



2.4 million Portuguese (36,0%) had hypertension

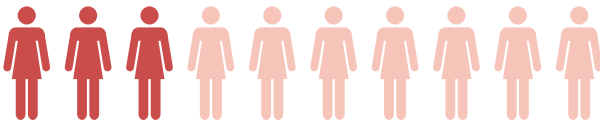
(measured Systolic Blood Pressure ≥ 140 mmHg or measured Diastolic Blood Pressure ≥ 90 mmHg or reporting taking antihypertensive medication two weeks before the interview)

Hipertensão was more frequent...

...in men,

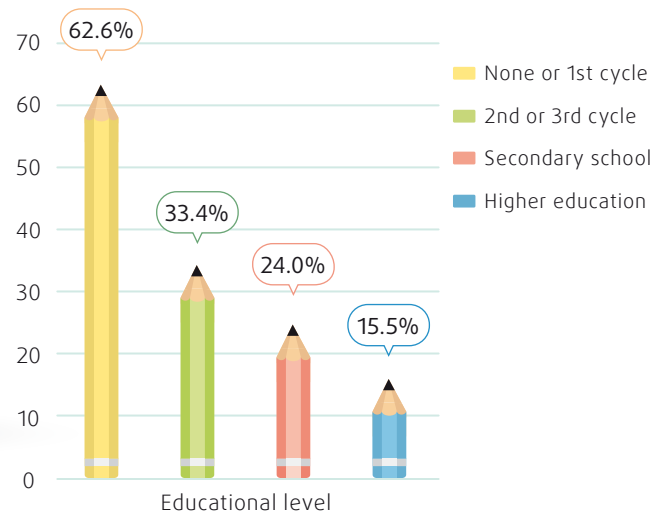


4 in 10 (39.6%)

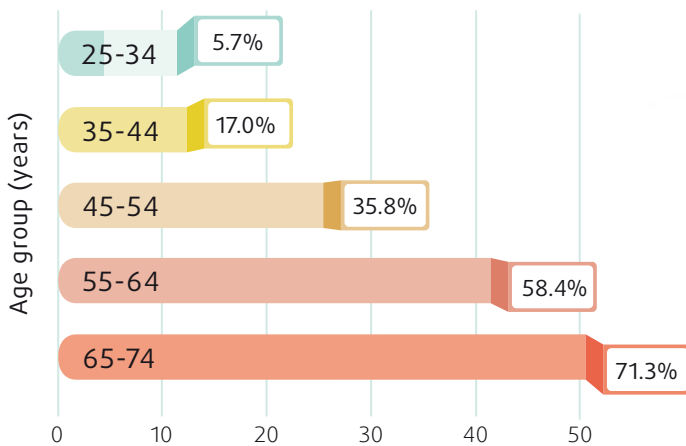


3 in 10 (32.7%)

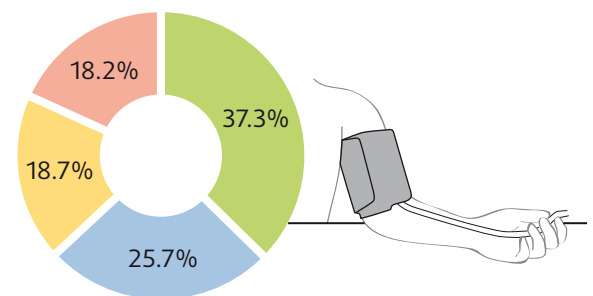
...and in the persons with lower educational level.



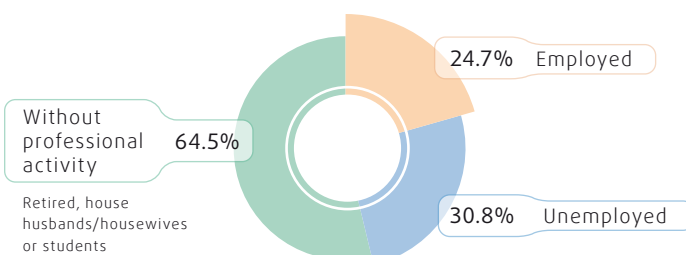
...in the age group 25-34 years,



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



...among persons without professional activity,



- Optimal: systolic <120 and diastolic <80 mmHg
- 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 mmHg

Source: INSEF 2015: Health Status
<http://hdl.handle.net/10400.18/4115>

For more information:
www.insef.pt