

# **Chauffører Østtimor**

**Lower-middle income**



## **Report cards**

Our report cards collate all the most-recent graphics for this country. If you would like to produce a custom report based on selected graphics, just tap the Add to custom PDF button below the graphics you would like to use.

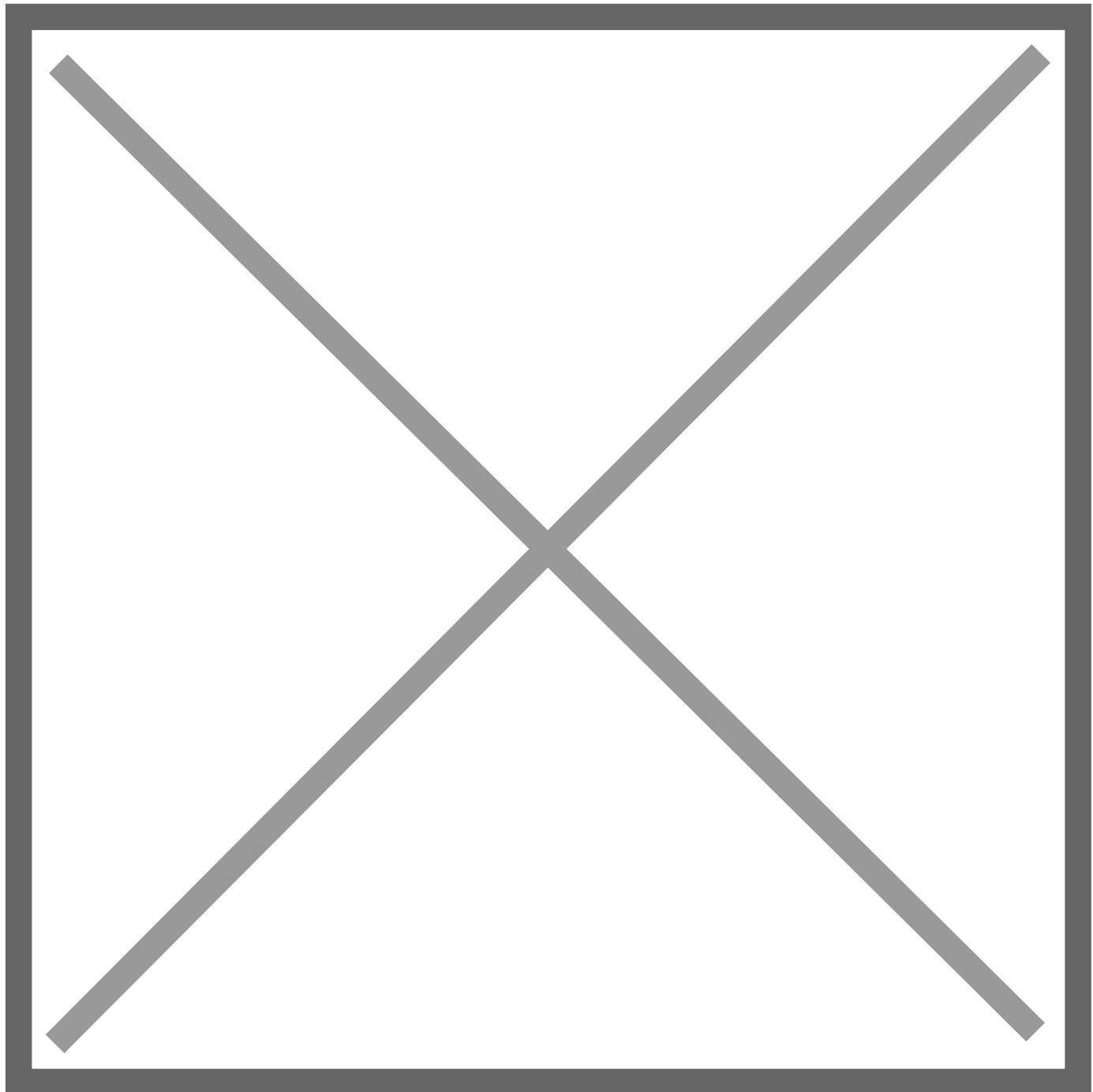
**Report card (adult data)**

**Report card (child data)**

**Report card (under-5s data)**

## **Utilstrækkelig fysisk aktivitet**

**Voksne, 2022**



**Undersøgelsestype:**

Selvrapporteret

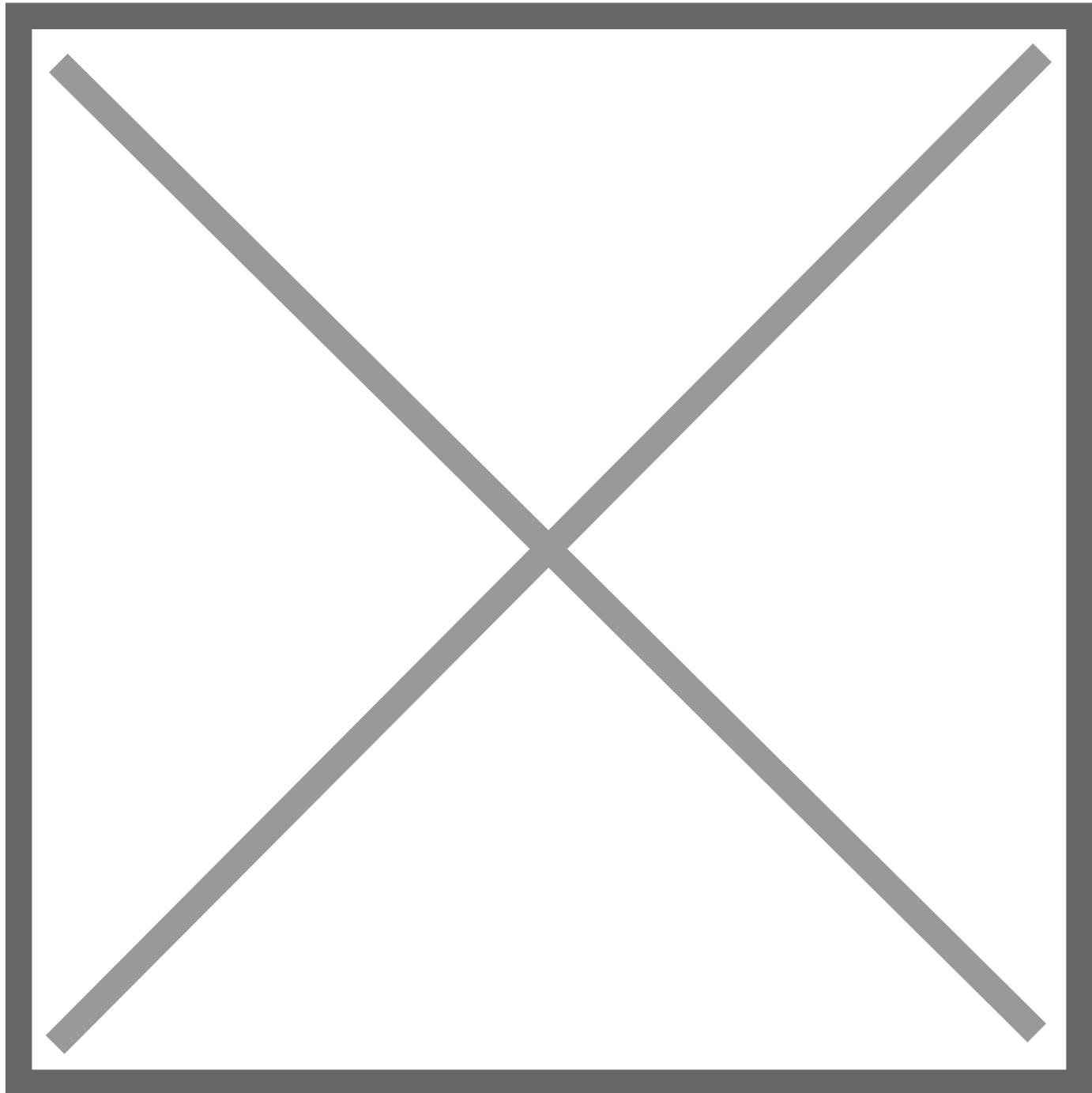
**Alder:**

18+

**Area covered:**

National

