Statistical Synopsis

Portugal 2013

General-Directorate for Intervention on Addictive Behaviours and Dependencies
Statistic and Research Division
(English version translated by the International Relations Division)
2015

ILLICIT SUBSTANCES

DRUG USE

Resident Population, 2012

- 15-64 years

- 655926 (9,5%) have used illicit substances ((M=14,8%; F=4,5%) (15-24 years=12,8%; 25-34 years=15,9%))

- 186 421 (2,7%) have used in the last 12 months ((M=4,1%; F=1,3%) (15-24 years=5,8%; 25-34 years=4,6%))

Lifetime Prevalence and Last 12 months use of illicit substances:
15-64, 15-24 e 25-34 years (%)

Source: Balsa et al., 2014 / Serviço de Intervenção nos Comportamentos Aditivos e nas Dependências: DMI – DEI
Most common used drugs in the last 12 months: cannabis (2.7%), ecstasy (0.3%) and cocaine (0.2%) 

20,713 (0.3%) high risk users of cannabis ((M=0.5%; F=0.1%) (15-24 years=0.2%; 25-34 years=0.5%)), and 27,617 (0.4%) moderate risk users ((M=0.5%; F=0.3%) (15-24 years=1.5%; 25-34 years=0.4%)) (CAST) 

New psychoactive substances: 0.4% have ever used in life and 0.1% in the last 12 months

School population, 2011

- 16 years old
  - 19% have used illicit substances ((M=22%; F=16%) (European Average=18%))
  - In the last 12 months, 16% used cannabis and 3% ecstasy

\[
\text{Lifetime prevalence of illicit substances: 16 years old (\%)} \\
\text{Portugal: 2003, 2007 and 2011}
\]

Source: Hibell et al., 2004 / Hibell et al., 2009 / Hibell et al., 2012 / Serviço de Intervenção nos Comportamentos Aditivos e nas Dependências: DMI – DEI

- 13-18 years
  - Between 4.4% (13 years) and 31.2% (18 years) have used illicit substances
  - In the last 12 months, between 1.5% (13 years) to 24.9% (18 years) used cannabis and between 0.9% (13 years) and 2.3% (18 years) used ecstasy
  - In the last 30 days, between 0.7% (13 years) and 15.7% (18 years) used cannabis
**Problems Associated to More Problematic Patterns of Use, 2013**

► Demand for treatment in the public network (CRI/UD/CT):

- 28133 outpatient patients ((M=23,607; F=4,526); (≤34 years=6,427; 35-44 years=12,625; 45-54 years=7,869; ≥55 years=12,122)),
- 4139 initiated treatment in 2013, 2154 readmitted ((M=1,894; F=260) (≤34 years=520; 35-44 years=1,007; 45-54 years=558; ≥55 years=69)), and 1,985 appealed for the first time to the treatment structures ((M=1,679; F=306) (≤34 years=1,364; 35-44 years=417; 45-54 years=171; ≥55 years=33))
- 809 were admitted in UD ((M=657; F=152) (≤34 years=218; 35-44 years=423; 45-54 years=154; ≥55 years=14)), and 69 in CT ((M=51; F=18) (≤34 years=35; 35-44 years=26; 45-54 years=7; ≥55 years=1))
- 1524 inmates in treatment in prison setting (at 31/12/2013)

► Demand for treatment in the licensed network:

- 81 were admitted in UD ((M=71; F=10) (≤34 years=17; 35-44 years=37; 45-54 years=26; unknown=1)), and 2335 in CT ((M=1,997; F=338) (≤34 years=1,049; 35-44 years=836; 45-54 years=386; ≥55 years=58; unknown=6))

Patients in treatment in the year*, New** and Readmitted. Public Network: Outpatient (n)
Portugal Continental: 2007 to 2013

Date of collection of information: 2nd semester of 2013 (data till 2012) and 2nd semester of 2014 (2013 data).

*Patients registered with drug-related problems with at least one event in the year.
**Patients registered with drug-related problems that have appealed for the first time to the structures of this network (first treatment demand).

