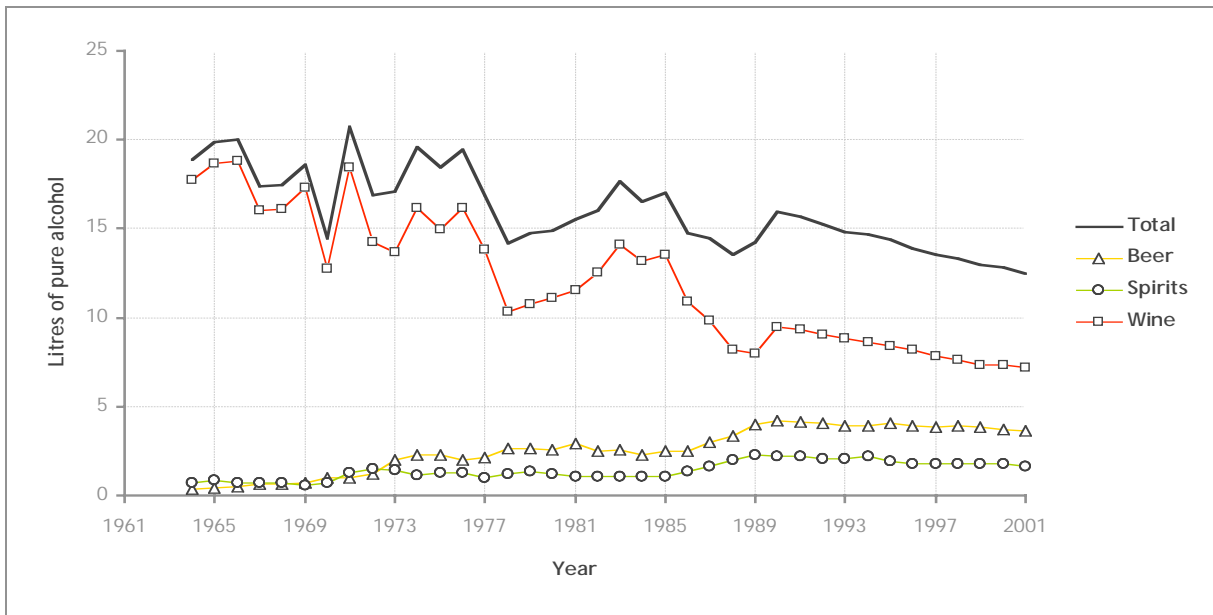


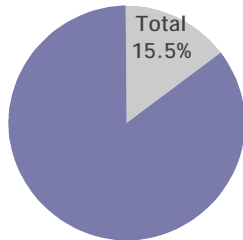
PORTUGAL

Recorded adult per capita consumption (age 15+)



Sources: FAO (Food and Agriculture Organization of the United Nations), World Drink Trends 2003

Last year abstainers



Male 7%

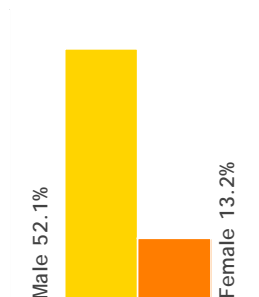
Female 24%

Estimates from key alcohol experts showing proportion of adult males and females who had been abstaining (last year before the survey). Data is for after year 1995.¹

According to a national survey conducted in 2003 (total sample size $n = 1000$; aged 15 years and over), the average number of drinks consumed per drinking day was 1.96.²

According to a representative survey in 1997, the proportion of abstainers (last 5 years) was 16.8% male and 48.8% female. Later representative surveys show that 24.2% of males and 40.0% of females are abstainers in Azores (1999; $n=55$), while 12.9% of males and 30.9% of females were abstainers in Madeira (2000; $n=600$).¹¹

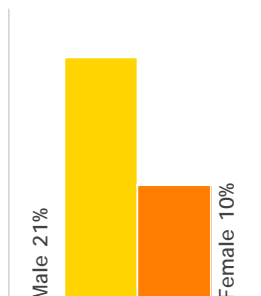
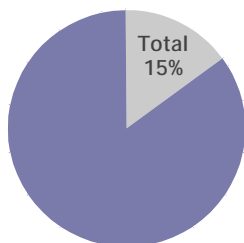
Frequent drinkers (focal point data)



WHO focal point data. Frequent drinking was defined as drinking on five or more days each week.³

According to a representative national survey in 1997, 52.1% of males and 13.2% of females drink on two or more days each week. Those aged 24-35 were most frequent drinkers (37.3% drinking 2-12 drinks a day).¹¹

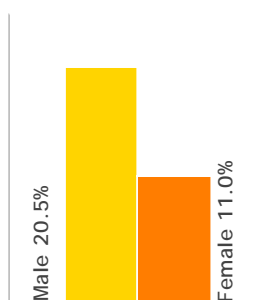
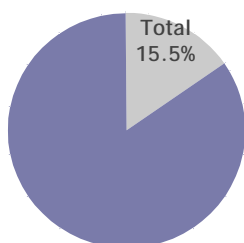
Youth drinking (alcohol consumers)