<b>Referencer:</b>	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at <a href="https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(--)">https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(--)</a>
<b>Definitioner (kun tilgængelig på engelsk):</b>	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

**Mænd, 2022****Undersøgelsesstype:**

Selvrapporteret

**Alder:**

18+

**Area covered:**

National

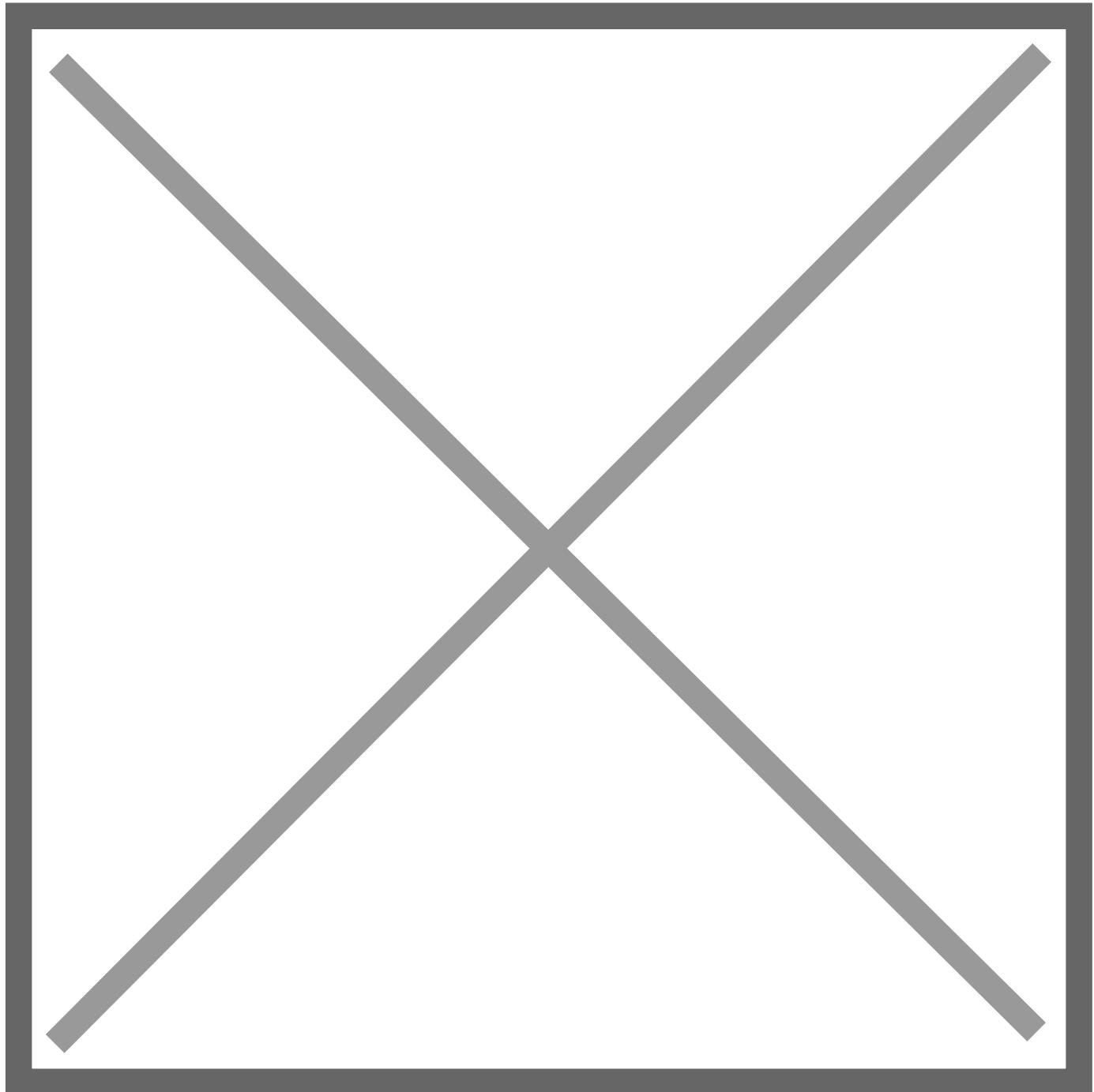
**Referencer:**

WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

**Definitioner (kun  
tilgængelig på  
engelsk):**

Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

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**Kvinder, 2022****Undersøgelsesstype:**

