

MORTALITY

Lower mortality from:

- Cerebrovascular diseases
- Malignant neoplasm of trachea, bronchus and lung
- Malignant neoplasm of stomach
- Malignant neoplasm of female breast
- Malignant neoplasm of colon and rectum

MORBIDITY

Lower morbidity from:

- Diabetes
- Depression
- Tuberculosis
- Chronic Obstructive Pulmonary Disease (COPD)
- AIDS

HEALTH DETERMINANTS

- Less people with high blood pressure
- Lower tobacco consumption
- Less obese people
- Lower alcohol consumption
- Less physical inactivity

Where can it be found?

Portugal's Northern Region Health Plan 2014-2016 can be accessed on the Northern Region Health Administration website, at the following address:

www.portal.arsnorte.min-saude.pt

Portugal's Northern Region Health Plan

2014 – 2016

Portugal's Northern Region **population Health Plan**
2014-2016(NRHP):

- identifies and communicates, inside and outside the health sector, the main population health needs;
- expresses a commitment to well defined health goals for the three years period 2014-2016.

The NRHP **reinforces the importance** of:

- identifying the population *felt* health needs, besides the technical ones;
- promoting the participation of the main stakeholders in the regional population health planning process.

Three **key recommendations** for the NRHP's implementation by the main stakeholders were made:

- communicate to implement;
- obtain health gains in a sustainable way;
- develop **TOGETHER** the strategies which have the biggest impact on population health needs.

INDICATOR	Unit	Sex	Last available data			Projections – N. Region			Health Goal	
			National	Northern Region	Time Frame	Projected value	Lower Limit	Upper Limit	Time Frame	Value
MORTALITY										
Mortality from cerebrovascular disease (ICD10: I60-I69), crude death rate under 65 years	/100000 inhabitants	MF	10,8	9,8	08-10	7,8	6,3	9,3	14-16	7,8
Mortality from malignant neoplasm of trachea, bronchus and lung (ICD10: C33-C34), crude death rate under 65 years	/100000 inhabitants	MF	14,0	14,5	08-10	16,4	14,8	17,9	14-16	<16,4
Mortality from malignant neoplasm of stomach (ICD 10: C16) , crude death rate under 65 years	/100000 inhabitants	MF	7,2	9,5	08-10	9,5	8,1	10,8	14-16	9,5
Mortality from malignant neoplasm of breast (ICD 10: C50), crude death rate under 65 years	/100000 inhabitants	F	14,4	11,8	08-10	11,8	10,0	13,6	14-16	11,0
Mortality from malignant neoplasm of colon and rectum (ICD 10: C18-C20), crude death rate under 65 years	/100000 inhabitants	MF	8,7	7,5	08-10	8,2	7,2	9,1	14-16	<8,2
MORBIDITY										
Proportion of patients with diabetes mellitus (ICPC2: T89-T90), as recorded on general practice disease registries	/100 patients	MF	6,2	6,5	2012		n.a.		2016	6,5 -12,9
Proportion of women with depressive disorders (ICPC2: P76), as recorded on general practice disease registries	/100 patients	F	9,6	10,4	2012		n.a.		2016	10,0
Tuberculosis incidence rate	/100000 inhabitants	MF	23,6	27,2	2012	22,4	18,8	26,9	2016	22,4
Hospital admissions for Chronic Obstructive Pulmonary Disease (COPD), directly age standardized rate under 70 years	/100000 inhabitants	MF	29,4	37,1	2009		n.a.		2016	27,0
HIV incidence rate	/100000 inhabitants	MF	12,5	7,6	2011	2,8	1,1	7,0	2016	3,0
HEALTH DETERMINANTS										
Prevalence of high blood pressure	%	MF	42,1	37,0	2012		n.a.		2016	37,0
Prevalence of tobacco consumption in highschool students, in the last 30 days	%	MF	28,0	29,0	2011		n.a.		2016	25,0
Prevalence of obesity in 1 st and 3 rd grades children (age 6-8 years)	%	MF	14,6	14,3	2010		n.a.		2016	14,0
Prevalence of binge drinking in 6 th , 8 th and 10 th grades students (age 11-15 years)	%	MF	24,9	21,8	2010		n.a.		2016	20,0
Prevalence of physical activity (more than three times a week), in 6 th , 8 th and 10 th grades students (age 11-15 years)	%	MF	61,5	57,0	2010		n.a.		2016	60,0

n.a. – not applied/not available