Data from the 1999 ESPAD survey. Total sample size $n = 3609$, males $n = 1672$ and females $n = 1937$; age group 15 to 16 years. Alcohol consumer was defined as lifetime use of 40 times or more.⁴

According to a representative national survey in 1997, 34.6% of young people (aged 15-24) did not drink.¹¹

Youth drinking (drink at least weekly)

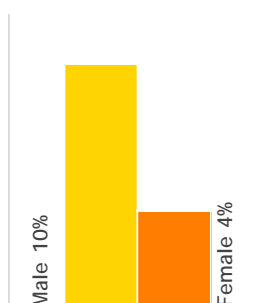
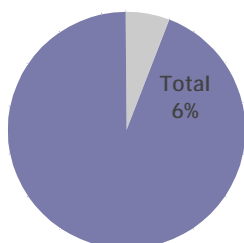


HBSC survey 2001/2002. Data shows proportion of 15-year-olds who report drinking beer, wine or spirits at least weekly. Total sample size $n = 802$.⁵

According to the 1997/1998 HBSC survey (total sample size $n = 1245$), 29% of 15-year-old boys and 9% of 15-year-old girls reported drinking beer, wine or spirits at least weekly.⁶

According to a representative national survey in 1997, 12.5% of young people (aged 15-24) drank alcohol every day and a further 18.5% two-three times a week. In a later survey with representative samples from Azores ($n=550$, 1999) and Madeira ($n=600$, 2000), 4.6% of young people (15-17) drank 1-9 units per week (15-17 year olds, Azores), and 5.4% drank 2-6 drinks per day (15-19 year olds).¹¹

Youth drinking (binge drinkers)



Data from the 1999 ESPAD survey. Total sample size $n = 3609$, males $n = 1672$ and females $n = 1937$; age group 15 to 16 years. Binge drinking was defined as consuming five or more drinks in a row three times or more in the last 30 days.⁴

Youth drinking (drunkenness)

According to the 2001/2002 HBSC survey (total sample size $n = 802$), the proportion of 15-year-olds who reported ever having been drunk two or more times was 25.5% for boys and 18.9% for girls.⁵

In the 1999 ESPAD study of subjects 15 to 16 years old (total sample size $n = 3609$; males $n = 1672$ and females $n = 1937$) the proportion of subjects who reported being drunk three times or more in the last 30 days was 4% (total), 6% (males) and 2% (females).⁴

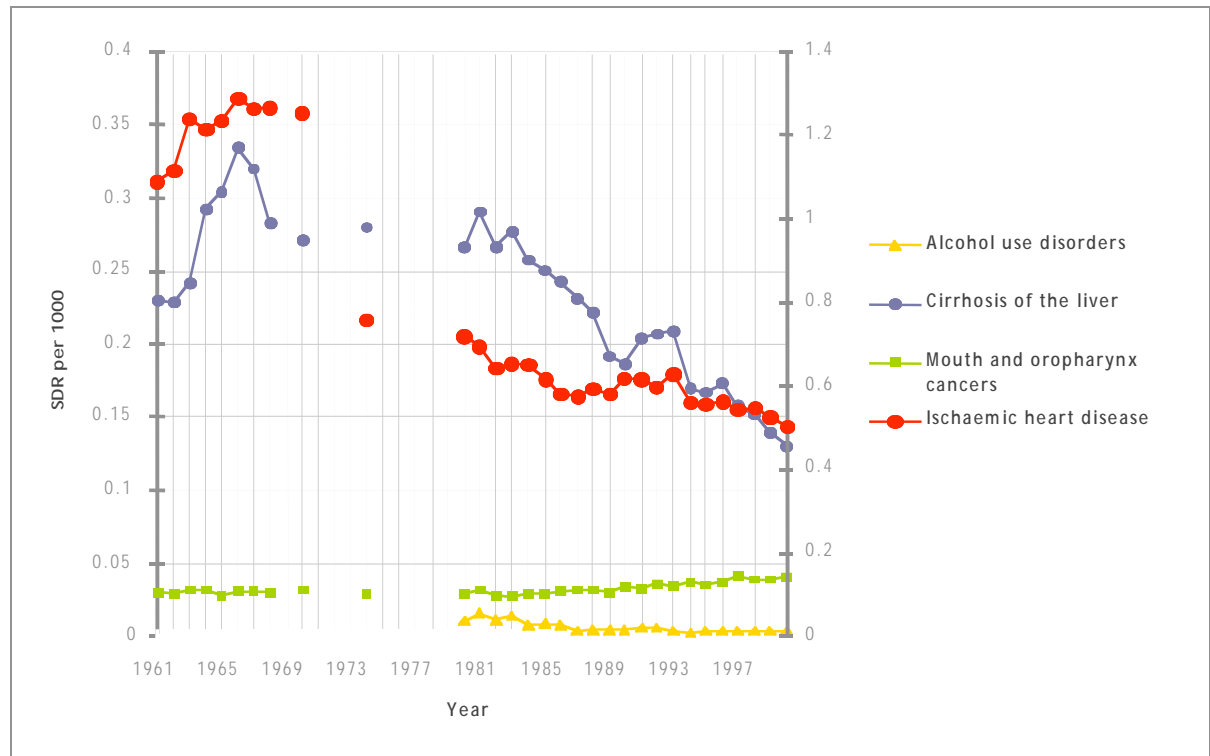
Unrecorded alcohol consumption

The unrecorded alcohol consumption in Portugal is estimated to be 1.0 litre pure alcohol per capita for population older than 15 for the years after 1995 (estimated by a group of key alcohol experts).¹

