

LISBON ADDICTIONS 2022

CONSUMPTION OF ALCOHOL, TOBACCO AND LIFESTYLES IN THE POPULATION OVER 50 YEARS OLD: PERCEPTION OF QUALITY AND SATISFACTION WITH LIFE

Filipa Coelho, Fábio Botelho, Ana Cerqueira, Tânia Gaspar & Margarida Gaspar de Matos



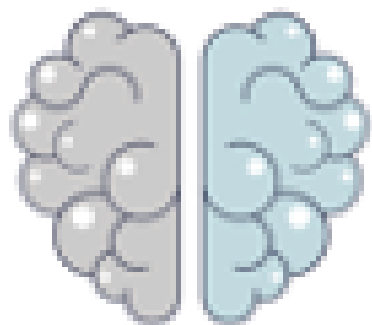
BACKGROUND



**MINDFLEX - LIFESTYLE, QUALITY OF LIFE, POSITIVE
DEVELOPMENT, LIFELONG ACCEPTANCE AND
COMMITMENT**

**ANALYZE QUALITY OF LIFE, POSITIVE DEVELOPMENT AND
LIFELONG ACCEPTANCE AND COMMITMENT**

BACKGROUND



MindFlex

- NATIONAL STUDY, DISSEMINATED ONLINE IN 2021
- POPULATION AGED ≥ 18 YEARS
- UNIVERSE 1174 PEOPLE
- EXTENSIVE INSTRUMENT
- DIFFERENT SCALES ADAPTED TO THE ADULT POPULATION

SAMPLE

N = 1174
AGES: 18 – 75 YEARS

N = 275
AGE: 50 – 75



WOMEN

206



MEN

69

SAMPLE: GENDER & AGES

N = 275

AGES: 50 – 75



206



69

WOMEN

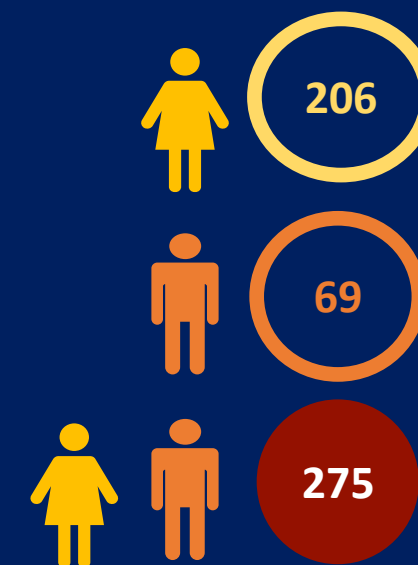
AGE 50 - 59 : 140
AGE 60-75: 66

MEN

AGE 50 - 59 : 41
AGE 60-75: 28

SAMPLE: PROFESSIONAL SITUATION, AGES & GENDER

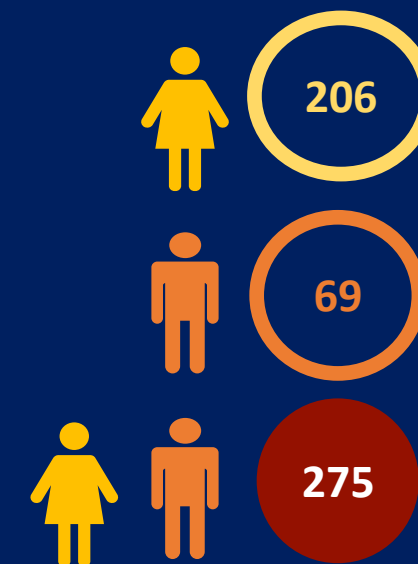
PROFISSIONAL SITUATION	AGED: 50-59	AGED: 60-75	MEN	WOMEN
STUDENT	1	0	0	1
WORKING-STUDENT	1	0	1	0
ACTIVE PROFESSIONAL ACTIVITY	168	31	46	153
UNEMPLOYED	8	6	3	11
RETIRED	3	43	13	33
RETIRED WITH ACTIVE PROFESSIONAL ACTIVITY	0	14	6	8



ALCOHOL CONSUMPTION HABITS

IN THE PAST 30 DAYS, HOW MANY DAYS (IF ANY) DID YOU DRINK ALCOHOL?

