

Council of Europe  
Conseil de l'Europe



European Union  
Union Européenne

Partnership between the European Commission  
and the Council of Europe in the field of Youth

# FACTSHEET

## ON LIVING CONDITIONS AND LIFESTYLES

### IN PORTUGAL



## Table of contents

1. Social Networks .....	3
1.1 Family .....	3
1.2 Friends.....	4
2. Housing.....	5
2.1 Quality of Housing .....	5
2.2 Homelessness .....	5
3. Health .....	6
3.1 State of Health .....	6
3.2 Physical Health .....	6
3.3 Mental Health.....	7
3.4 Use of Intoxicants .....	7
3.5 Nutrition .....	8
3.6 Health Behaviour .....	9
3.7 Sexual Behaviour and Teenage Pregnancies.....	9
4. Leisure Time .....	10
4.1 General Leisure Time Issues.....	10
4.2 Sports .....	10
4.3 Media Usage.....	10
4.4 Cultural Activities .....	11
5. Mobility.....	13
5.1 Migration .....	13
5.2 Tourism.....	13
6. Delinquency .....	14
7. Source of Income.....	15

## 1. Social Networks

### 1.1 Family

	Source	Year	Age Range	Result
Percentage (%) of respondents who are married or are in a civil partnership	<a href="#">European Social Survey Data</a>	2007	15-24	6.48
Percentage (%) of respondents who have never been married and never in a civil partnership	<a href="#">European Social Survey Data</a>	2007	15-24	90.78
Percentage (%) of respondents who have ever given birth or fathered a child	<a href="#">European Social Survey Data</a>	2007	15-24	6.48
Percentage (%) of respondents who still live with their parents	<a href="#">European Social Survey Data</a>	2007	15-24	80.76
Percentage (%) of respondents who are living with parents because they can't afford to move out	<a href="#">Flash Eurobarometer 202. Young Europeans. 2007.</a> p. 72	2007	15-30	62.00
Percentage (%) of respondents, who are living with parents because there aren't enough affordable housing available	<a href="#">Flash Eurobarometer 202. Young Europeans. 2007.</a> p. 72	2007	15-30	2.00
Percentage (%) of respondents who are living with parents because they want to have home comforts without responsibilities	<a href="#">Flash Eurobarometer 202. Young Europeans. 2007.</a> p. 72	2007	15-30	17.00
Percentage (%) of respondents who are living with parents because they get married later than used to	<a href="#">Flash Eurobarometer 202. Young Europeans. 2007.</a> p. 72	2007	15-30	11.00
Percentage (%) of respondents who are living with parents because they financially support their parents	<a href="#">Flash Eurobarometer 202. Young Europeans. 2007.</a> p. 72	2007	15-30	4.00
Percentage (%) of male respondents who are living with parents	<a href="#">First European Quality of Life Survey: Families, work and social networks (2006)</a>	2003	18-34	48.00
Percentage (%) of female respondents who are living with parents	<a href="#">First European Quality of Life Survey: Families, work and social networks (2006)</a>	2003	18-34	33.00
Percentage (%) of male respondents who are living alone	<a href="#">First European Quality of Life Survey: Families, work and social networks (2006)</a>	2003	18-34	7.00
Percentage (%) of female respondents who are living alone	<a href="#">First European Quality of Life Survey: Families, work and social networks (2006)</a>	2003	18-34	5.00

Percentage (%) of male respondents who are living as childless couple	<a href="#">First European Quality of Life Survey: Families, work and social networks</a> (2006)	2003	18-34	8.00
Percentage (%) of female respondents who are living as childless couple	<a href="#">First European Quality of Life Survey: Families, work and social networks</a> (2006)	2003	18-34	10.00
Percentage (%) of male respondents who are living as couple with children	<a href="#">First European Quality of Life Survey: Families, work and social networks</a> (2006)	2003	18-34	28.00
Percentage (%) of female respondents who are living as couple with children	<a href="#">First European Quality of Life Survey: Families, work and social networks</a> (2006)	2003	18-34	30.00
Percentage (%) of male respondents who are lone parent	<a href="#">First European Quality of Life Survey: Families, work and social networks</a> (2006)	2003	18-34	9.00
Percentage (%) of female respondents who are lone parent	<a href="#">First European Quality of Life Survey: Families, work and social networks</a> (2006)	2003	18-34	0.00
Maternity and paternity leave			<b>Annex</b>	

