

Nutrition and Physical
Activity
Portugal

National Health Plan

- A guide for action in 2003
- Defined priorities in the framework of health programs...
- Minimum action for health gains and efficiency...
- Definition of new strategic guidelines for the health sector
- To be developed during 2003 having in mind 10 y scope

Increasing Health Gains

- Focused on plans, programs and projects in existence
- Remains open to proposal of new national interventions
- Efforts to reduce burden of disease and associated risk
- National Programs of Intervention
- Designed to work on a horizontal manner....

Investing in Health Gains - Health Determinants

- Alcohol Consumption
- Food
- Tobacco consumption

Present situation - Lifestyles

- Low priority to health promotion
- Nutritional problems
- Insufficient physical activity

Required Interventions

- Strengthening of health promotion
- Healthy nutrition
- Required physical activity
- Alcohol ???!

National Programs

Integrated Intervention Program on Health Determinants Related to Lifestyles - tobacco, alcohol, food and physical activity

Vital Cycle

- Pregnant women and children
- Young People
- Adult
- Elderly

Diseases and Illnesses

- Cancer
- Diseases of the circulatory system
- Other chronic-degenerative diseases

Institutional Groups

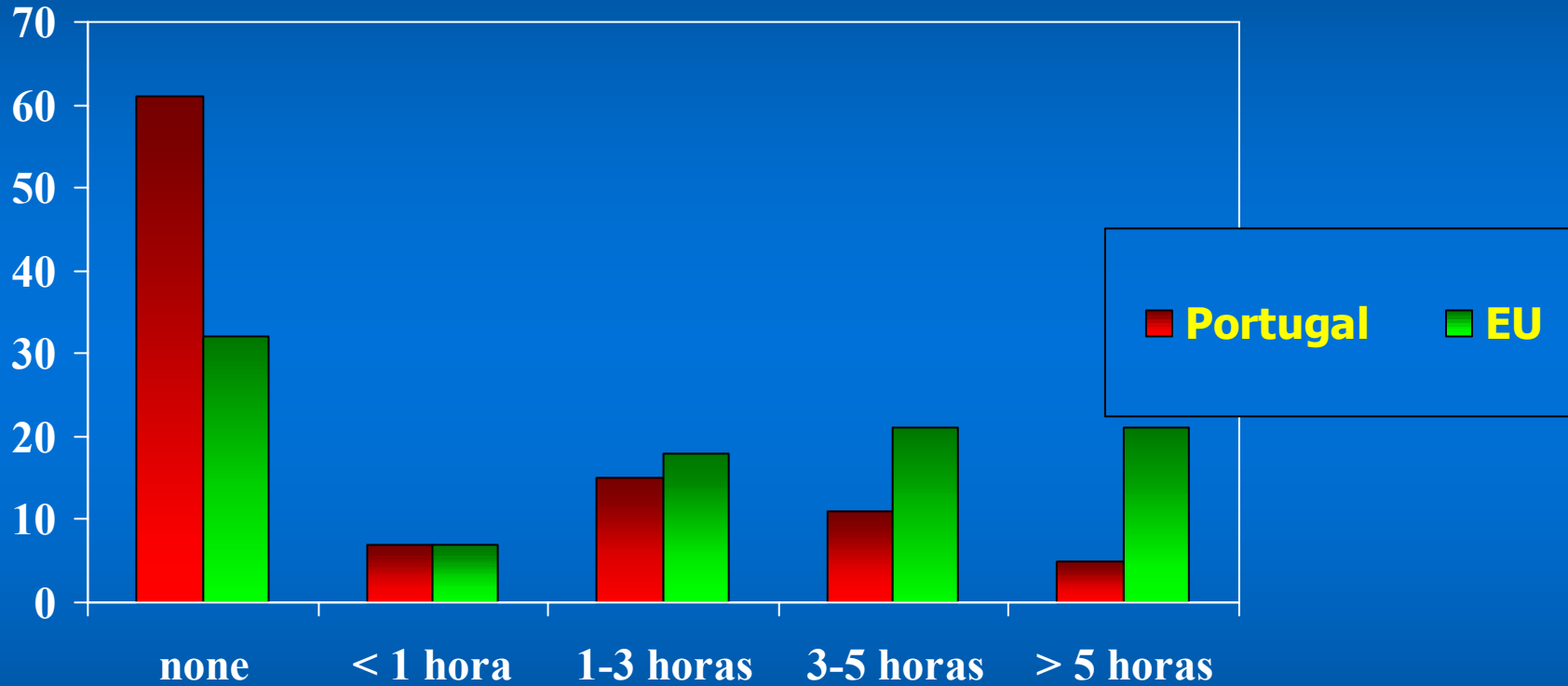
- Schools
- Workplace
- Prisons

Eurodiet - dietary factors # inactive lifestyles

- between 30-40% cancers
- at least 1/3 of premature dead from CVD
- pan-European epidemic in obesity and overweight
- maturity onset diabetes mellitus
- osteoporosis and its consequences

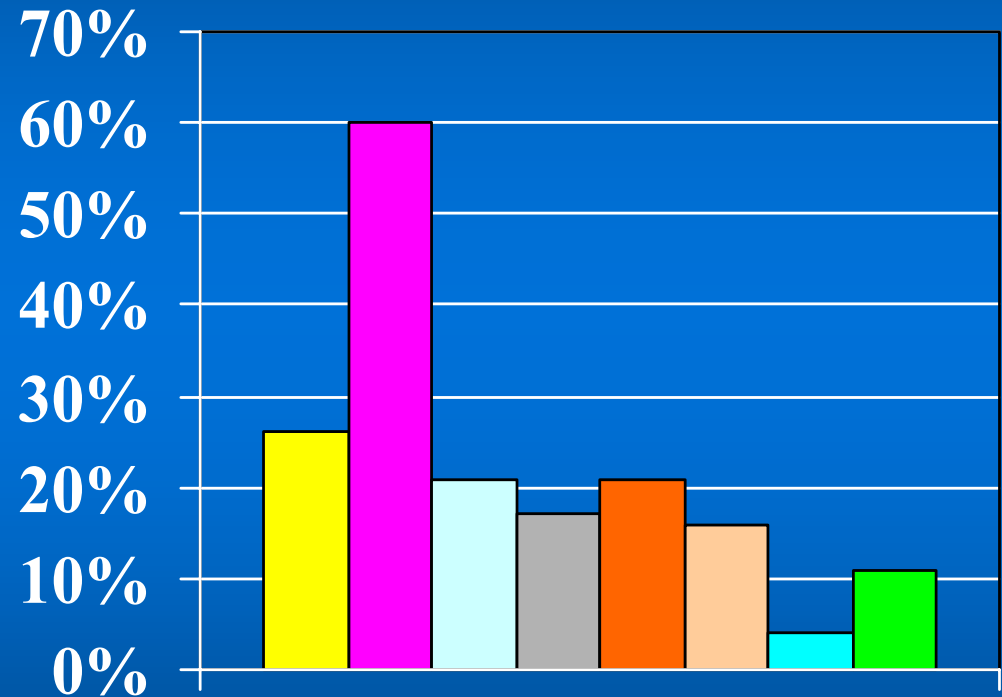
Nº Hours spent on physical activity

Pan-EU Survey,
(European Commission, 1999)



Perception of the factors that more influence health (A Pan-EU Survey, European Commission, 1999)

Only 11% of the Portuguese consider physical activity as a factor that influences seriously health



Regular Physical exercise

1999, INS, 98/99

1 day per week	- 2,9%
2 days per week	- 3,4%
3 days per week	- 1,6%
4 days per week	- 0,5%
5 days per week	- 0,5%
6 days per week	- 0,2%
7 days per week	- 0,7%
Total	- 9,9%

