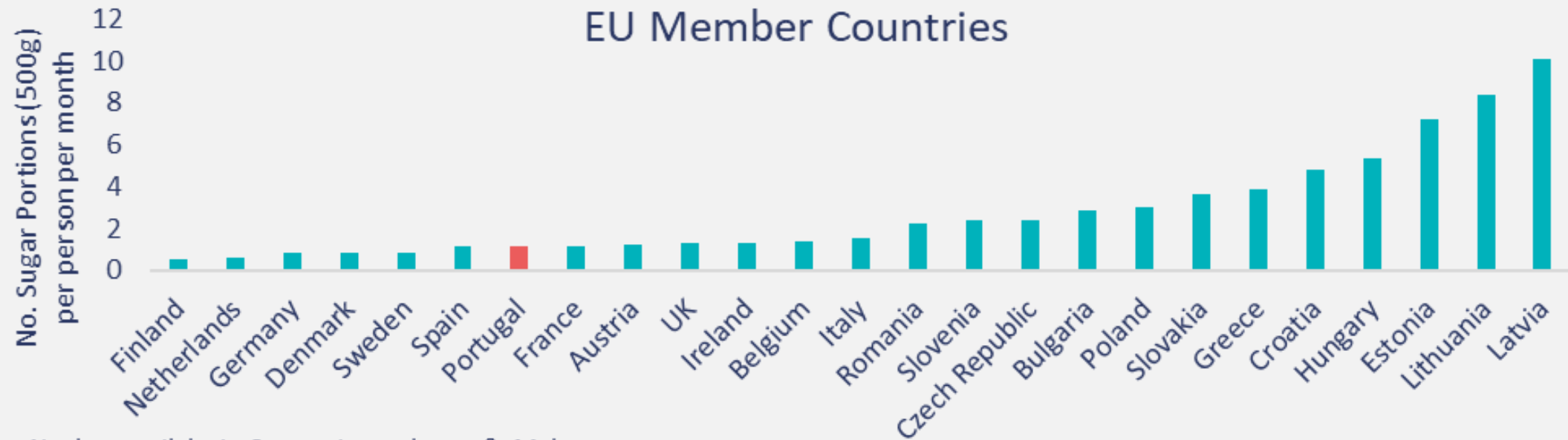
Portugal

### % Insufficiently active female adults living in EU Member Countries (2016)





## Sugar Consumption/Sales for individuals living in EU Member Countries



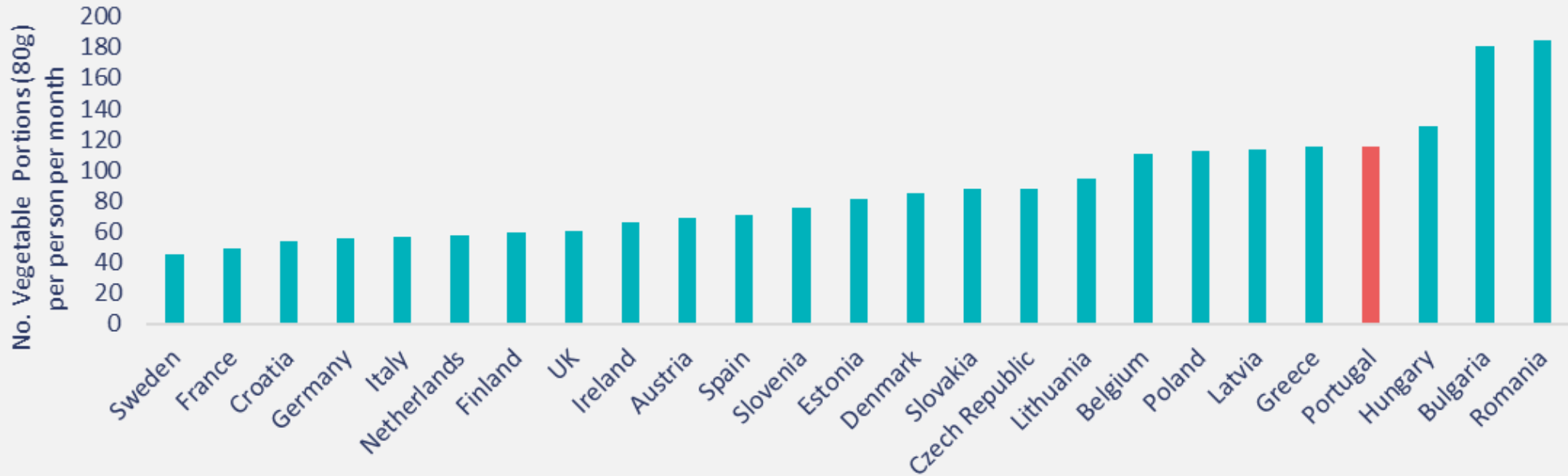
No data available in Cyprus, Luxembourg & Malta

Sugar Consumption/Sales for individuals living in EU Member Countries.

