

Vodiči Portugalsko

High income



Report cards

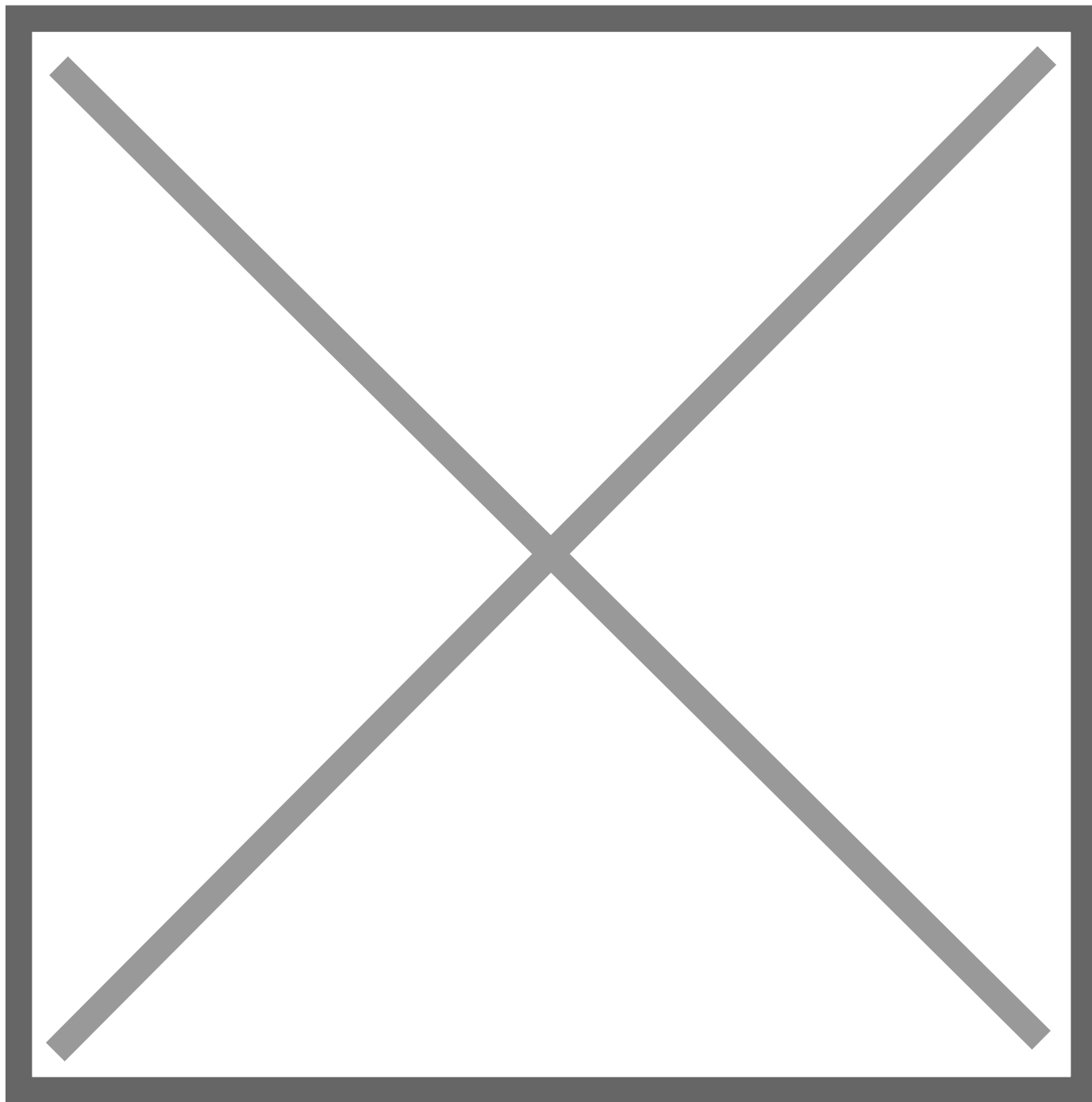
Our report cards collate all the most-recent graphics for this country. If you would like to produce a custom report based on selected graphics, just tap the Add to custom PDF button below the graphics you would like to use.

[Report card \(adult data\)](#)

[Report card \(child data\)](#)

Nedostatočná fyzická aktivita

Dospelí, 2022



**Typ
prieskumu:**

Vlastné hlásenie

Vek:

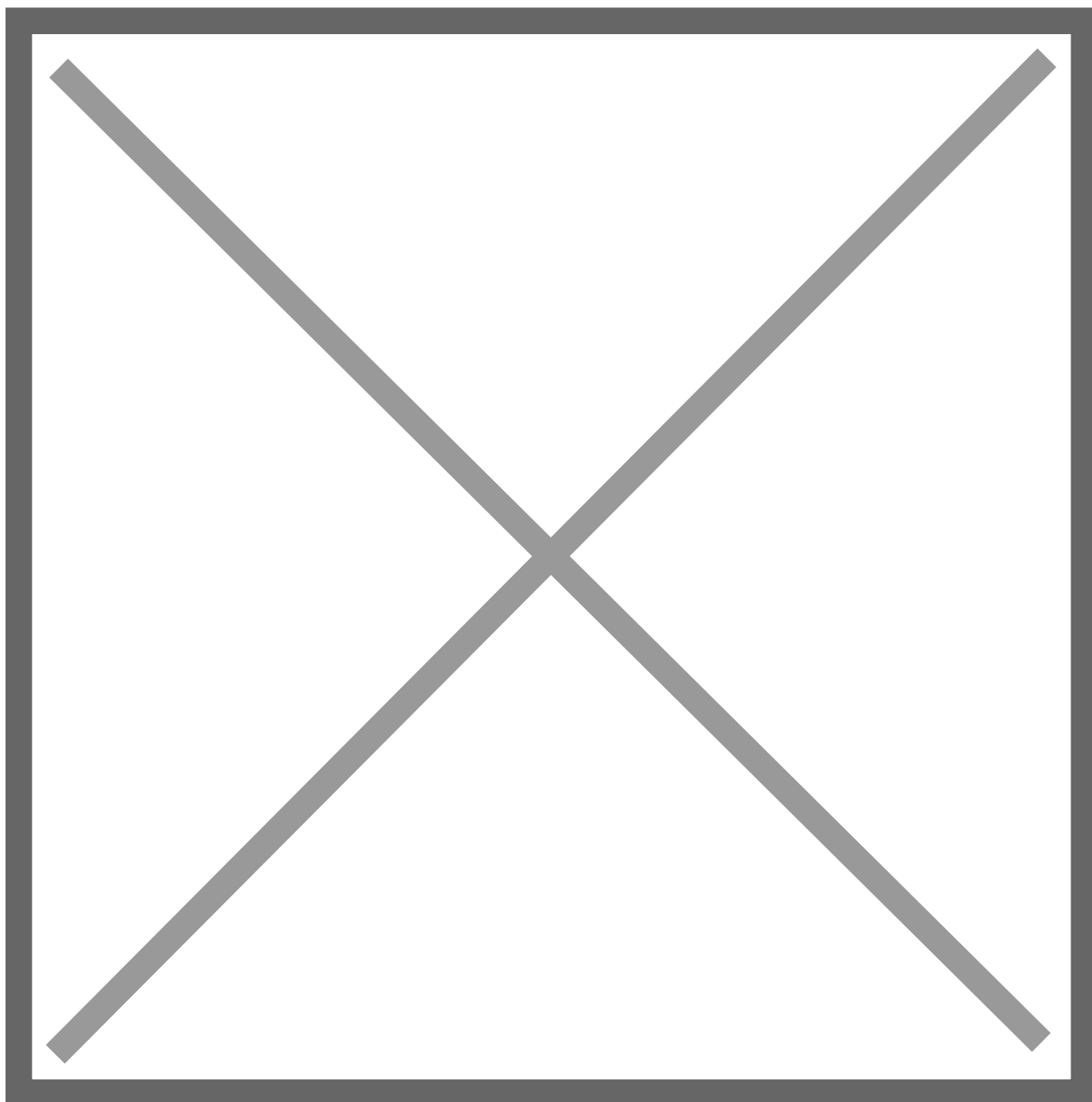
18+

**Dotknutá
oblasť:**

Národný

Odkazy:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definície (k dispozícii iba v angličtine):	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Muži, 2022



**Typ
prieskumu:**

Vlastné hlásenie

Vek:

18+

**Dotknutá
oblasť:**

Národný

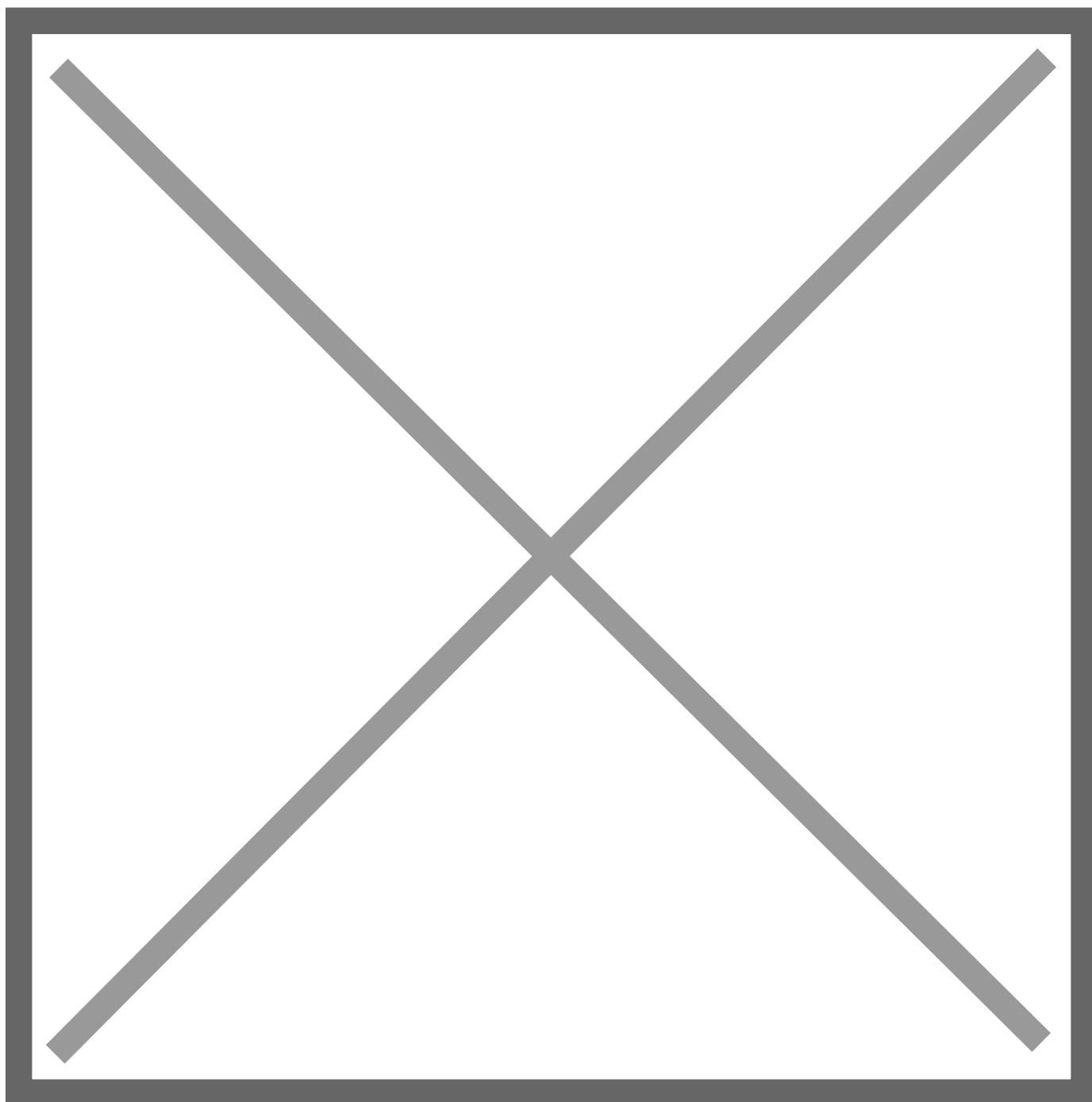
Odkazy:

WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

**Definície (k
dispozícii iba
v angličtine):**

Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Ženy, 2022



**Typ
prieskumu:**

Vlastné hlásenie

Vek:

18+

**Dotknutá
oblasť:**

Národný

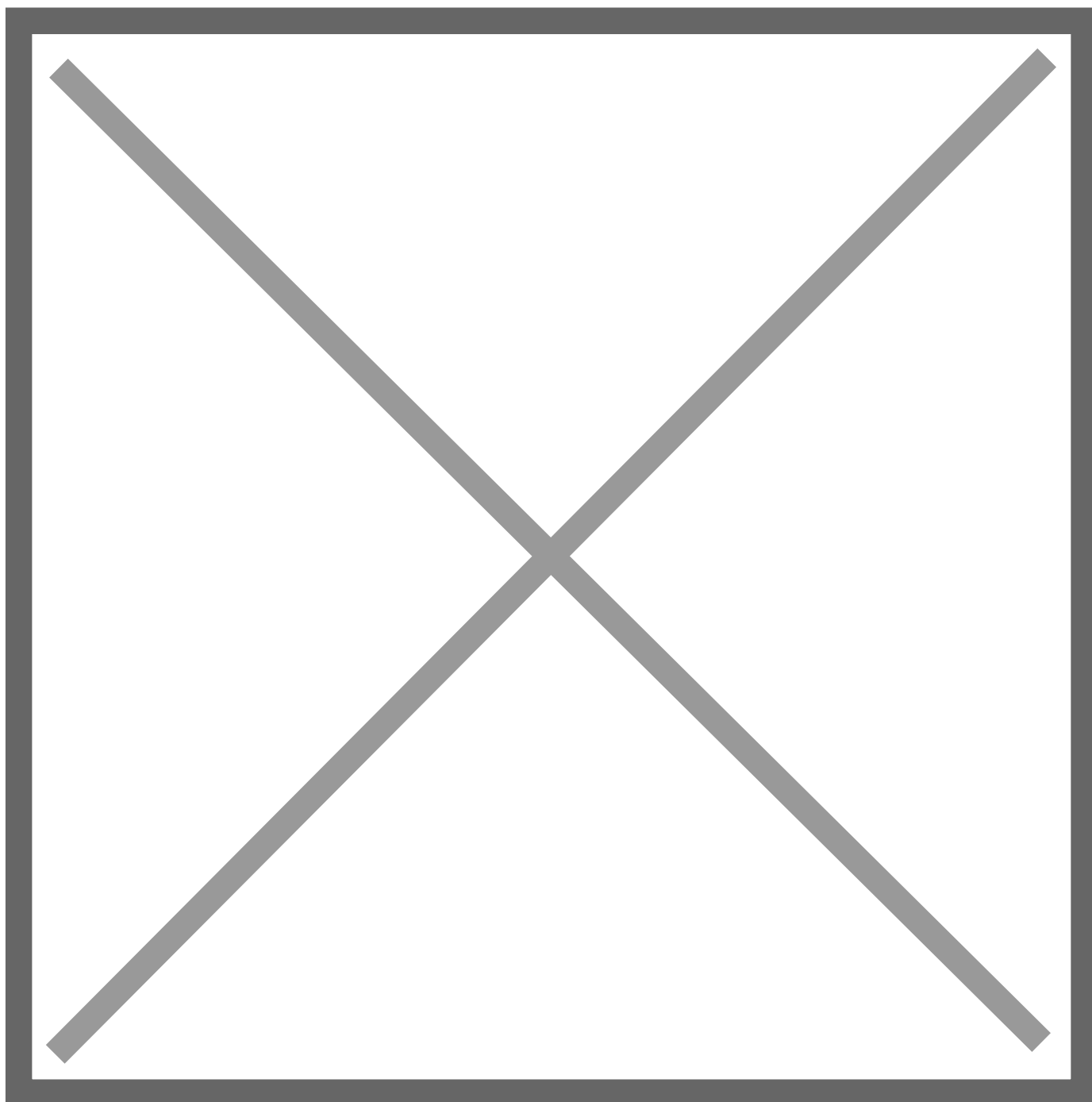
Odkazy:

WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

**Definície (k
dispozícii iba
v angličtine):**

Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Chlapci, 2022



Odkazy:

Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

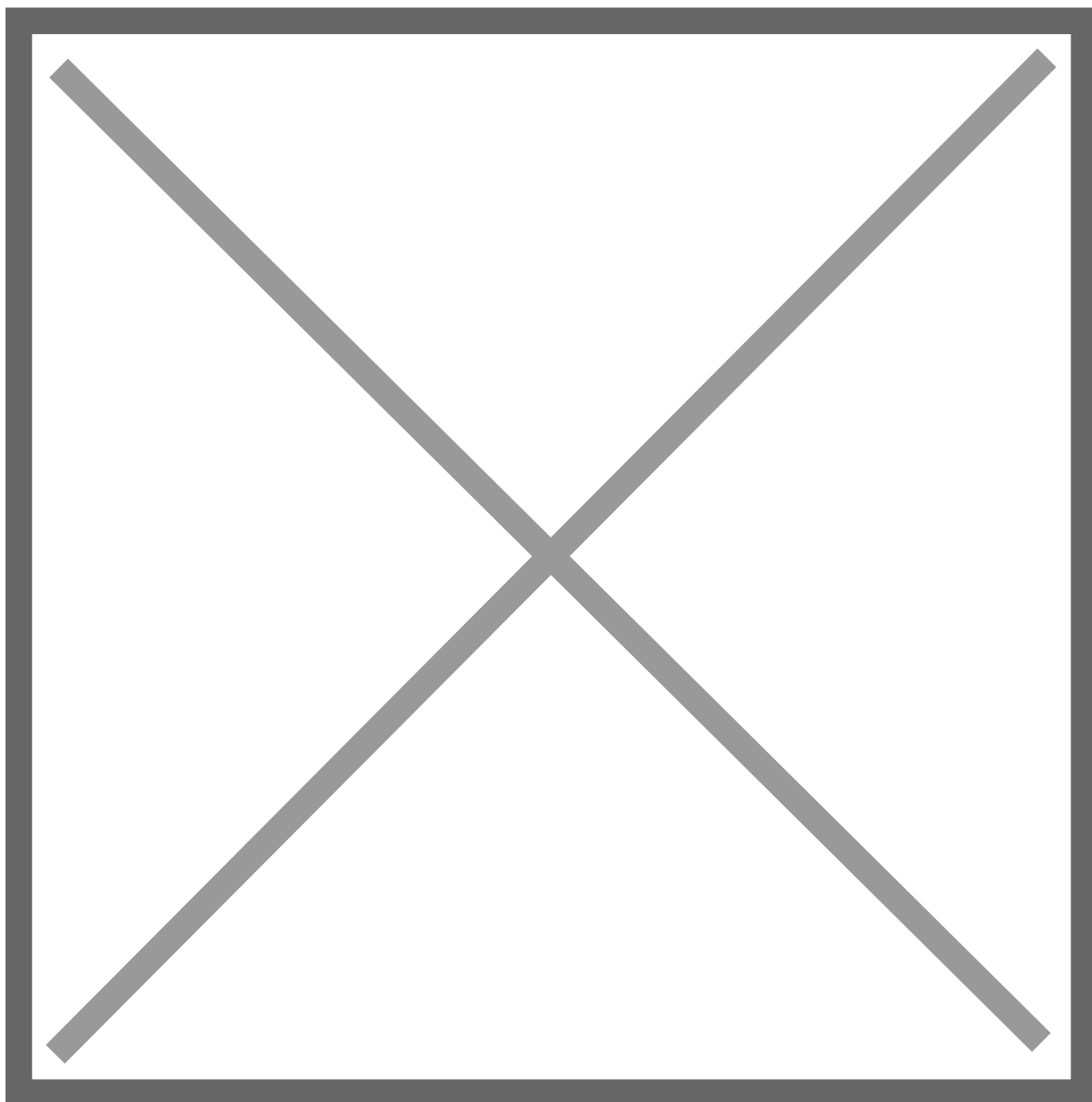
Poznámky (k dispozícii iba v angličtine):

Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily.

**Definície (k
dispozícii iba
v angličtine):**

% reporting less than 60 minutes of MVPA daily

Dievčatá, 2022



Odkazy:

Rakić JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. Licence: CC BY-NC-SA 3.0 IGO. Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>.

Poznámky (k dispozícii iba v angličtine):

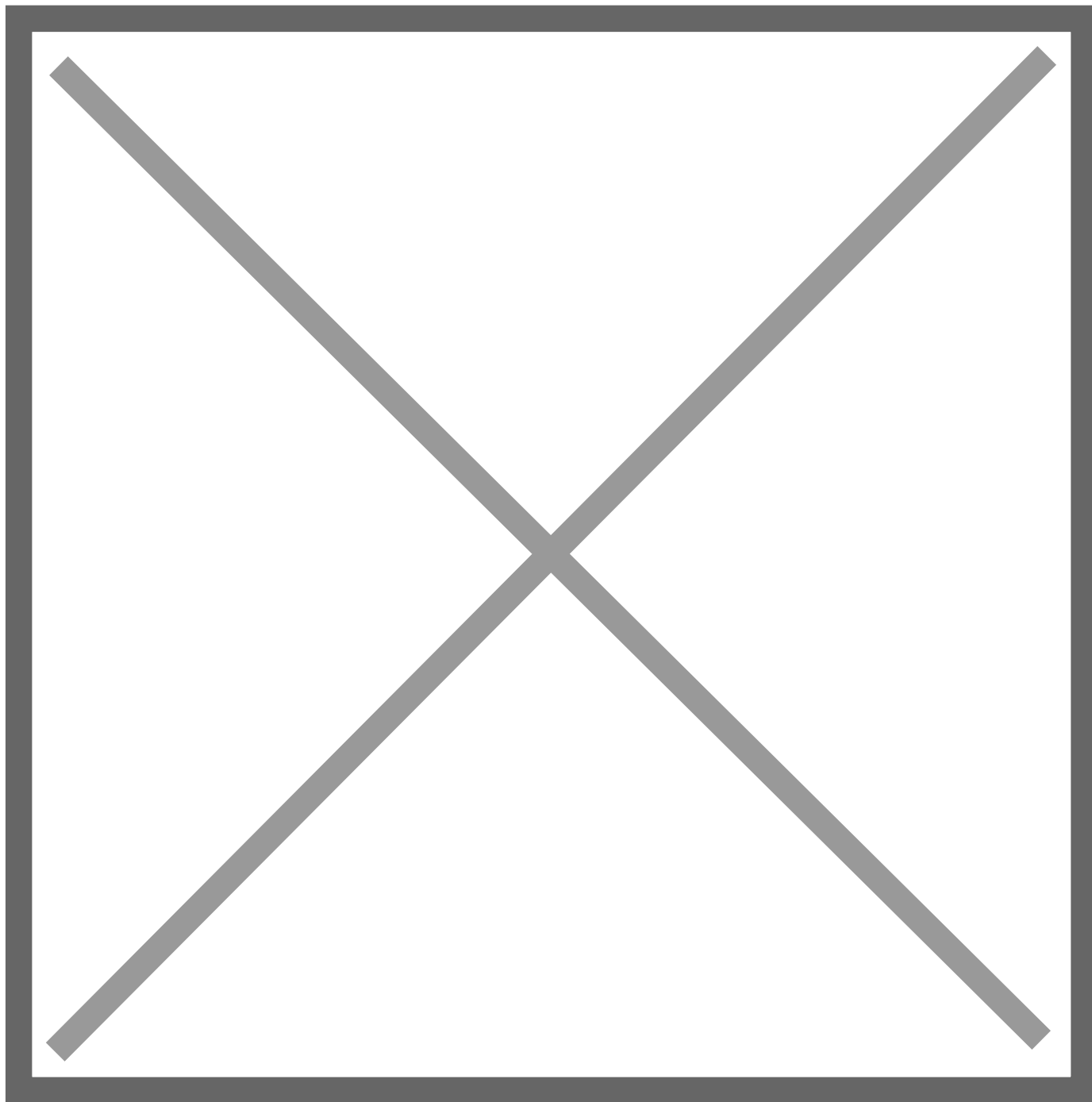
Young people were asked to report the number of days over the past week during which they were physically active for a total of at least 60 minutes. The question was introduced by text defining moderate-to-vigorous physical activity (MVPA) as any activity that increases the heart rate and makes the person get out of breath some of the time, with examples provided. Findings presented on the Observatory show the proportions who report less than 60 minutes of MVPA daily.

**Definície (k
dispozícii iba
v angličtine):**

% reporting less than 60 minutes of MVPA daily

Spotreba cukru

Dospelí, 2016



Odkazy:

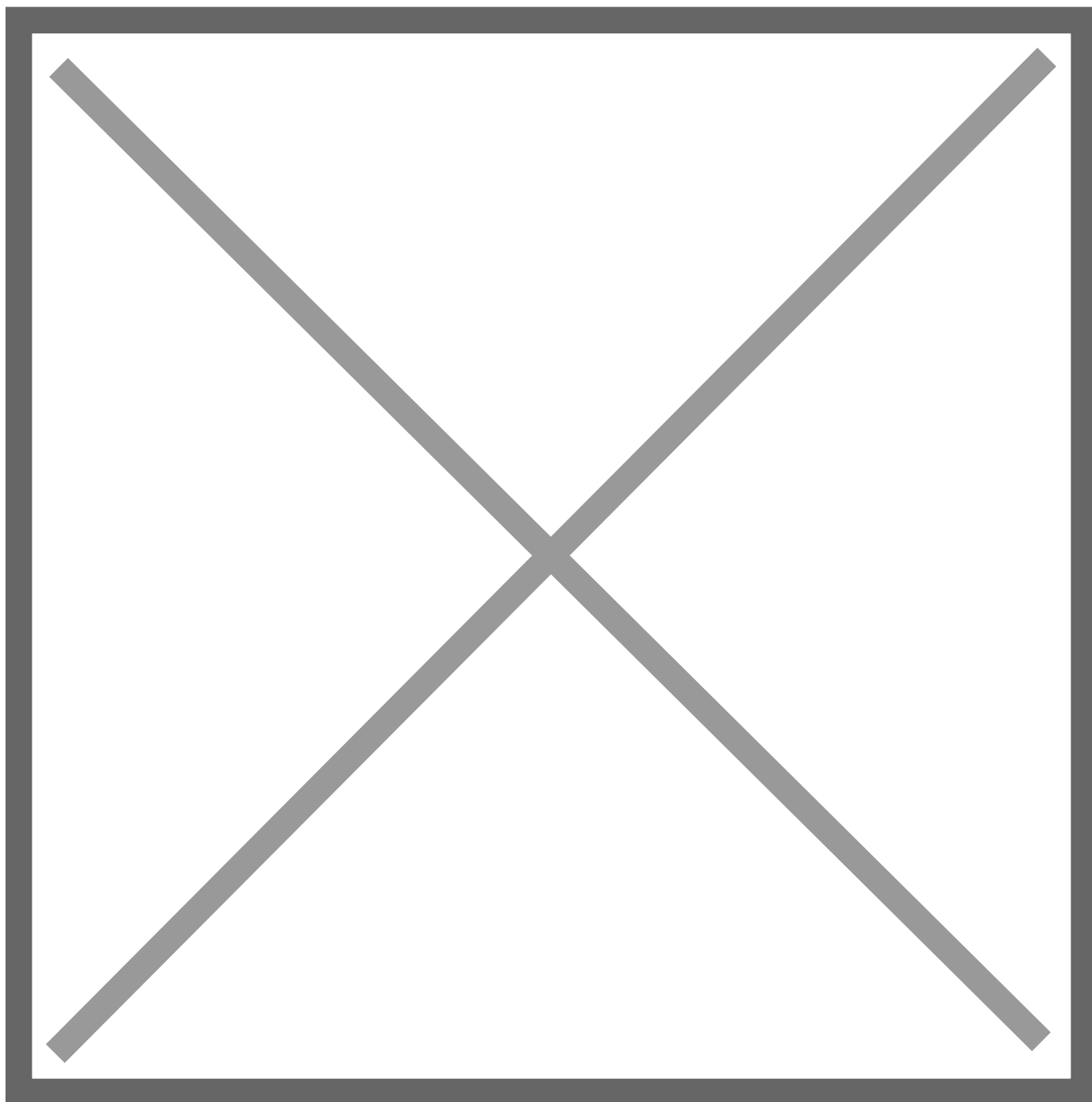
Source: Euromonitor International

Definície (k
dispozícii iba
v angličtine):

Sugar consumption (Number of 500g sugar portions/person/month)