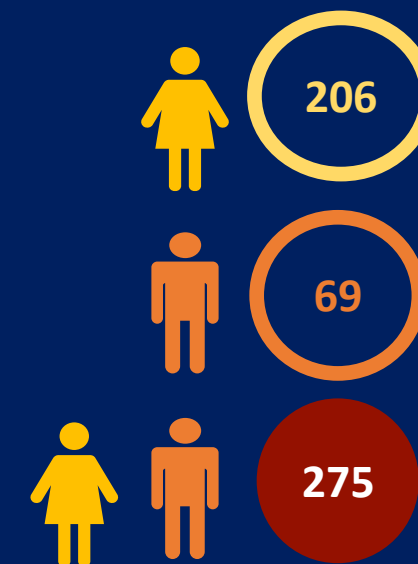
	NEVER	1-2 DAYS	3-5 DAYS	6-9 DAYS	10-19 DAYS	20-29 DAYS	30 DAYS (OR MORE)	TOTAL
MEN	11	14	9	4	10	8	13	69
WOMEN	69	64	22	25	12	5	9	206
TOTAL	80	78	31	29	22	13	22	275
%	29,1%	28,4%	11,3%	10,5%	8,0%	4,7%	8,0%	100%



TOBACCO CONSUMPTION HABITS

IN THE PAST 30 DAYS, HOW MANY DAYS (IF ANY) DID YOU SMOKE CIGARETTES?

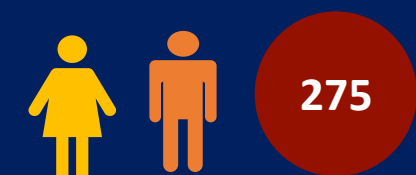
	NEVER	1-2 DAYS	3-5 DAYS	6-9 DAYS	10-19 DAYS	20-29 DAYS	30 DAYS (OR MORE)	TOTAL
MEN	57	2	0	1	1	2	6	69
WOMEN	146	11	3	3	6	4	33	206
TOTAL	203	13	3	4	7	6	39	275
%	73,8%	4,7%	1,1%	1,5%	2,5%	2,2%	14,2%	100%

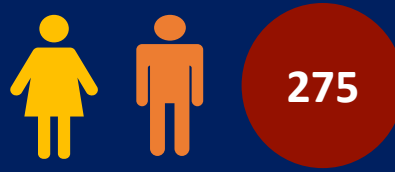


QUALITY OF SLEEP

HOW WOULD YOU EVALUATE THE QUALITY OF YOUR SLEEP, IN OVERALL?

	VERY BAD	REASONABLE BAD	NEITHER GOOD NOR BAD	REASONABLE GOOD	VERY GOOD	TOTAL
MEN	0	8	29	25	7	69
WOMEN	9	34	68	79	16	206
TOTAL	9	42	97	104	23	275
%	3,3%	15,3%	35,3%	37,8%	8,4%	100%





HEALTH CONDITION AND MEDICATION

ALTHOUGH **74.5%** OF THE SAMPLE STATED THAT THEY DID NOT HAVE ANY CHRONIC ILLNESS OR HEALTH CONDITION THAT HAD AN IMPACT ON THEIR DAILY LIVES

54.2% OF THE RESPONDENTS SAID THEY TAKE MEDICATION EVERY DAY



STRESS AND QUALITY OF LIFE

IN TERMS OF **STRESS**, **45.5%** PERCEIVE HIGH LEVELS OF DAILY STRESS,

BUT **82.9%** HAVE A POSITIVE PERCEPTION OF THE QUALITY OF THEIR LIFE AND

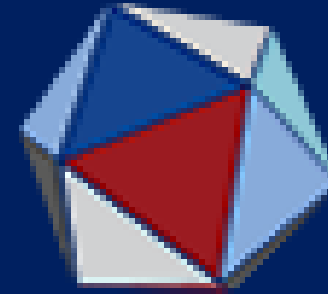
73.5% ARE SATISFIED WITH THEIR HEALTH.

CONCLUSIONS

- PRELIMINARY DATA SUGGEST THAT ALTHOUGH THE MAJORITY OF RESPONDENTS DO NOT PRESENT ALARMING INDICATORS OF ALCOHOL AND TOBACCO CONSUMPTION
- MEDICATION USE AND STRESS LEVELS ARE HIGH FOR THE POPULATION THAT IS IN AN ACTIVE PROFESSIONAL SITUATION



HIGHLIGHTING THE IMPORTANCE OF HEALTH EDUCATION PROGRAMS FOR THE POPULATION OVER 50 YEARS OF AGE.



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MUITO OBRIGADA! 😊 THANK YOU!

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