

Portugal



How many people die from smoking in Portugal each year?

8,799

What is the annual cost-of-illness attributable to smoking in Portugal each year?

3,015,744,452

euros

Current Rates of Smoking and Tobacco Use in Portugal

Tobacco use continues to be an epidemic in Portugal. Government complacency in the face of the tobacco epidemic protects the tobacco industry in Portugal as the death toll grows each year. Proponents of healthier societies must push for the implementation of evidence-based best practices in tobacco control to create change and reduce the negative effects of tobacco use.

Adult Smoking Prevalence in Portugal

15+ years old; 2025

Men

22.50%

Women

16.60%

Adult smoking prevalence in Portugal is 19.50%.

Number of Adult Smokers in Portugal

15+ years old; 2022

Men

1,115,000

Women

734,000

Number of adult smokers in Portugal is 1,849,000.

Youth Smoking Prevalence in Portugal

10-14 years old; 2023

Boys

3.85%

Girls

4.48%

Youth smoking prevalence in Portugal is 4.15%.

Adult Smokeless Tobacco Use in Portugal

15+ years old; smokeless tobacco includes snus, chewing tobacco, gutkha, etc.; 2019

Both Men and Women

NA

Adult smokeless tobacco use prevalence in Portugal is NA.

Deaths Caused by Tobacco in Portugal

% deaths attributable to tobacco use in 2023

Men

11.58%

Women

3.08%

7.35% of all deaths in Portugal are caused by tobacco use.

Learn more about global **Prevalence, Youth Smoking and Deaths.**

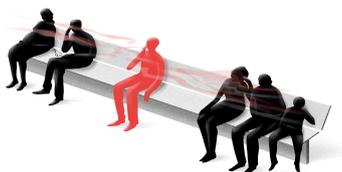
Negative Effect of Tobacco Use in Portugal

Tobacco use harms both the public and fiscal health of Portugal, threatening efforts to improve equity, alleviate poverty, and protect the environment.



Societal Harms

The annual cost-of-illness attributable to smoking in Portugal is 3,015,744,452 euros. This includes direct costs related to healthcare expenditures and indirect costs related to lost productivity caused by illness and premature death.



Harms Development

Tobacco spending diverts funds from the resources that families need to rise out of poverty. On average in Portugal, a smoker must spend 1.89% of GDP per capita to buy 100 packs of the most popular cigarettes in a year.



Environmental Harms

Cigarette butts are the most commonly discarded pieces of waste worldwide. It is estimated that 1,616 tons of butts wind up as toxic trash in Portugal each year, equal to 598 female African elephants.



Harms Health Equity

The tobacco industry markets its products aggressively to lower-income populations and youth in Portugal.



Harms NCDs

Not only is smoking a major risk factor for the 4 largest noncommunicable diseases (cancer, heart diseases, respiratory diseases, and diabetes), but people living with mental illness are nearly 2x as likely to smoke as other individuals.

Learn more about **Health Effects.**

Impact of the Tobacco Supply Chain on Portugal

The tobacco industry profits significantly from producing and selling tobacco. At the same time, across the tobacco supply chain, there are significant negative health and economic repercussions for Portugal.



Tobacco Production

There were approximately 31,071,000,000 cigarettes produced in Portugal in 2024.



Tobacco Growing

There were NA tons of tobacco produced in Portugal in 2023 on 0 hectares of quality agricultural land that could have been used to grow food.



Tobacco Industry

The total revenue of the 6 largest tobacco companies in the world was USD 364 billion in 2023, about the same as Pakistan's Gross National Income (GNI), 5x Panama's GNI and 9x Paraguay's GNI.

Learn more about global **Growing** and **Product Sales**.

Ending the Tobacco Epidemic in Portugal

Fortunately, there are evidence-based i.e. proven-solutions to the challenges posed by tobacco use. For several decades, governments around the world have been introducing a set of policies that address the demand for tobacco products, particularly among youth. These policies effectively reduce consumption and are cost-effective because they save governments enormous amounts of money in health care spending and increase economic productivity.

Current Tobacco Control Policies in Portugal

Designated Smoke-Free Areas in Portugal

Yes	Yes	Yes	Yes	Yes	No	No	Yes	NA	NA
Healthcare Facilities	Educational Facilities	Universities	Government Facilities	Indoor Offices	Restaurants	Pubs and Bars	Public Transport	All Other Indoor Public Places	Funds for Enforcement

Availability of Cessation Services in Portugal

Quitting Resources
 NRT and/or some cessation services (at least one of which is cost-covered)

National Quit Line
No

Learn more about best practices in **Cessation**.

Tobacco Packaging Regulations in Portugal

Quality of Tobacco Packaging Regulation
 None
 Text warning label only
 ✓ **Text warning label with graphic warning label**
 Plain Packaging with text/graphic warning label

% of Pack Covered
65%

Learn more about best practices in **Counter Marketing**.

Tobacco Control Mass Media Campaigns in Portugal

Ran a National Anti-Tobacco Campaign	Not applicable
Part Of A Comprehensive Tobacco Control Program	Not applicable
Pre-Tested With The Target Audience	Not applicable
Target Audience Research Was Conducted	Not applicable
Aired On Television And/Or Radio	Not applicable
Utilized Media Planning	Not applicable
Earned Media/Public Relations Were Used To Promote The Campaign	Not applicable
Process Evaluation Was Used To Assess Implementation	Not applicable
Outcome Evaluation Was Used To Assess Effectiveness	Not applicable

Learn more about best practices in **Mass Media**.

Tobacco Tax Policies in Portugal

Using evidence-based international recommendations/best practices, the Economics for Health Cigarette Tax Scorecard assesses four components of tax systems - price, change in affordability, tax share, and structure - on a scale of 0 to 5, where a higher score is preferred.



Learn more about the [Scorecard in Portugal](#).

Regulations on Tobacco Advertising, Promotion, and Sponsorship (TAPS) in Portugal

Marketing is the key avenue that tobacco companies use to reach consumers, new and old. Restricting or eliminating marketing is key to tobacco control success.

Direct Bans	5 out of 7 direct bans implemented	Indirect Bans	6 out of 10 indirect bans implemented
National TV and radio	Yes	Free distribution in mail or through other means	Yes
International TV and radio	No	Promotional discounts	Yes
International magazines and newspapers	Yes	Non-tobacco products identified with tobacco brand names	No
International magazines and newspapers	No	Brand name of non-tobacco products used for tobacco product	No
Billboard and outdoor advertising	Yes	Appearance in TV and/or films: tobacco brands (product placement)	Yes
Advertising at point of sale	Yes	Appearance in TV and/or films: tobacco products	No
Advertising on internet	Yes	Prescribed anti-tobacco ads required for any visual entertainment media product that depicts tobacco products, use or images	No
<div style="background-color: #e0f2f1; padding: 20px; text-align: center;"> <h3>Ad Ban Compliance</h3> <p>71%</p> </div>		Complete ban on sponsorship	Yes
		Any form of contribution (financial or other support) to any event, activity or individual	Yes
		Ban on the publicity of financial or other sponsorship or support by the tobacco industry of events, activities, individuals	Yes