

**Domain: Health Statistics**

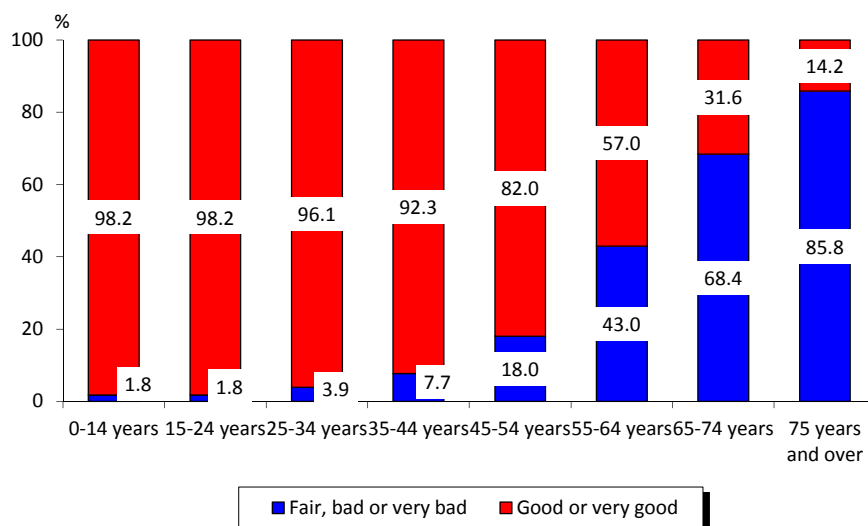
## Health status of the population in Romania *perceived in 2014*

- Over three quarters of the usual resident population consider they have a good or very good health status.
- One in four persons suffers of at least one chronic disease or a longstanding illness.
- 19.6% of the usual resident population aged 15 years and over smoke daily and 18.7% consume alcohol at least once a week.
- Only 9.2% of the usual resident population aged 6 years and over usually carry out sport activities during leisure time.

### Perceived health status

Of the total usual resident population, 76.6% consider they have a good or very good **health status** (80.9% of the male population, 72.6% of the female population). Most young persons have declared a good and very good health status, but only 31.6% of the persons aged 65-74 years and 14.2% of the persons aged 75 years and over have declared they have a good and very good health status. By residence area there are no significant differences in terms of the declared status.

**Usual resident population by the declared health status, by age groups (%)**



[The data of the graph in xls format](#)

One in four persons suffers of at least one **chronic disease or longstanding illness**, a higher weight being encountered among the female population (29.9%) than the male population (21.8%). In rural area the weight of persons suffering of a chronic disease or a longstanding illness (24.9%) is lower than of persons in urban area (26.8%).

The most frequent chronic diseases declared by persons aged 15 years and over are: high blood pressure (17 of 100 persons), lower back disorders (11 of 100 persons), neck disorders (cervical area) (6 of 100 persons) and diabetes mellitus (5 of 100 persons). Children under 15 years are lesser affected by chronic diseases (4.6%), the most frequent being allergies (excluding allergic asthma), chronic bronchitis, obstructive pulmonary disease or emphysema. Five of 1000 children suffer of osteo-articular congenital anomalies and two of 1000 children suffer of congenital cardiovascular anomalies.

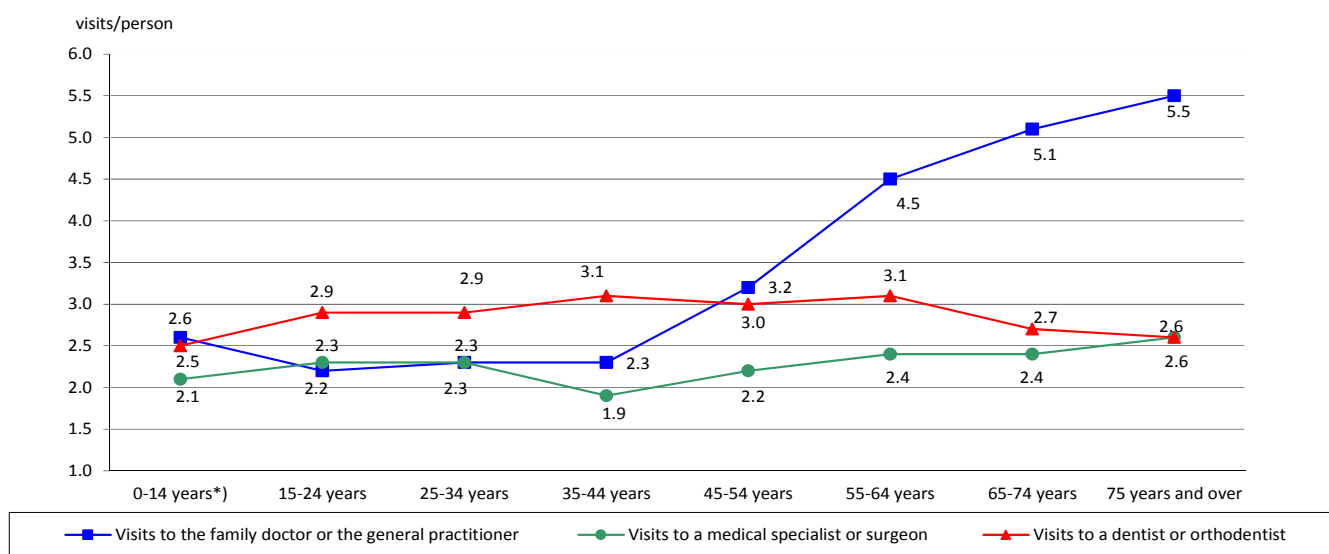
Of the total usual resident population aged 15 years and over, 7.7% have declared they have **difficulties carrying out daily personal care activities**. The degree of limitation varies with age, so that 17.0% of the persons aged 65-74 years and 42.1% of the persons aged 75 years and over have some difficulty carrying out personal care activities without help, or cannot at all.

