

March 20, 2026

LIVING CONDITIONS AND INCOME – HOUSING, ENERGY AND ENVIRONMENT
2025

MORE THAN HALF OF FAMILY HOMES BUILT BEFORE 1960 HAVE NOT UNDERGONE RENOVATION WORK TO IMPROVE ENERGY EFFICIENCY

The results of the Survey on Living Conditions and Income carried out in 2025 indicate that households at risk-of-poverty occupied 30.1% of dwellings built before 1945 and 11.4% of dwellings built after 2015. More than half of the households living in dwellings built before 1960 (54.7%) reported that no renovation work had been carried out to improve energy efficiency, despite this being necessary. More than a fifth of households living in dwellings built after 2015 (21.6%) had benefited from at least one renovation measure aimed at improving energy efficiency.

Financial cost is the reason most frequently cited by households for not carrying out necessary housing improvements, particularly among those at-risk-of-poverty: 90.1%, compared with 77.9% for the population living above the poverty threshold (8,679 euros). The population at-risk-of-poverty reported being more affected by damage to their homes caused by environmental/weather-related factors: 7.5% (6.9% for those living above the poverty threshold). Damage of this nature affected residents in urban areas more (7.7% in predominantly urban areas and 6.6% in medium urban areas) compared with predominantly rural areas (6.0%).

The results suggest that households with children place greater value on proximity to public green spaces. In 2025, 44.9% of households without children lived within 400 metres of a public green space, with the proportion rising to 47.0% for households with children. More than half of individuals in households comprising two adults with three or more children lived within 400 metres of a public green space.

The rates of overcrowding and severe housing deprivation among households with children were around four times higher than those in households without children. Poverty also emerges as a distinguishing factor in housing conditions: in particular, the housing cost overburden rate among the population at-risk-of-poverty was more than eight times that observed in the rest of the population: 24.4% and 2.9%, respectively. Even so, 90.1% of households at-risk-of-poverty reported being satisfied or very satisfied with their accommodation.

In 2025, 72.7% of households reported that they always or almost always separated plastic packaging such as bottles, jugs or jars from general household waste. More than 90% of individuals belong to households whose most recent private car runs on diesel or petrol. The proportion of hybrid cars is slightly higher than that of electric cars: 4.0% and 3.4% respectively.

A quarter of the population (25.6%) reported having taken at least one flight within Europe in the last 12 months, for private or professional purposes. For journeys outside Europe, the proportion fell to 9.3%. For 18.0% of the population, the destination of a mobile phone when it breaks is recycling.

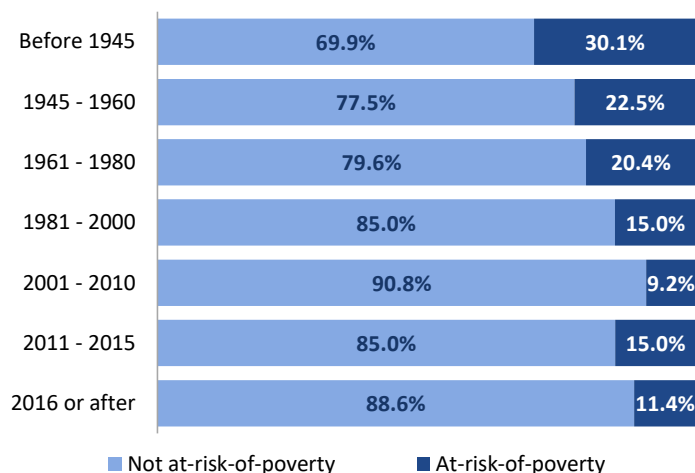
The financial cost is a key factor in the failure to carry out necessary renovations in the accommodations

The results of the 2021 Census revealed that about 14% of conventional dwellings of usual residence were built before 1960, 65% between 1961 and 2000 and the remaining 21% between 2001 and 2021.

The results of the 2025 Survey on Living Conditions and Income indicate that older dwellings tend to house a higher proportion of people at-risk-of-poverty than newer dwellings. Households at-risk-of-poverty occupied 30.1% of dwellings built before 1945 and 11.4% of dwellings built after 2015.

