



UEMO 99/250

ORDEM DOS MEDICOS
-Portuguese Medical Association-

Portuguese answer to the questionnaire on Health
Promotion Prevention Activities in General Practice
Working Group

Health promotion

A) What is happening in my country?

In general, health general publications, radio initiatives and programmes on the television. There is also a national program developed and supported by the government and some international ones where Portugal is taking part.

B) What means “Health Promotion” in my country ?

In short it means a desire and a dream

1- It is all calculated on a timetable basis. If the doctor works 35 hours/week, then he is allowed to spend 5 hours on prevention and promotion activities. On the other side, if he has a timetable basis of 42 hours/week, then he is entitled 8 hours or less.

2- Yes, but not all GP's and only sometimes

3- No

4- For the time being, no.

5- Yes, we have, but GP's only take part in some of that organizations

6- It is still difficult to examine these effects. Most of the times we become aware of the indirect effects.

7- Yes

8- No

9- No, Yes

10- Both

11- Mainly the fight against the cardio and cerebral vascular disease through exercise stress, obesity and tobacco habits, the improvement of food habits, etc.

12- The major needs on health promotion are:

- The training of professionals in order to develop health promotion actions
- Means of financing in order to produce materials that spread health promotion messages among the public and the professionals.
- The introduction in the universities curricula of health promotion area.

13- The role of GP's is of outmost importance. We must be aware of the subject and contribute to the improvement of the situation.