### Use of medical services and medicines consumption

Less than half of the usual resident population (47.0%) visited, at least once, the **family doctor or the general practitioner** in the past 12 months previous to the interview performing, on average, 3.7 visits and 3.6% of the usual resident population has never visited a family doctor or a general practitioner.

**Medical specialists (including surgeons)** have consulted 16.0% of the usual resident population over the past 12 months previous to the interview. Females have requested consultations to a medical specialist to a greater extent than males (18.7% compared to 13.2%), as well as persons in urban areas (18.2% compared to 13.6% of persons in rural areas). A quarter of the total population has never requested a consultation to a medical specialist. A person who visited the medical specialist has received, on average, 2.3 consultations (2.4 consultations in urban area and 2.2 in rural area).

### Usual resident population who visited a doctor, by the doctor specialty and the average number of visits during the past 12 months previous to the interview, by age group



*Exclusively consultations during hospitalization*

*\*)As regards visits to dentist the data refer only to population aged 3-14 years*

[The data of the graph in xls format](#)

Over the past 12 months previous to the interview, 15.8% of the usual resident population aged 3 years and over **visited at least once a dentist or orthodontist office** (11.7% in rural area and 19.3% in urban area). 13.0% of the usual resident population aged 3 years and over have never visited a dentist or orthodontist (8.5% in urban area and 18.2% in rural area). A person aged 3 years and over who visited the dentist or orthodontist received, on average, 2.9 consultations (2.8 consultations for males and 3.0 consultations for females). By residence area, population aged 3 years and over in urban area who visited the dentist or orthodontist received, on average, 3.0 consultations, and the population in rural area received 2.6 consultations.

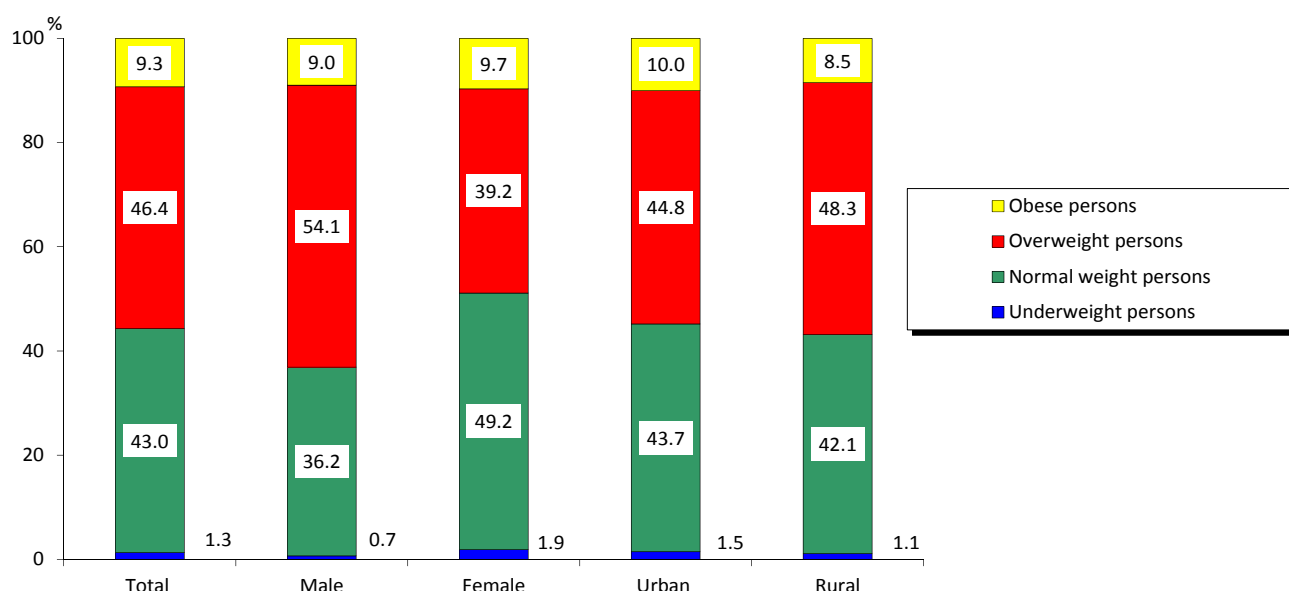
Over the past two weeks previous to the interview, 20.3% of the usual resident population used **medicines prescribed by a doctor** (24.1% females and 16.4% males). 21.6% of the usual resident population in urban area has used medicines prescribed by a doctor, compared to 18.9% of the usual resident population in rural area. Starting with the age of 35 years, the main reason for which the population used prescribed medicines was the high blood pressure, mentioned by 34.2% of persons aged 35-44 years, 52.1% of persons aged 45-54 years, 62.0% of persons aged 55-64 years, reaching to 72.0% for persons aged 75 years and over.