Odhadovaný příjem sladených nápojov na obyvateľa

Dospelí, 2016

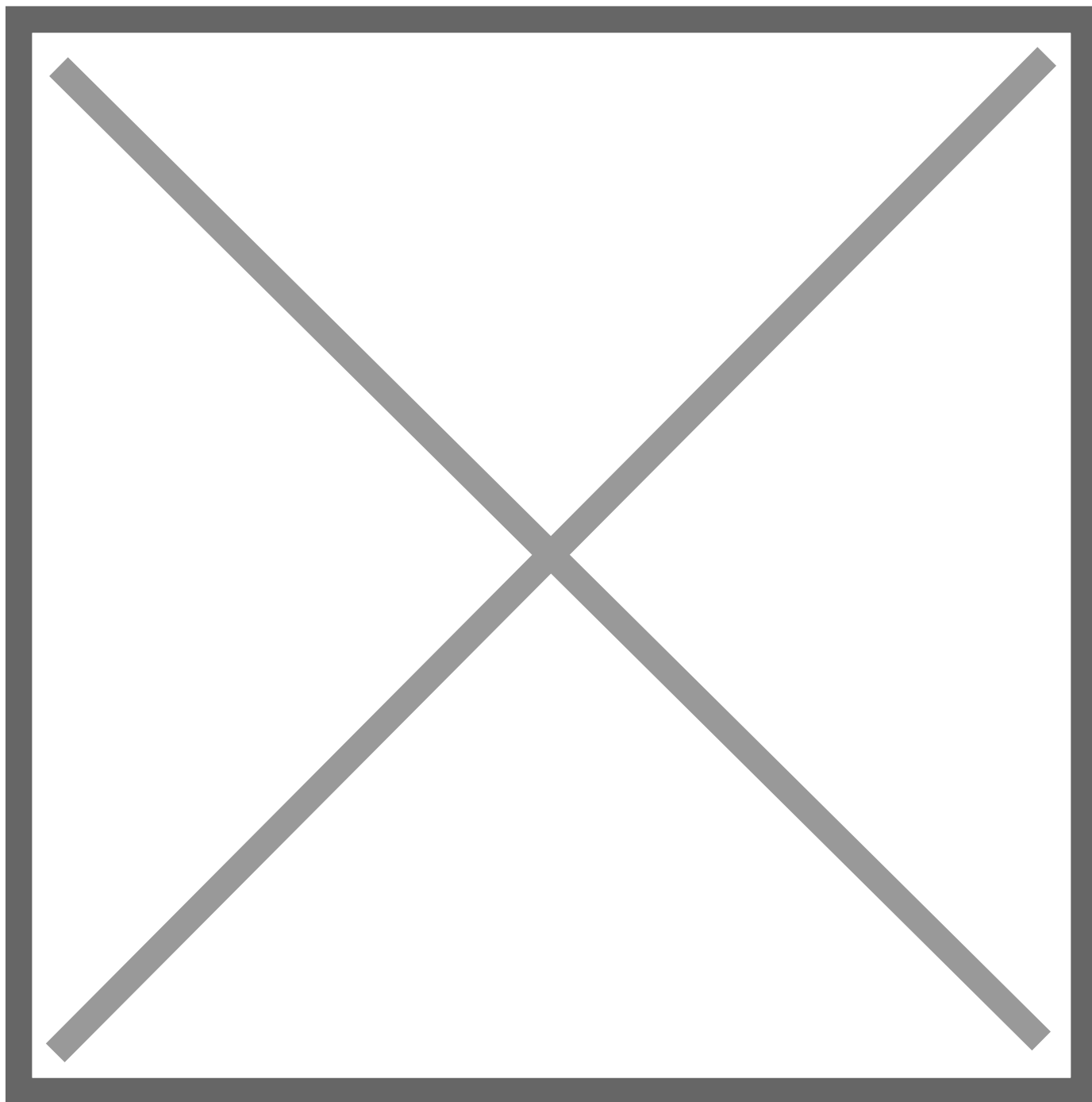


Odkazy:

Source: Euromonitor International

Prevalencia konzumácie minimálne jedného sýteného nealkoholického nápoja denne

Chlapci, 2021-2022



**Dotknutá
oblasť:**

Národný

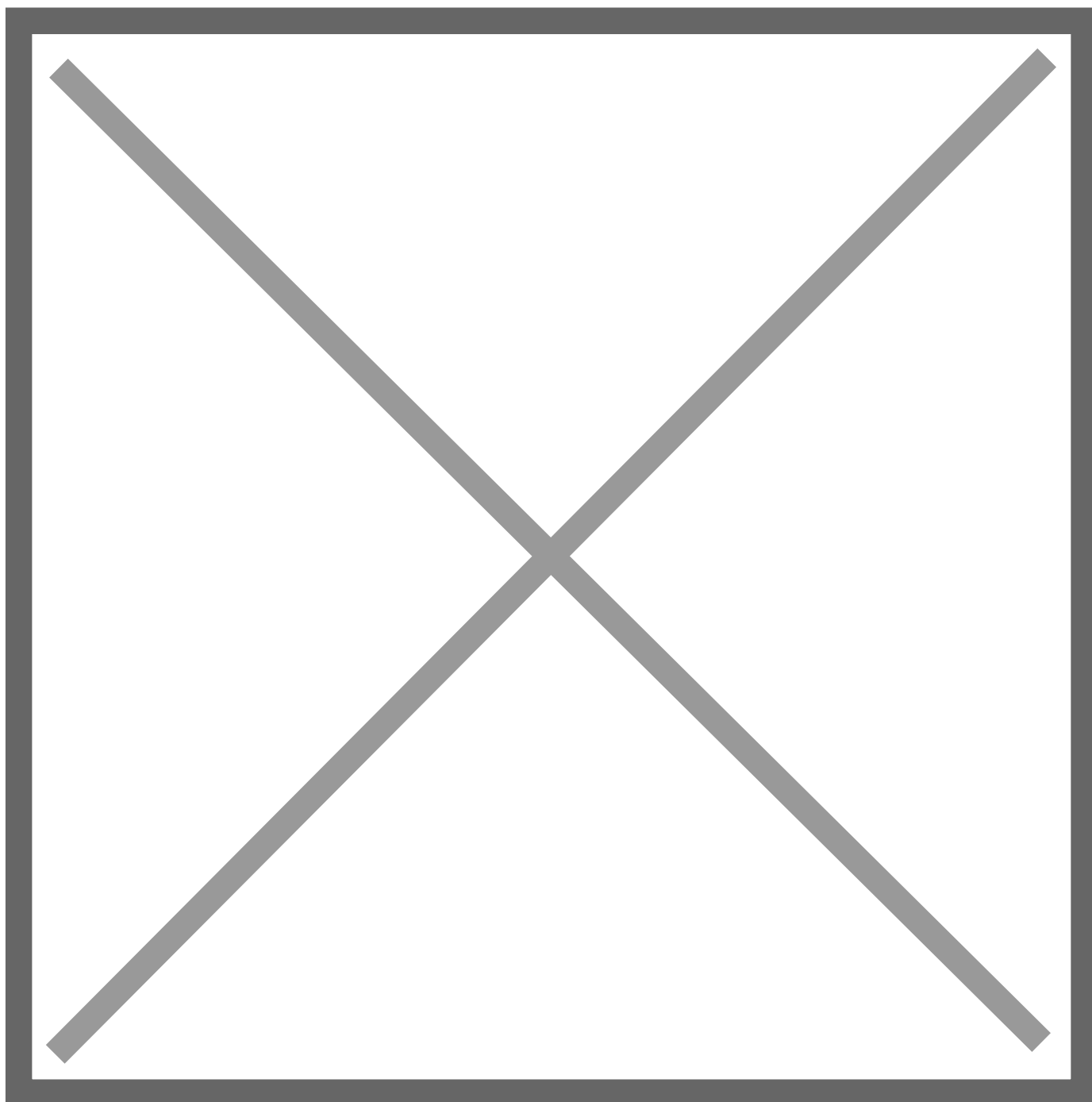
Odkazy:

Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>

**Definície (k
dispozícii iba
v angličtine):**

Proportion who reported drinking sugary soft drinks daily (at least once)

Dievčatá, 2021-2022



**Dotknutá
oblasť:**

Národný

Odkazy:

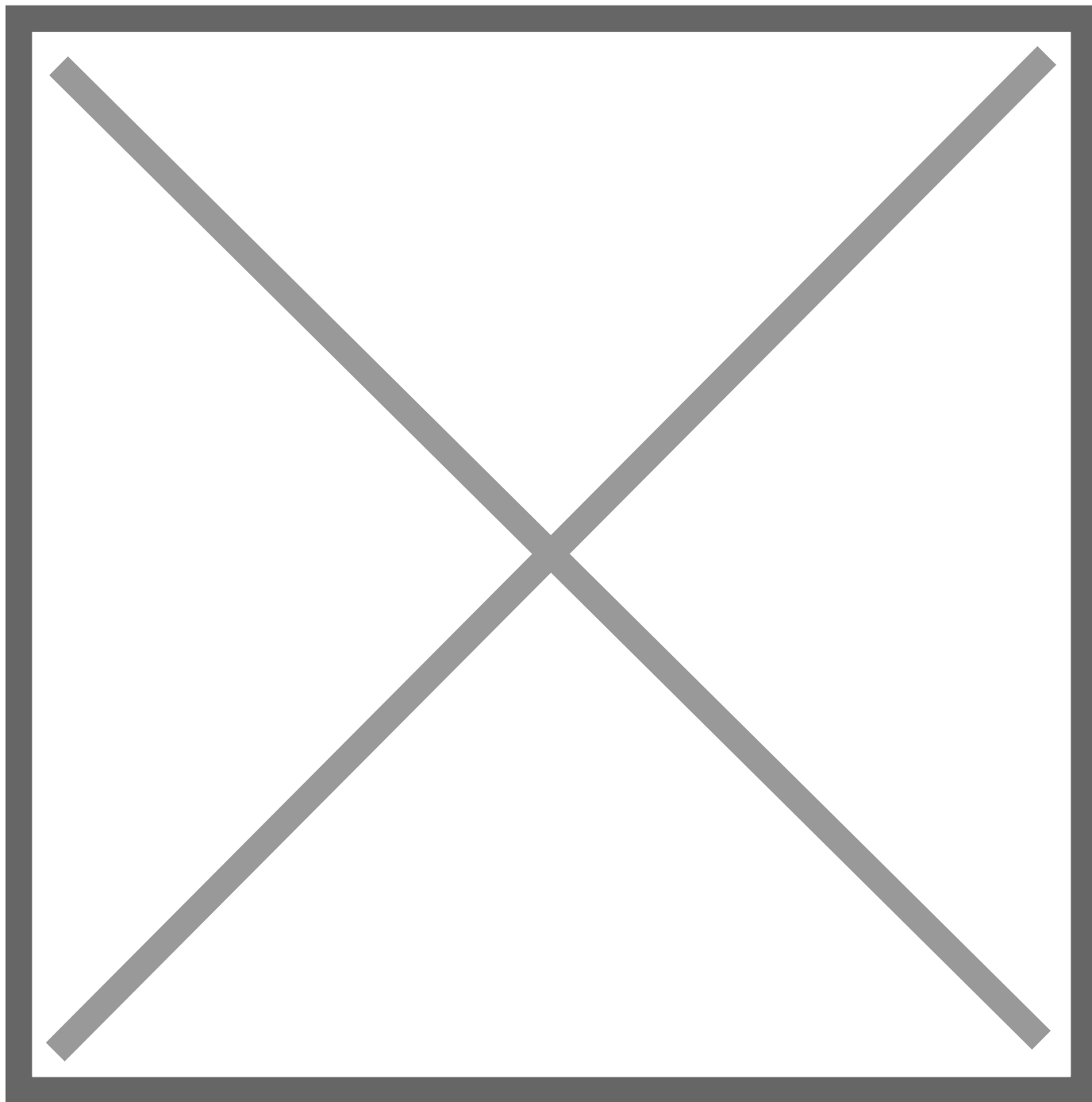
Health Behaviour in School-aged Children study (2023), Data browser (findings from the 2021/22 international HBSC survey): <https://data-browser.hbsc.org>

**Definície (k
dispozícii iba
v angličtine):**

Proportion who reported drinking sugary soft drinks daily (at least once)

Prevalencia konzumácie cukrovíniek

Dospelí, 2016



Odkazy:

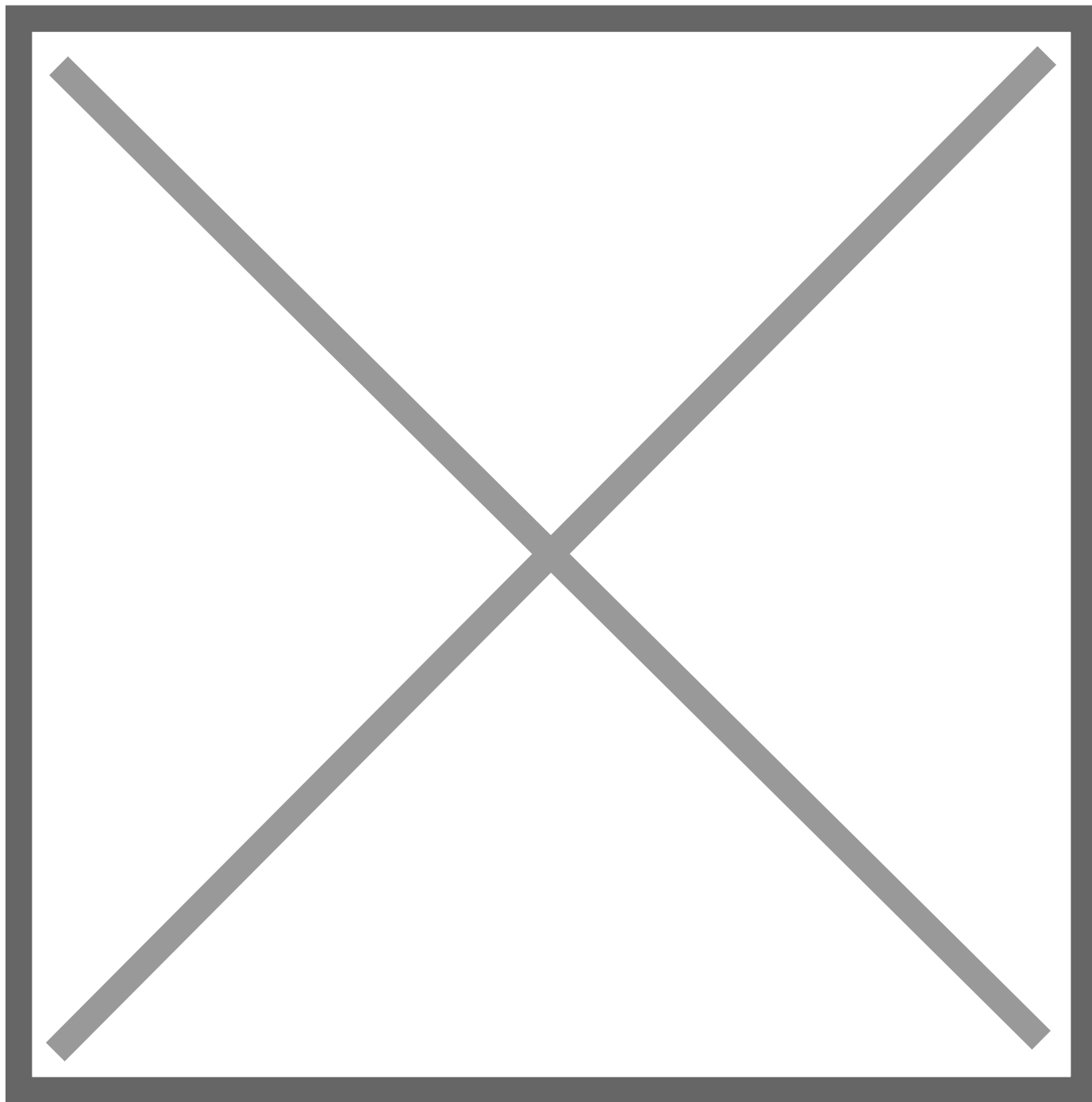
Source: Euromonitor International

Definície (k
dispozícii iba
v angličtine):

Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)

Prevalencia konzumácie sladkého/slaného občerstvenia

Dospelí, 2016



Odkazy:

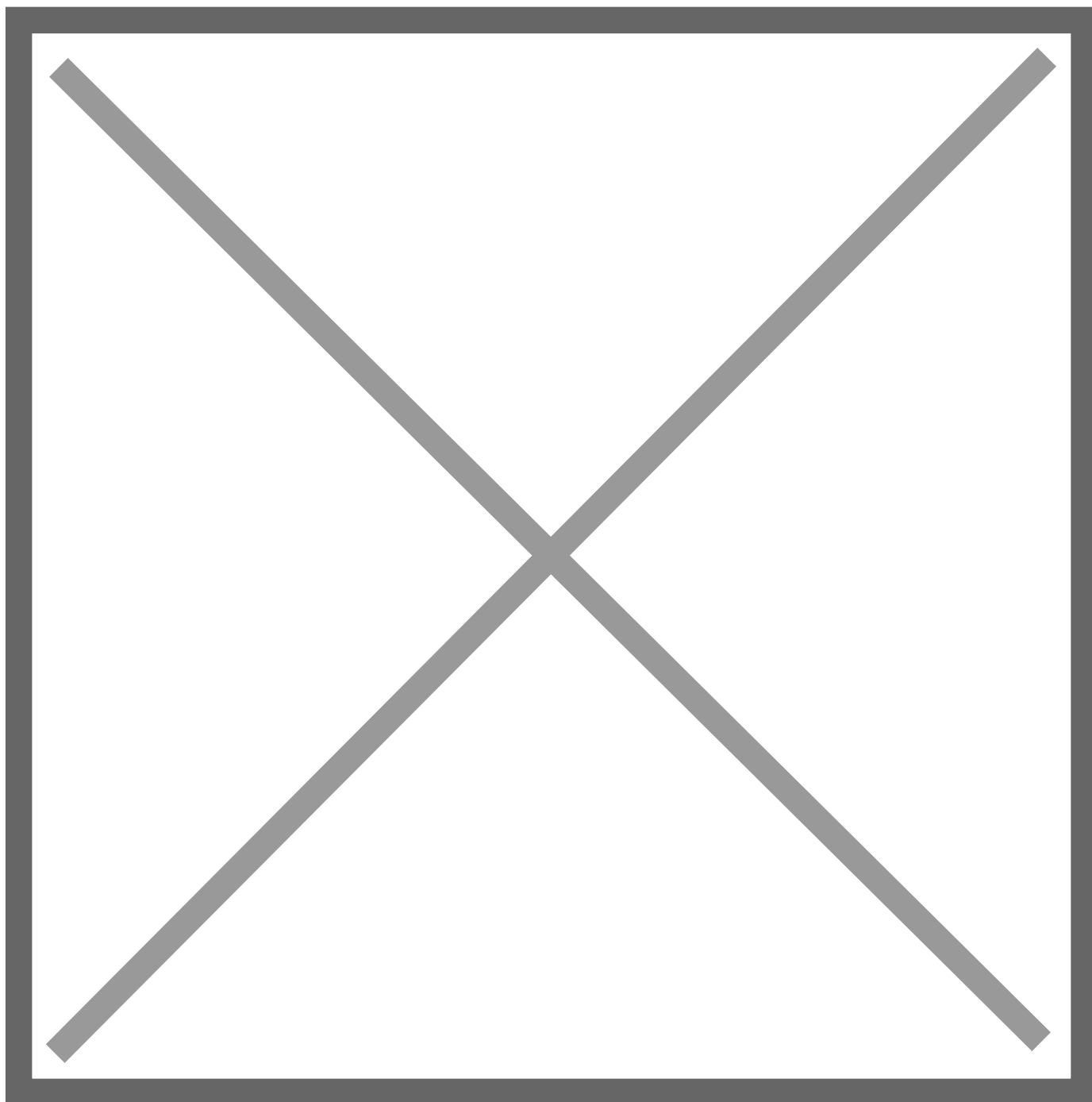
Source: Euromonitor International

Definície (k
dispozícii iba
v angličtine):

Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)

Estimated per capita fruit intake

Dospelí, 2017



**Typ
prieskumu:**

Nameraná hodnota

Vek:

25+

Odkazy:

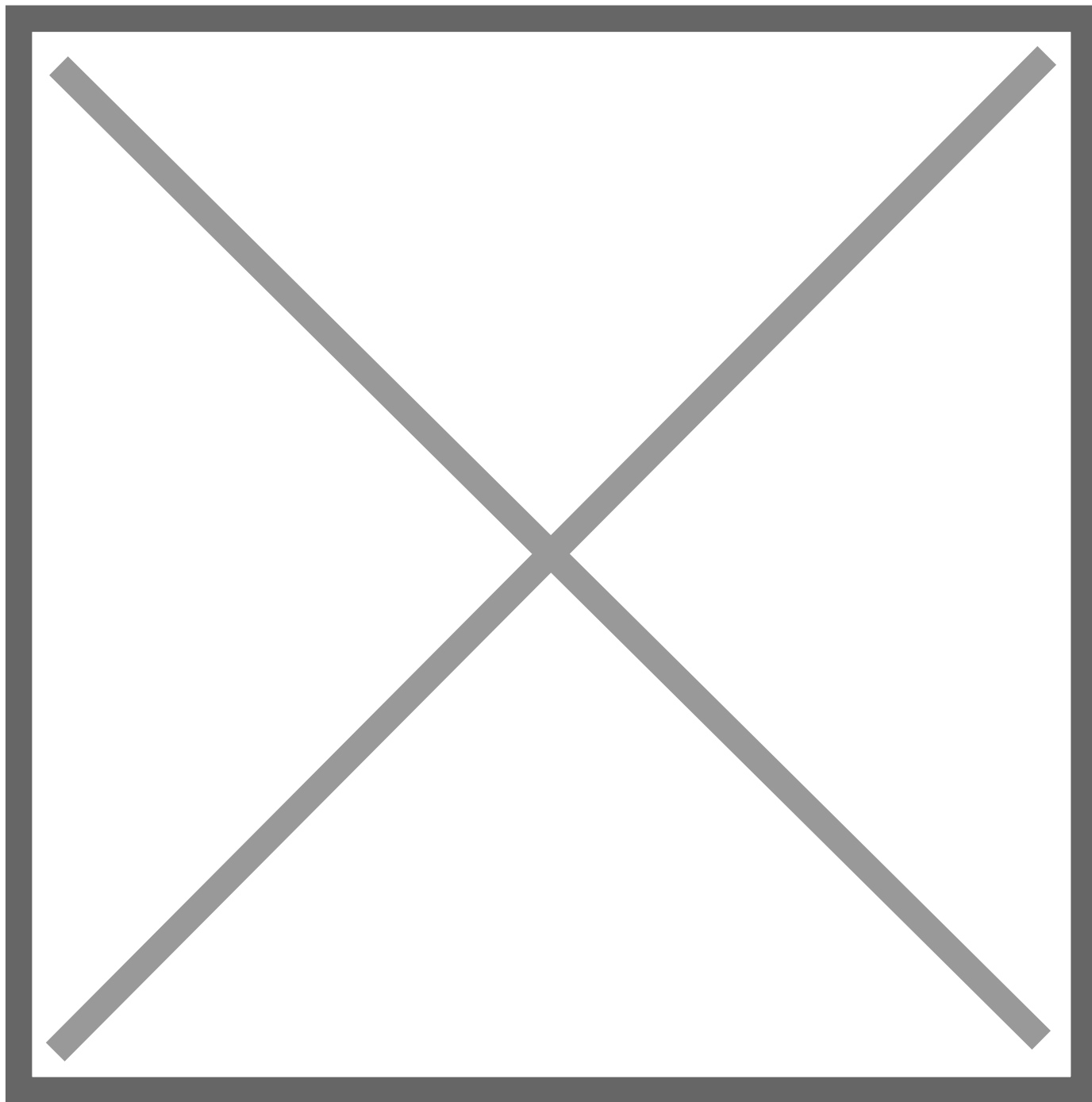
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

**Definície (k
dispozícii iba
v angličtine):**

Estimated per-capita fruit intake (g/day)

Prevalencia konzumácie menej ako jedného kusu ovocia denne

Deti, 2014



Typ
prieskumu:

Nameraná hodnota

Odkazy:

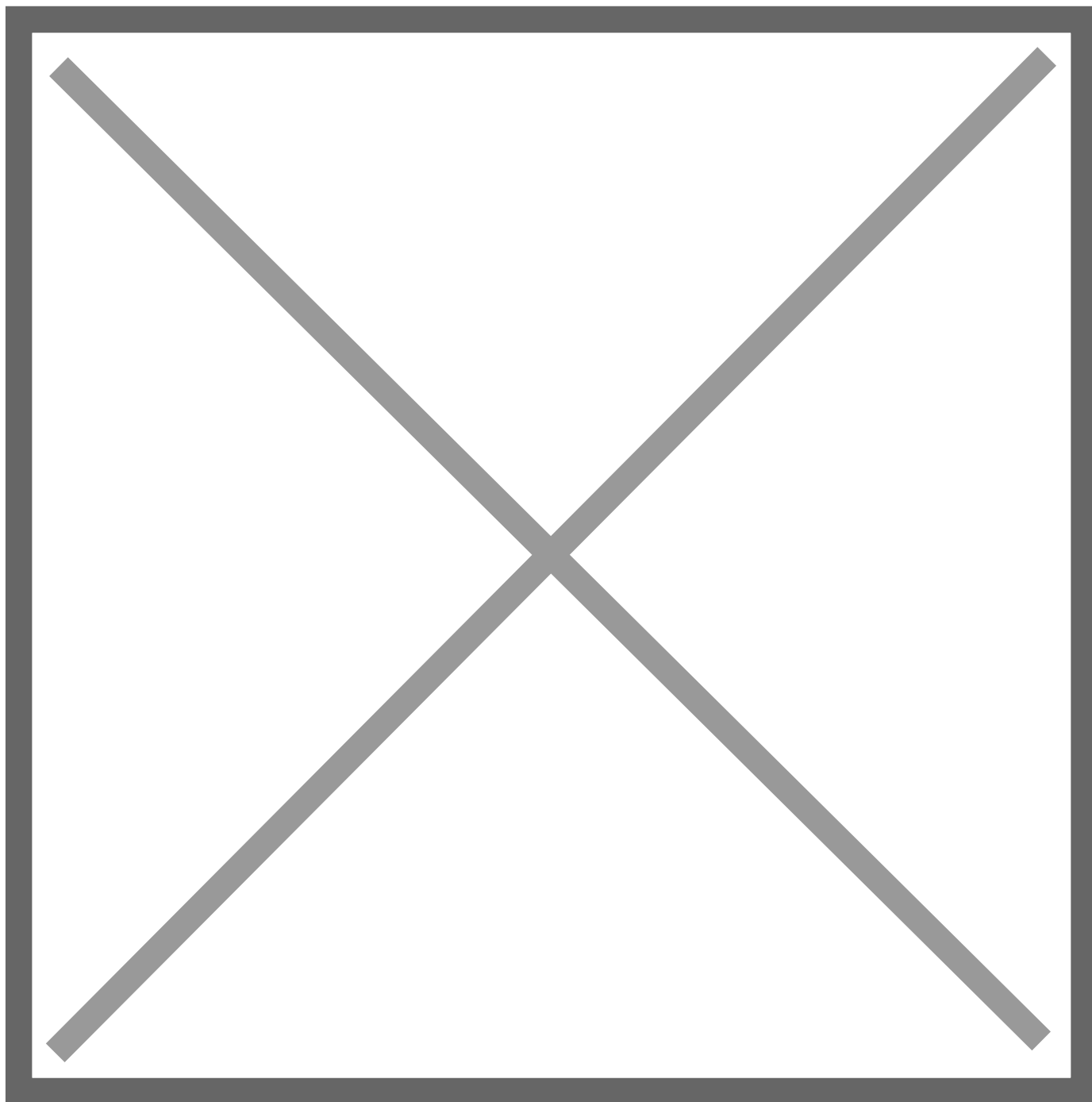
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

**Definície (k
dispozícii iba
v angličtine):**

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalencia konzumácie menej ako jedného kusu zeleniny denne

Deti, 2014



**Typ
prieskumu:**

Nameraná hodnota

Vek:

12-17

Odkazy:

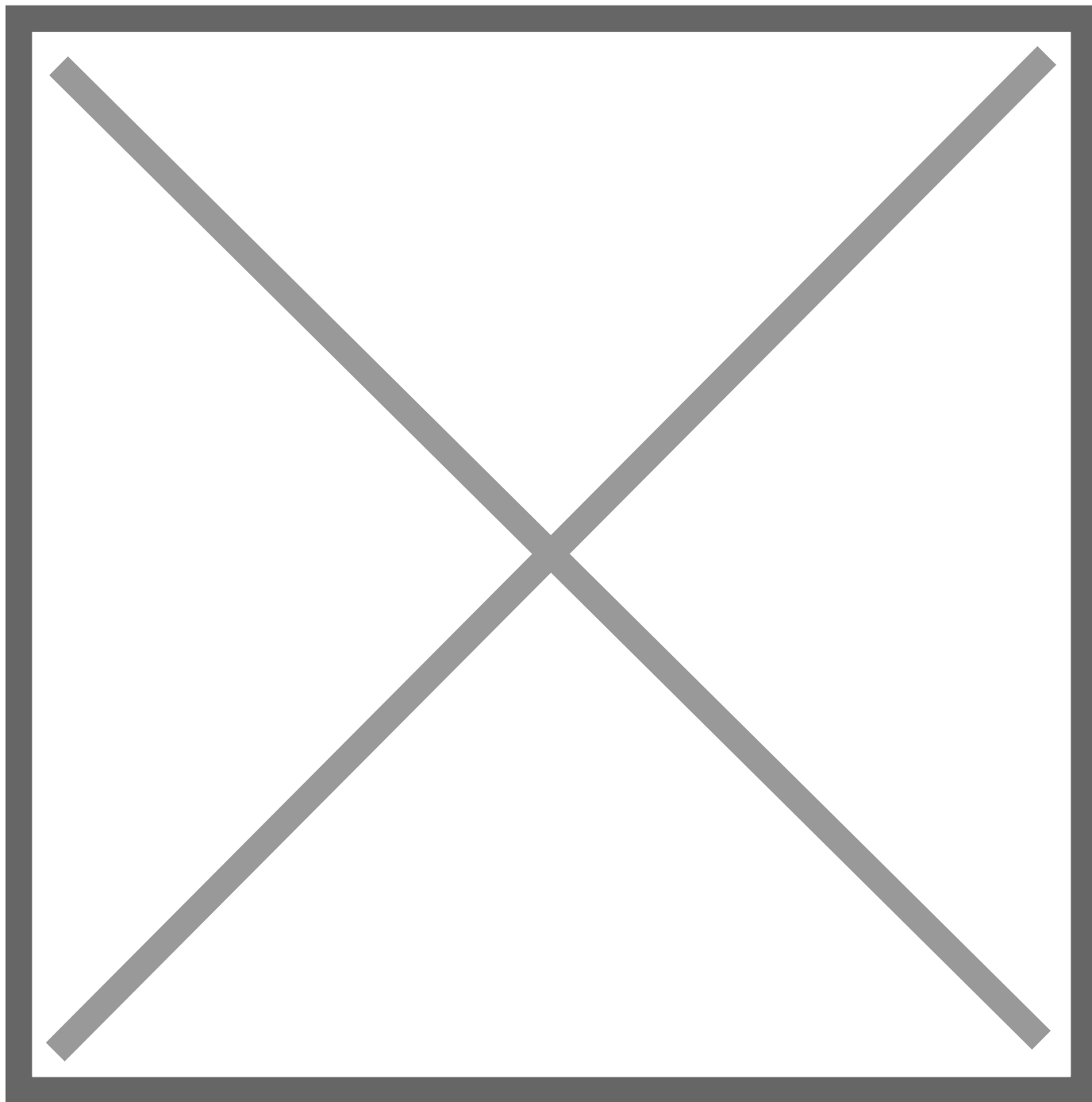
Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definície (k dispozícii iba v angličtine):

Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Odhadovaný príjem spracovaného mäsa na obyvateľa

Dospelí, 2017



**Typ
prieskumu:**

Nameraná hodnota

Vek:

25+

Odkazy:

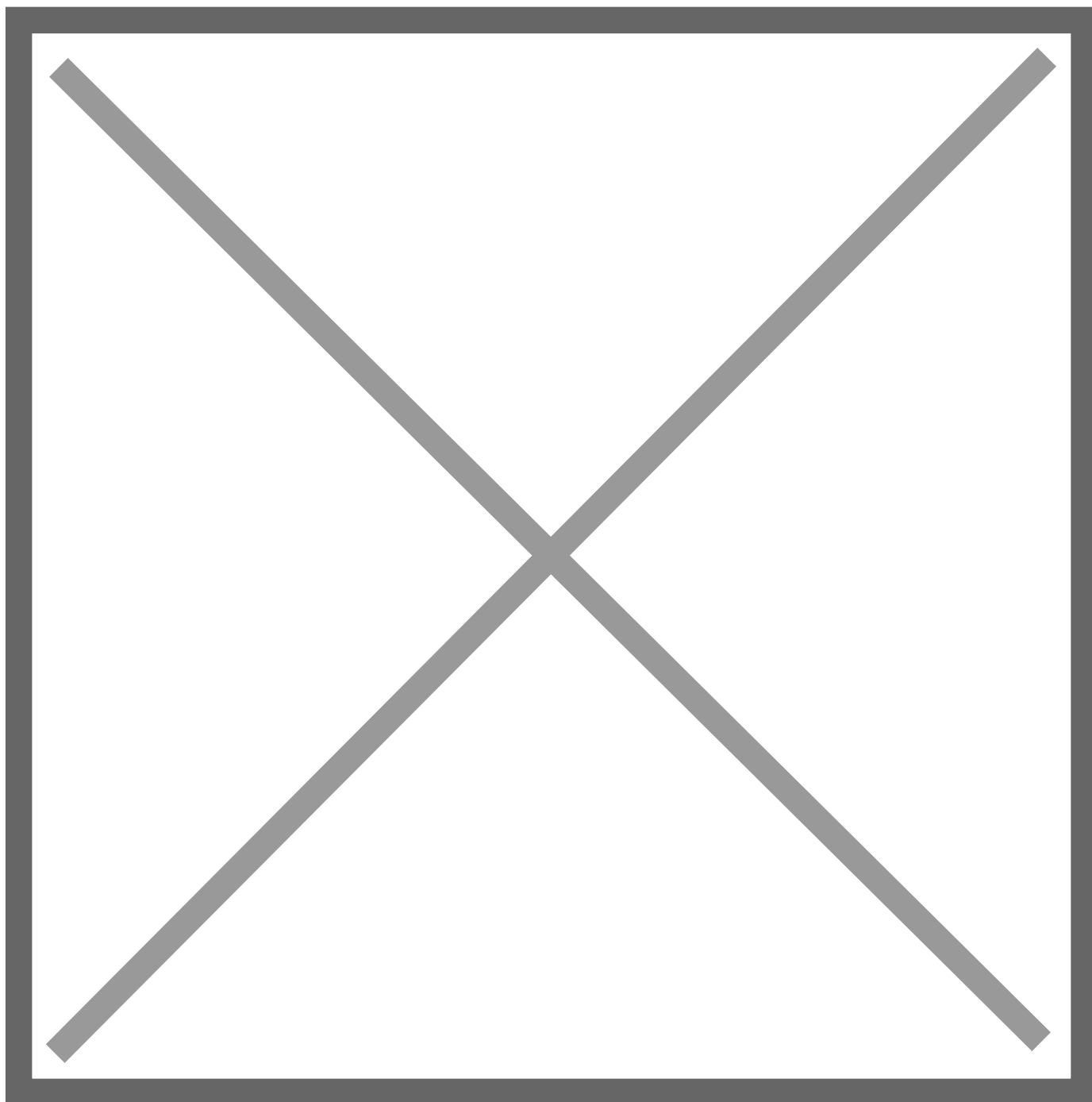
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

**Definície (k
dispozícii iba
v angličtine):**

Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Dospelí, 2017



**Typ
prieskumu:**

Nameraná hodnota

Vek:

25+

Odkazy:

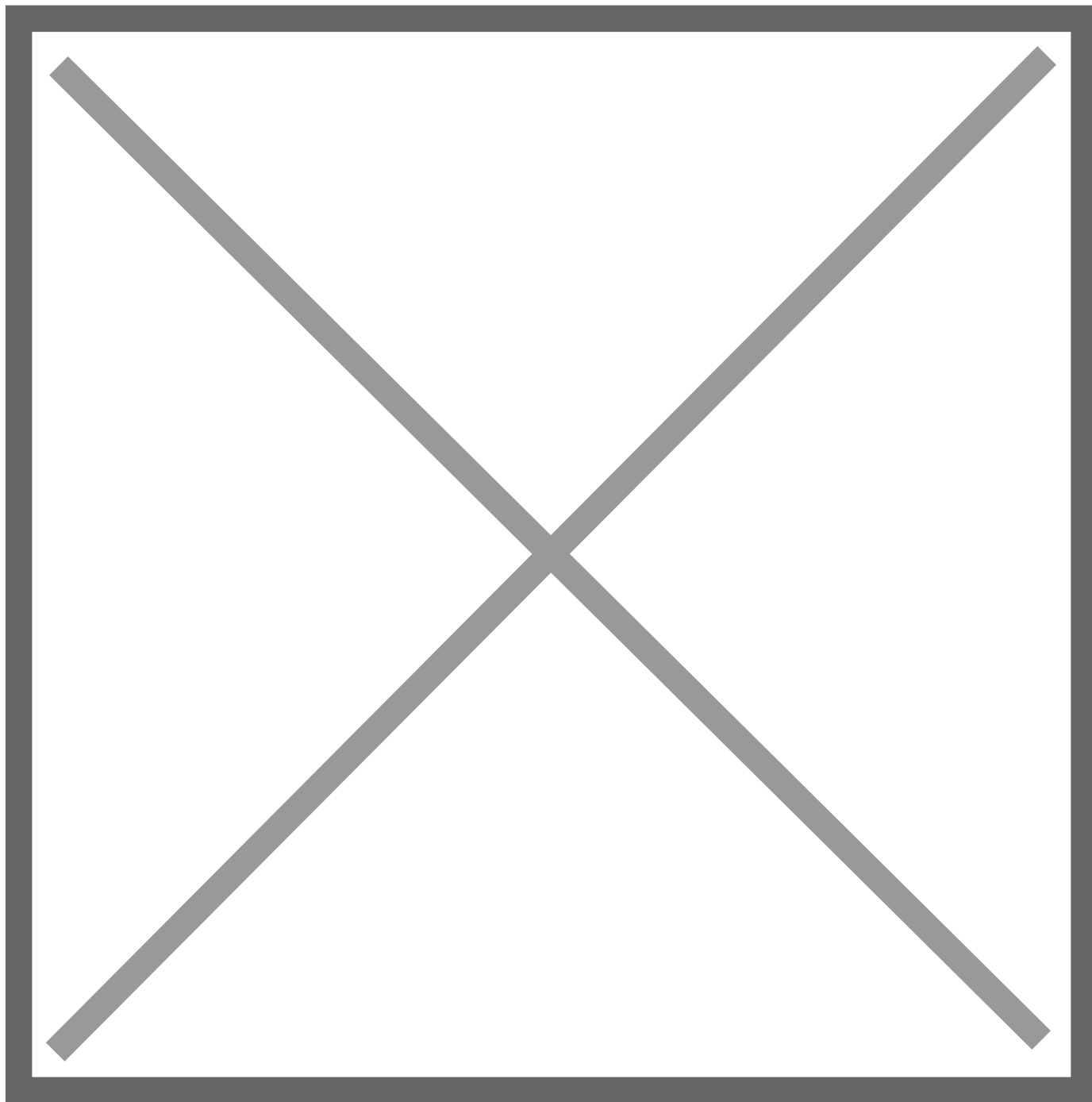
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

**Definície (k
dispozícii iba
v angličtine):**

Estimated per-capita whole grains intake (g/day)

Duševné zdravie - poruchy depresie

Dospelí, 2021



Vek:	20+
Dotknutá oblasť:	Národný

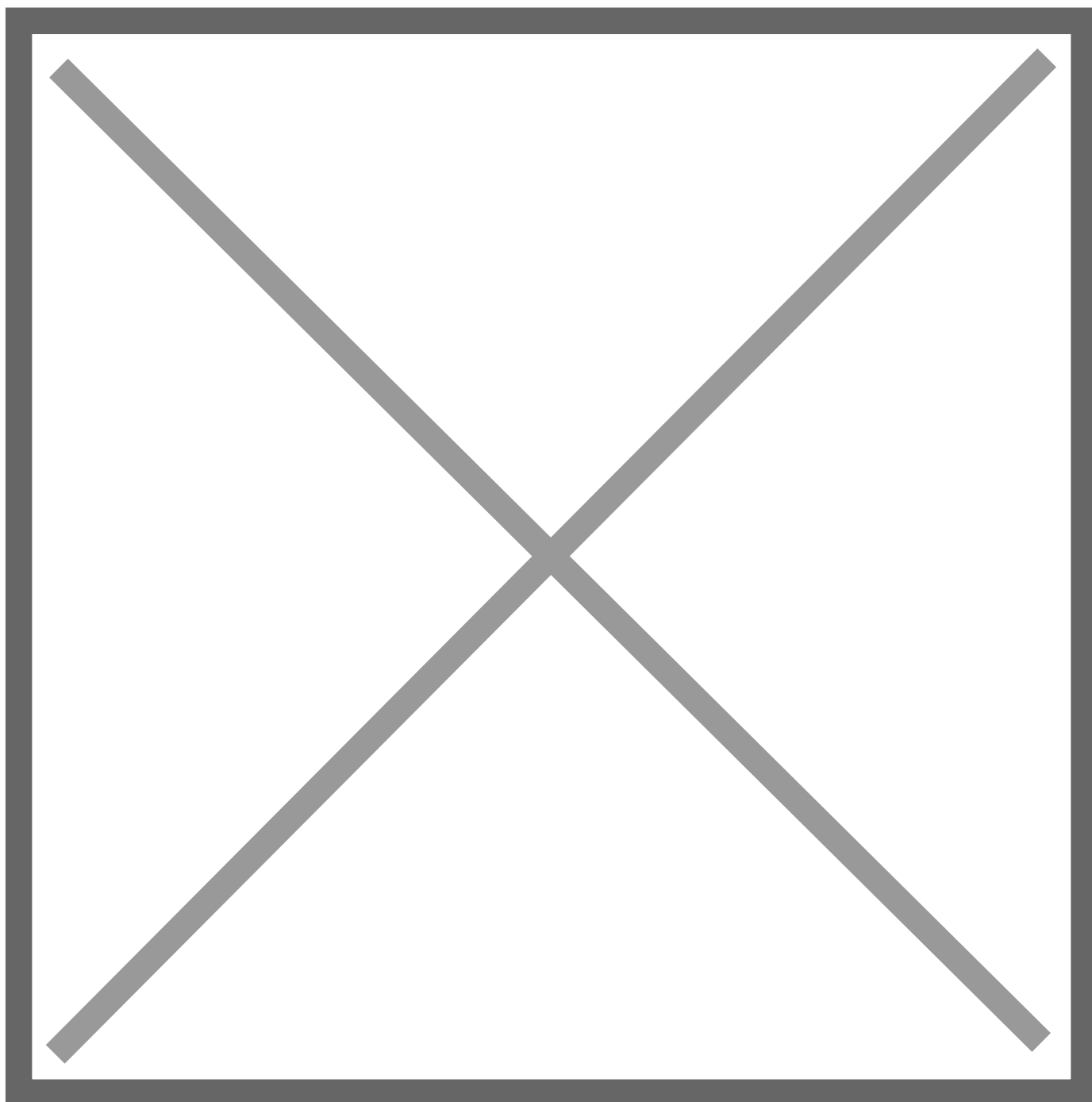
Odkazy:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definície (k dispozícii iba v angličtine):