## 1.2 Friends

	Source	Year	Age Range	Result
Percentage (%) of respondents who weekly spend time with their friends	<a href="#">World Values Survey</a>	1999-2000	15-29	81.97
Percentage (%) of respondents to whom friends are very and rather important in life	<a href="#">World Values Survey</a>	1999-2000	15-29	91.39
Percentage (%) of respondents who agree with the statement that they have someone to discuss intimate and personal matters with	<a href="#">European Social Survey Data</a>	2007	15-24	95.53

## 2 Housing

### 2.1 Quality of Housing

	Source	Year	Age Range	Result
Average number of rooms at home for young people between ages 18–24	<a href="#">First European Quality of Life Survey: Social dimensions of housing</a> (2006) p. 23	2006	18-24	1.20
Average number of rooms at home for young people between ages 25–34	<a href="#">First European Quality of Life Survey: Social dimensions of housing</a> (2006) p. 23	2006	25-34	1.30
Percentage (%) of young people living independently	<a href="#">First European Quality of Life Survey: Social dimensions of housing</a> (2006) p. 29	2006	18-24	7.00
Percentage (%) of 18–24 years old people claiming the lack of space in housing	<a href="#">First European Quality of Life Survey: Social dimensions of housing</a> (2006) p. 33	2006	18-24	30.00
Percentage (%) of 25–34 years old people claiming the lack of space in housing	<a href="#">First European Quality of Life Survey: Social dimensions of housing</a> (2006) p. 33	2006	25-34	27.00
Percentage (%) of households lacking flushing toilet indoor (age range 18–24)	<a href="#">First European Quality of Life Survey: Social dimensions of housing</a> (2006) p. 44	2006	18-24	1.00
Percentage (%) of households lacking flushing toilet indoor (age range 25–34)	<a href="#">First European Quality of Life Survey: Social dimensions of housing</a> (2006) p. 44	2006	25-34	3.00
Percentage of owners (with or without mortgage) of 18–24 years olds	<a href="#">First European Quality of Life Survey: Social dimensions of housing</a> (2006) p. 56	2006	18-24	55.00
Percentage of owners (with or without mortgage) of 25–34 years olds	<a href="#">First European Quality of Life Survey: Social dimensions of housing</a> (2006) p. 56	2006	25-34	59.00
Percentage (%) of respondents who personally have a mobile phone	<a href="#">European Social Survey Data</a>	2007	15-24	94.14

### 2.2 Homelessness

	Source	Year	Age Range	Result
Amount of young homeless persons				-

### 3. Health

#### 3.1 State of Health

	Source	Year	Age Range	Result
Numbers of registered deaths between ages 15 and 24 years (males)	<a href="#">WHO Mortality Database</a>	2002	15-24	708
Numbers of registered deaths between ages 15 and 24 years (females)	<a href="#">WHO Mortality Database</a>	2002	15-24	230
Rate (per 100 000 population) of registered male deaths between ages 15 and 24 years	<a href="#">WHO Mortality Database</a>	2002	15-24	98.80
Rate (per 100 000 population) of registered female deaths between ages 15 and 24 years	<a href="#">WHO Mortality Database</a>	2002	15-24	33.20
Percentage of people who self assessed their state of health as bad or very bad	<a href="#">EurLIFE Database</a>	2004	16-29	1.00
Percentage (%) of respondents who subjectively state their general health to be good or very good	<a href="#">European Social Survey Data</a>	2007	15-24	86.69

#### 3.2 Physical Health

	Source	Year	Age Range	Result
Percentage (%) of boys who reported they are over-weight according to the body mass index	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey p. 77</a>	2005-2006	15	22.00
Percentage (%) of girls who reported they are over-weight according to the body mass index	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey p. 77</a>	2005-2006	15	13.00
Percentage (%) of boys who think they are too fat	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey, p. 81</a>	2005-2006	15	26.00
Percentage (%) of girls who think they are too fat	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey, p. 81</a>	2005-2006	15	47.00
Percentage (%) of boys report at least one medically attended injury in the last 12 months	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey, p. 73</a>	2005-2006	15	49.00
Percentage (%) of girls who report at least one medically attended injury in the last 12 months	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey, p. 73</a>	2005-2006	15	34.00
Work Related Injuries				-