During the same reference period, **medicines not prescribed** by a doctor were used by 14.8% of the usual resident population (11.2% of the male population and 18.3% of the female population). Most of the persons who used medicines not prescribed by a doctor, used these medicines for cold, flu or sore throat (48.1%), headache or migraine (38.5%) and vitamins, minerals etc. to strengthen the body (36.8%).

## Lifestyle

Distribution by **body mass index** highlights that 46.4% of the usual resident population aged 18 years and over are overweight (54.1% of men and 39.2% of women) and 9.3% suffer from obesity (9.0% of men and 9.7% of women).

Usual resident population aged 18 years and over, by the body mass index, by sex and residence area (%)



[The data of the graph in xls format](#)

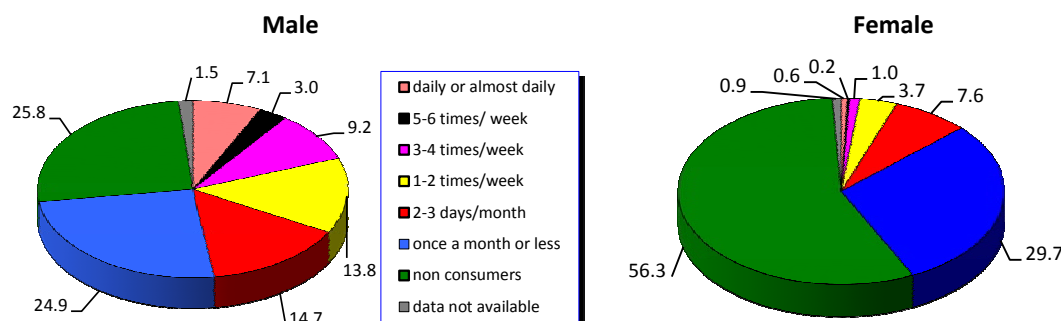
Cases of persons suffering from obesity are more frequent in urban area (10.0% compared to 8.5% in rural area), and persons who are overweight have a higher weight in rural area (48.3% compared to 44.8% in urban area).

Of the total usual resident population aged one year and over, 99.5% **consumed fruits and vegetables**, the daily consumption of fruits being mentioned by 30.4% of the population and the consumption of vegetables by 30.1% of the population.

Of the total population aged 6 years and over, only 9.2% declared they do **sports or various recreational physical activities weekly, during leisure time** (12.0% of the male population and 6.5% of the female population). Most persons performing such activities are children aged 6-14 years (41.4%) and young persons aged 15-24 year (19.6%); after this age, the percentage of persons performing sports during leisure time decrease significantly, from 7.3% for the 25-34 years age group, to 0.1% for persons aged 75 years and over.

Of the usual resident population aged 15 years and over, 57.2% had **consumed alcohol** over the past 12 months prior to the interview, and 19.2% have never consumed alcohol. Men consumed alcohol in a much higher proportion than women (72.6% compared to 42.8%). Most alcohol consumers are among males in the 45-54 years age group (83.9%). Of the usual resident population aged 15 years and over, 18.7% consumed alcohol frequently (at least once a week).

**Usual resident population aged 15 years and over, by frequency of alcohol consumption (%)**



[The data of the graph in xls format](#)

Alcohol consumption varies depending on the period of the week. Of the usual resident population aged 15 years and over who consume alcohol, 98.1% consumed alcoholic drinks on Fridays, Saturdays and Sundays and 76.5% consumed alcohol Mondays to Thursdays.

A quarter of the usual resident population aged 15 years and over **smoke** (39.2% of the male population and 12.4% of the female population). Of the persons who smoke, 19.6% are daily smokers (31.8% of the male population and 8.2% of the female population). A person who smokes daily consumes, on average, 13 cigarettes per day, male population smoking, on average, 13.5 cigarettes per day and female population, on average, 11.1 cigarettes per day.

#### More information:

For an accurate interpretation of the indicators, please see the [Methodological specifications attached to the Press release on the homepage](#).

Data are available in the publication "Health of the population in Romania" - 2015 edition.

The next press release on the "Health status of the population in Romania" will be available in 2020.

Press releases archive: <http://www.insse.ro/cms/en/content/press-releases-archive>

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