

## Press Release - Conference on the presentation of the preliminary results on Ageing

On December 13<sup>th</sup> 2016, PremiValor Consulting presented a summary of the preliminary results on the Ageing component of the Observatory of Childbirth and Ageing in Portugal – 1<sup>st</sup> Edition, at a conference held at Holmes Place.

The data and findings there presented are a brief summary of the analysis of the study's database for the area of Ageing. For public presentation purposes, the official document includes only descriptive statistics. No inferential statistics, nor statistical / econometric tests were therefore included at this moment. Data analysis for the study's Ageing component continues to be under development, so further results will be made in due course.

The Scientific Coordination of the study for the Ageing topic is from **Prof. Doutor Manuel Oliveira Carrageta**, President of the Portuguese Society of Geriatrics and Gerontology. For the childbirth topic the scientific coordinator is **Prof. Doutora Maria do Céu Soares Machado**, Director of the Department of Pediatrics of the Santa Maria Hospital in Lisbon, Professor at Faculty of Medicine – University of Lisbon, and Vice President of the Portuguese Medicine Academy. Both coordinators were present at the conference as key speakers on their specialty scientific areas.

The preliminary results on the Ageing component were presented by Telmo Francisco Vieira, managing partner of PremiValor Consulting and professor at ISEG – Universidade de Lisboa, as overall project coordinator.

We recall that the **main objectives** of the Observatory regarding the Ageing component include, in particular, i) understanding and describing the needs and expectations of the population (elderly and non-elderly) in Portugal, ii) identifying trends and opportunities for active aging, iii) studying relevant variables concerning quality of life and well-being of seniors, and their socio-economic conditions in the different geographic areas of the country, as well as iv) identifying **measures that can be taken** by public and private entities to foster quality of life while ageing, **promoting active aging, dignity, autonomy and economic independence** of the senior population.

Concerning the preliminary results, a summary of the key findings presented at the conference is available on the following page, stressing that the inferential statistics and underlying econometric tests component of the analysis is under development.

### About PremiValor Consulting

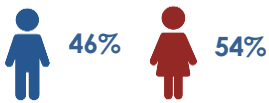
PremiValor Consulting delivers top management consulting services, building on the components of skilled diagnosis, recommendation, and solution implementation capabilities. Our expertise and advice spans across different industries in the fields of Strategic Planning, Market Research, Corporate Finance/ Project Finance and Knowledge Transfer. PremiValor has conducted several macro studies on the Health Sector such as the Observatory of Food and Nutrition (ONAP) and the Observatory of Civilizational Diseases.

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**Summary of Key Findings – Ageing Component**

1.335 Ageing questionnaires were validated so as to ensure a 95% confidence interval with a maximum error of 2,68%. Data was collected through face to face structured interviews on a national-representative sample of Portuguese persons over 35 years (the 5 NUTS II main land Portugal distribution) according to a quota sampling methodology. The sample was stratified by residence, gender and ageing quota according to Portuguese population distribution (INE, 2011). Resulting selected portuguese cities include: Lisbon, Oporto, Aveiro, Santarém, Castelo Branco, Bragança, Beja, Setúbal e Portimão.



The sample has the following geographical distribution in terms of the 5 NUT II:

- Lisbon Metropolitan Area: **49 %**
- Northern region: **23%**
- Center region: **13 %**
- Alentejo: **11%**
- Algarve: **5%**

About **53%** of the respondents said they were very concerned about the ageing of the population in general, and **53%** said they were concerned about their own ageing.

**Considering retired respondents (n=550):**

**60 years old** was the average retirement age

**26%** said to have or have had some kind of remunerated activity after retirement.

**82%** of those who carry out some activity, do it on part-time basis



**Considering non-retired respondents (n=785):**

**46%** mentioned that they intend to work as long as they feel physically and intellectually capable

**32%** mentioned they would like to work until the age of 63.

**45%** Reported that they want to continue working after retirement on a part-time basis

**Considering retired respondents (n=550):**



**51%**

Reported enjoying outdoor daily walks



**27%**

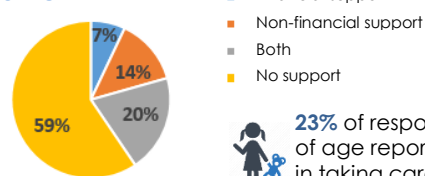
Referred that never travel



**44%**

Reported to never participate in cultural activities

**Do you provide any kind of support to your parents, children, grandchildren, other family members or other**



**23%** of respondents over 65 years of age reported providing support in taking care of grandchildren



**66%**

of respondents reported to be on daily medication

**20%**

of respondents with 65 years old or less reported to be taking at least 3 different medication per day

**48%**

of respondents with 65 years old or more reported to be taking at least 4 different medication per day



**7%**

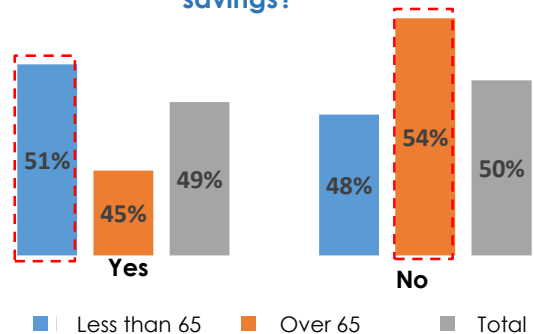
of respondents reported to don't purchase all prescribed medication



**9%**

of respondents reported that don't take all prescribed medication correctly

**Do you currently hold any kind of savings?**



**Do you hold any retirement savings?**



- No (68%)
- Yes (32%)