Selvrapporteret

**Alder:**

18+

**Area covered:**

National

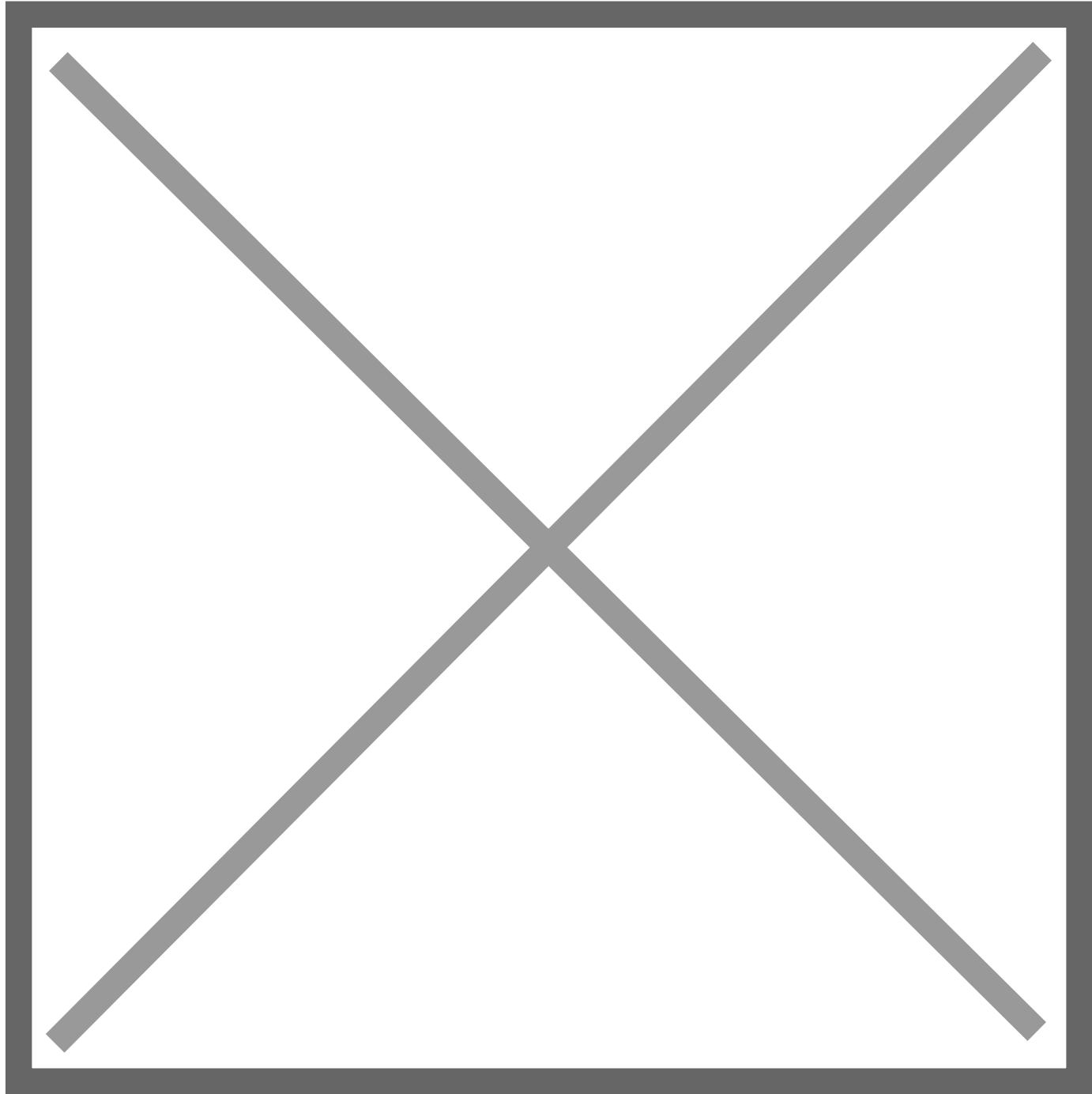
**Referencer:**

WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

**Definitioner (kun  
tilgængelig på  
engelsk):**

Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

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**Børn, 2016****Undersøgelsesstype:**

Selvrapporteret

**Alder:**

11-17

**Referencer:**

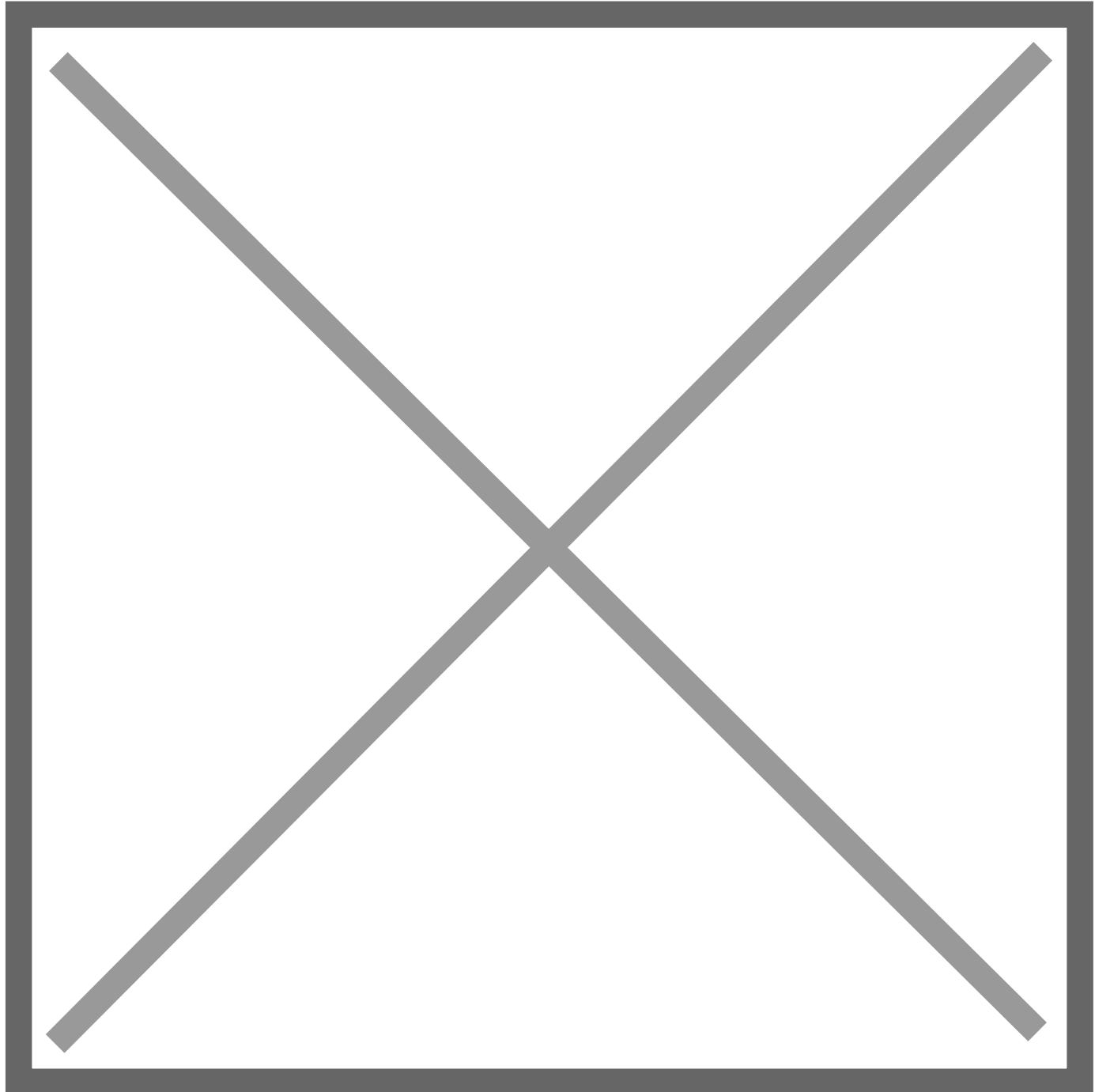
Global Health Observatory data repository, World Health Organisation,