Derived from: Euromonitor International, Nutrition 2016 edition



### Vegetable Consumption/Sales for individuals living in EU Member Countries

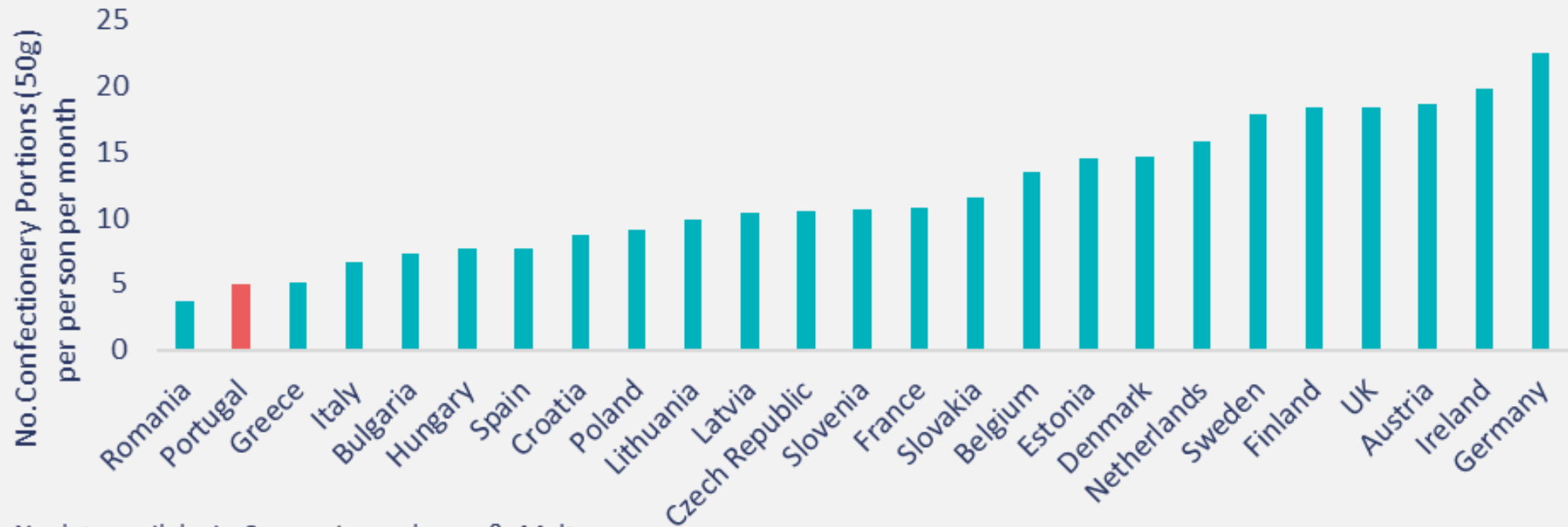


No data available in Cyprus, Luxembourg & Malta  
Vegetable Consumption/Sales for individuals living in EU Member Countries  
Derived from: Euromonitor International, Fresh Food, 2016 edition





## Confectionery Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta

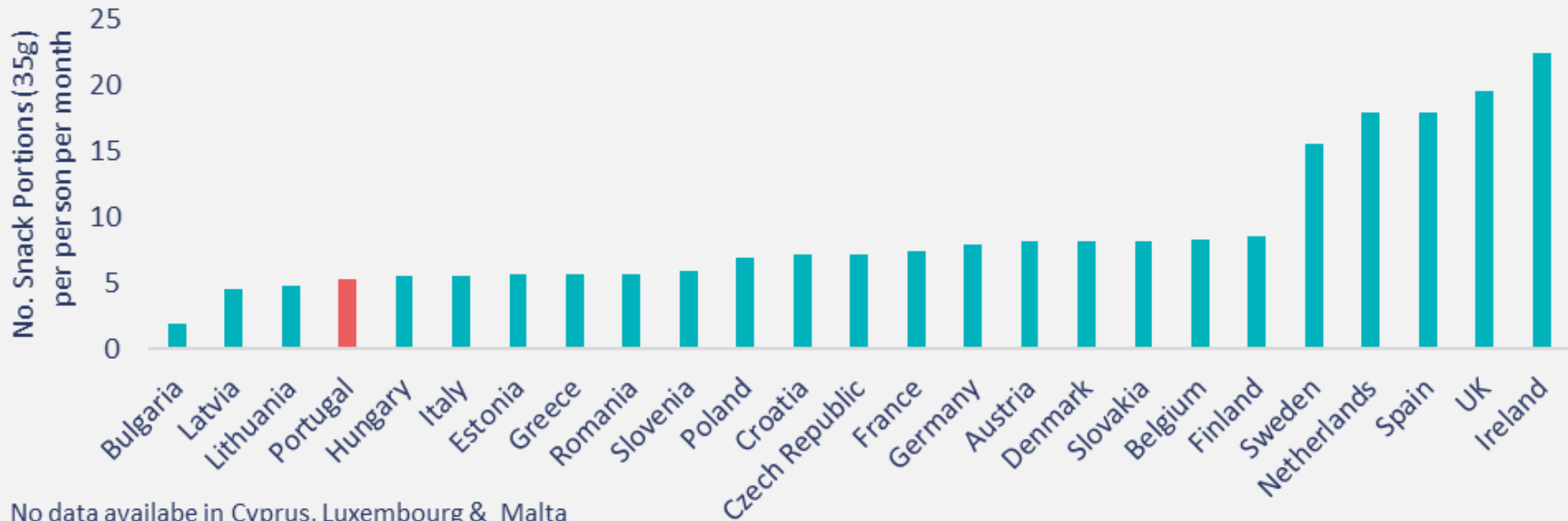
Confectionery Consumption/Sales for individuals living in EU Member Countries