Figure 1

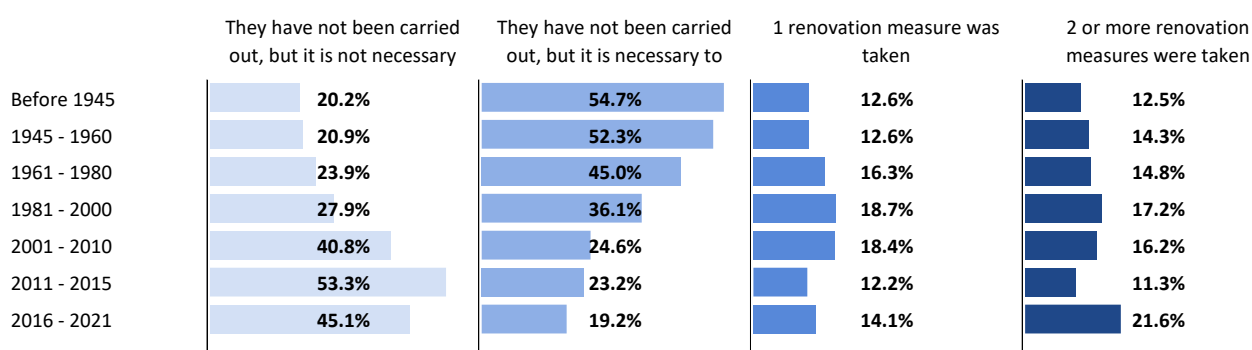
PROPORTION OF HOUSEHOLDS BY POVERTY CONDITION ACCORDING TO THE YEAR OF CONSTRUCTION OF THE DWELLING, PORTUGAL, 2025



As might be expected, the need for energy efficiency renovations is less common in newer homes. The results also indicate that more than half of households living in dwellings built before 1960 (54.7%) reported that no energy efficiency renovations had been carried out, despite the need for them. In contrast, more than a fifth of households living in dwellings built after 2015 (21.6%) have benefited from at least two types of renovation measures (thermal insulation, electrical system, heating equipment, cooling equipment or other).

Figure 2

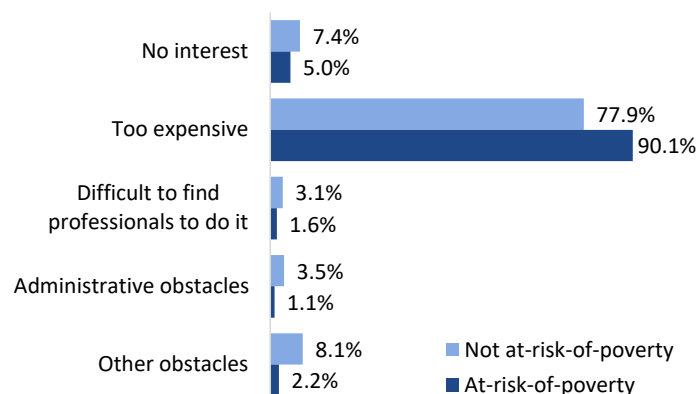
PROPORTION OF HOUSEHOLDS BY NEED OF RENOVATION TO IMPROVE ENERGY EFFICIENCY ACCORDING TO THE YEAR OF CONSTRUCTION OF THE DWELLING, PORTUGAL, 2025



The high cost is the main reason cited by households for not carrying out the renovations needed to improve energy efficiency in their homes, particularly among those at-risk-of-poverty: 90.1%, compared with 77.9% for the population living above the poverty threshold.

Figure 3

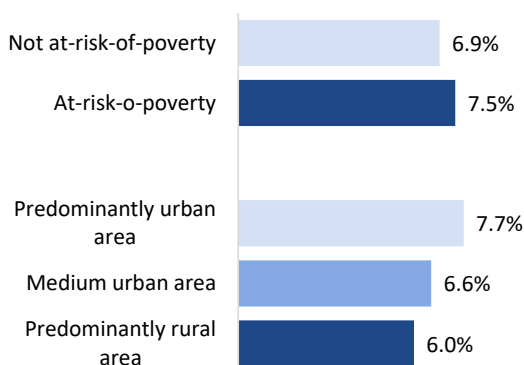
PROPORTION OF HOUSEHOLDS BY POVERTY CONDITION ACCORDING TO REASON FOR NOT CARRYING OUT ENERGY-EFFICIENCY RENOVATIONS IN DWELLING, PORTUGAL, 2025



The population at-risk-of-poverty was found to have been more affected by damage to their homes caused by environmental/meteorological factors: 7.5%, compared with 6.9% of people living above the poverty threshold. Considering the degree of urbanisation, the proportion of individuals affected by damage to their homes caused by environmental and meteorological events was higher in urban areas (7.7% in predominantly urban areas and 6.6% in medium urban areas) compared to predominantly rural areas (6.0%).

