

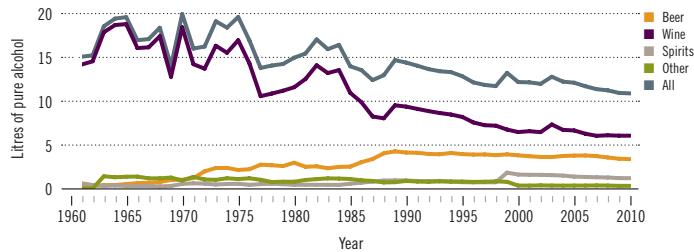
# Portugal

Total population: 10 590 000 > Population aged 15 years and older (15+): 85% > Population in urban areas: 61% > Income group (World Bank): High income

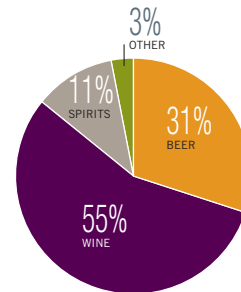
## ALCOHOL CONSUMPTION: LEVELS AND PATTERNS

Recorded alcohol per capita (15+) consumption, 1961–2010

Data refer to litres of pure alcohol per capita (15+).



Recorded alcohol per capita (15+) consumption (in litres of pure alcohol) by type of alcoholic beverage, 2010



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

	Average 2003–2005	Average 2008–2010	Change
Recorded	12.3	11.0	↘
Unrecorded	2.1	1.9	→
<b>Total</b>	<b>14.4</b>	<b>12.9</b>	↘
Total males / females		18.7 / 7.6	
WHO European Region	11.9	10.9	

Total alcohol per capita (15+) consumption, drinkers only (in litres of pure alcohol), 2010

Males (15+)	27.1
Females (15+)	16.4
Both sexes (15+)	22.6

Prevalence of heavy episodic drinking\* (%), 2010

	Population	Drinkers only
Males (15+)	30.1	43.6
Females (15+)	11.5	24.9
Both sexes (15+)	20.4	35.8

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

Abstainers (%), 2010

	Males	Females	Both sexes
Lifetime abstainers (15+)	12.6	31.7	22.5
Former drinkers* (15+)	18.3	22.4	20.4
Abstainers (15+), past 12 months	30.9	54.0	43.0

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

Patterns of drinking score, 2010

LEAST RISKY < 1 2 3 4 5 > MOST RISKY

## HEALTH CONSEQUENCES: MORTALITY AND MORBIDITY

Age-standardized death rates (ASDR) and alcohol-attributable fractions (AAF), 2012

	ASDR*		AAF (%)	
Liver cirrhosis, males / females	20.0	4.1	72.6	69.3
Road traffic accidents, males / females	17.2	4.8	19.9	7.3

\*Per 100 000 population (15+).

Years of life lost (YLL) score\*, 2012

LEAST < 1 2 3 4 5 > MOST

\*Based on alcohol-attributable years of life lost.

Prevalence of alcohol use disorders and alcohol dependence (%), 2010\*

	Alcohol use disorders**	Alcohol dependence
Males	9.2	4.9
Females	2.6	1.4
Both sexes	5.8	3.1
WHO European Region	7.5	4.0

\*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 (2000/2010) / Yes
Excise tax on beer / wine / spirits	Yes / No / Yes
National legal minimum age for off-premise sales of alcoholic beverages (beer / wine / spirits)	16 / 16 / 16
National legal minimum age for on-premise sales of alcoholic beverages (beer / wine / spirits)	16 / 16 / 16
Restrictions on on-/off-premise sales of alcoholic beverages: Hours, days / places, density Specific events / intoxicated persons / petrol stations	No, No / Yes, No Yes / Yes / No

National maximum legal blood alcohol concentration (BAC) when driving a vehicle (general / young / professional), in %	0.05 / 0.05 / 0.05
Legally binding regulations on alcohol advertising / product placement	Yes / Yes
Legally binding regulations on alcohol sponsorship / sales promotion	Yes / Yes
Legally required health warning labels on alcohol advertisements / containers	No / No
National government support for community action	Yes
National monitoring system(s)	Yes