Do you brush your teeth at least twice a day? (one before sleeping)

4.4 million Portuguese (65.0%) have reported to brush their teeth at least twice a day

Teeth brushing at least twice a day was more frequent...

...in women,

- 5 in 10 (53.9%)
- 7 in 10 (71.5%)

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

- 25-34: 71.5%
- 35-44: 70.9%
- 45-54: 62.7%
- 55-64: 61.4%
- 65-74: 56.6%

...among employed persons,

- Without professional activity: 57.4%
- Employed: 68.2%
- Unemployed: 65.7%

...in Algarve and Lisbon and Tagus Valley,

- Acores: 57.9%
- Madeira: 72.4%
- Algarve and Lisbon and Tagus Valley: 75.8%

...and in the persons with more education,

- None or 1st cycle: 60.4%
- 2nd or 3rd cycle: 75.0%
- Secondary school: 75.8%
- Higher education: 84.6%

Source:
http://hdl.handle.net/10400.18/4795
For more information:
www.insa.pt

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.