Figure 4

PROPORTION OF THE RESIDENT POPULATION WHOSE HOMES HAVE SUFFERED DAMAGE DUE TO ENVIRONMENTAL OR WEATHER-RELATED CAUSES BY POVERTY CONDITION AND TYPOLOGY OF URBAN AREAS, PORTUGAL, 2025

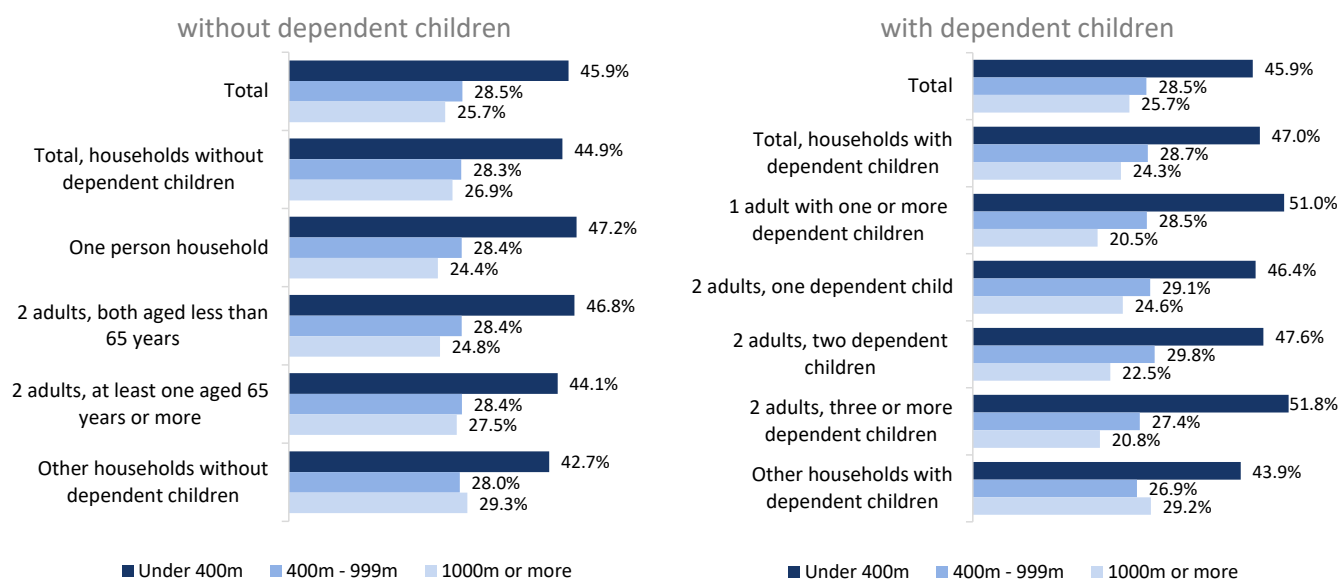


2/3 of the population satisfied or very satisfied with the public spaces in the neighbourhood

The results suggest that households with children place greater value on proximity to public green spaces. In 2025, 44.9% of households without children lived within 400 metres of a public green space, with the proportion rising to 47.0% for households with children. More than half of the individuals in households comprising two adults with three or more children lived within 400 meters of a public green space.

Figure 5

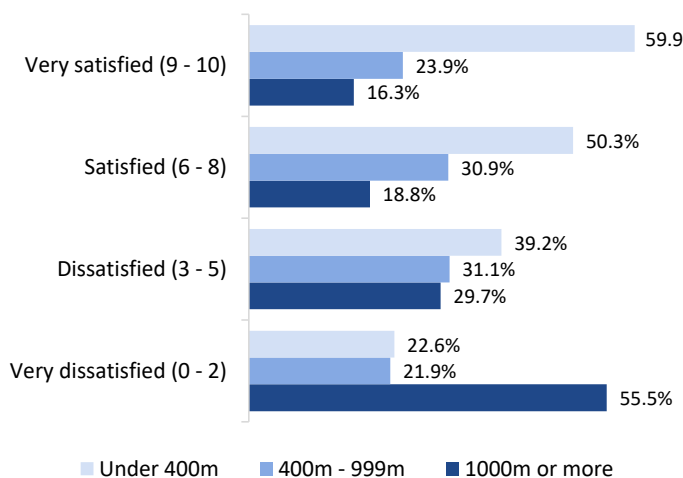
PROPORTION OF THE RESIDENT POPULATION BY HOUSEHOLD TYPE ACCORDING TO WALKING DISTANCE TO THE NEAREST PUBLIC GREEN SPACE, PORTUGAL, 2025



About two-thirds of the individuals were satisfied or very satisfied with the existing green public spaces in their neighbourhood and only 10% declared themselves very dissatisfied.