Effort level in daily activity

Population 15 e + anos, Continente - INS 98/99

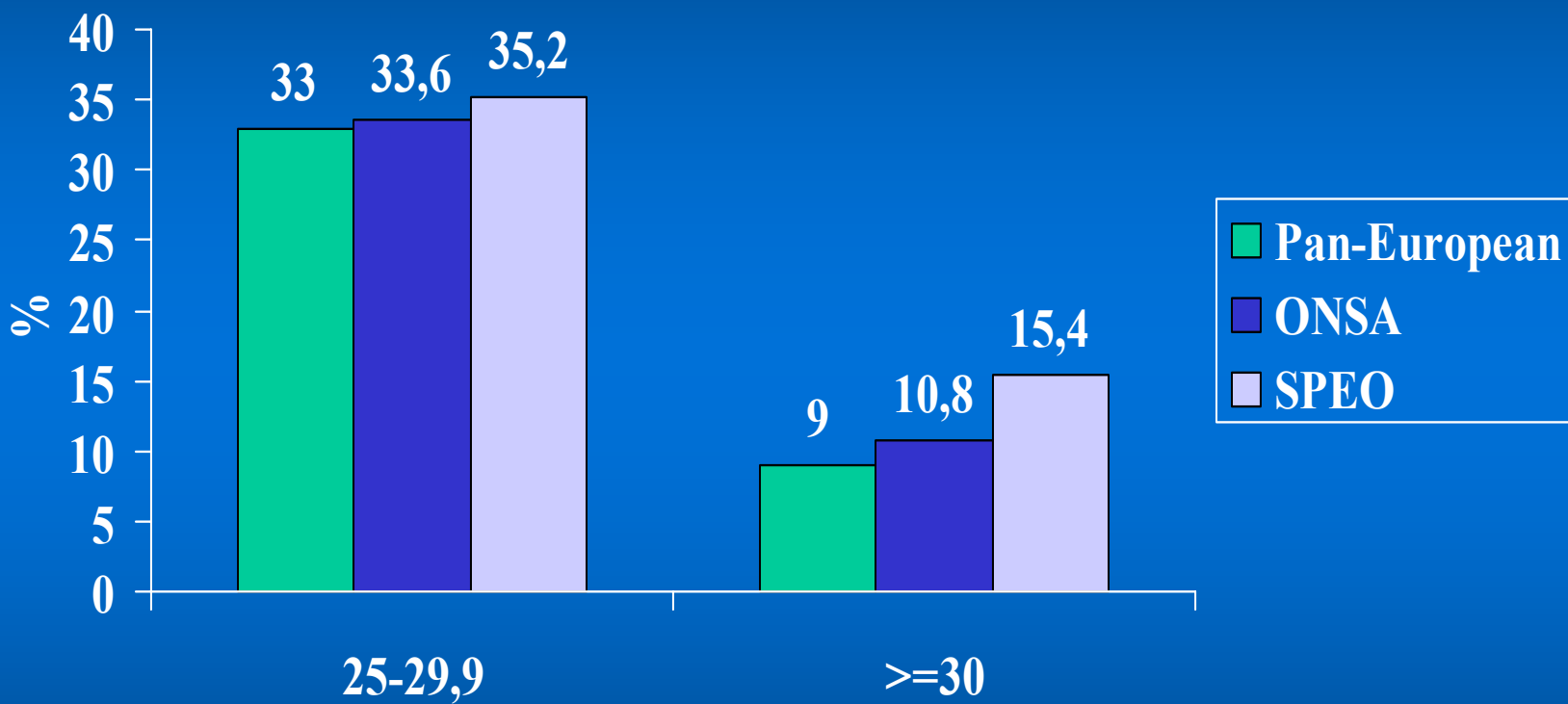
Sited or walking slowly - 33%

Stay up or waking without carrying objects - 49%

Rise and transport items, up and down stairs - 11%

Heavy physical work - 9%

Overweight and Obesity in Portugal - IMC



Obesity costs in Portugal (João Pereira et al. 96)

- Outpatient costs: 65 m Euro
- Inpatient costs: 70 m Euro
- Medication: 100 m Euro
- Total: 235 m Euro

INTEGRATED INTERVENTION PROGRAM

- Tobacco
- Food
- Alcohol
- Physical activity
- Overweight and obesity

Chronic non-communicable diseases primary prevention

- Integrated approach of risk and protection - lifestyles
- Approach along the life cycle
- Evidence Based
- Culturally and regionally comprehensive
- Based on comprehensive and diversified health promotion and healthy lifestyles strategies

Program Design I

- Evidence based and in the recognition of real life
- “Benchmarking” - models of good practice
- Health determinants integrated approach
- Intersectorial and interdisciplinary approach and participation

Program Design II

- **Centred in community work supported by regional and national initiatives (leadership)**
- **Life cycle based interventions**
- **Focus on specific environments - schools, workplace, local community**
- **Equity - positive discrimination**

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