Derived from: Euromonitor International, Packaged Food, 2016 edition



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## Sweet & Savoury Snack Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta

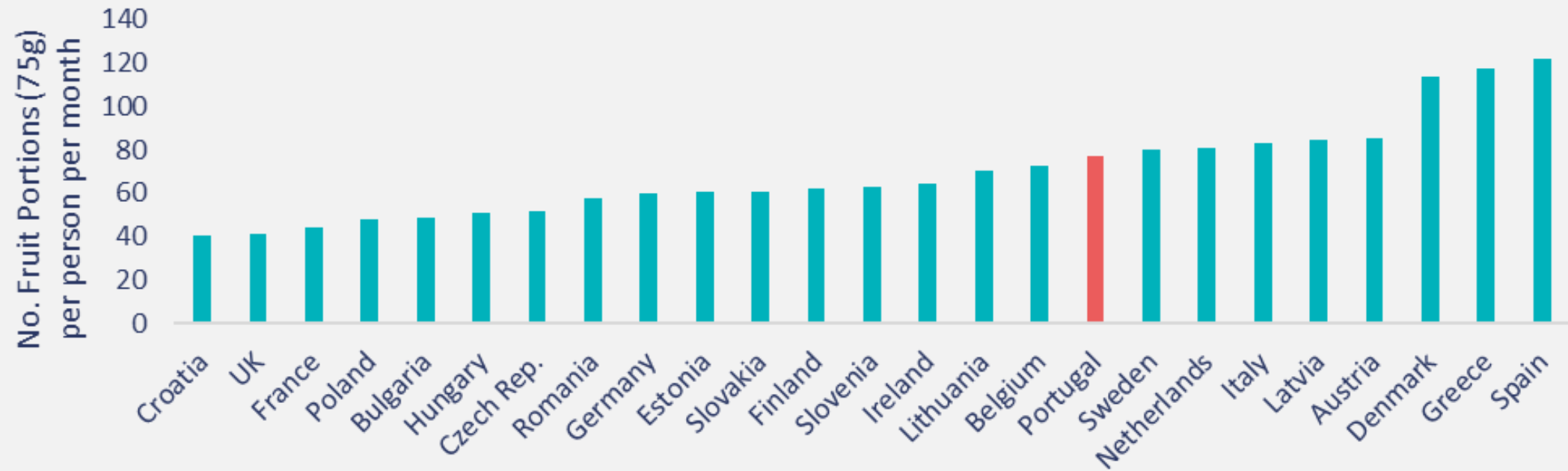
Sweet and Savoury Snacks Consumption/Sales for individuals living in EU Member Countries

Derived from: Euromonitor International, Packaged Food, 2016 edition



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## Fruit Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta

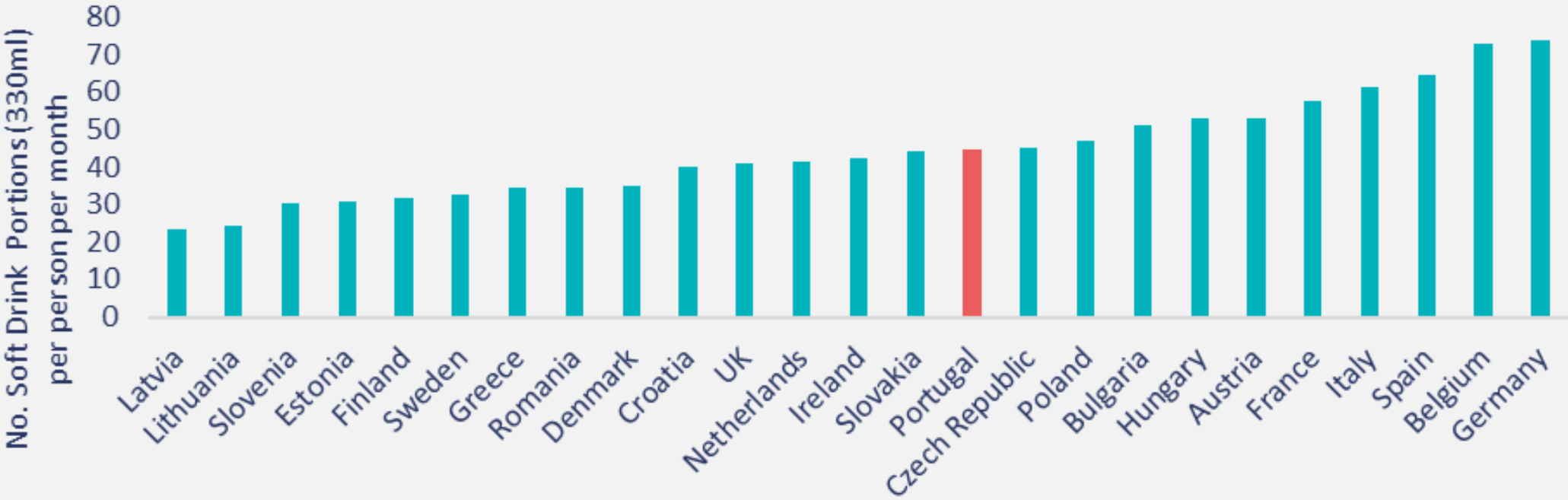
Fruit Consumption/Sales for individuals living in EU Member Countries

Derived from: Euromonitor International, Fresh Food, 2016 edition



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## Soft Drink Consumption/Sales for individuals living in EU Member Countries



No data available in Cyprus, Luxembourg & Malta  
Soft Drink Consumption/Sales for individuals living in EU Member Countries



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### Diabetes age-adjusted comparative prevalence [%] in adults living in EU Member Countries (2017)





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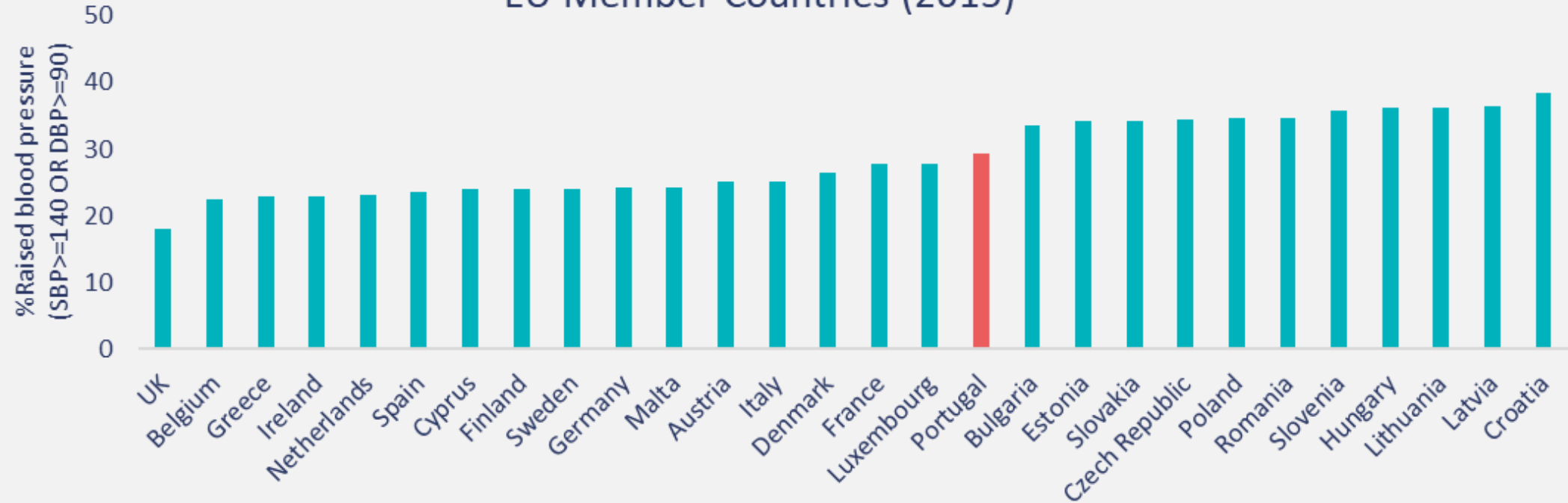
# % Raised total cholesterol in adults living in EU Member Countries