Source: Administrações Regionais de Saúde, I.P. / Serviço de Intervenção nos Comportamentos Aditivos e nas Dependências: DMI – DEI
Infectious diseases:

- 17,178 notified cases of HIV (8351 AIDS) associated with drug addiction (since 01/01/1983 till 31/12/2013); 349 diagnosed with HIV (331 AIDS) in the last 3 years
- Prevalence among patients in treatment (outpatient public network) and with intravenous use: 
  - HIV+=23%; Hepatitis C / HCV+=88%; Hepatitis B / AgHBs+=6%

HIV and AIDS Notifications:
Cases Associated or not to Drug Addiction, by year of diagnosis* (n)
Portugal: 2007 to 2013

* The posterior update of the cases diagnosed in previous years and the introduction of new information requires the reading of these data as provisional. In cases of HIV infection, year of diagnosis refers to initial diagnosis of HIV infection regardless of the clinical stage. In the case of AIDS, refers to the year of diagnosis of AIDS stage, may be a year after initial diagnosis of HIV.


22 fatal overdoses in 2013 (M=18; F=4) (≤ 34 years=5; 35-39 years=4; 40-44 years=6; 45-49 years=4; ≥50 years=3), and 70 between 2011-2013 (M=62; F=8) (35-39 years=13; 40-44 years=16; 45-49 years=13)

1.6% drivers under the influence of an illicit drug (2008/2009) (European Average=1.9%; South Europe Average=4.5%)

7,900 individuals involved in administrative sanctions processes for drug use ((M=7,323; F=577) (16-19 years=1,581; 20-24 years=2,622; 25-29 years=1,403))
SUPPLY, 2013

Seizures and quantities seized: increasing trend in the number of seizures and supply diversification of cannabis products

Seizures, by year and type of drug (n)
Portugal: 2007 to 2013

Source: Polícia Judiciária: UNCTE / Serviço de Intervenção nos Comportamentos Aditivos e nas Dependências: DMI – DEI

5,559 presumed offenders intercepted ((M=4,938; F=621) (≤ 24 years=1,953; 25-29 years=1,105)), 41% traffickers and 59% trafficker-users

Presumed offenders, by year and situation towards drug (n)
Portugal: 2007 to 2013

Source: Polícia Judiciária: UNCTE / Serviço de Intervenção nos Comportamentos Aditivos e nas Dependências: DMI – DEI

1,474 Criminal processes closed with 2,038 individuals, 1,779 of which were convicted ((M=1,561; F=218) (≤ 24 years=534; 25-29 years=307; 30-34 years=224)), the vast majority for traffic (79%)
2 290 inmates convicted under the Drug Law ((M=2 012; F=278); (25-29 years=359; 30-39 years=790; 40-49 years=623; 50-59 years=317)), the vast majority convicted for traffic (89%)

Inmates convicted* (total and under the Drug Law), by year (n)
Portugal: 2007 to 2013

* Doesn’t include non-imputable admitted to Psychiatric Hospitals and Clinics, not include in the prison system.
Source: Direcção-Geral de Reinserção e Serviços Prisionais/Serviço de Intervenção nos Comportamentos Aditivos e nas Dependências: DMI–DEI

In 2014, 49% of young Portuguese perceived being relatively easy or very easy to obtain cannabis within 24 hours, being the correspondent percentages of cocaine, ecstasy and heroin of 28%, 26% and 24% (Average EU28=58%, 25%, 23% and 13%, respectively)
Annual alcohol consumption per capita (recorded and unrecorded), 15+ years, 2010: 12.9 liters of pure alcohol (M=18.7 l; F=7.6 l)

Resident population, 2012

- 15-64 years

► 5109317 (73.6%) have used alcoholic drinks ((M=85.1%; F=62.6%) (15-24 years=68.9%; 25-34 years=74.6%))

► 4211734 (61.1%) have used in the last 12 months ((M=73.6%; F=49.3%) (15-24 years=58.3%; 25-34 years=63.1%))
Drinks more consumed in the last 12 months: wine (46,4%), beer (40,4%) and spirits (26,2%)

Binge drinking in the last 12 months: 12,1% (at least 1) ((M=19,9%; F=4,6%) (15-24 years=17,5%, 25-34 years=18,3%)) e 3,9% (1 or more occasions per month) ((M=7,1%; F=0,9%) (15-24 years=4,4%, 25-34 years=5,7%))

Slight drunkenness (until be happy, tipsy) in the last 12 months: 13,4% ((M=19,8%; F=7,3%) (15-24 years=23,2%, 25-34 years=19,6%))

Severe drunkenness (stagger, with difficulty speaking, vomit, do not remember what happened) in the last 12 months: 5,8% ((M=9,3%; F=2,5%) (15-24 years=12,8%, 25-34 years=8,9%))

20 713 (0,3%) dependents (AUDIT) of alcoholic drinks ((M=0,5%; F=0,1%) (15-24 years=0,2%, 25-34 years=0,5%))
School population, 2011

- 16 years
  
  ▶ 74% have used in the last 12 months ((M=75%; F=74%) (European Average=79%))

