

Causes of death

2014

Suicides increased in 2014

Diseases of the circulatory system accounted for 30.7% of the deaths recorded in 2014, 2.4% more than in the previous year. The average age at death due to this group of diseases in 2014 was 80.8 years (81.3 in 2013).

In turn, malignant neoplasms, which are the second cause of death in the country, were the underlying cause of 24.9% of deaths, with an increase of 1.2% compared to 2013. These causes remain fatal in more premature ages (average age at death of 72.7 years) when compared to the diseases of the circulatory system.

Among malignant tumors, malignant prostate neoplasms stood out with an increase of 4.3% deaths due to this cause.

In 2014, there was a reduction of deaths due to diseases of the respiratory system (-3.7% compared to 2013) and those caused by diabetes mellitus (-6.0%).

In 2014, there were 1223 suicides, accounting for an increase of 16.1 % compared to 2013.

Statistics Portugal releases the publication *Causes of death 2014* ([Causas de morte 2014](#)), with the statistical results on mortality by cause of death in Portugal in 2014.

55 groups of causes of death are under review, based on the list used by the 'OECD Health Data' of the Organisation for Economic Co-operation and Development (OECD), which include the main causes of death by disease, especially malignant neoplasms, diseases of the circulatory system, of the respiratory system, and endocrine, nutritional and metabolic diseases, as well as deaths from external causes of injury or poisoning.

The number of deaths by sex, age group, and region of residence of the diseased, and other derivative indicators are indicated for each cause of death: sex ratio; average age at death; crude death rate; average number of years of potential life lost, among others.

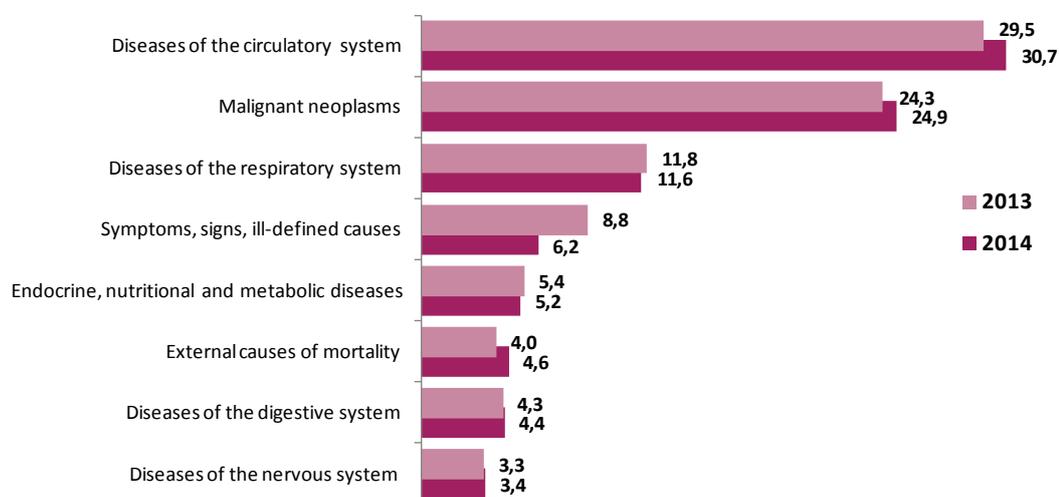
The publication also includes: data tables with information broken down by region, according to NUTS 2013 levels 1, 2 and 3, sex, and age group; the indicators calculation methodology, and the correspondence between the 55 groups of causes of death and the International Classification of Diseases and related health problems, 10th revision (ICD-10).

Diseases of the circulatory system and malignant neoplasms were the main causes of death in 2014

In 2014 there were 105,219 deaths in Portugal (376 of residents abroad), i.e. 1.6% less than in 2013 (106,885 – rectified value). Deaths due to disease accounted for 95.4% of total deaths, while external causes of injury or poisoning were behind 4.6% of deaths, in particular resulting from sequelae (2.2%), and intentional self-harm (suicide), at 1.2%.

As a whole, the diseases of the circulatory system and malignant neoplasms accounted for more than half (55.6%) of deaths in Portugal in 2014.