The degree of satisfaction varies inversely in relation to the distance to the nearest green public space. For about 60% of the individuals who reported being very satisfied with the existing public green spaces in the neighbourhood, the nearest space was less than 400 meters away. On the contrary, 55.5% of the individuals who were rather dissatisfied with the existing public green spaces in the neighbourhood lived more than 2 km from one of those spaces.

Figure 6
PROPORTION OF THE RESIDENT POPULATION BY WALKING DISTANCE TO THE NEAREST PUBLIC GREEN SPACE, BY LEVEL OF SATISFACTION WITH PUBLIC GREEN SPACES IN THE NEIGHBOURHOOD, PORTUGAL, 2025

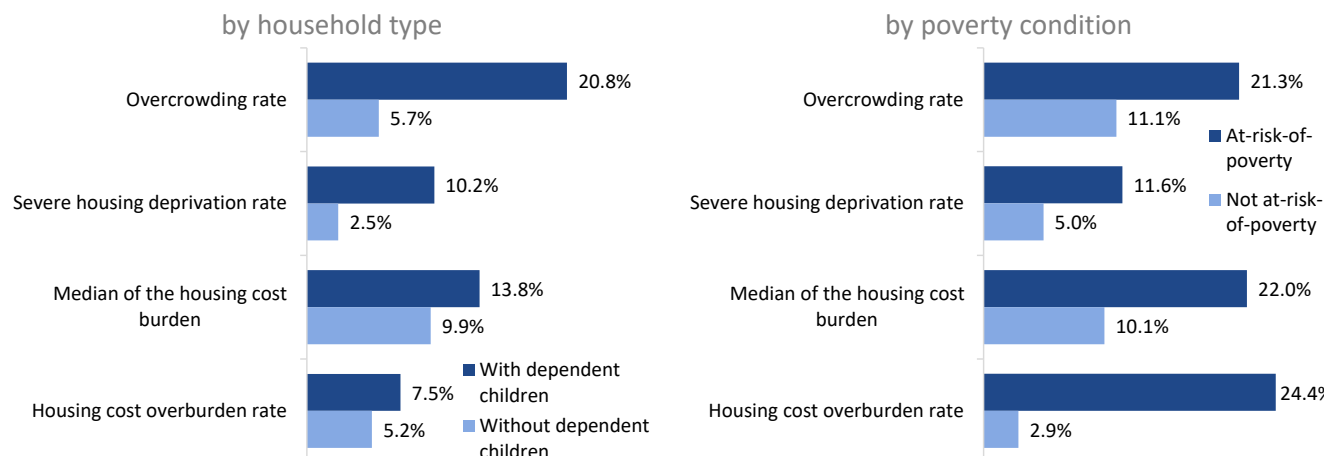


Households with children and those at-risk-of-poverty face poorer housing conditions

The results for 2025 confirm that the housing conditions, both physical and financial, of households with dependent children are more unfavourable than for other households. This conclusion is more evident in the indicators associated with the physical conditions of housing: the rates of overcrowding and severe housing deprivation in families with children were about four times those of households without children.

Figure 7

HOUSING INDICATORS BY HOUSEHOLD TYPE AND POVERTY CONDITION, PORTUGAL, 2025



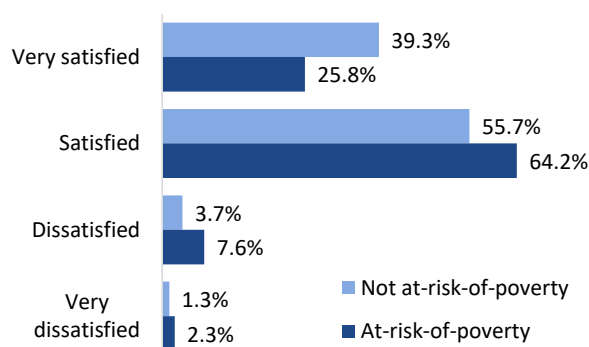
The condition of poverty also proves to differentiate housing conditions. In particular, the housing cost overburden rate for the population at-risk-of-poverty was more than eight times the rate observed for the rest of the population: 24.4% and 2.9%, respectively.