  ![Last 12 months prevalence of alcohol use: 16 years (%)](chart)

  *Source: Hibell et al., 2004 / Hibell et al., 2009 / Hibell et al., 2012 / Serviço de Intervenção nos Comportamentos Aditivos e nas Dependências: DMI – DEI

  ▶ Drunkenness in the last 12 months: 29% ((M=31%; F=29%) (European Average=37%))
  
  ▶ Alcoholic drinks consumed in the last 30 days: Spirit drinks (46%), beer (40%), alcopops (25%) and wine (19%)
  
  ▶ *Binge* drinking in the last 30 days: 22% ((M=27%; F=19%) (European Average=39%))

- 13-18 years
  
  ▶ Between 36,5% (13 years) and 90,6% (18 years) have used alcoholic drinks
  
  ▶ Between 26,9% (13 years) and 86,3% (18 years) used in the last 12 months
  
  ▶ Drunkenness in the last 12 months: between 5,6% (13 years) and 43,9% (18 years)
  
  ▶ Alcoholic drinks consumed in the last 30 days:

<table>
<thead>
<tr>
<th></th>
<th>Beer</th>
<th>Wine</th>
<th>Spirits</th>
<th>Alcopops</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 years</td>
<td>12,3%</td>
<td>6,7%</td>
<td>12,1%</td>
<td>8,4%</td>
</tr>
<tr>
<td>18 years</td>
<td>50,2%</td>
<td>27,8%</td>
<td>62,4%</td>
<td>34,5%</td>
</tr>
</tbody>
</table>
Problems Associated to More Problematic Patterns of Use, 2013

► Demand for treatment in the public network (CRI/UA/UD/CT):

• 11,616 outpatient patients \((M=9375; F=2241)\) \((\leq 34\) years=1070; 35-44 years=3463; 45-54 years=4115; \(\geq 55\) years=2968))

• 5,606 initiated treatment in 2013, 1,157 readmitted \((M=953; F=204)\) \((\leq 34\) years=72; 35-44 years=375; 45-54 years=461; \(\geq 55\) years=249)), and 3,403 for the first time in the network structures \((M=2798; F=605)\) \((\leq 34\) years=390; 35-44 years=968; 45-54 years=1151; \(\geq 55\) years=894))

• 1,031 were admitted in UA/UD \((M=833; F=198)\) \((\leq 34\) years=89; 35-44 years=377; 45-54 years=378; \(\geq 55\) years=187)), and 58 in CT \((M=42; F=16)\) \((\leq 34\) years=10; 35-44 years=25; 45-54 years=19; \(\geq 55\) years=4))

► Demand for treatment in the licensed network:

• 14 admissions in UD \((M=11; F=3)\) \((35-44\) years=7; 45-54 years=5; \(\geq 55\) years=2)), and 868 in CT \((M=707; F=161)\) \((\leq 34\) years=83; 35-44 years=282; 45-54 years=365; \(\geq 55\) years=138))

**Patients registered with problems related to the use of alcohol with at least one event in the year.**

**Source:** Administrações Regionais de Saúde, I.P. / Serviço de Intervenção nos Comportamentos Aditivos e nas Dependências: DMI – DEI

► 23.1% deaths by diseases attributable to alcohol in 2012 \((M=38.3\%\text{oo}; F=9.2\%\text{oo})\) (Crude mortality rate per 100,000 inhabitants)

► 12.3%\text{oo} deaths by diseases attributable to alcohol in 2012 \((M=22.1\%\text{oo}; F=3.2\%\text{oo})\) (Standardized mortality rate before 65 years old / 100,000 inhabitants)
Crude and Standardized mortality rates by diseases attributable to alcohol
Portugal: 2009 to 2012

► 200,5% potential years of life lost due to diseases attributable to alcohol in 2012 (M=356 %; F=57,3 %) (standardized rate of potential years of life lost per 100,000 inhabitants)

► 168 mortal victims in road accidents with a TAS ≥ 0,5 g/l ((M=144; F=8, Unkn.=16) (≤34 years=38; 35-49 years=52, ≥50 years=62; Unkn.=16))

Mortal victims in road accidents with an alcohol rate ≥ 0,5 g/l (n)
Portugal: 2008 to 2013

► 24,608 crimes by driving with a TAS ≥ 1,20 g/l and 7 crimes for drunkenness and intoxication.
**Distribution of alcohol consumption per capita (15+ years) by type of drink, 2010: 55% wine, 31% beer and 11% spirit drinks**