Number living with depression per 100,000 population (adults 20+ years)

Muži, 2021

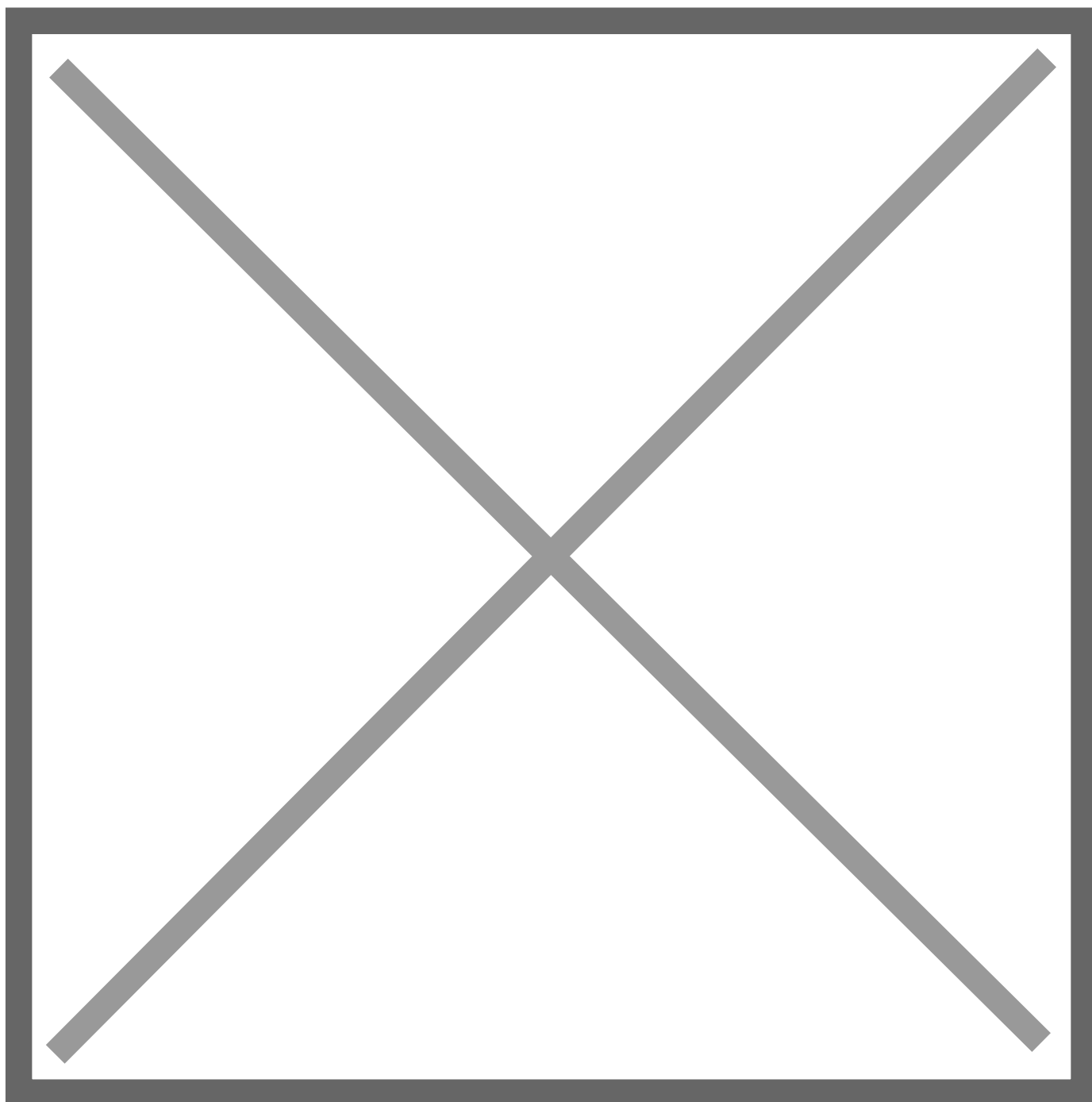


Věk:	20+
Dotknutá oblast:	Národní
Odkazy:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)

**Definície (k
dispozícii iba
v angličtine):**

Number living with depression per 100,000 population (adults 20+ years)

Ženy, 2021

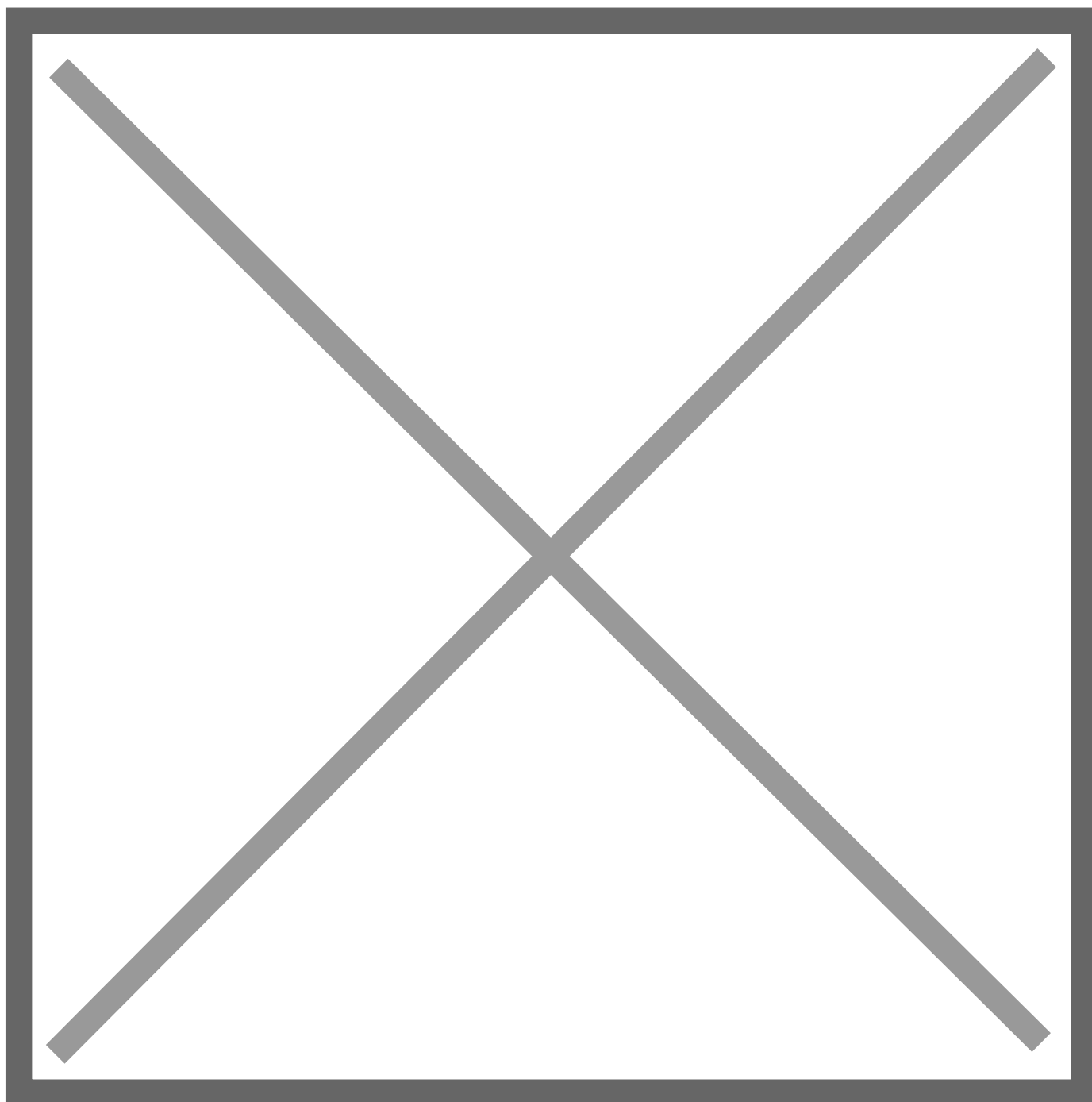


Věk:	20+
Dotknutá oblast:	Národní
Odkazy:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25)

**Definície (k
dispozícii iba
v angličtine):**

Number living with depression per 100,000 population (adults 20+ years)

Deti, 2021



**Dotknutá
oblasť:**

Národný

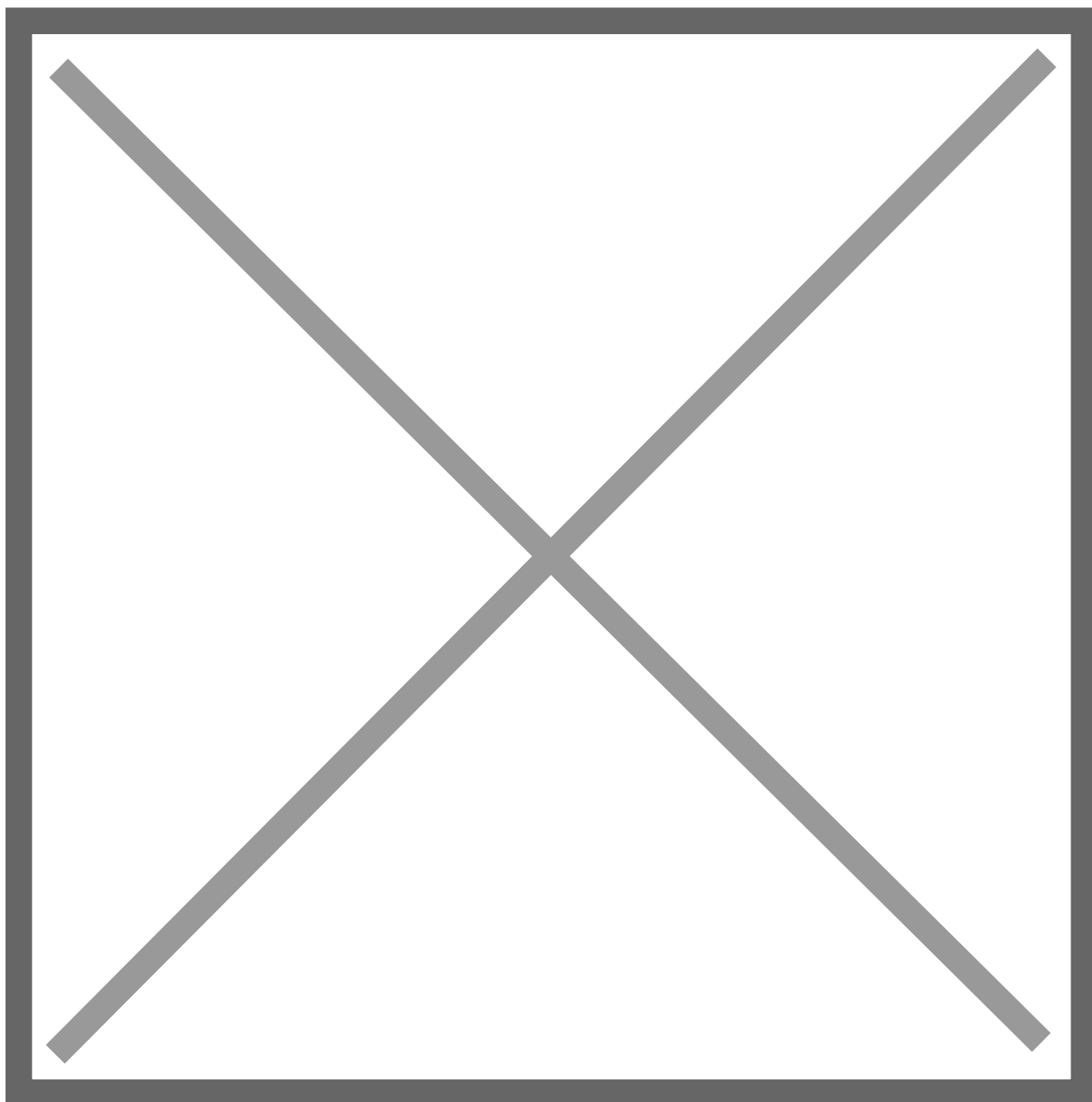
Odkazy:

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**Definície (k
dispozícii iba
v angličtine):**

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Chlapci, 2021



**Dotknutá
oblasť:**

Národný

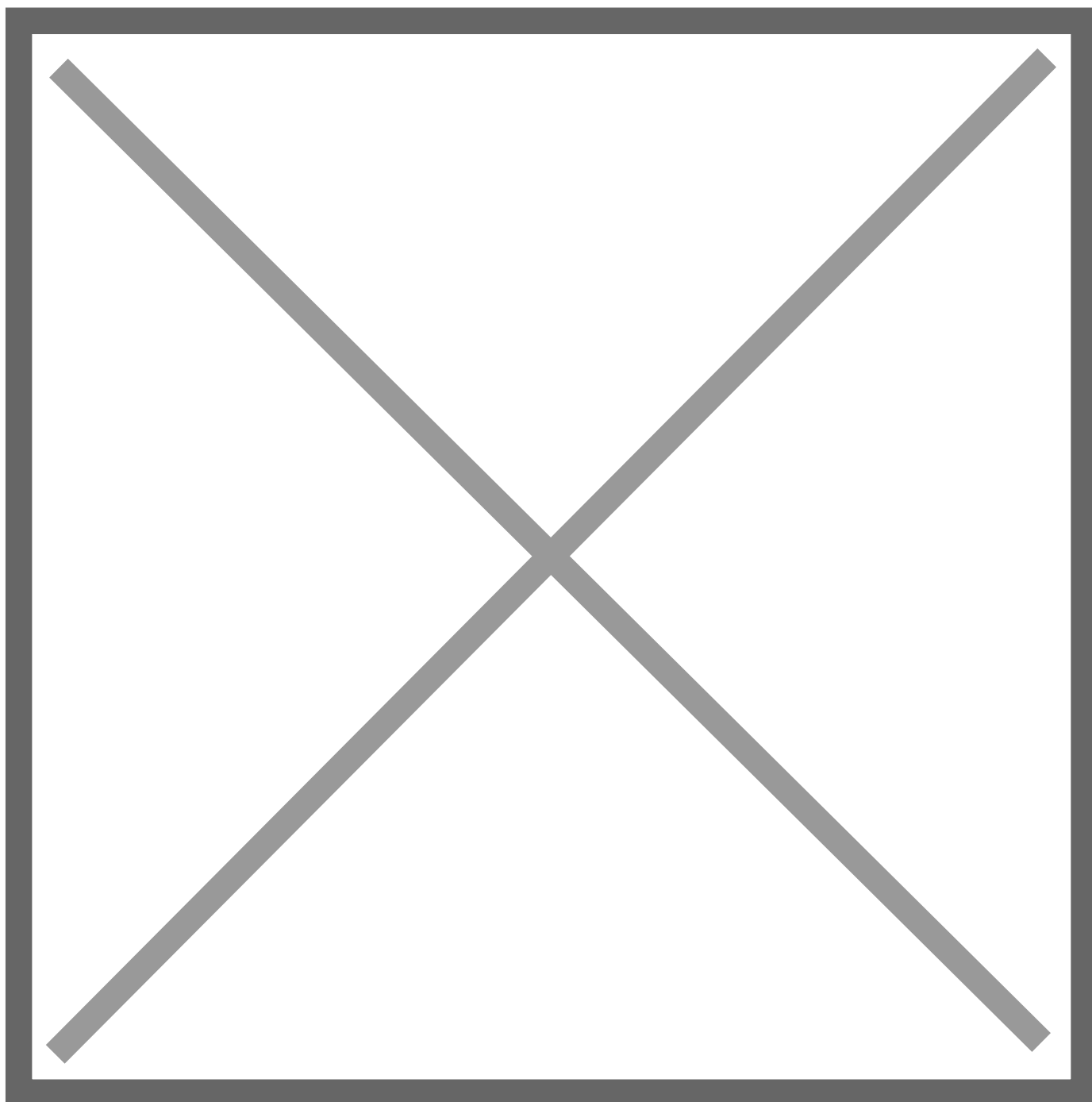
Odkazy:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definície (k
dispozícii iba
v angličtine):**