<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)**Noter (kun  
tilgængelige på  
engelsk):**

% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definitioner (kun  
tilgængelig på  
engelsk):**

% Adolescents insufficiently active (age standardised estimate)

**Drenge, 2016****Undersøgelsesstype:**

Selvrapporteret

**Alder:**

11-17

**Referencer:**

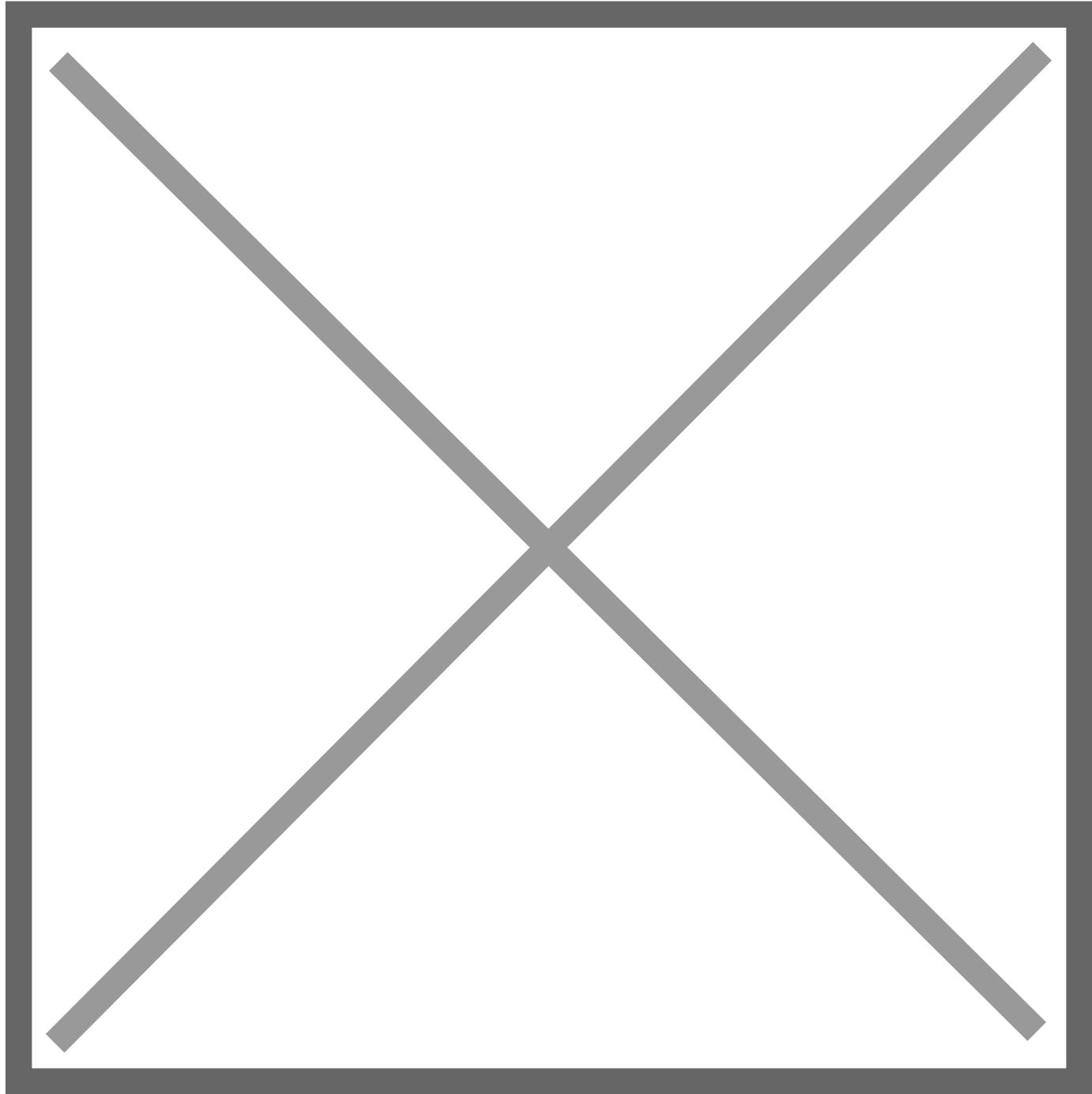
Global Health Observatory data repository, World Health Organisation,

<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)**Noter (kun  
tilgængelige på  
engelsk):**

% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definitioner (kun  
tilgængelig på  
engelsk):**

% Adolescents insufficiently active (age standardised estimate)

**Piger, 2016****Undersøgelsesstype:**

Selvrapporteret

**Alder:**

11-17

**Referencer:**

Global Health Observatory data repository, World Health Organisation,

<https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)**Noter (kun  
tilgængelige på  
engelsk):**

