

# Portugal

Total population: 10 350 000

Income group: High

## Mortality

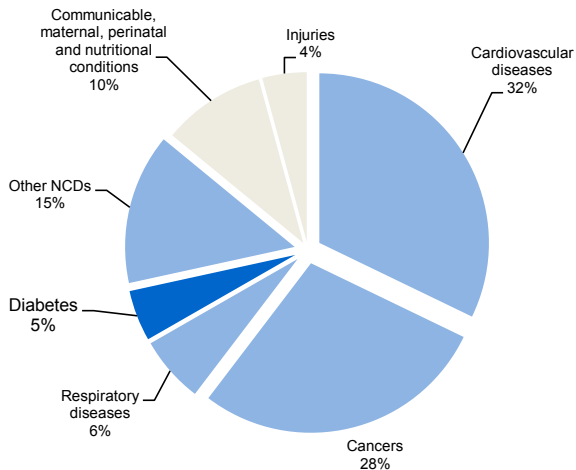
### Number of diabetes deaths

	males	females
ages 30–69	410	250
ages 70+	1 670	2 360

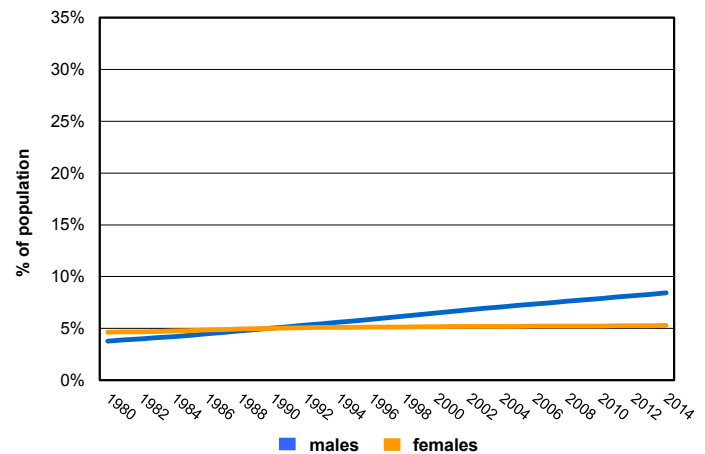
### Number of deaths attributable to high blood glucose

	males	females
ages 30–69	690	330
ages 70+	2 290	3 460

## Proportional mortality (% of total deaths, all ages)



## Trends in age-standardized prevalence of diabetes



## Prevalence of diabetes and related risk factors

	males	females	total
Diabetes	10.7%	7.8%	9.2%
Overweight	65.0%	55.0%	59.8%
Obesity	21.4%	22.8%	22.1%
Physical inactivity	33.5%	40.8%	37.3%

## National response to diabetes

### Policies, guidelines and monitoring

Operational policy/strategy/action plan for diabetes	Yes
Operational policy/strategy/action plan to reduce overweight and obesity	Yes
Operational policy/strategy/action plan to reduce physical inactivity	DK
Evidence-based national diabetes guidelines/protocols/standards	Available and partially implemented
Standard criteria for referral of patients from primary care to higher level of care	Available and partially implemented
Diabetes registry	Yes
Recent national risk factor survey in which blood glucose was measured	Yes

## Availability of medicines, basic technologies and procedures in the public health sector

### Medicines in primary care facilities

Insulin	●
Metformin	●
Sulphonylurea	●

### Procedures

Retinal photocoagulation	●
Renal replacement therapy by dialysis	●
Renal replacement therapy by transplantation	DK

### Basic technologies in primary care facilities

Blood glucose measurement	●
Oral glucose tolerance test	●
HbA1c test	●
Dilated fundus examination	●
Foot vibration perception by tuning fork	●
Foot vascular status by Doppler	●
Urine strips for glucose and ketone measurement	●

DK = country responded "don't know"

○ = not generally available ● = generally available