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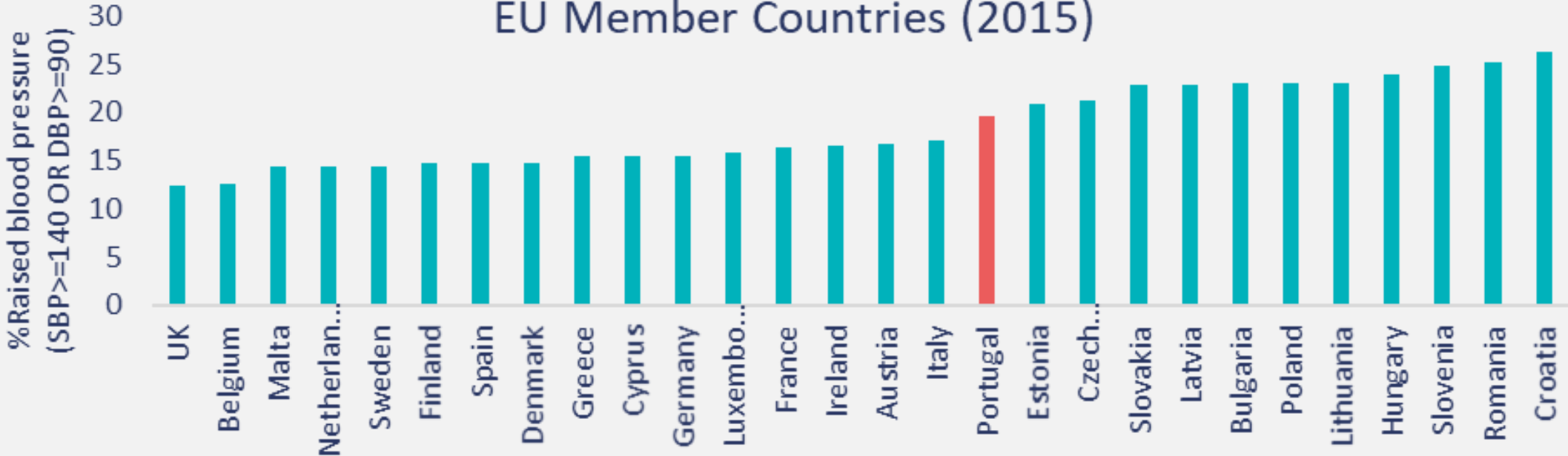
### % Raised blood pressure in males living in EU Member Countries (2015)





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### % Raised blood pressure in females living in EU Member Countries (2015)

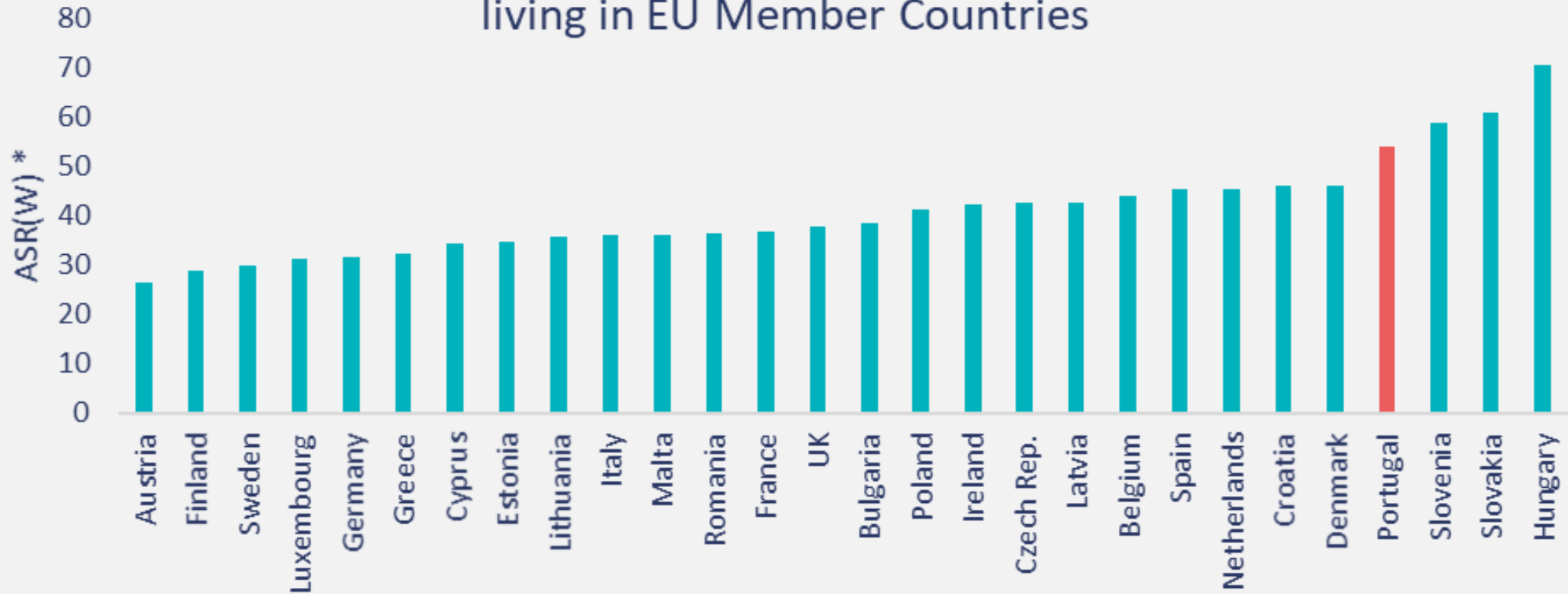






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## Colorectal Cancer incidence in males living in EU Member Countries