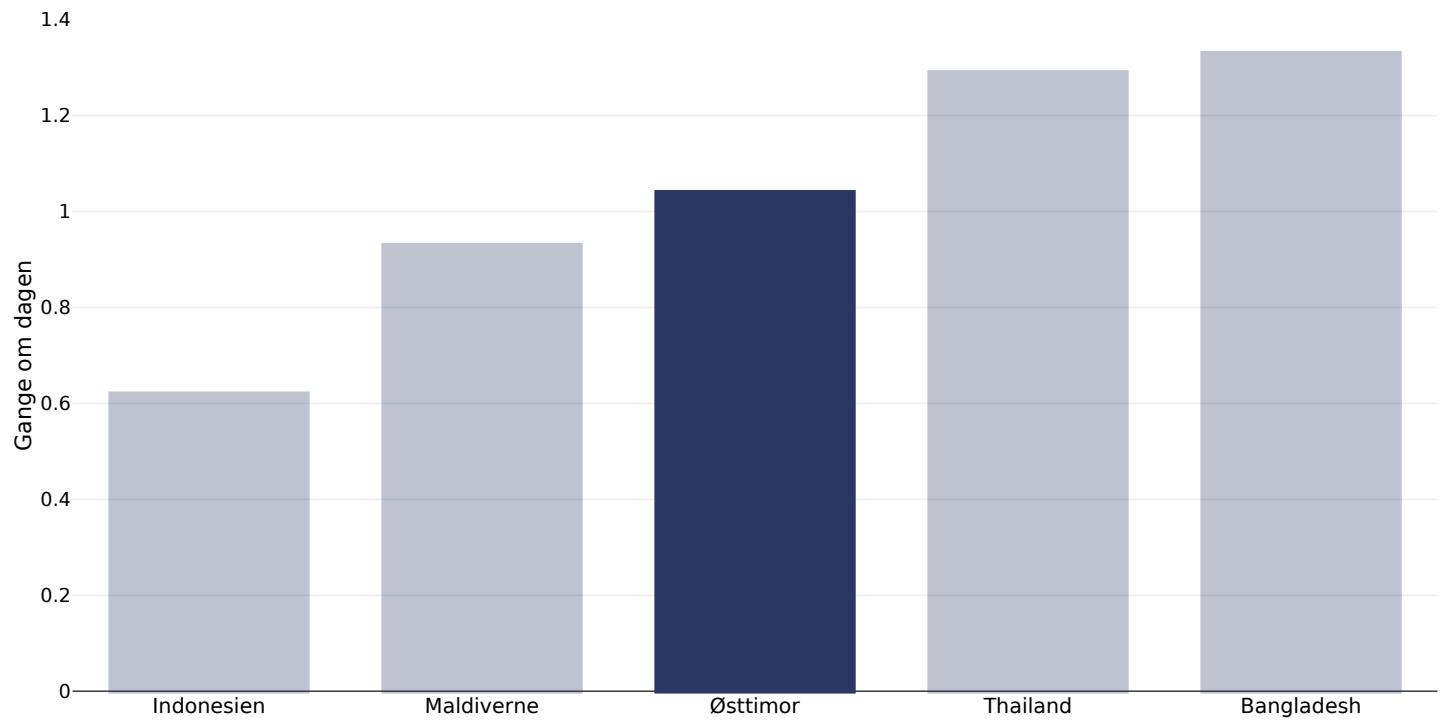
% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definitioner (kun  
tilgængelig på  
engelsk):**

% Adolescents insufficiently active (age standardised estimate)

