



Sun exposure

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.

4.7 million people living in Portugal (71.8%) have reported to spend more than one hour outside without being under any shadow between 10 in the morning and 4 in the afternoon in a summer day in their free time

Sun exposure was more frequent...

...in men,

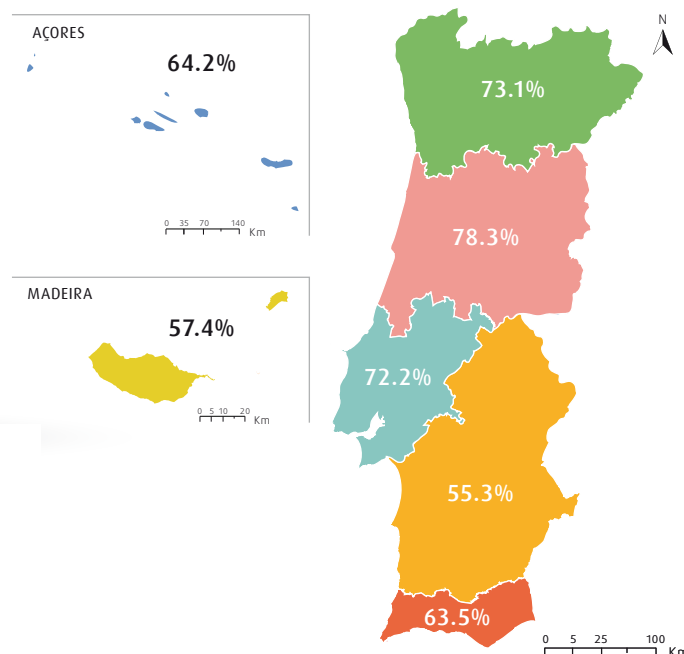


7,5 in 10 (76.4%)

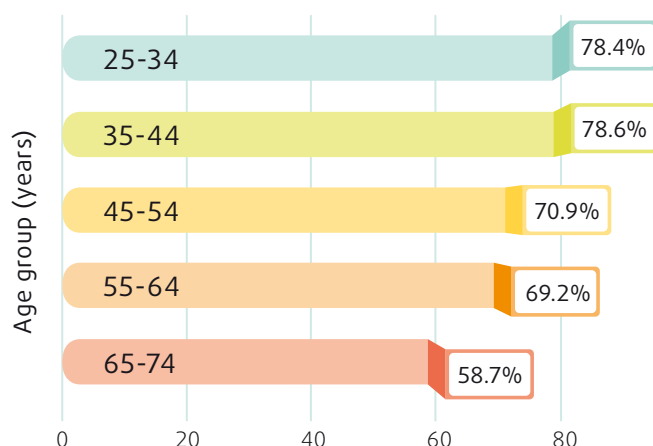


6.5 in 10 (67.6%)

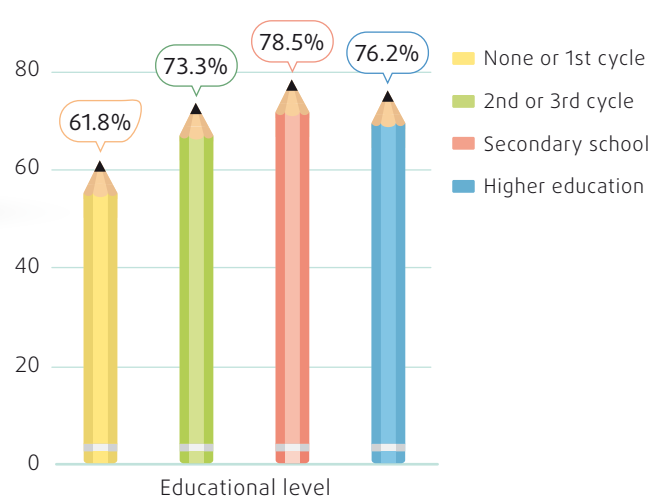
...in the Center region,



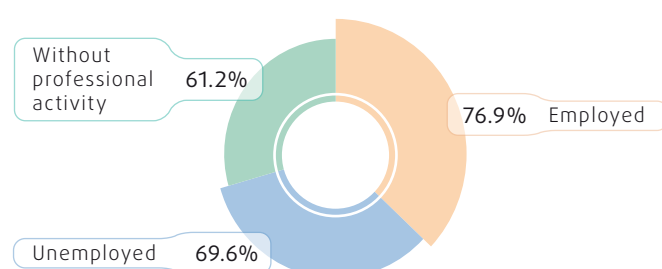
...in the age group 35-44 years,



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



...among employed persons,



Source: INSA, Inquérito Nacional de Saúde com Exame Físico 2015.

For more information:
www.insef.pt