



## Facts about Portugal

<b>Capital:</b>	Lisbon
<b>Official languages:</b>	Portuguese
<b>Ethnic groups:</b>	Portuguese 97%, others 3%
<b>Government:</b>	Parliamentary republic
<b>Area:</b>	92 090 km <sup>2</sup>
<b>Population (2011):</b>	10 647 763
<b>EU accession:</b>	1 January 1986



## HES in Portugal

No national HES has been carried out previously in Portugal. The EHES pilot was conducted in May-June 2010 in the Health Centre of São Brás de Alportel at the Algarve Region. The sample size was 600 persons aged 25 years and over.

Examinations were carried out in the local health centre between 08:00-12:00 on working days.

The fieldwork staff (receptionists, nurses and laboratory technicians) were from the local health centre. They were trained for survey measurements before fieldwork started.

Additional to the EHES core measurements, hip circumference was measured. From blood samples also total blood count and triglycerides were analysed.

Additional to the EHES questions, also ADL, IADL, women's questions on use of contraceptives, menopause and pregnancies, as well as mental health (MH1-5) and use of health services were included.

An invitation letter with the information leaflet was mailed to the sampled persons two weeks before appointment. A letter with place, date and time for the appointment was mailed five days before appointment. After that, a phone call was made to confirm the appointment.

It is open if Portugal can conduct a full-size national HES in the next few years. The next full-size HES can be conducted either as a sub-sample of the EHIS, of national HIS, or as an independent HES with regional components.



Examination site at the Health Centre of São Brás de Alportel

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