## Gennemsnitlig daglig hyppighed af indtagelse af kultsyreholdige læskedrikke

Børn, 2014-2015



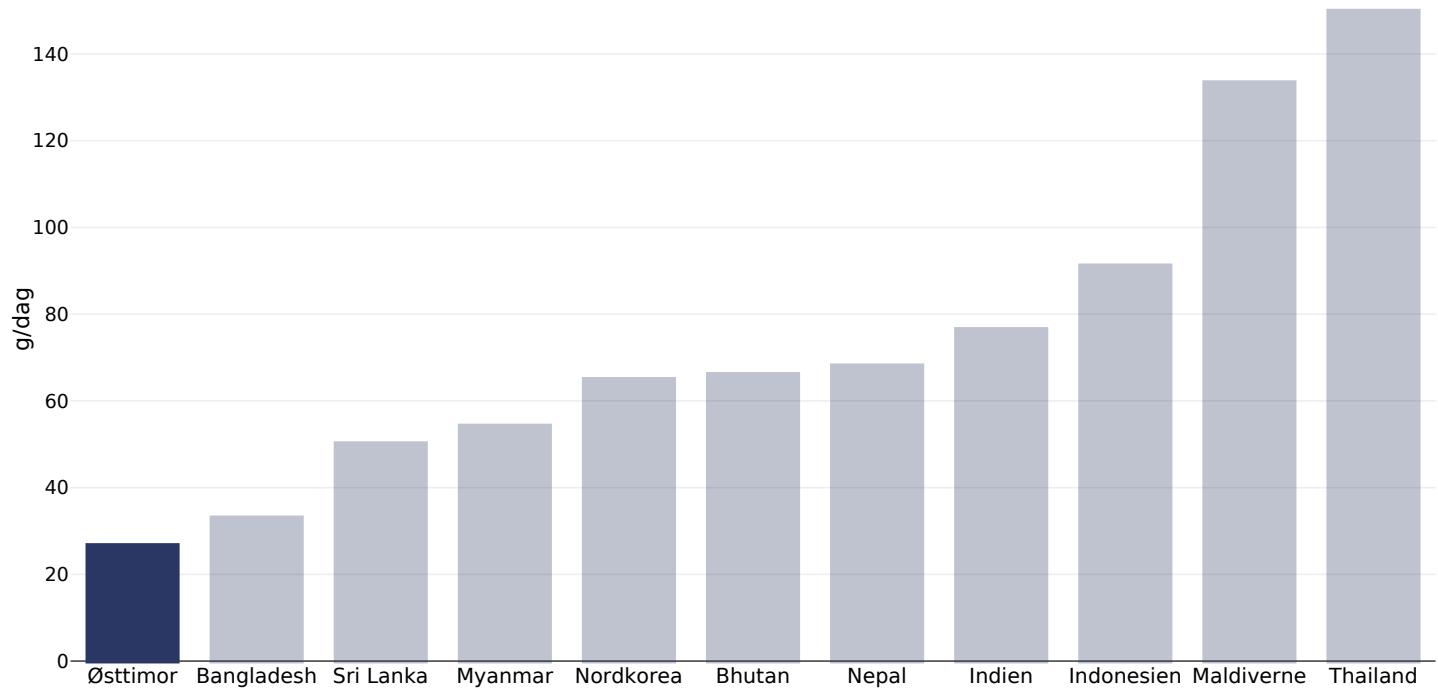
**Undersøgelsestype:** Målt

**Alder:** 12-17

**Referencer:** Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

## Estimated per capita fruit intake

Voksne, 2017



**Undersøgelsestype:** Målt

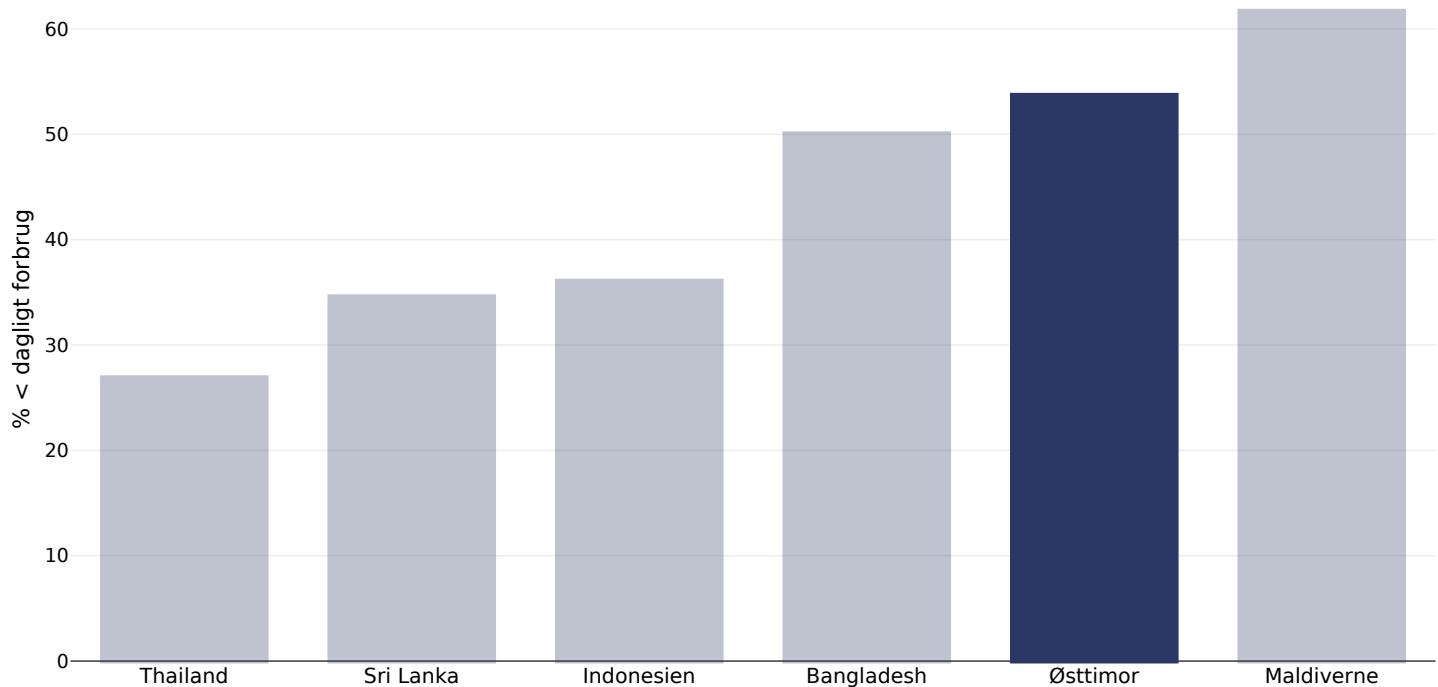
**Alder:** 25+

**Referencer:** Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

**Definitioner (kun tilgængelig på engelsk):** Estimated per-capita fruit intake (g/day)

## Forekomst af indtag af frugt mindre end dagligt

Børn, 2008-2015



**Undersøgelsestype:** Målt

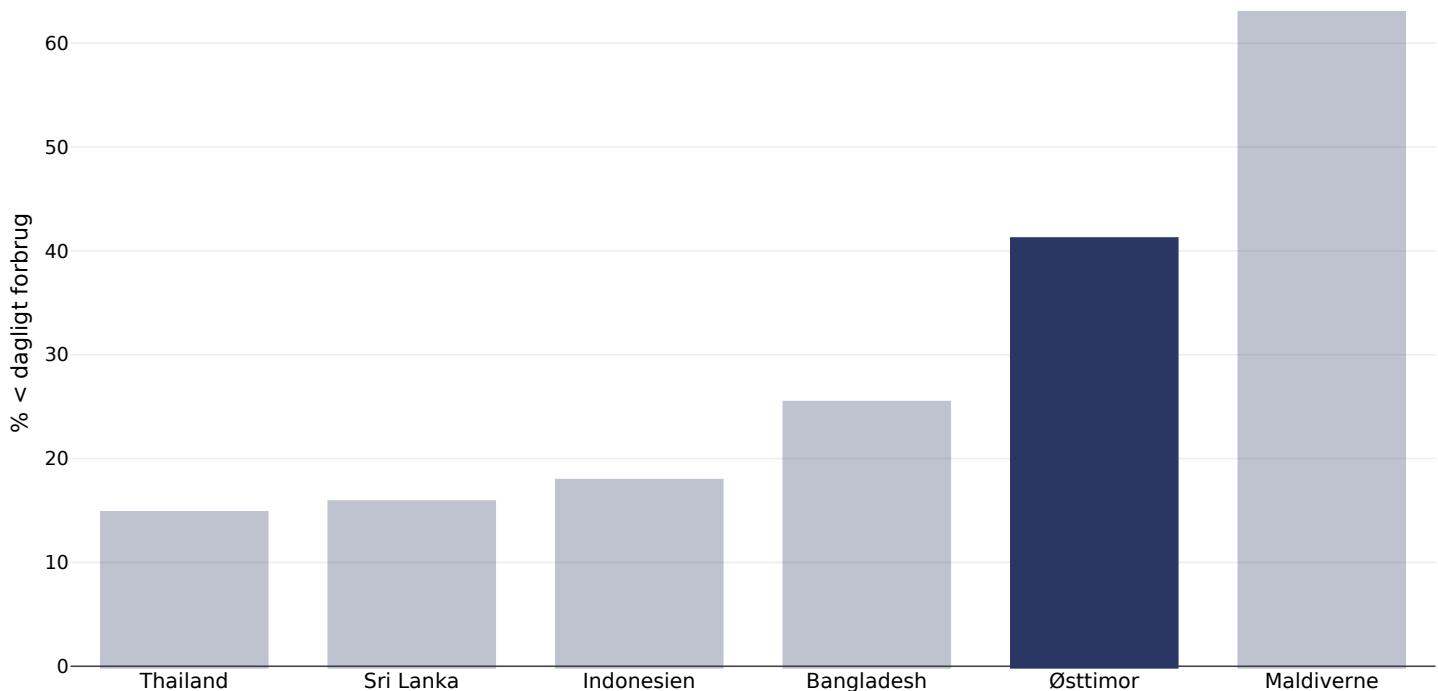