\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



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## Colorectal Cancer incidence in females living in EU Member Countries



\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



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## Breast Cancer incidence in females living in EU Member Countries



\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



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# Cancer of the Cervix Uteri incidence in females living in EU Member Countries

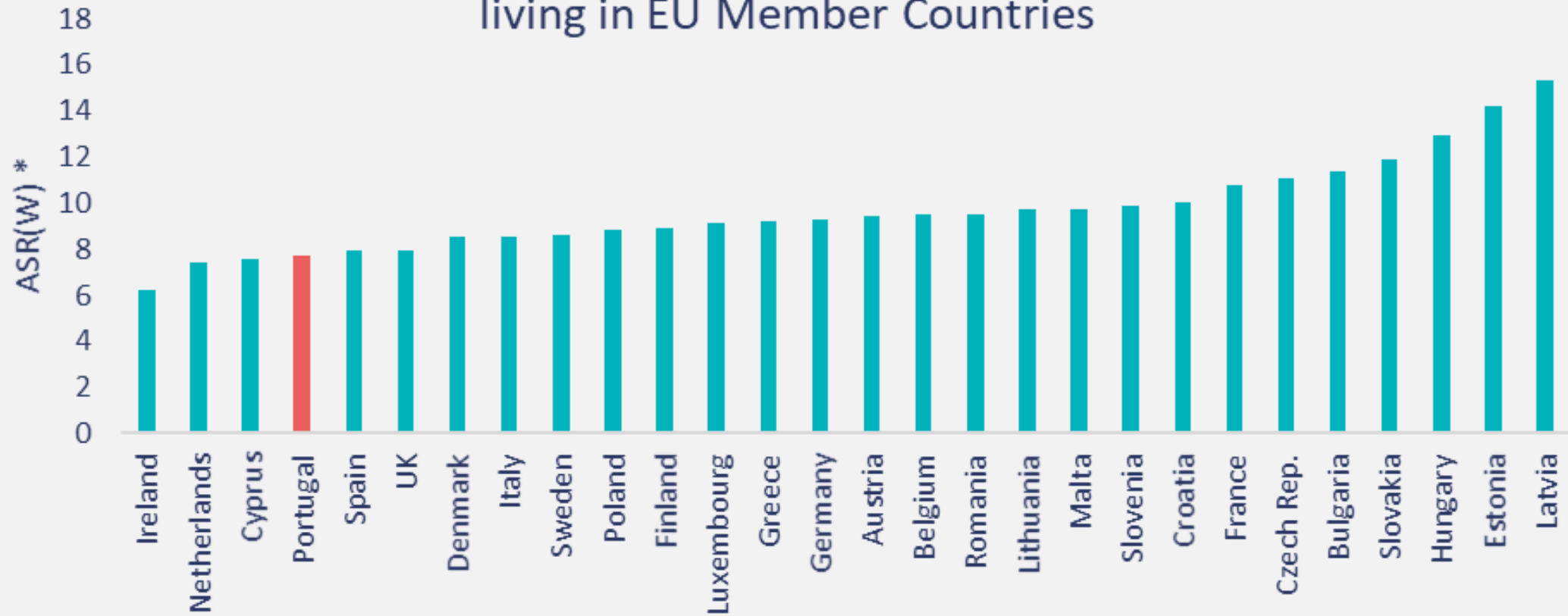


\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



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## Pancreatic Cancer incidence in males living in EU Member Countries

