



4.7 million people living in Portugal (71.8%) have reported to spend more than one hour outside without being under any shadow between 10 in the morning and 4 in the afternoon in a summer day in their free time

Sun exposure was more frequent...

...in men,

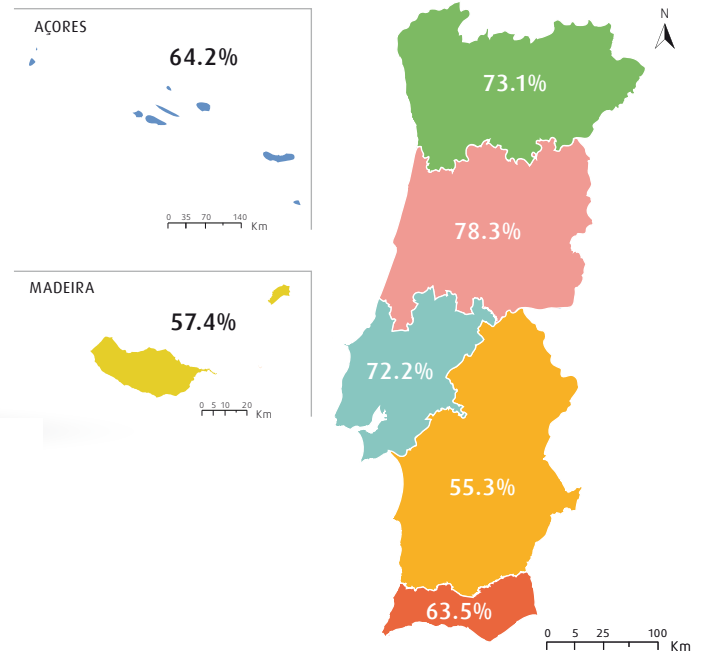


7,5 in 10 (76.4%)

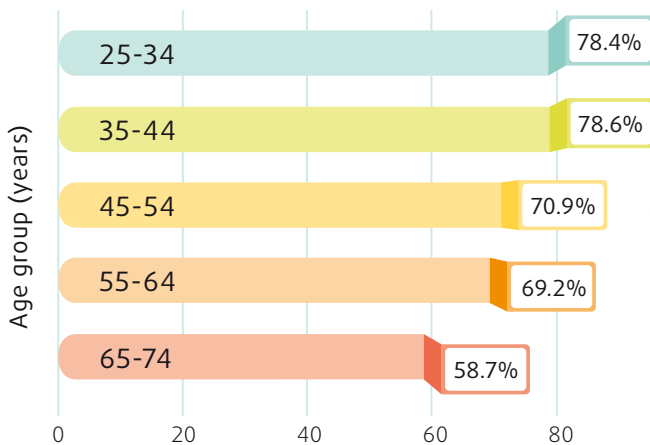


6.5 in 10 (67.6%)

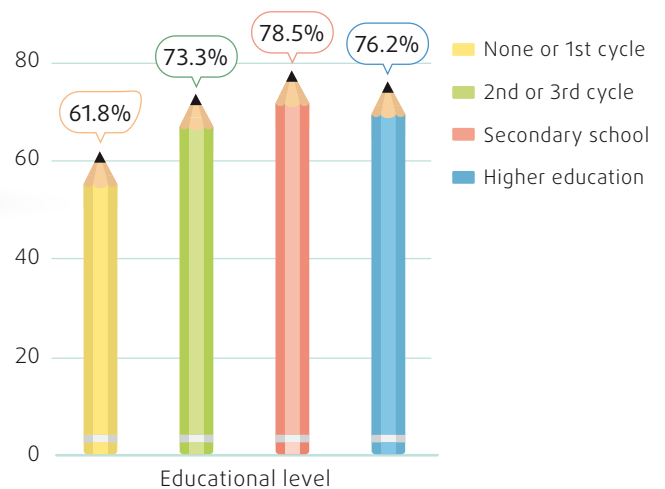
...in the Center region,



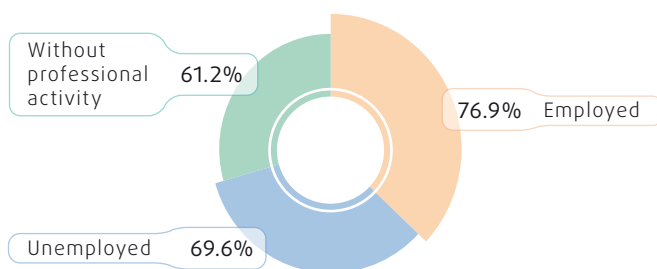
...in the age group 35-44 years,



...and in the persons with higher educational level.



...among employed persons,



Source: INSA, Inquérito Nacional de Saúde com Exame Físico 2015. For more information: www.insef.pt