Mortality rates from selected death causes where alcohol is one of the underlying risk factors

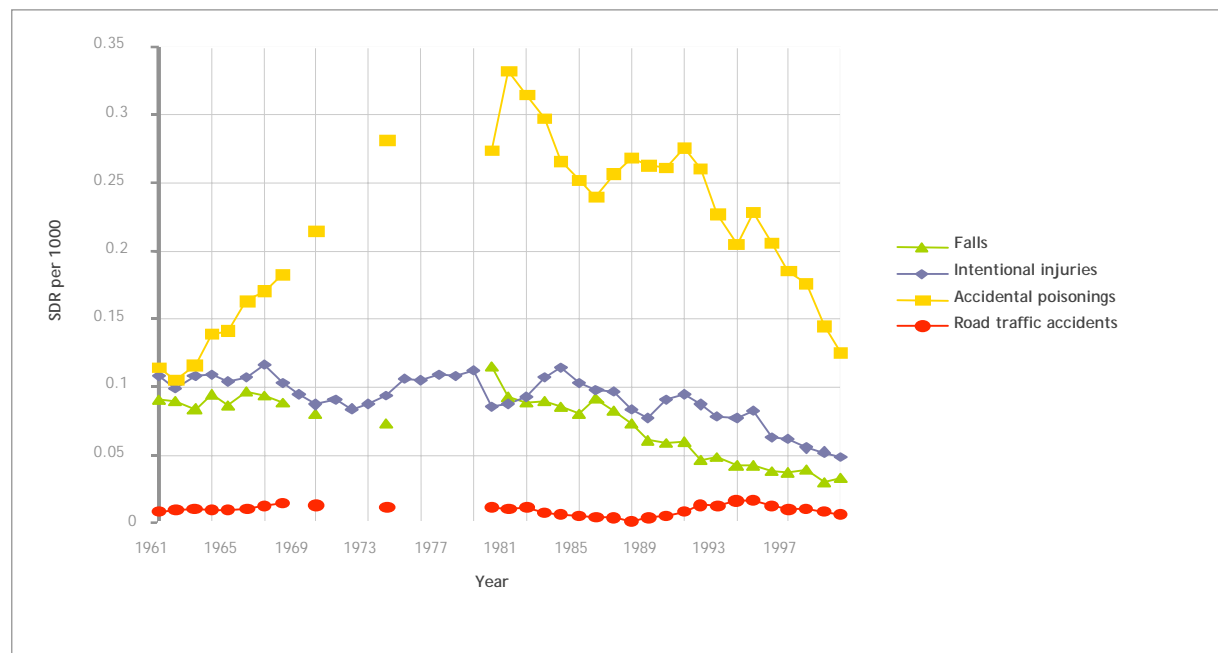
The data represent all the deaths occurring in a country irrespective of whether alcohol was a direct or indirect contributor.

Chronic mortality



Note: Chronic mortality time-series measured on two axes, ischaemic heart disease on right axis and the other causes on the left.

Acute mortality



Source: WHO Mortality Database

Morbidity, health and social problems from alcohol use

A time series analysis study conducted for the period 1950–1995 found that total alcohol sales was positively and statistically significantly associated with the homicide rate in Portugal.⁷

An analysis of regional (18 regions) and temporal (1931–1989) covariation on suicide rates and indicators of alcohol use and abuse in Portugal reported that an increase in per capita alcohol consumption of one litre is accompanied by a simultaneous increase in the male suicide rate of 1.9%.⁸

The SDR per 100 000 population for chronic liver disease and cirrhosis was 17.51 in 1999 and 16.03 in 2000.⁹

The number of alcohol-related road traffic accidents per 100 000 population was 17.76 in 1997 and 21.84 in 1999.⁹

Economic and social costs

A study concluded that in 1995 alcohol misuse imposed a burden of €434 million on the Portuguese economy, representing 0.6% of Gross Domestic Product and a per capita cost estimate of €52.¹⁰

Country background information

| | | | | |
|---|------------|---|--------|--------|
| Total population 2003 | 10 062 000 | Life expectancy at birth (2002) | Male | 73.6 |
| Adult (15+) | 8 351 460 | | Female | 80.5 |
| % under 15 | 17 | Probability of dying under age 5 per 1000 (2002) | Male | 7 |
| Population distribution 2001 (%) | | | Female | 5 |
| Urban | 66 | Gross National Income per capita 2002 | US\$ | 10 840 |
| Rural | 34 | | | |

Sources: Population and Statistics Division of the United Nations Secretariat, World Bank World Development Indicators database, The World Health Report 2004

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