Deaths by some causes of death in the country (%), 2013 and 2014



Source: Statistics Portugal, Mortality by causes of death.

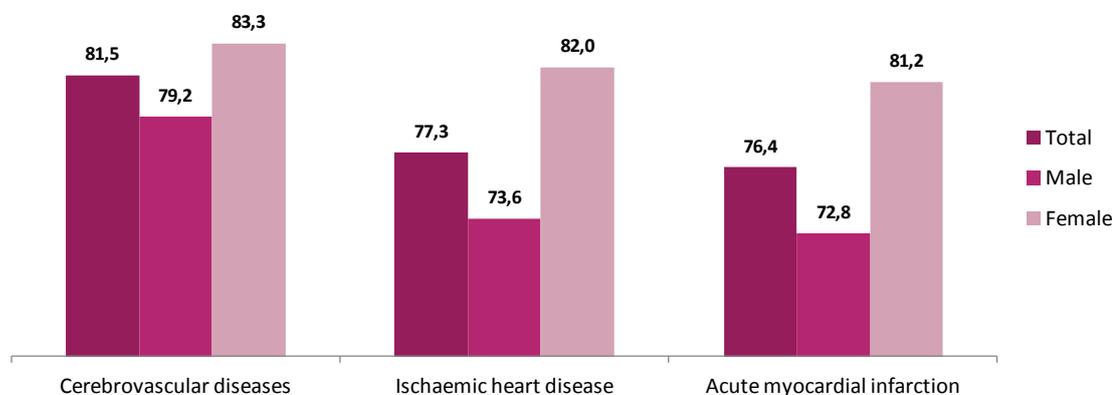
In 2014 there was an increase of premature mortality due to diseases of the circulatory system

In 2014 diseases of the circulatory system continued to be the main underlying cause of death, leading to 32,288 deaths, i.e. 30.7% of overall mortality in Portugal, 2.4% more than in 2013 (31,529 deaths).

With regard to deaths due to this group of causes as a whole, 54.9% were women's and 45.1% men's, with a sex ratio of 82.3 male deaths for every 100 female deaths. The number of deaths of women due to diseases of the circulatory system corresponded to a death rate of 324 deaths from this cause for every 100 thousand resident women, thus exceeding the value for men (295 deaths of men for every 100 thousand resident men).

On average, diseases of the circulatory system hit men almost 6 years earlier, corresponding to an average age at death of 77.7, compared with 83.3 for women. In 2014, in turn, this group of diseases registered an increase of premature mortality (ratio of individuals deceased before the age of 70 to total deaths from this cause) over the previous year from 12.3% to 13.9% and 40,956 to 50,236 years of potential life lost. In Portugal, in 2014, there were 564.8 years of potential life lost for every 100 thousand inhabitants due to diseases of the circulatory system.

**Average age at death by some diseases
of the circulatory system in the country, 2014**



Source: Statistics Portugal, Mortality by causes of death.

Also as regards these deaths as a whole, strokes were particularly lethal and caused 11.2% of total deaths in Portugal (11,808), a value close to one from the previous year (strokes caused 11.5% of deaths in 2013). Ischaemic heart diseases were the cause of 7,456 deaths in 2014 (7.1%), and acute myocardial infarctions were associated with 4,619 deaths (4.4%).

Deaths due to cerebrovascular disease hit mainly women, with a ratio of 76.5 male deaths for every 100 female deaths, contrary to deaths caused by ischaemic heart disease and acute myocardial infarction, which recorded a higher ratio for men (127.5 and 130.7 male deaths respectively for every 100 female deaths).