### 3.3 Mental Health

	Source	Year	Age Range	Result
Suicides crude death rate per 100 000 persons	<a href="#">Eurostat</a>	2006	15-19	1.50
Percentage (%) of respondents who felt themselves depressed most or all of the time during past week	<a href="#">European Social Survey Data</a>	2007	15-24	2.39
Percentage (%) of respondents who felt themselves lonely most or all of the time during past week	<a href="#">European Social Survey Data</a>	2007	15-24	5.46
Percentage (%) of respondents who felt themselves anxious most or all of the time during past week	<a href="#">European Social Survey Data</a>	2007	15-24	14.33
Percentage (%) of respondents who felt themselves tired most or all of the time during past week	<a href="#">European Social Survey Data</a>	2007	15-24	12.97
Percentage of 15 year-old boys who have been bullied at school at least twice in the past couple of months	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey, p. 161</a>	2005-2006	15	13.00
Percentage of 15 year-old girls who have been bullied at school at least twice in the past couple of months	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey, p. 161</a>	2005-2006	15	10.00
Percentage of 15 year-old boys who have bullied others at school at least twice in the past couple of months	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey, p. 165</a>	2005-2006	15	13.00
Percentage of 15 year-old girls who have bullied others at school at least twice in the past couple of months	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey, p. 165</a>	2005-2006	15	8.00

### 3.4 Use of Intoxicants

	Source	Year	Age Range	Result
Percentage (%) of respondents who has drunken any alcohol during last 12 months	<a href="#">European School Survey Project on Alcohol and Other Drugs (ESPAD)</a>	2003	16	74.00
Percentage (%) of respondents who has been drunk during last 12 months	<a href="#">European School Survey Project on Alcohol and Other Drugs (ESPAD)</a>	2003	16	28.00
Percentage (%) of 15-34 years old respondents who have ever used cocaine	<a href="#">The European Monitoring Centre for Drugs and Drug Addiction (EMCDDA), Country Data Sheets</a>	2004	15-34	1.30
Percentage (%) of 15-16 years old respondents who have ever used cocaine	<a href="#">The European Monitoring Centre for Drugs and Drug Addiction (EMCDDA), Country Data Sheets</a>	2004	15-16	3.00
Percentage (%) of 15-34 years old respondents who have ever used cannabis	<a href="#">The European Monitoring Centre for Drugs and Drug Addiction (EMCDDA), Country Data Sheets</a>	2004	15-34	12.40

Percentage (%) of 15-16 years old respondents who have ever used cannabis	<a href="#">The European Monitoring Centre for Drugs and Drug Addiction (EMCDDA), Country Data Sheets</a>	2004	15-16	15.00
Percentage (%) of respondents who have ever used or tried cannabis	<a href="#">European School Survey Project on Alcohol and Other Drugs (ESPAD)</a>	2003	16	15.00
Percentage (%) of respondents who have used any other drug than cannabis	<a href="#">European School Survey Project on Alcohol and Other Drugs (ESPAD)</a>	2003	16	7.00
Percentage (%) of 16 year olds who has ever smoked a cigarette	<a href="#">European School Survey Project on Alcohol and Other Drugs (ESPAD)</a>	2003	16	62.00
Percentage (%) of 16 year olds who have smoked in last 30 days	<a href="#">European School Survey Project on Alcohol and Other Drugs (ESPAD)</a>	2003	16	28.00

### 3.5 Nutrition

	Source	Year	Age Range	Result
Percentage (%) of 15-year-old boys who eat breakfast every school day	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey, p. 87</a>	2005-2006	15	79.00
Percentage (%) of 15-year-old girls who eat breakfast every school day	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey, p. 87</a>	2005-2006	15	69.00
Percentage (%) of 15-year-old boys who eat fruit every day	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey, p. 91</a>	2005-2006	15	36.00
Percentage (%) of 15-year-old girls who eat fruit every day	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey, p. 91</a>	2005-2006	15	40.00
Percentage (%) of 15-year-old boys who drink soft drinks daily	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey, p. 95</a>	2005-2006	15	32.00
Percentage (%) of 15-year-old girls who drink soft drinks daily	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey, p. 95</a>	2005-2006	15	22.00



