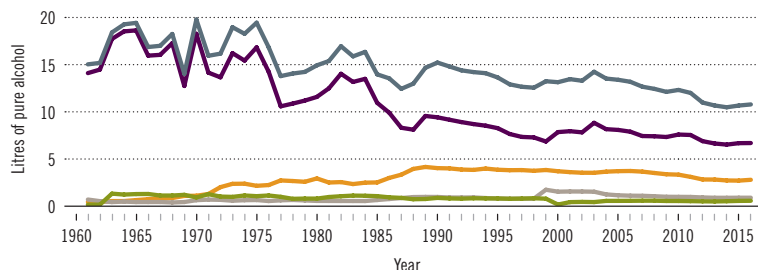


Portugal

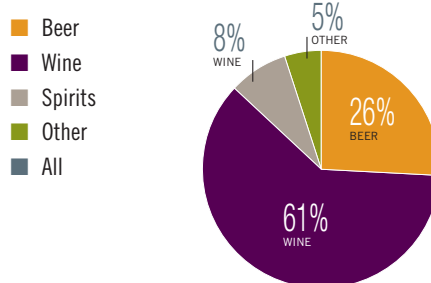
Total population (2016): 10 304 434 ▶ Population aged 15 years and older (15+): 86% ▶ Population in urban areas: 64% ▶ Income group (World Bank): High income

ALCOHOL CONSUMPTION: LEVELS AND PATTERNS

Recorded alcohol per capita (15+) consumption, 1961–2016



Recorded alcohol per capita (15+) consumption (in litres of pure alcohol) by type of alcoholic beverage, 2016 or latest year available



Alcohol per capita (15+) consumption (in litres of pure alcohol)

	2010*		2016*	
Recorded	12.1		10.6	
Unrecorded	1.9		2.1	
Total**	13.5		12.3	
Total males / females	21.9	5.9	20.5	5.1
WHO European Region	11.2		9.8	

* Three-year averages of recorded and unrecorded for 2009–2011 and 2015–2017; **adjusted for tourist consumption.

Total alcohol per capita (15+) consumption, drinkers only (in litres of pure alcohol), 2016

	Litres
Males (15+)	25.1
Females (15+)	8.7
Both sexes (15+)	17.8

Prevalence of heavy episodic drinking* (%), 2016

	Population (15+ years)	Drinkers only (15+ years)	Population (15–19 years)	Drinkers only (15–19 years)
Males	43.4	53.1	46.9	65.4
Females	11.9	20.3	12.8	28.9
Both sexes	26.6	38.4	29.9	51.5

* Consumed at least 60 grams or more of pure alcohol on at least one occasion in the past 30 days.

Abstainers (%), 2016

	Males	Females	Both sexes
Lifetime abstainers (15+)	6.0	18.4	12.6
Former drinkers* (15+)	12.4	23.3	18.2
Abstainers (15+), past 12 months	18.4	41.7	30.8

* Persons who used to drink alcoholic beverages but have not done so in the past 12 months.

HEALTH CONSEQUENCES: MORTALITY AND MORBIDITY

Age-standardized death rates (ASDR) and alcohol-attributable fractions (AAF), 2016

	ASDR*		AAF (%)		AAD** (Number)
Liver cirrhosis, males / females	18.6	4.1	78.8	63.0	1 049
Road traffic injuries, males / females	12.2	2.7	43.0	30.2	305
Cancer, males / females	227.3	108.8	9.8	4.2	2 132

* Per 100 000 population (15+); **alcohol-attributable deaths, both sexes.

Years of life lost (YLL) score*, 2016

LEAST < 1 2 **3** 4 5 > MOST

* Based on alcohol-attributable years of life lost.

Prevalence of alcohol use disorders and alcohol dependence (%), 2016*

	Alcohol use disorders**	Alcohol dependence
Males	11.0	4.9
Females	3.2	1.4
Both sexes	6.8	3.0
WHO European Region	8.8	3.7

* 12-month prevalence estimates (15+); **including alcohol dependence and harmful use of alcohol.

POLICIES AND INTERVENTIONS

Written national policy (adopted/revised) / National action plan	Yes (2000/2013) / Yes
Excise tax on beer / wine / spirits	Yes / No / Yes
National legal minimum age for off-premise sales of alcoholic beverages (beer / wine / spirits)	18 / 18 / 18
National legal minimum age for on-premise sales of alcoholic beverages (beer / wine / spirits)	18 / 18 / 18
Restrictions on on-/off-premise sales of alcoholic beverages (any):	
Hours, days / places, density	Yes, No / Yes, No
Specific events / intoxicated persons / petrol stations	Yes / Yes / Yes

National maximum legal blood alcohol concentration (BAC) when driving a vehicle (general / young / professional), in %	0.05 / 0.02 / 0.02
Legally binding regulations on alcohol advertising / product placement (any)	Yes / Yes
Legally binding regulations on alcohol sponsorship / sales promotion (any)	Yes / Yes
Legally required health warning labels on alcohol advertisements / containers (any)	Yes / Yes
National government support for community action (any)	Yes
National monitoring system(s) (any)	Yes