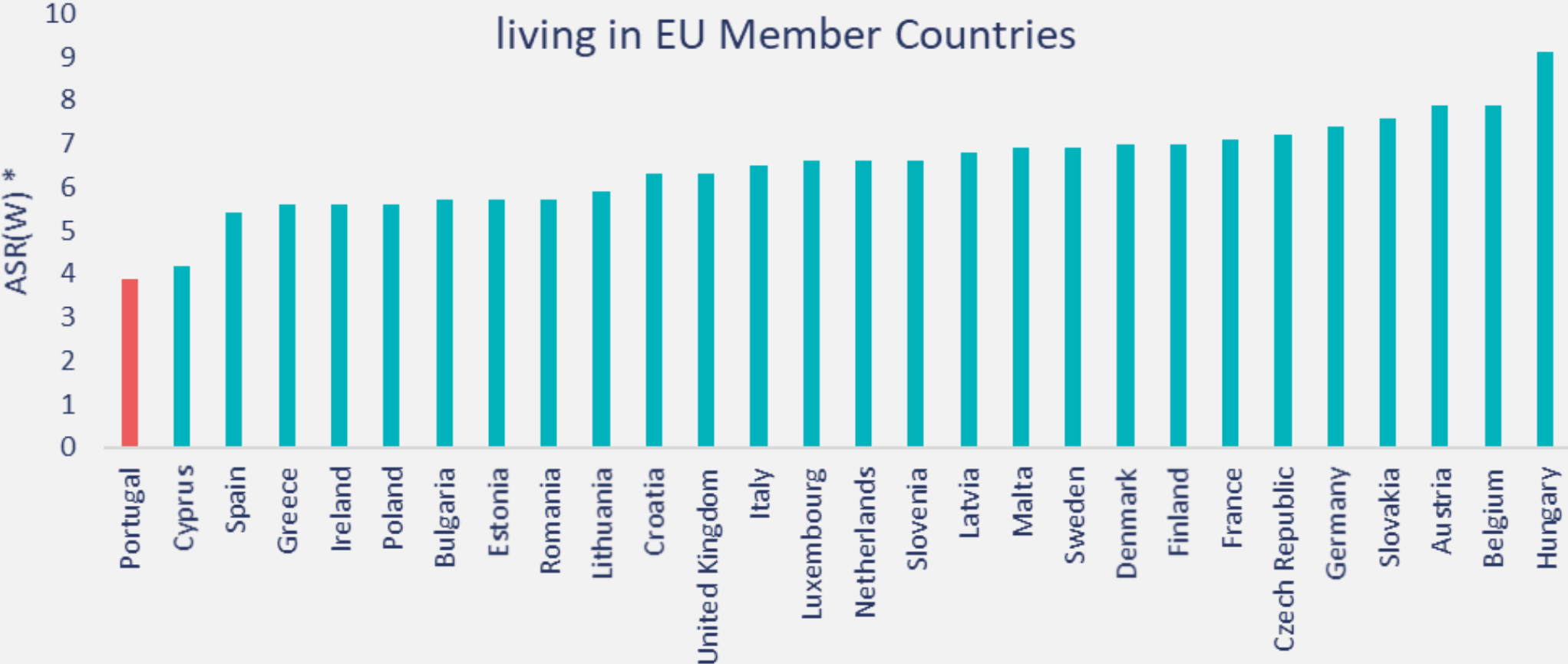


\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



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### Pancreatic Cancer incidence in females living in EU Member Countries



\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



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## Cancer of the Kidney incidence in males living in EU Member Countries



\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



## Cancer of the Kidney incidence in females living in EU Member Countries



\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000





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### Cancer of the Oesophagus incidence in males living in EU Member Countries