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Dievčatá, 2021



**Dotknutá
oblasť:**

Národný

Odkazy:

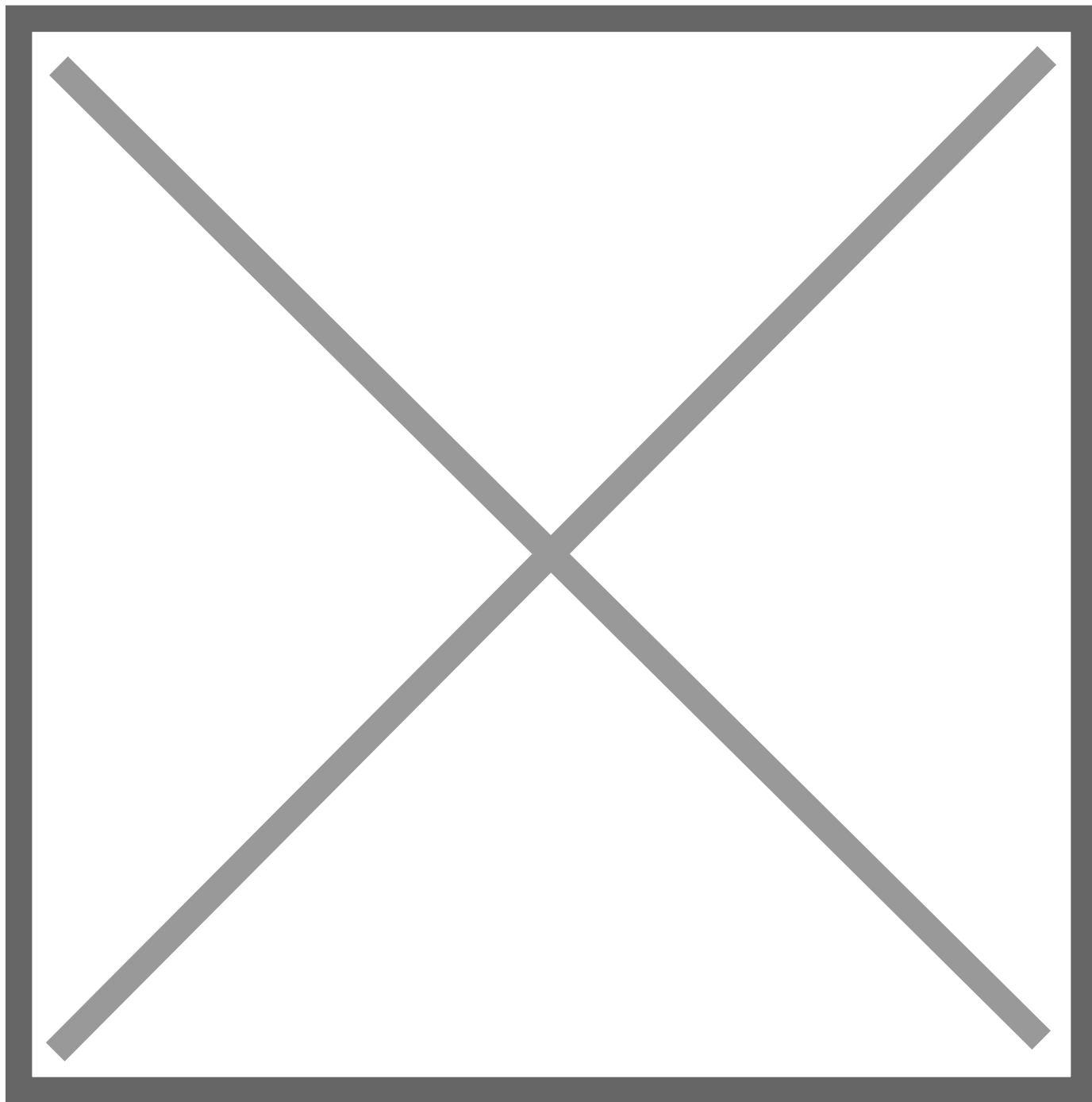
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definície (k
dispozícii iba
v angličtine):**

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Duševné zdravie - úzkostné poruchy

Dospelí, 2021



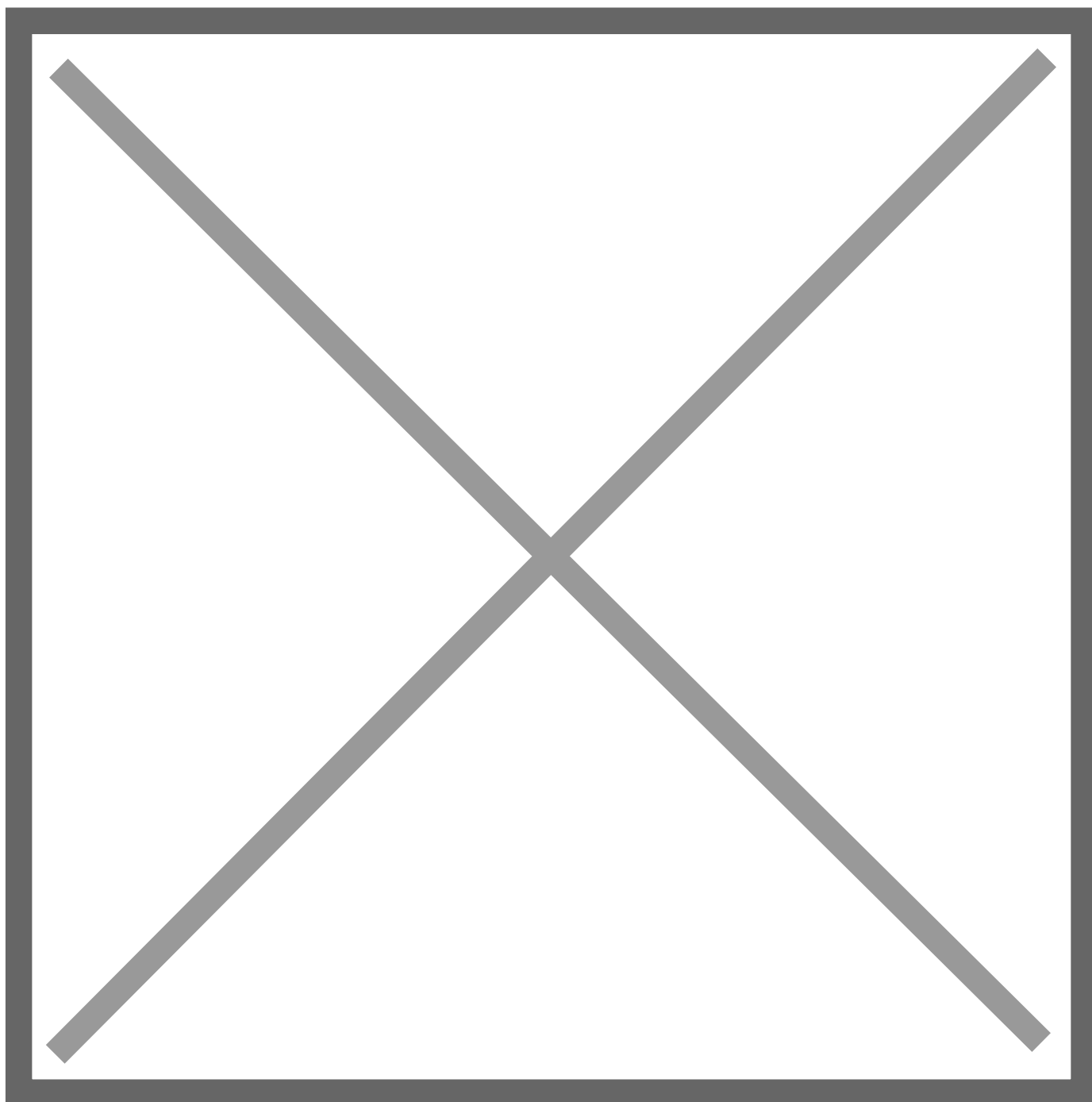
Vek: 20+

Odkazy: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definície (k
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v angličtine):**

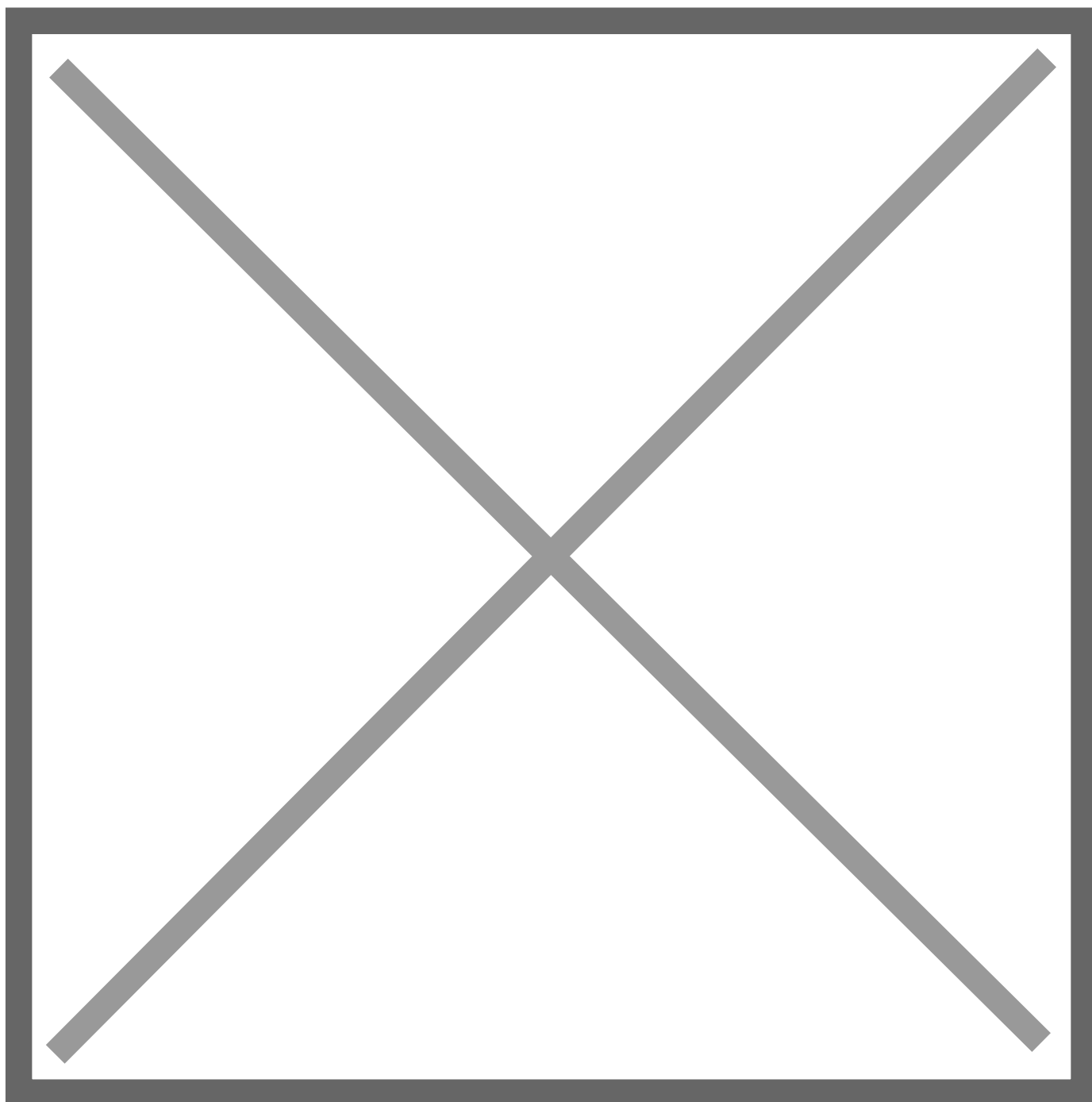
Number living with anxiety per 100,000 population