Distribution of Alcohol consumption recorded per capita (15+ years), by type of alcoholic drink (%)

![Graph showing distribution of alcohol consumption](image)

**Source:** Global Information System on Alcohol and Health (GISAH); / Serviço de Intervenção nos Comportamentos Aditivos e nas Dependências: DMI – DEI

- 4,972 commercial establishments supervised on the availability, sale and consumption of alcoholic beverages in public places and places open to the public (DL n.º 50/2013, of 16 April), having been recorded 424 infractions
- 93 administrative offences related with the availability or sale to minors under the subparagraphs a) and b) of n.º 1 of art.º 3.º, do DL n.º 50/2013, of 16 April
- The tax revenues of the IABA were 173,1 million Euros in 2013 (+3.1% than in 2012), contributing the spirits with 91 millions, beer with 71,3 millions and the intermediate products with 10,1 millions.

**Tax Revenues related Alcohol and Alcoholic Beverages Tax, by Year, and type of Alcoholic Drinks (millions of Euros)**

![Graph showing tax revenues](image)

**Source:** Autoridade Tributária e Aduaneira / Serviço de Intervenção nos Comportamentos Aditivos e nas Dependências: DMI – DEI
Medicines

Consumption in the Population

Resident Population, 2012

- 15-64 years
  (Psychoactive medicines: sedatives, tranquillisers or hypnotics)
  ▶ 1,380,896 (20.4%) have used ((M=12.8%; F=27.6%) (15-24 years=7.8%; 25-34 years=15.6%))
  ▶ 828,538 (12.2%) used in the last 12 months ((M=7.2%; F=16.9%) (15-24 years=3.9%; 25-34 years=6.8%))
  ▶ 79% of users in the last 12 months with a daily or almost daily consumption (M=79%; F=79%)

School Population, 2011

(Psychoactive medicines: sedatives or tranquillisers)

- 16 years
  ▶ 16% have used (M=15%; F=17%), 13.7% through doctor’s prescription (M=13%; F=14%), and 7% without prescription (M=7%; F=7%)

- 13-18 years
  ▶ Between 7.9% (13 years) and 19% (18 years) had already tried medicines. Between 7.0% (13 years) and 16.0% (18 years) through doctor’s prescription and between 2.3% (13 years) and 7.0% (18 years) without prescription

Gambling

Practices

Resident Population, 2012

- 15-74 years
  ▶ 238,294 (0.3%) have some money gambling problem ((M=0.4%; F=0.2%) (15-24 years=0.2%; 25-34 years=0.5%)), and 238,294 (0.3%) may be pathological gamblers ((M=0.6%; F=0.1%) (15-24 years=0.2%; 25-34 years=0.2%))

Pathological Gamblers, 2011

- pathological gamblers (M=79%; F=21%; mean average=35 years) distributed themselves equally between game online (M=79.3%; F=20.7%; mean age=31 years) and game offline (M=72.6%; F=27.4%; mean age=40 years), with an increase trend to mix players
**Sources:**


Comissão Europeia (2014). *Young people and drugs. Flash Eurobarometer 401.*


**Acronyms:**

ARS: Administração Regional de Saúde / Regional Health Administrations.

AUDIT: Alcohol Use Disorders Identification Test.

CAST: Cannabis Abuse Screening Test.

CT: Comunidade Terapêutica / Therapeutic Community.

DGRSP: Direção Geral de Reinserção e Serviços Prisionais / General Directorate of Reintegration and Prisons.

IABA: Imposto sobre o Álcool e Bebidas Alcoólicas/ Taxo on alcohol and alcoholic beverages


INMLCF, I.P.: *Instituto Nacional de Medicina Legal e Ciências Forenses, I. P.* / National Institute of Forensic Sciences and Medicine, I.P..

INSA-DDI-URVE: *Instituto Nacional de Saúde Dr. Ricardo Jorge – Departamento de Doenças Infecciosas- Unidade de Referência e Vigilância Epidemiológica / National Health Institute Doctor Ricardo Jorge.*

SICAD-DMI/DEI: *Serviço de Intervenção nos Comportamentos Aditivos e nas Dependências – Direção de Serviços de Monitorização e Informação/Divisão de Estatística e Investigação / General-Directorate for Intervention on Addictive Behaviours and Dependencies.*

UA: Unidade de Alcoologia / Alcoholology Unit.

UD: Unidade de Desabituación / Detoxification Unit.

UNCTE: Unidade Nacional de Combate ao Tráfico de Estupefacientes / National Unit for the Fight Against Drugs Traffic.