In 2025, 39.3% of households living above the poverty threshold were very satisfied with their housing, but for households at-risk-of-poverty the proportion fell to 25.8%.

Even so, 90.1% of households at-risk-of-poverty reported being satisfied or very satisfied with their housing.

Figure 8

PROPORTION OF HOUSEHOLDS BY POVERTY CONDITION
 ACCORDING TO THE LEVEL OF SATISFACTION WITH HOUSING,
 PORTUGAL, 2025

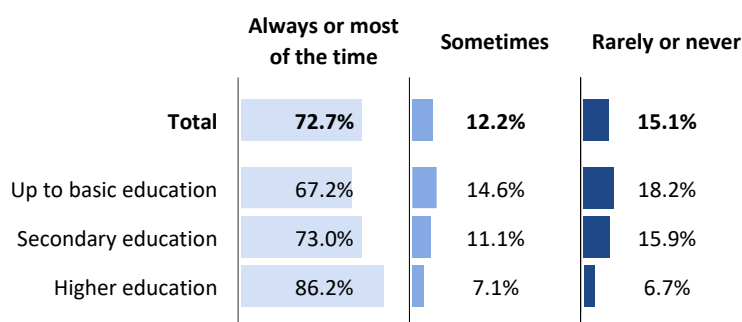


72.7% of households always or almost always separate plastic packaging

In 2025, 72.7% of households indicated that they always or almost always separated plastic packaging such as bottles, jugs or jars from general household waste. This behaviour was more common in households where the person with the highest share of household income had a higher level of education, with only 6.7% of households stating that they rarely or never separated plastic packaging.

Figure 9

PROPORTION OF HOUSEHOLDS BY FREQUENCY OF HOUSEHOLD SEPARATION OF PLASTIC PACKAGING
 ACCORDING TO THE LEVEL OF EDUCATION OF THE HOUSEHOLD REFERENCE PERSON, PORTUGAL, 2025



About 7% of individuals belong to households whose most recent private car is hybrid/electric

The car is the main means of transport used by households. However, car use is more frequent among the population not at-risk-of-poverty (72.1%) than among those at-risk-of-poverty (54.5%). The lower use of the car by the population living below the poverty threshold is compensated by walking and using public transport.

Figure 10

PROPORTION OF THE RESIDENT POPULATION BY POVERTY CONDITION ACCORDING TO MAIN MEANS OF TRANSPORT USED, PORTUGAL, 2025

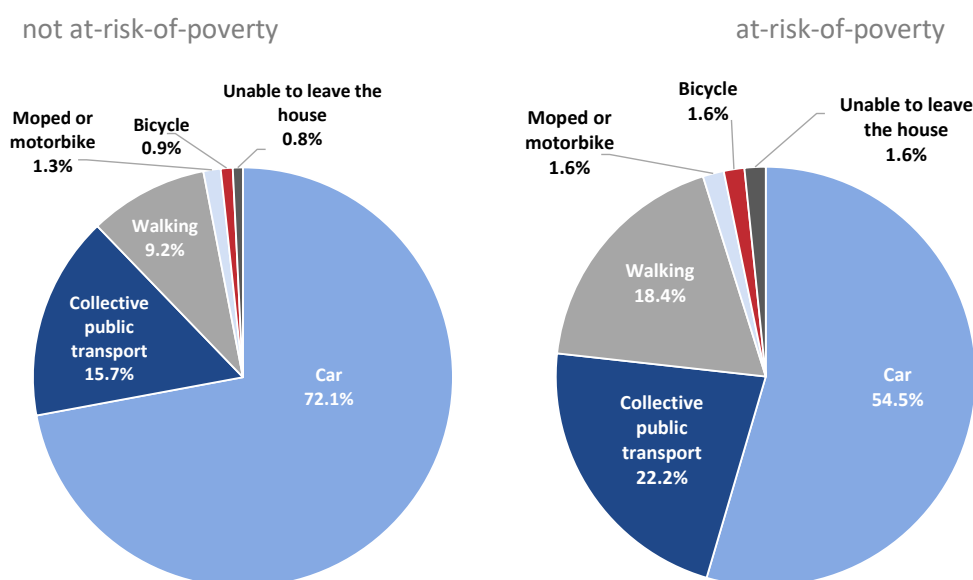
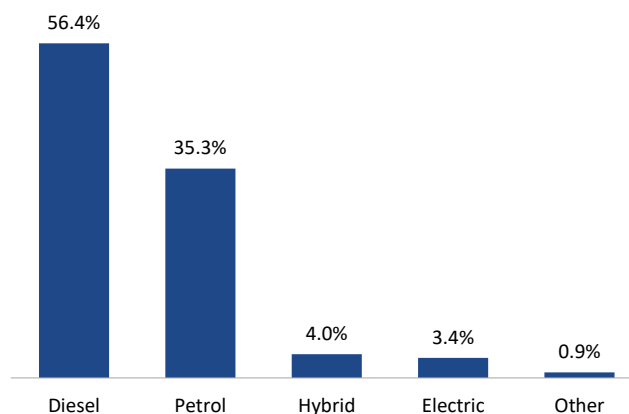