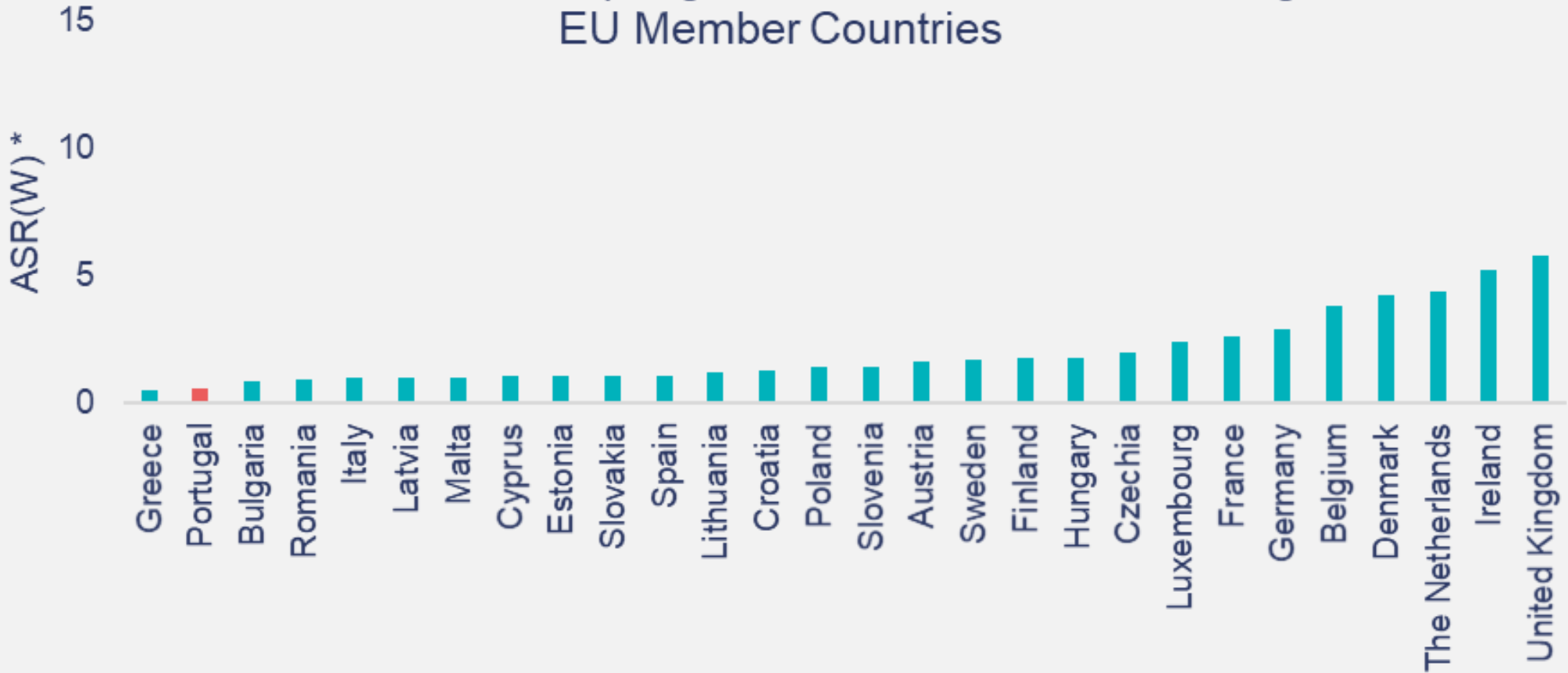


\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



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### Cancer of the Oesophagus incidence in Females living in EU Member Countries



\*ASR(W) Age Standardised Rate (to World Standard Population) expressed per 100,000



Actions Map	Select link below to view (right click to open hyperlink)
Obesity Related Policies or Interventions	<a href="#">Adults</a>
	<a href="#">Child</a>
	<a href="#">Adult &amp; Child</a>



Portugal

% Overweight & Obesity Maps	(select link below to view)	
Current Prevalence	<a href="#">Men</a> <a href="#">Boys</a>	<a href="#">Women</a> <a href="#">Girls</a>
By Age	<a href="#">Adult</a>	<a href="#">Child</a>
By Region	<a href="#">Adult</a>	<a href="#">Child</a>
By Educational Status	<a href="#">Adult</a>	<a href="#">Child</a>
By Socio-economic group	<a href="#">Adult</a>	Child n/a
Trend NB. To view the time period you are interested in you must choose a time period and click 'Change year' to update the map)	<a href="#">Men</a> <a href="#">Boys</a>	<a href="#">Women</a> <a href="#">Girls</a>

## Sources

Overweight & Obesity %	Data sources available at <a href="http://www.worldobesitydata.org">www.worldobesitydata.org</a>
EUROSTAT data	Eurostat Database: <a href="http://ec.europa.eu/eurostat">http://ec.europa.eu/eurostat</a>
HBSC data	Health Behaviour in School Aged Children (HBSC) <a href="http://www.hbsc.org/">http://www.hbsc.org/</a>
Population Estimates	UN Population Estimates, United Nations, <a href="http://esa.un.org/unpd/wpp/">http://esa.un.org/unpd/wpp/</a>
Diabetes estimates 2017	Reproduced with kind permission of IDF, International Diabetes Federation. IDF Diabetes Atlas, 8th edition. Brussels, Belgium: International Diabetes Federation, 2017. <a href="http://www.diabetesatlas.org">http://www.diabetesatlas.org</a>
Worldwide GINI Index	Worldwide GINI Index, <a href="https://data.worldbank.org/indicator/SI.POV.GINI?locations=AT">https://data.worldbank.org/indicator/SI.POV.GINI?locations=AT</a> (last accessed 11th November 2018)
Physical Inactivity estimates in adults	Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet Global Health. Vol 6 (10) PE1077-E1086, OCTOBER 01, 2018. <a href="https://www.thelancet.com/journals/langlo/article/PIIS2214-109X(18)30357-7/fulltext">https://www.thelancet.com/journals/langlo/article/PIIS2214-109X(18)30357-7/fulltext</a> . (This is an Open Access article published under the CC BY 3.0 IGO license which permits unrestricted use, distribution, and reproduction in any medium, WHO does not endorse any specific organisation, products or services.)
Physical Inactivity estimates in children	Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A893?lang=en">http://apps.who.int/gho/data/node.main.A893?lang=en</a>
Raised Fasting Glucose	Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A869?lang=en">http://apps.who.int/gho/data/node.main.A869?lang=en</a>
Raised BP	Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A875?lang=en">http://apps.who.int/gho/data/node.main.A875?lang=en</a>
Raised cholesterol	Global Health Observatory data repository, World Health Organisation, <a href="http://apps.who.int/gho/data/node.main.A884?lang=en">http://apps.who.int/gho/data/node.main.A884?lang=en</a>
Cancer incidence rates	Global Cancer Observatory, Cancer incidence rates <a href="http://gco.iarc.fr/">http://gco.iarc.fr/</a> (last accessed 28 <sup>th</sup> October 2018)
Euromonitor	All consumption/sales information are derived from Euromonitor International, Fresh Food, 2016 Edition.



Portugal



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