### 3.6 Health Behaviour

	Source	Year	Age Range	Result
Percentage (%) of 15-year-old boys who brush their teeth more than once a day	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey</a> , p. 99	2005-2006	15	27.00
Percentage (%) of 15-year-old girls who brush their teeth more than once a day	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey</a> , p. 99	2005-2006	15	21.00
Percentage (%) of 15-year-old boys who engage in weight reduction behaviour	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey</a> , p. 103	2005-2006	15	6.00
Percentage (%) of 15-year-old girls who engage in weight reduction behaviour	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey</a> , p. 103	2005-2006	15	17.00

### 3.7 Sexual Behaviour and Teenage Pregnancies

	Source	Year	Age Range	Result
Percentage (%) of 15 year- old boys who have had sexual intercourse	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey</a> , p. 144	2005-2006	15	27.00
Percentage (%) of 15 year- old girls who have had sexual intercourse	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey</a> , p. 144	2005-2006	15	21.00
Percentage (%) of 15 year-old boys who used contraceptive pill at last sexual intercourse	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey</a> , p. 148	2005-2006	15	11.00
Percentage (%) of 15 year-old girls who used contraceptive pill at last sexual intercourse	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey</a> , p. 148	2005-2006	15	27.00
Percentage (%) of 15 year-old boys who used a condom at last sexual intercourse	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey</a> , p. 152	2005-2006	15	86.00
Percentage (%) of 15 year-old girls who used a condom at last sexual intercourse	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey</a> , p. 152	2005-2006	15	84.00
Live births by mothers between ages 15 and 19, total numbers all births	<a href="#">European Commission – Health and Consumer Protection Directorate</a>	2005	15-19	5443
Live births by mothers between ages 15 and 19, percentage of all births	<a href="#">European Commission – Health and Consumer Protection Directorate</a>	2005	15-19	4.98
Abortion				-
HIV / Aids				-
Chlamydia				-

## 4. Leisure Time

### 4.1 General Leisure Time Issues

	Source	Year	Age Range	Result
Percentage (%) of respondents who regularly go for walk, bike ride, sport during their leisure time	<a href="#">Flash Eurobarometer 202. Young Europeans. 2007.</a> p. 85-87	2007	15-30	44.60
Percentage (%) of respondents who regularly read during their leisure time	<a href="#">Flash Eurobarometer 202. Young Europeans. 2007.</a> p. 85-87	2007	15-30	38.2
Percentage (%) of respondents who regularly meet friends, go dancing, go out to eat/drink during their leisure time	<a href="#">Flash Eurobarometer 202. Young Europeans. 2007.</a> p. 85-87	2007	15-30	42.6
Percentage (%) of respondents who agree or strongly agree with to following statement: "I seldom have time to do things I really enjoy"	<a href="#">European Social Survey Data</a>	2007	15-24	46.76

### 4.2 Sports

	Source	Year	Age Range	Result
Percentage of people aged between 16 and 25 who regularly play sports during their leisure time	<a href="#">EurLIFE Database</a> (EU15)	2001	16-25	44.00
Percentage (%) of respondents who agree or strongly agree with to following statement: "My life involves a lot of physical activity"	<a href="#">European Social Survey Data</a>	2007	15-24	47.78
Percentage (%) of 15-year-old boys who report at least one hour moderate-to-vigorous activity daily	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey,</a> p. 107	2005-2006	15	15.00
Percentage (%) of 15-year-old girls who report at least one hour moderate-to-vigorous activity daily	<a href="#">Inequalities in young people's health. HBSC international report from the 2005/2006 survey,</a> p. 107	2005-2006	15	5.00

### 4.3 Media Usage

	Source	Year	Age Range	Result
Percentage (%) of boys aged between 16 and 25 who regularly watch TV, listen to music, use a computer or play video games during their leisure time	<a href="#">EurLIFE Database</a> (EU15)	2001	16-25	90.00