Muži, 2021



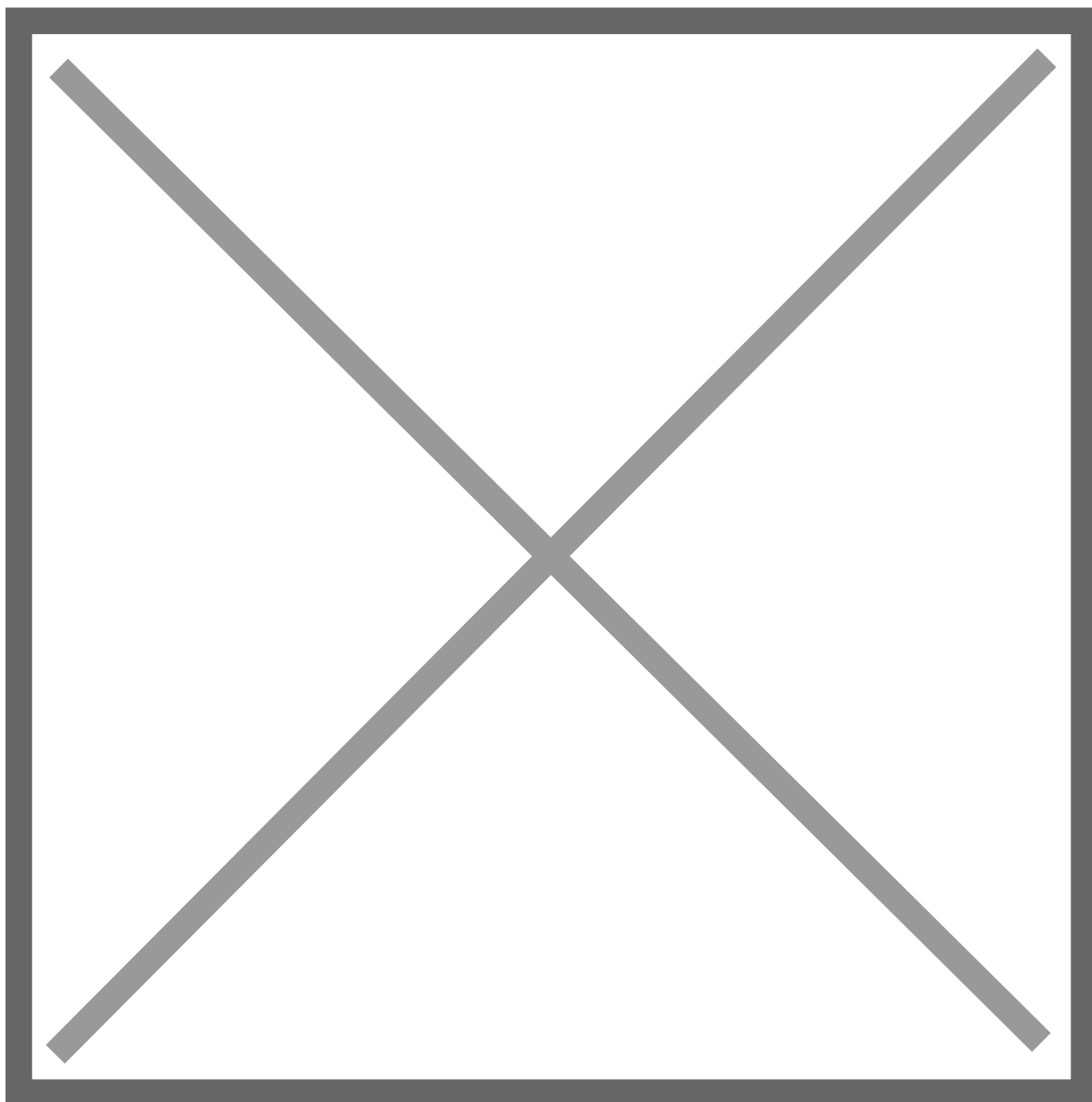
Vek:	20+
Odkazy:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25).
Definície (k dispozícii iba v angličtine):	Number living with anxiety per 100,000 population

Ženy, 2021



Vek:	20+
Odkazy:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare . (Last accessed 23.04.25).
Definície (k dispozícii iba v angličtine):	Number living with anxiety per 100,000 population

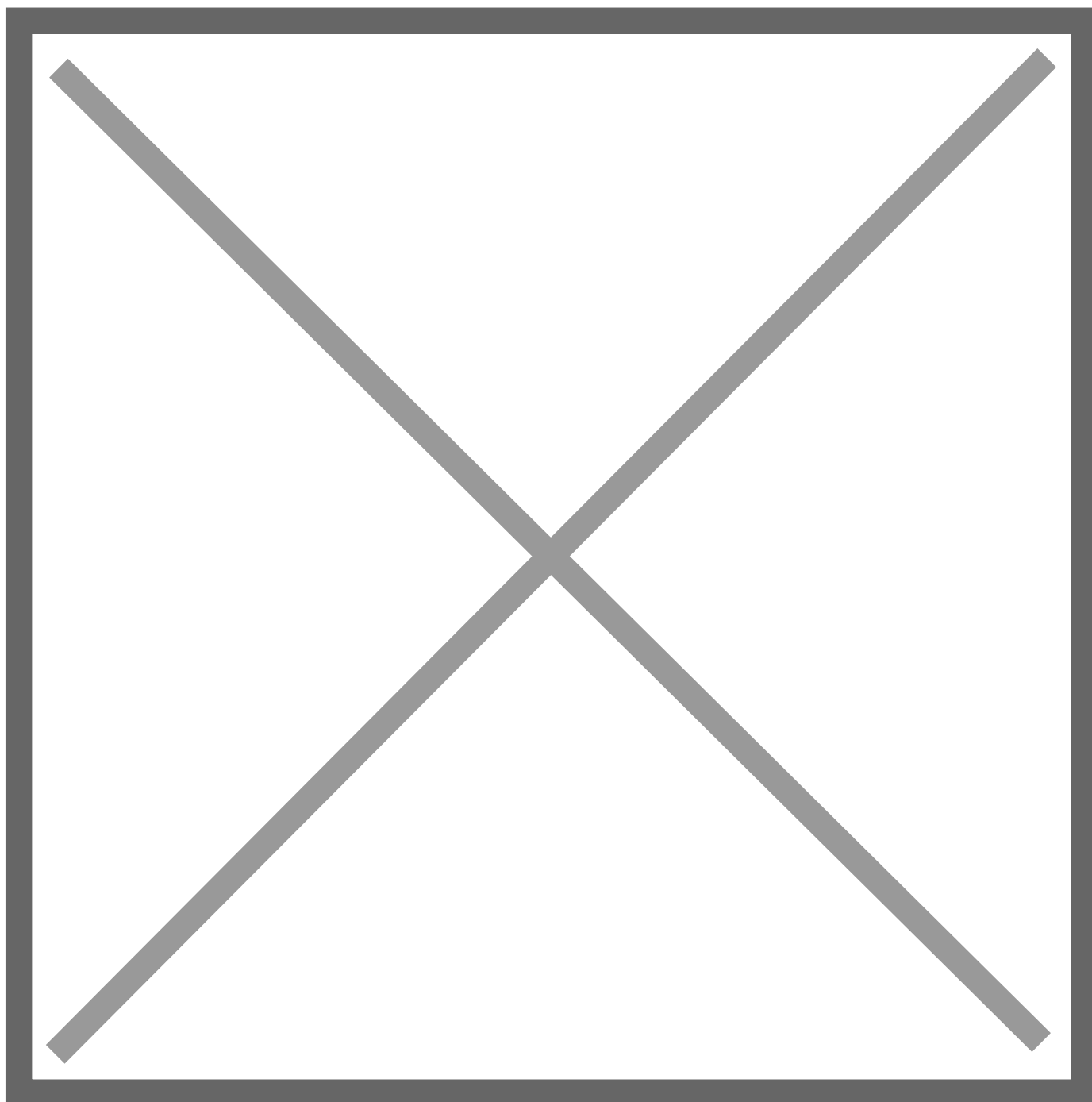
Deti, 2021



Odkazy:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

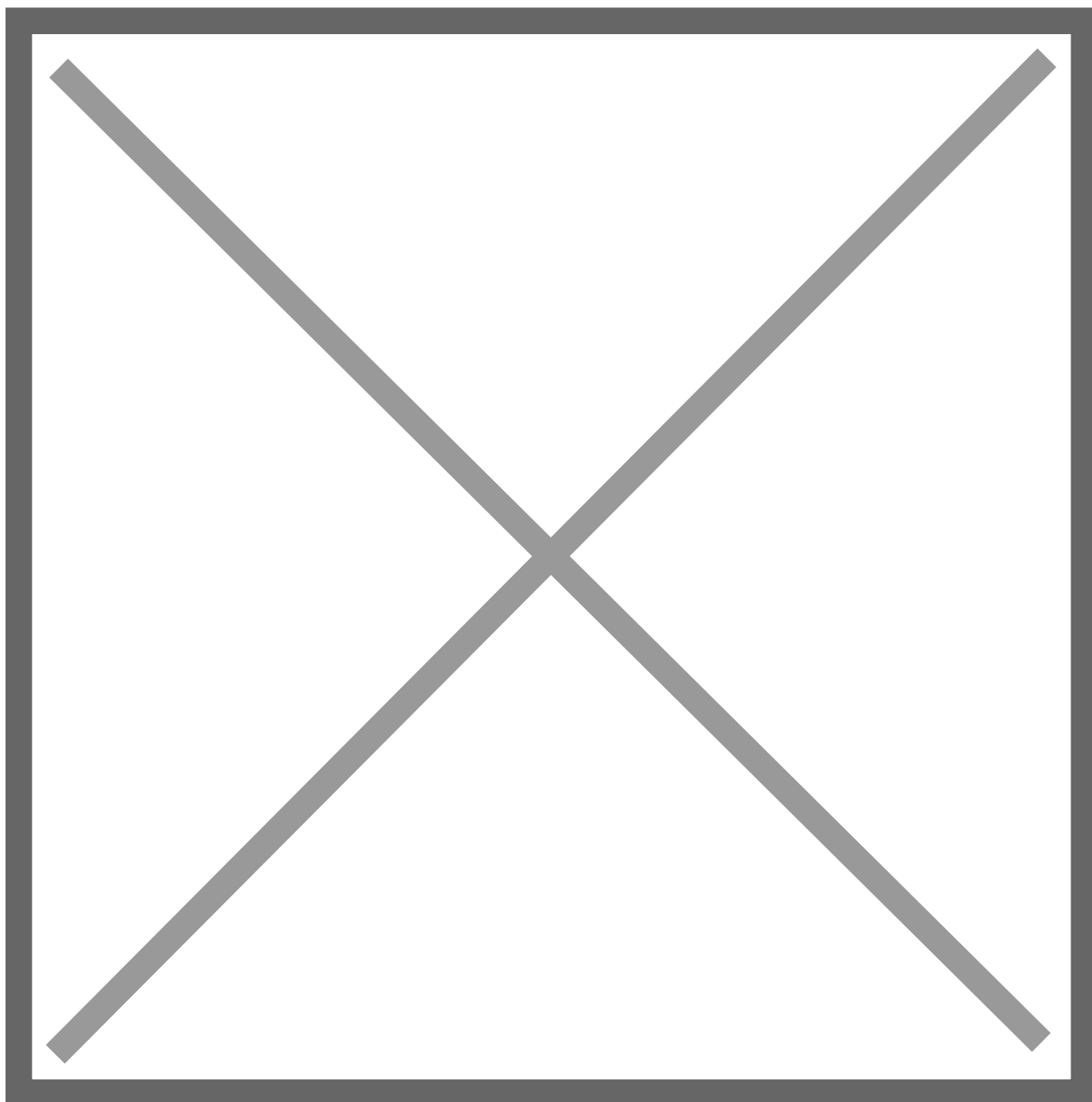
Chlapci, 2021



Odkazy:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Dievčatá, 2021

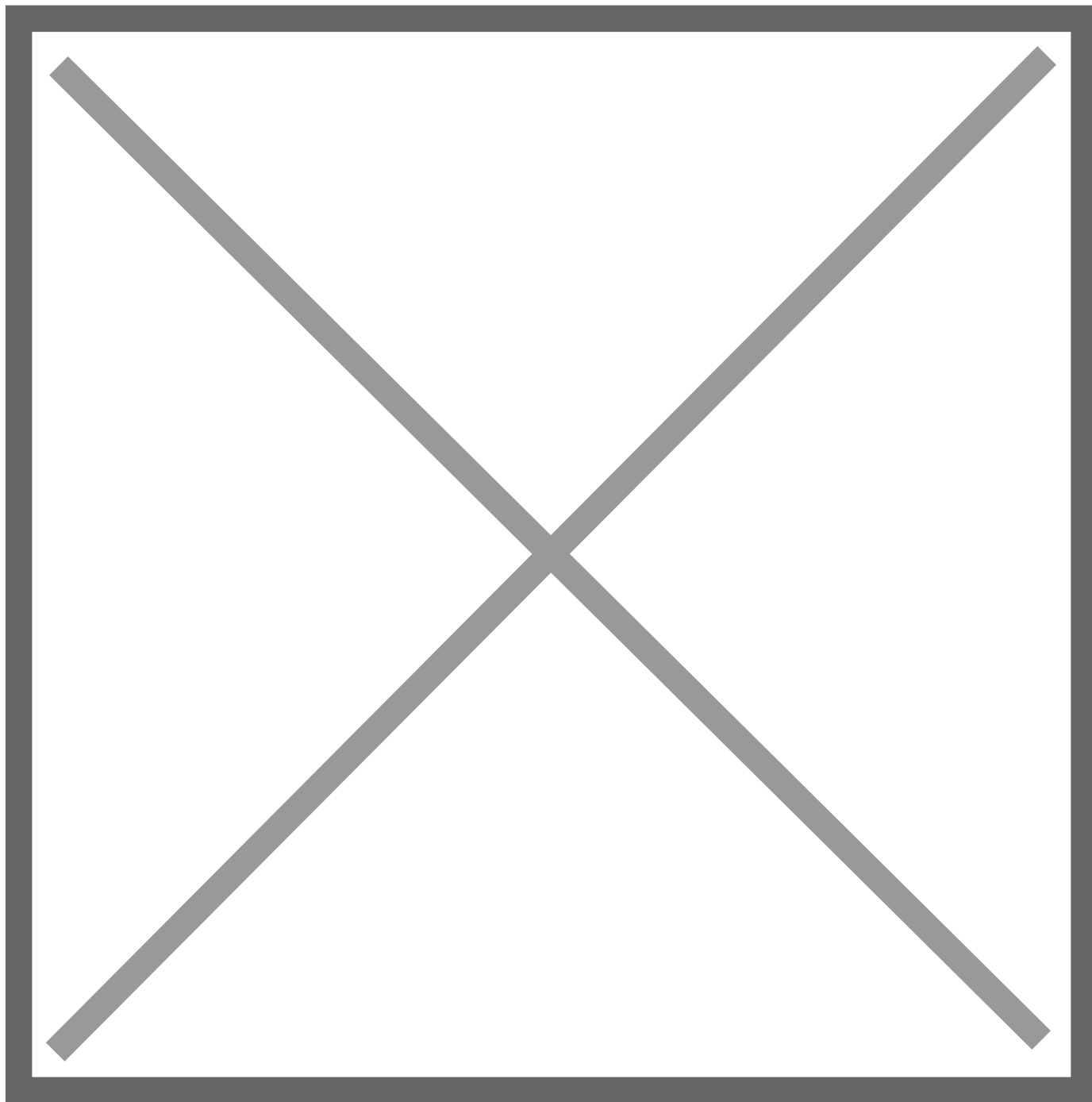


Odkazy:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Percent of population who cannot afford a healthy diet

Dospelí, 2022



**Dotknutá
oblast:**

Národný

Odkazy:

The Food Systems Dashboard. The Global Alliance for Improved Nutrition (GAIN), The Columbia Climate School, and Cornell University College of Agriculture and Life Sciences. 2024. Geneva, Switzerland.
<https://www.foodsystemsdashboard.org>. DOI: <https://doi.org/10.36072/db>.