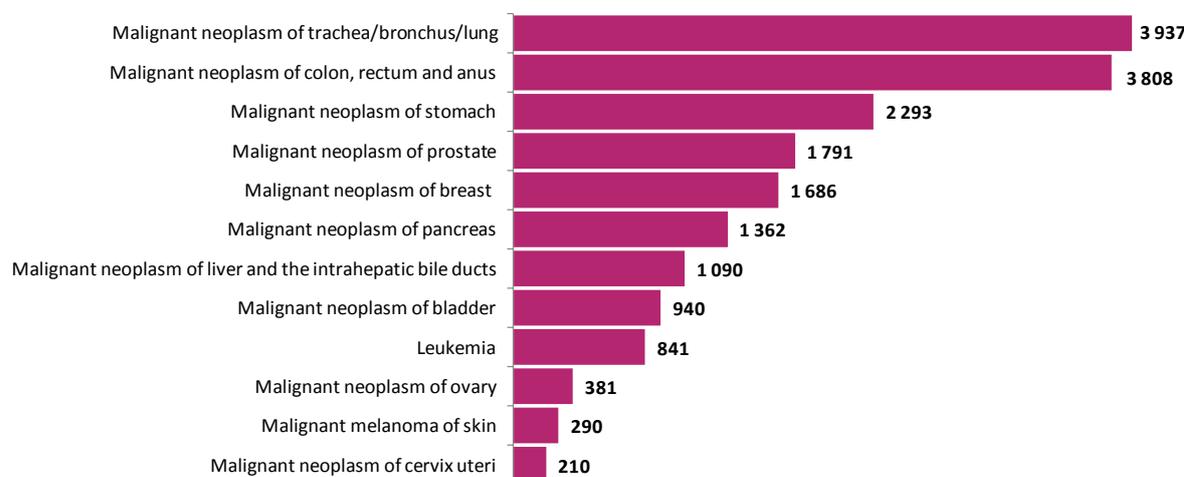
Deaths caused by cerebrovascular disease generally occurred at an older age (81.5 on average for both men and women) than those caused by acute myocardial infarction (76.4) and ischaemic heart disease (77.3).

There were 112,817 years of potential life lost due to deaths caused by malignant neoplasm

Malignant neoplasms were the second basic cause of death in 2014, with 26,220 deaths, corresponding to 24.9% of mortality in Portugal, i.e. 1.2% more than in 2013 (25,920 deaths). This group of diseases hit more men (59.7% of deaths from malignant neoplasm) than women (40.3%), resulting in a sex ratio of 148.0 male deaths for every 100 female deaths.

As regards individuals deceased due to this group of causes, the average age at death was 72.7, which was higher for women (73.7) than for men (71.9). Premature mortality, calculated by the ratio of individuals deceased due to malignant neoplasm before the age of 70 to total deaths stood at 37.5%, i.e. higher for men (39.8%) than for women (34.3%). The number of years of potential life lost in Portugal in 2014 was 112,817 (1113,408 in 2013), corresponding to a rate of years of potential life lost of 1,268.3 years per 100 thousand inhabitants.

Deaths in the country caused by some Malignant neoplasms (No.) 2014



Source: Statistics Portugal, Mortality by causes of death.

Deaths caused by malignant neoplasm of prostate increased by 4.3%

In 2014, among the malignant neoplasms, deaths were mainly caused by malignant neoplasm of trachea, bronchus and lung, representing 3.7% of deaths in Portugal (3,937), i.e. 1.8% less than in 2013 (4,010), and by malignant neoplasm of colon, rectum and anus, with 3.6% of deaths (3,808), 1.0% less than in the previous year (3,848).

Deaths caused by malignant neoplasm of trachea, bronchus and lung hit mainly men (78.3%), corresponding to a ratio of 361.5 male deaths for every 100 female deaths, the highest value in unspecified neoplasms among men. Deaths caused by malignant neoplasm of colon, rectum and anus were also more frequent in men (57.8%), although less significantly (the sex ratio in this case was 136.8 male deaths for every 100 female deaths). Deaths caused by malignant neoplasm of colon, rectum and anus occurred on average five years later (74.9) than those caused by malignant neoplasm of trachea, bronchus and lung (69.9).

1,664 deaths of women were caused by malignant neoplasm of breast in 2014, i.e. 1.1% more than in the previous year (1,646). The average age at death was in this case 71.0, i.e. more than in the previous year (70.5 years).

Malignant neoplasm of prostate was responsible for 1,791 deaths in 2014, i.e. 4.3% more than in 2013 (1,717), with the average age at death continuing to be close to 81.

