



# Infographic

## Cardiovascular risk

Population living in Portugal in 2015  
40-65 years



Inquérito Nacional de Saúde com Exame Físico 2015-2016

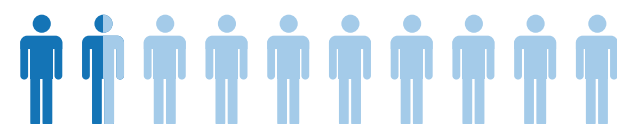
INSA has developed in 2015 the first national HES (INSEF) to collect epidemiological information on the health state, health determinants and healthcare of the Portuguese population.

**443 thousand people living in Portugal** aged 40 to 65 years (11.9%)  
presented a very high cardiovascular risk

(risk of fatal events due to cardiovascular disease in the next 10 years, obtained using the SCORE algorithm\*)

**Very high cardiovascular risk was more frequent...**

...in men,

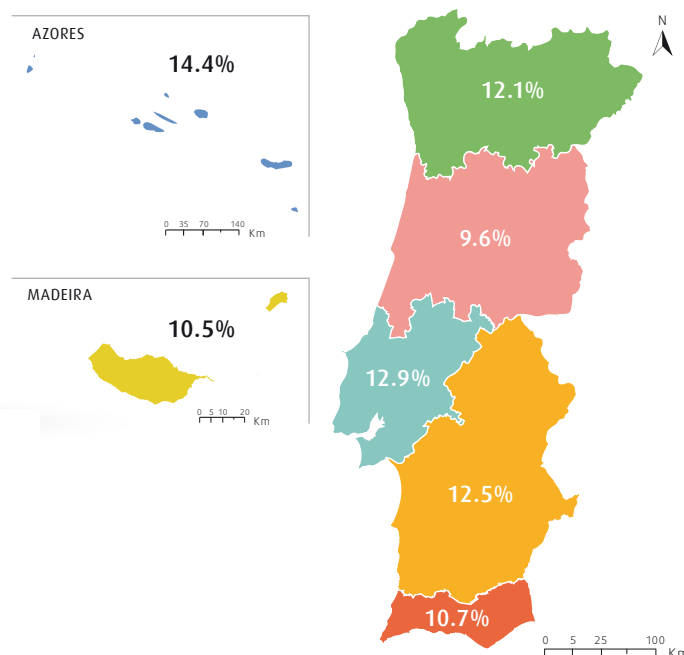


1.5 in 10 (15.6%)

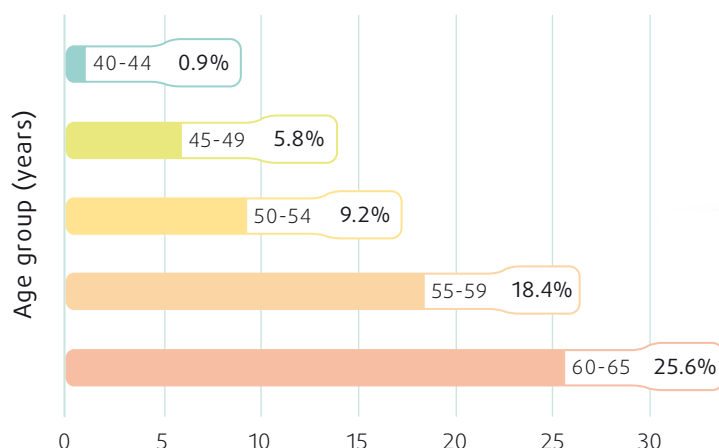


0.9 in 10 (8.6%)

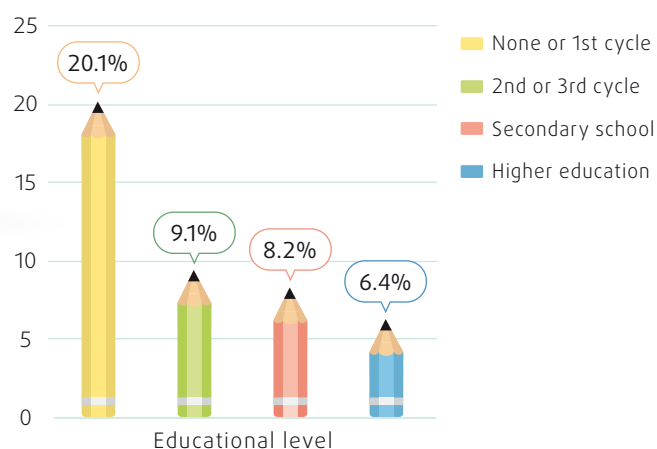
...in the **Autonomous Region of Azores**,



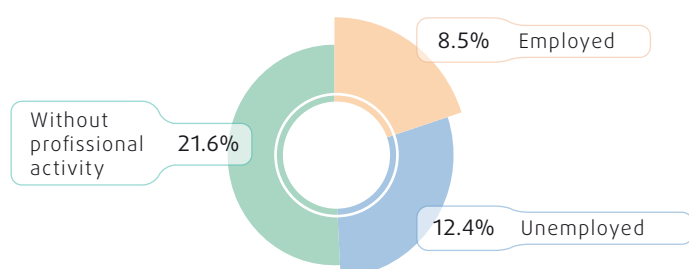
...in the age group of **60-65 years**,



...and in the persons **with less educational level**.



...in the persons **without professional activity**,



\* Conroy RM, Pyörälä K, Fitzgerald AP, et al. Estimation of ten-year risk of fatal cardiovascular disease in Europe: the SCORE project. *European Heart Journal* 2003; 24:987-1003.

Source: INSA, Inquérito Nacional de Saúde com Exame Físico 2015. For more information: [www.insef.pt](http://www.insef.pt)