Figure 11

PROPORTION OF THE RESIDENT POPULATION BY TYPE OF ENERGY USED BY THE HOUSEHOLD'S MOST RECENT PRIVATE CAR, PORTUGAL, 2025

More than 90% of individuals belong to households whose most recent private car is powered by diesel or petrol (56.4% diesel and 35.3% petrol).

Hybrid cars account for a slightly higher proportion than electric cars: 4.0% and 3.4% respectively.



In 2025, a quarter of the population (25.6%) reported having taken at least one flight within Europe in the previous 12 months, for personal or professional purposes. For journeys outside Europe, the proportion fell to 9.3%. A breakdown by poverty condition shows that travel within Europe is more common among the population not at-risk of poverty (28.2%, compared with 11.2% of the population at-risk of poverty).

Figure 12

PROPORTION OF THE RESIDENT POPULATION BY POVERTY CONDITION ACCORDING TO THE NUMBER OF PRIVATE OR BUSINESS FLIGHTS MADE IN THE 12 MONTHS PRIOR TO THE INTERVIEW, PORTUGAL, 2025

	within Europe			outside of Europe
	Total	Not at-risk-of-poverty	At-risk-of-poverty	Total
At least one flight	25.6%	28.2%	11.2%	9.3%
1 flight	12.9%	14.0%	6.7%	6.2%
2-3 flights	8.8%	9.8%	3.4%	2.3%
4 or more flights	3.9%	4.4%	1.1%	0.8%
No flights	74.4%	71.8%	88.8%	90.7%

Only 13% of the population recycle their damaged mobile phones

Almost two-thirds of the population (64.5%) keep their mobile phone in the household when it breaks down, an indicator that increases to 66.5% among those aged 75 or over. For 18.0% of the population, the damaged mobile phone was recycled, including delivery to a retailer for disposal, with this behaviour being more common among those aged 50 to 64.

Figure 13

PROPORTION OF THE RESIDENT POPULATION BY ACTION TAKEN IN THE EVENT OF A MOBILE PHONE BECOMING UNUSABLE, ACCORDING TO AGE GROUP, PORTUGAL, 2025

	Still keep it in the household, but it is currently not being used	Sold or given to someone else	It has been disposed of in electronic waste collection/recycling	It has been disposed of, but not in electronic waste collection/recycling	Other
Total	64.5%	7.6%	18.0%	5.7%	4.2%
16-24	63.7%	8.4%	18.1%	4.4%	5.3%
25-34	63.0%	12.4%	16.1%	5.1%	3.4%
35-49	63.4%	9.0%	18.1%	5.7%	3.8%
50-64	65.0%	5.8%	19.2%	5.7%	4.3%
65-74	66.3%	5.1%	18.1%	6.0%	4.4%
75+	66.5%	5.0%	17.3%	6.8%	4.3%



TECHNICAL NOTE

The Survey on Living Conditions and Income has been carried out in Portugal since 2004. Until 2020, the survey was conducted within the framework of specific European legislation (Regulation 1177/2003), establishing a harmonised European system of production of statistics on poverty, deprivation and social exclusion. As of 2021, the survey is being carried out in the context of new specific European regulations, in accordance with Regulation (EU) 2019/1700 of the European Parliament and of the Council, of 10 October 2019.

