

Infographic

Hypertension

Population living in Portugal in 2015 25-74 years

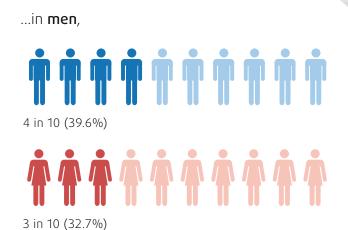


INSA has developed in 2015 the first national HES (INSEF) to collect epidemiological information on the health state, health determinants and healthcare of the Portuguese population.

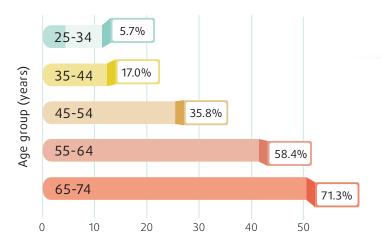
2.4 million Portuguese (36,0%) had hypertension

(measured Systolic Blood Pressure ≥ 140 mmHg or measured Diastolic Blood Pressure ≥ 90 mmHg or reporting taking antihypertensive medication two weeks before the interview)

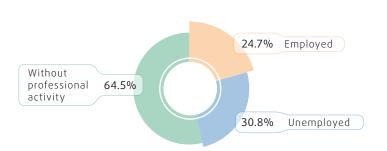
Hypertension was more frequent...



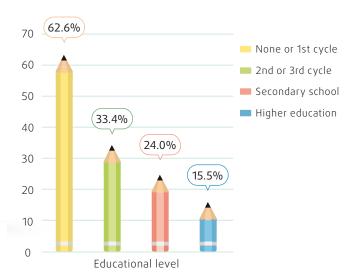
...in the age group 65-74 years,



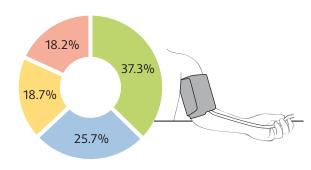
...among persons without professional activity,



...and in the persons with lower educational level.



Considering only the measured blood pressure values, **more than a third** (37.3%) of the Portuguese had **optimal values**.



Optimal: systolic <120 and diastolic <80 mmHq</p>

Normal: systolic 120-129 and/or diastolic 80-84 mmHg

Normal High: systolic 130-139 and/or diastolic 85-89 mmHg

Hypertension: systolic ≥140 and/or diastolic ≥90 mmHq

Source: http://hdl.handle.net/10400.18/4115

For more information: www.insef.pt