**Alder:** 12-17

**Referencer:** Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

**Definitioner (kun tilgængelig på engelsk):** Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

## Forekomst af indtag af grøntsager mindre end dagligt

Børn, 2008-2015



**Undersøgelsestype:** Målt

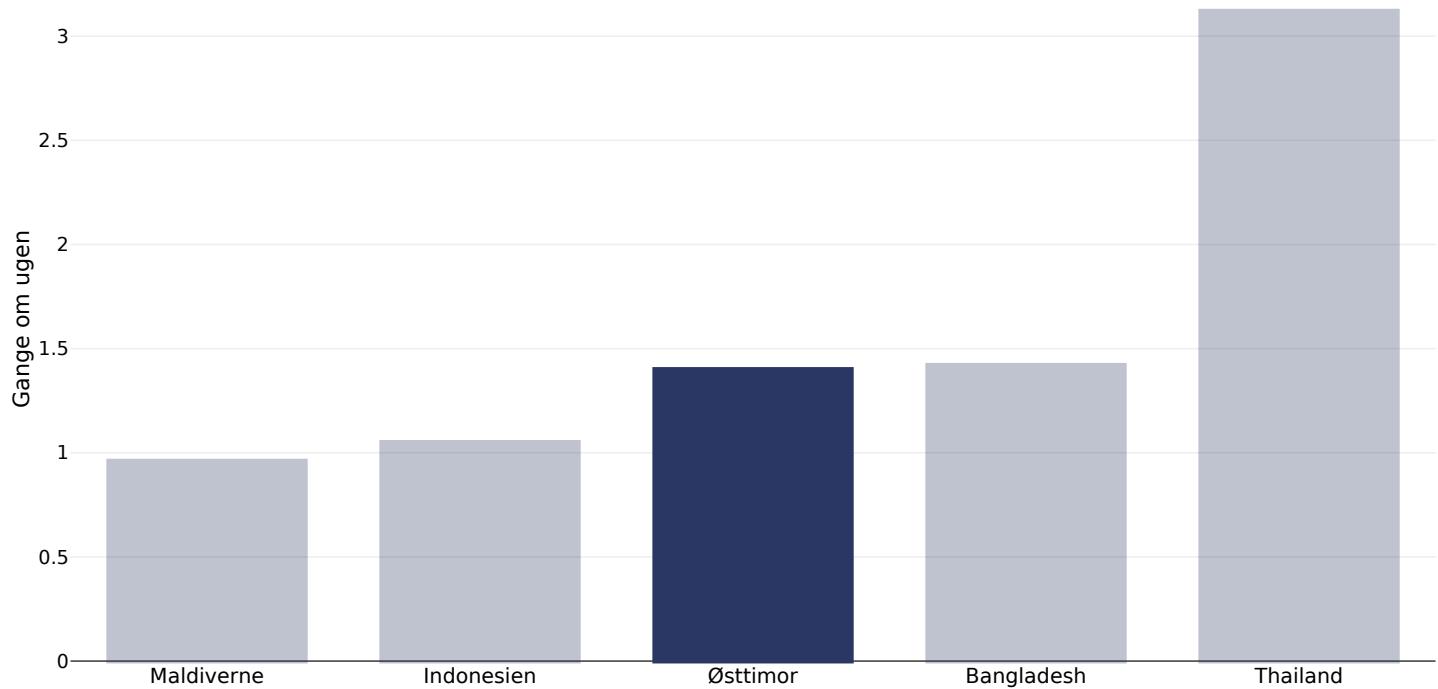
**Alder:** 12-17

**Referencer:** Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

**Definitioner (kun tilgængelig på engelsk):** Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

## Gennemsnitlig ugentlig hyppighed af indtagelse af fastfood

Børn, 2014-2015



Alder:

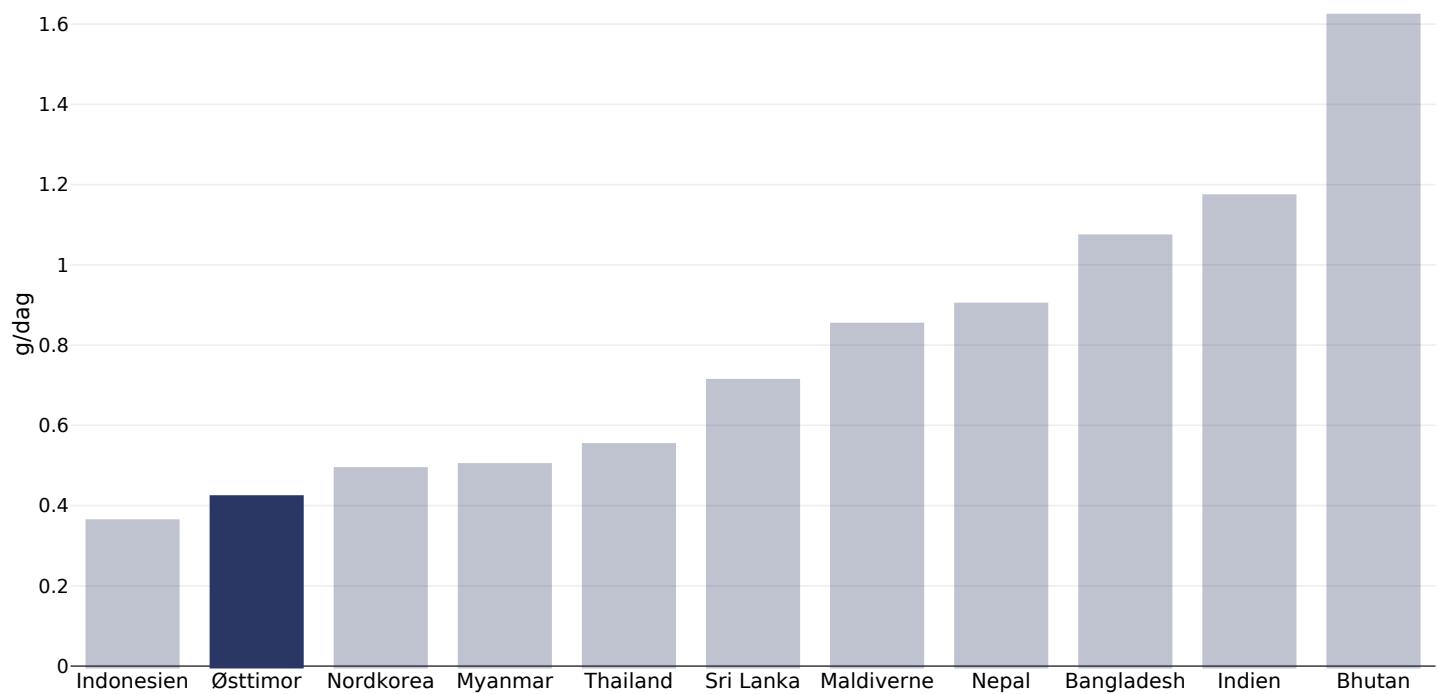
12-17

Referencer:

Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin.  
<https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard  
<http://www.foodsystemsdashboard.org/food-system>