Percentage (%) of girls aged between 16 and 25 who regularly watch TV, listen to music, use a computer or play video games during their leisure time	<a href="#">EurLIFE Database</a> (EU15)	2001	16-25	92.00
Percentage (%) of respondents whose total TV watching time on average weekday is more than 2 hours	<a href="#">European Social Survey Data</a>	2007	15-24	44.67
Percentage (%) of respondents whose total radio listening time on average weekday is more than 2 hours	<a href="#">European Social Survey Data</a>	2007	15-24	23.21
Percentage (%) of respondents who read newspaper on average weekday	<a href="#">European Social Survey Data</a>	2007	15-24	63.14
Percentage (%) of respondents who use internet/email/www every day	<a href="#">European Social Survey Data</a>	2007	15-24	37.33

#### 4.4 Cultural Activities

	Source	Year	Age Range	Result
Percentage (%) of the respondents who never visited library (in the past 12 months)	Christensen, Thomas. Eurobarometer 56.0: Information and Communication Technologies, Financial Services, and Cultural Activities, August-September 2001 [electronic data].	2001	15-25	51.70
Percentage (%) of the respondents who visited library at least once (in the past 12 months)	Christensen, Thomas. Eurobarometer 56.0: Information and Communication Technologies, Financial Services, and Cultural Activities, August-September 2001 [electronic data].	2001	15-25	48.30
Percentage (%) of the respondents who never visited museum in their own country (in the past 12 months)	Christensen, Thomas. Eurobarometer 56.0: Information and Communication Technologies, Financial Services, and Cultural Activities, August-September 2001 [electronic data].	2001	15-25	68.00
Percentage (%) of the respondents who visited museum at least once (in the past 12 months)	Christensen, Thomas. Eurobarometer 56.0: Information and Communication Technologies, Financial Services, and Cultural Activities, August-September 2001 [electronic data].	2001	15-25	32.00

Percentage (%) of the respondents who never visited ballet/dance (in the past 12 months)	Christensen, Thomas. Eurobarometer 56.0: Information and Communication Technologies, Financial Services, and Cultural Activities, August-September 2001 [electronic data].	2001	15-25	87.60
Percentage (%) of the respondents who visited ballet/dance at least once (in the past 12 months)	Christensen, Thomas. Eurobarometer 56.0: Information and Communication Technologies, Financial Services, and Cultural Activities, August-September 2001 [electronic data].	2001	15-25	12.40

## 5. Mobility

---

### 5.1 Migration

	Source	Year	Age Range	Result
Immigration				-
Emigration				-

### 5.2 Tourism

	Source	Year	Age Range	Result
Number of tourists (persons participating in tourism)	<a href="#">Eurostat</a>		15-24	260506

## 6. Youth delinquency

---

	<b>Source</b>	<b>Year</b>	<b>Age Range</b>	<b>Result</b>
Number of minors among suspected offenders	<a href="#">3<sup>rd</sup> Edition (2006) of the European Sourcebook of Crime and Criminal Justice Statistics 2000-2003</a>	2003	18 or less	-
Number of minors convicted of criminal offences	<a href="#">3<sup>rd</sup> Edition (2006) of the European Sourcebook of Crime and Criminal Justice Statistics 2000-2003</a>	2003	18 or less	3301

## 7. Source of Income

	Source	Year	Age Range	Result
Percentage (%) of 15-30 years old whose main source of income was: My regular job	1) <a href="#">Eurobarometer 2003.1 Youth in New Europe</a> , 2) <a href="#">Flash Eurobarometer 202. Young Europeans. 2007.</a>	2007	15-30	44.10
Percentage (%) of 15-30 years old whose main source of income was Training allowance or educational grant	1) <a href="#">Eurobarometer 2003.1 Youth in New Europe</a> , 2) <a href="#">Flash Eurobarometer 202. Young Europeans. 2007.</a>	2007	15-30	3.10
Percentage (%) of 15-30 years old whose main source of income was: Relatives, partner	1) <a href="#">Eurobarometer 2003.1 Youth in New Europe</a> , 2) <a href="#">Flash Eurobarometer 202. Young Europeans. 2007.</a>	2007	15-30	44.40

## **ANNEX 1**

---

### **Maternity leave and paternity leave**

#### **MATERNITY LEAVE**

Normal duration: 120 days.

**PATERNITY LEAVE** not mentioned.

Source: <http://www.ilo.org/public/english/protection/condtrav/database/index.htm>