Among deaths caused by malignant neoplasms as a whole in 2014, there were also those associated with malignant neoplasm of stomach (2.2% of total deaths), 1.2% more than in 2013, and with malignant neoplasm of pancreas (1.3% of total deaths), which decreased by 1.0% from the previous year.

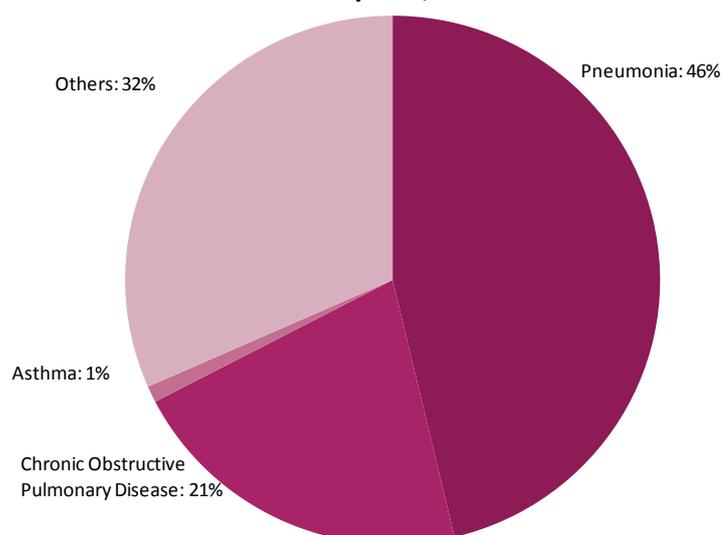
There was a 3.7% decrease of deaths due to diseases of the respiratory system in 2014

Diseases of the respiratory system caused 12,164 deaths in 2014, i.e. 3.7% less than in the previous year (12,628). These deaths hit more men (51.9%) than women (48.1%), with a sex ratio of 107.7 male deaths for every 100 female deaths. The average age at death caused by diseases of the respiratory system was higher for women (84.4) than for men (80.9).

The share of deaths before the age of 70 was 9.2%, with 12,320 years of potential life lost and 138.5 years per 100 thousand inhabitants.

As regards diseases of the respiratory system as a whole, pneumonia, with 5,629 deaths, and chronic obstructive pulmonary disease, with 2,567 deaths, caused the highest number of deaths (5.4% and 2.4% respectively of the total in Portugal).

Distribution of deaths in the country for diseases of the respiratory system, 2014



Source: Statistics Portugal, Mortality by causes of death.

And a 6.0% decrease of deaths caused by Diabetes mellitus

Endocrine, nutritional and metabolic diseases caused 5,497 deaths in 2014, 4.8% less than in the previous year (5,775).

These diseases caused more deaths in women (3,166) than in men (2,331), with a sex ratio of 73.6 male deaths for every 100 female deaths. However, the average age at death was higher for women (81.9) than for men (77.6).

The number of years of potential life lost, which reflects premature mortality (before the age of 70), was 8,284 in 2014. This was a relatively low figure due to the fact that only 13.9% of deaths occurred before the age of 70. The rate of years of potential life lost was 93.1 per 100 thousand inhabitants.

As regards endocrine, nutritional and metabolic diseases as a whole, diabetes *mellitus*, with 4,275 deaths, caused the highest number of deaths, in spite of a decline from the previous year (-6.0%). This cause of death hit mainly women, with a sex ratio of 76.5 male deaths for every 100 female deaths.

Deaths caused by mental and behavioural disorders accounted for 2.5% of deaths in Portugal

In 2014 mental and behavioural disorders caused 2,639 deaths, mainly among women (59% of total deaths due to these causes), with a sex ratio of 69.5 male deaths per 100 female deaths. The average age at the time of death was 84.2, and higher in women (85.8) than in men (81.9). This group of diseases hit especially the eldest: in 2014 only 5.7% of deaths occurred before the age of 70. The rate of years of potential life lost was 20.9 years per 100 thousand inhabitants.

93.7% of deaths from mental and behavioural disorders were caused by dementia (2,474).