In addition to a set of data to be obtained annually, the new Regulation establishes a set of detailed topics to be obtained regularly and the development of ad hoc modules to be applied periodically, consisting of matters of particular interest to users at a given time, but which are not included in the regular data sets. In 2025, the ad-hoc module 'Energy and the environment' was implemented, including variables related to the energy efficiency of housing and the population's behaviours with environmental impact.

In 2025, data was collected through computer-assisted face-to-face interviews (CAPI, or Computer Assisted Personal Interviewing) and telephone interviews (CATI, or Computer Assisted Telephone Interviewing) between April and July.

The estimated results were obtained from the household weight or the individual weight of persons aged 16 and over, depending on whether it is data presented at the household or population level. The household and individual weights used in ICOR are adjusted by region, household size, age, and sex. In the calculation of weights, a correction factor of total non-responses was incorporated, as well as a calibration procedure based on the results of the 2nd quarter 2025 of the Labour Force Survey for household-level variables and Estimated Resident Population as of 31 December 2024 for the variables at the individual level. The auxiliary variables (margins) were the number of households by NUTS 2 and the number of households according to their size (1, 2, 3 and 4 or more individuals), and, at the level of individuals, the estimates of resident population by sex and five-year age groups (except the first and last levels comprising, respectively, individuals under 16 years of age and individuals 75 years of age or older).

SOME CONCEPTS

At-risk-of-poverty threshold: income threshold under which a household is considered to be living in risk of poverty. It was conventionalised by the European Commission as 60% of the median national equivalent income.

Household reference person: Person with the highest proportion of household income.

Housing cost burden: ratio between the housing costs and the disposable household income (net of housing allowances). Housing costs include those related to housing facilities such as water, electricity, gas and other fuels, as well as condominium, insurances, sewage, minor repairs, rents and interest related to the main residence mortgage.

Two indicators have been calculated on the basis of the distribution of this ratio.

Median housing cost burden, i.e. the median of the housing cost burden distribution.

Overburden housing cost rate: proportion of people living in households where the housing costs represent more than 40% of the disposable household income (net of housing allowances).

Overcrowding rate: proportion of households where the number of rooms ($\geq 4m^2$) is not sufficient for the household's dimension and demographic composition.

An individual is considered to be living in an overcrowding condition there is not a minimum number of rooms in the dwelling ensuring:

- one room for the household as a whole;
- one room for each couple;
- one room for each single person aged 18 years old or over;
- one room per two persons aged 12 to 17 years old of same sex;
- one room for each person aged 12 to 17 years of different sex;
- one room for two persons aged less than 12 years old.

Poverty status: condition of the resident population whose equivalent disposable income is below the at-risk-of-poverty threshold.

Severe housing deprivation rate: proportion of the population living in an overcrowded household and with, at least, one of the following housing problems: a) lack of a bath or shower in the dwelling and lack of an indoor flushing toilet for sole use of the household; b) leaking roof, damp walls/floors/foundation, or rot in window frames or floor; c) insufficient natural light (too dark) in a sunny day.



INDICATORS

With the release of these results, Statistics Portugal updates the following set of indicators in www.ine.pt.

[Median of housing cost burden \(%\) by Age group; Annual](#)

[Median of housing cost burden \(%\) by Place of residence \(NUTS - 2013\) and Urban areas typology; Annual](#)

[Median of housing cost burden \(%\) by Place of residence \(NUTS - 2024\) and Urban areas typology; Annual](#)

[Severe housing deprivation rate \(%\) by Age group; Annual](#)

[Severe housing deprivation rate \(%\) by Place of residence \(NUTS - 2013\) and Urban areas typology; Annual](#)

[Severe housing deprivation rate \(%\) by Place of residence \(NUTS - 2024\) and Urban areas typology; Annual](#)

[Housing cost overburden rate \(%\) by Age group; Annual](#)

[Housing cost overburden rate \(%\) by Place of residence \(NUTS - 2013\) and Urban areas typology; Annual](#)

[Housing cost overburden rate \(%\) by Place of residence \(NUTS - 2024\) and Urban areas typology; Annual](#)

[Overcrowding rate \(%\) by Place of residence \(NUTS - 2013\) and Urban areas typology; Annual](#)

[Overcrowding rate \(%\) by Place of residence \(NUTS - 2013\) and Urban areas typology; Annual](#)

[Overcrowding rate \(%\) by Place of residence \(NUTS - 2024\) and Urban areas typology; Annual](#)

[Proportion of the resident population having neither a bath, nor a shower, nor indoor flushing toilet \(%\) by Poverty status; Annual](#)