

PS2.110

Ageing in Portugal: the inverted pyramid

Rita Gomes(1), S Pires(2), S Oliveira(3), J Alves(1), R Silva(1)

(1) S. João de Braga Family Health Unit, Portugal

(2) Régua Family Health Unit, Portugal

(3) Minho Family Health Unit, Portugal

Corresponding author: Dr Rita Gomes, S. João de Braga Family Health Unit, Family Health Unit, Braga, Portugal. E-mail: ritamvgomes@gmail.com

Background & Aim: Ageing is one of the greatest social and economic challenges of the 21st century. The last decades of last century saw a continuous increase in the elderly people number, turning the most developed countries in ageing societies.

The combination of low fertility rate with an increasing life expectancy are the main causes behind the slowing down of population growth, while population ageing accelerates.

The main objective of this paper is to analyse the population ageing indicators of Portugal.

Method: The statistical data was collected from Statistics Portugal (INE) and Eurostat. This study included data from 1970 to 2014. Data analysis was performed using the SPSS® and Excel®.

Results: in Portugal, between 1970 and 2014, the proportion of young population decreased 14%, the relative weight of elderly population increased 11% and the working age population increased 3%.

The number of elderly people exceeded the number of young for the first time in 2000, having the ageing index reached 141 elderly for every 100 young people in 2014. The old-age dependency rate increased continuously between 1970 and 2014, from 16 elderly per 100 people of working age in 1970 to 31 in 2014.

The renewal working age population rate and the number of people in potential age to exit the labour market have been declining, with the highest incidence in the last fifteen years.

According the latest data available Portugal is the 4th country in the EU with the highest proportion of elderly and the 5th with the highest ageing index.

Conclusions: Portugal is an aged country and healthy ageing is today a challenge to individual, physicians and society. Considering older people have different healthcare needs, health systems will need to adapt in order to provide adequate care and to remain financially sustainable.

Conflicts of interest: The authors disclose no conflicts.