Suicides increased by 16.1% in 2014

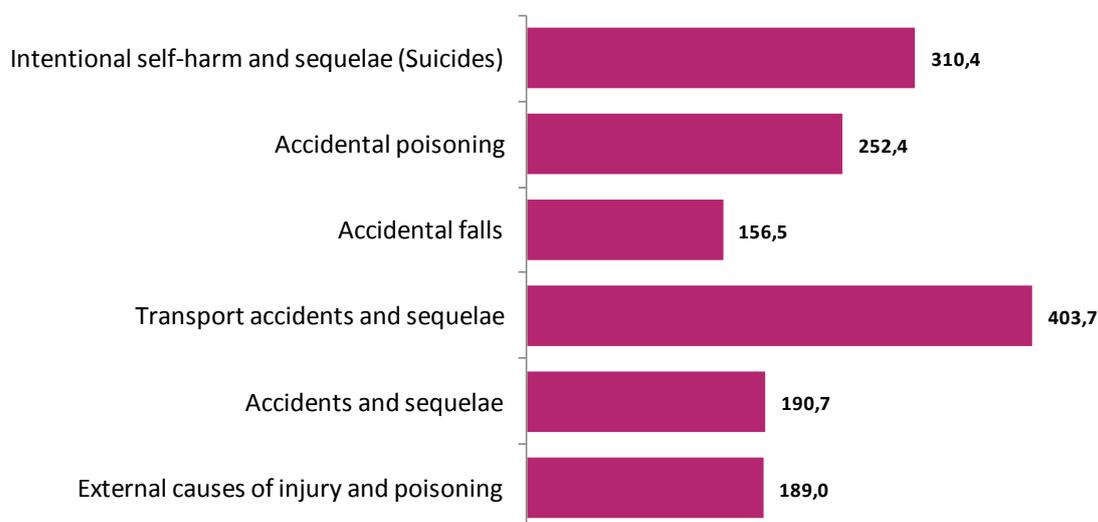
In 2014 there were 4,818 deaths from external causes of injury and poisoning, representing a 14.0% increase from 2013 (4,228).

Almost 65% of these deaths were men's, with a sex ratio of 189.0 male deaths for every 100 female deaths.

The average age at death was 65.2, considerably higher for women (72.3) than for men (61.4). In turn, this group, when compared with the other causes of death, affected younger individuals (43.7% of the diseased were aged less than 65). The number of years of potential life lost was 52,858, and the rate of years of potential life lost was 594.2 years per 100 thousand inhabitants.

As regards deaths from external causes of injury and poisoning as a whole, the most frequent were intentional self-harm, or suicides, which caused 1,223 deaths in 2014, with a 16.1% increase from 2013 (1,053). Approximately 76% of deaths due to this cause were men's, with a sex ratio of 310.4 male deaths for every 100 female deaths, corresponding to 1.7% of total male deaths in Portugal. The average age at death was 59.2, similar for both sexes (59.3 for men and 58.9 for women).

Sex ratio by some causes of death in the country, 2014



Source: Statistics Portugal, Mortality by causes of death.

Methodological note

Data on deaths by cause of death resulted from the utilisation of administrative data for statistical purposes, from information subject to civil registration and collected from civil registries through the *Sistema Integrado do Registo e Identificação* (integrated civil identification and registration system) and the *Sistema de Informação dos Certificados de Óbito* (death certificate information system). The Portuguese Directorate-General of Health collaborates with Statistics Portugal, coding the causes of death according to the International Classification of Diseases (ICD-10) of the World Health Organisation (WHO).

Years of potential life lost: an estimate of the number of years that a person would have lived if he or she had not died prematurely (under the age of 70). It is calculated by summing the number of deaths in each age group, multiplied by the difference between a selected upper limit and the midpoint of the age group.

Average age at death: the ratio of the sum of each midpoint in the age group, multiplied by the number of observations, in each age group, to the total number of observations.

Sex ratio: the ratio of male deaths to female deaths, for every 100 women.

Rate of years of potential life lost: the number of years of potential life lost for every 100,000 inhabitants. It is obtained from the ratio of years of potential life lost to the average population (under the age of 70), in a given period, usually a calendar year.

The publication "Causes of death 2014", associated with this press release is available at http://www.ine.pt/portal/page/portal/PORTAL_INE/Publicacoes