## Anslået indtag af forarbejdet kød pr. indbygger

Voksne, 2017

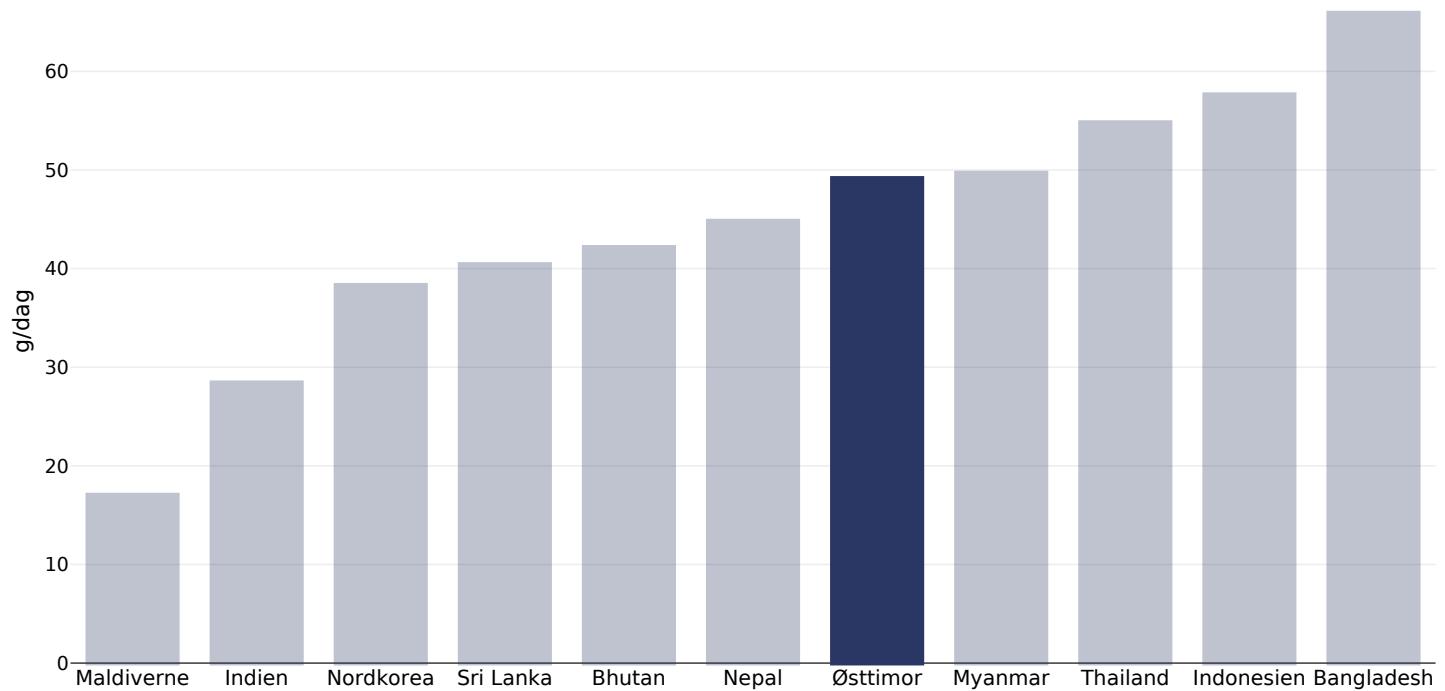


**Undersøgelsestype:** Målt  
**Alder:** 25+  
**Referencer:** Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

**Definitioner (kun tilgængelig på engelsk):** Estimated per-capita processed meat intake (g per day)

## Estimated per capita whole grains intake

Voksne, 2017



**Undersøgelsestype:** Målt

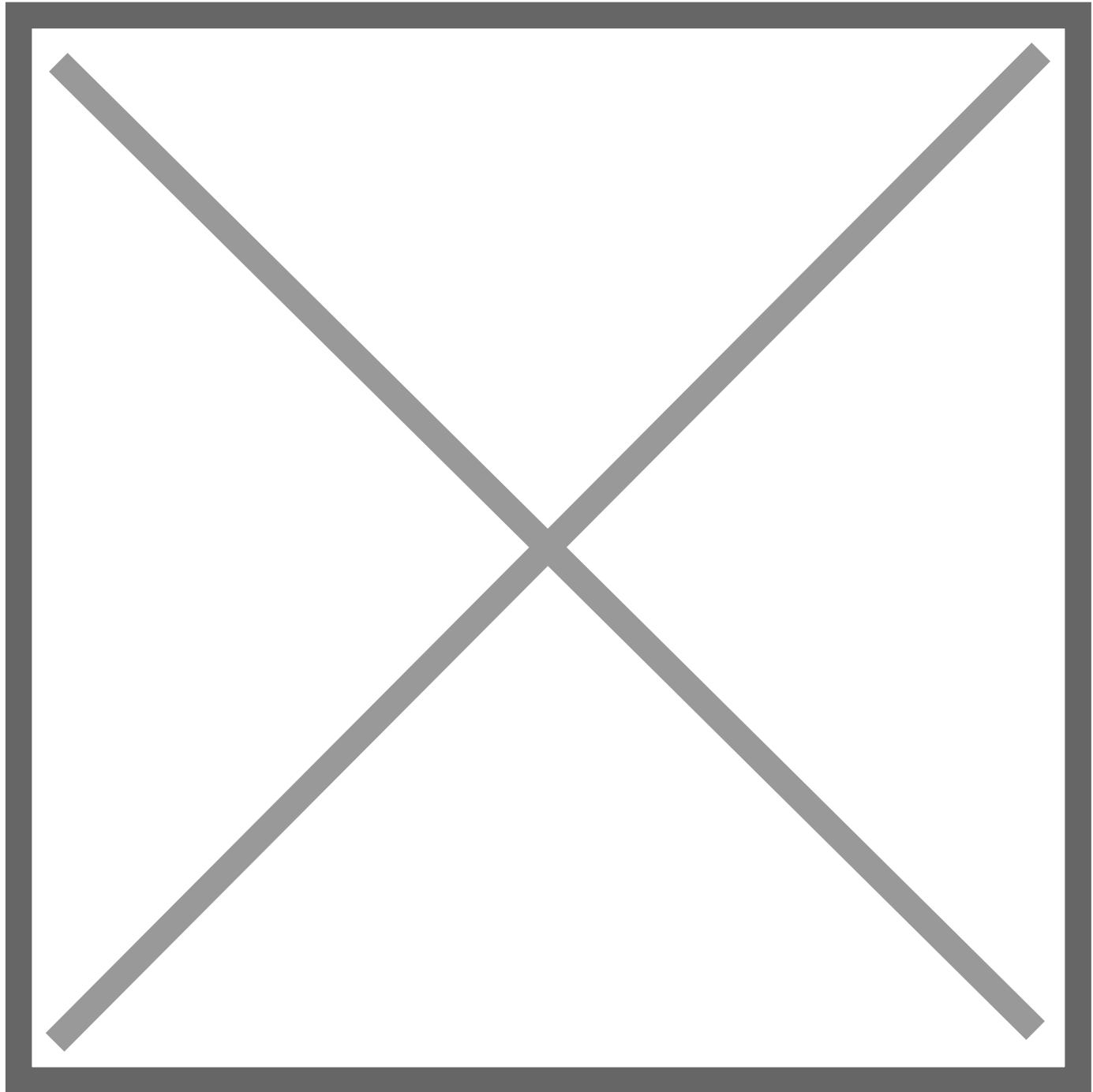
**Alder:** 25+

**Referencer:** Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

**Definitioner (kun tilgængelig på engelsk):** Estimated per-capita whole grains intake (g/day)

## **Psykisk sundhed - depressionslidelser**

**Voksne, 2021**



**Alder:**

20+

**Area covered:**

National

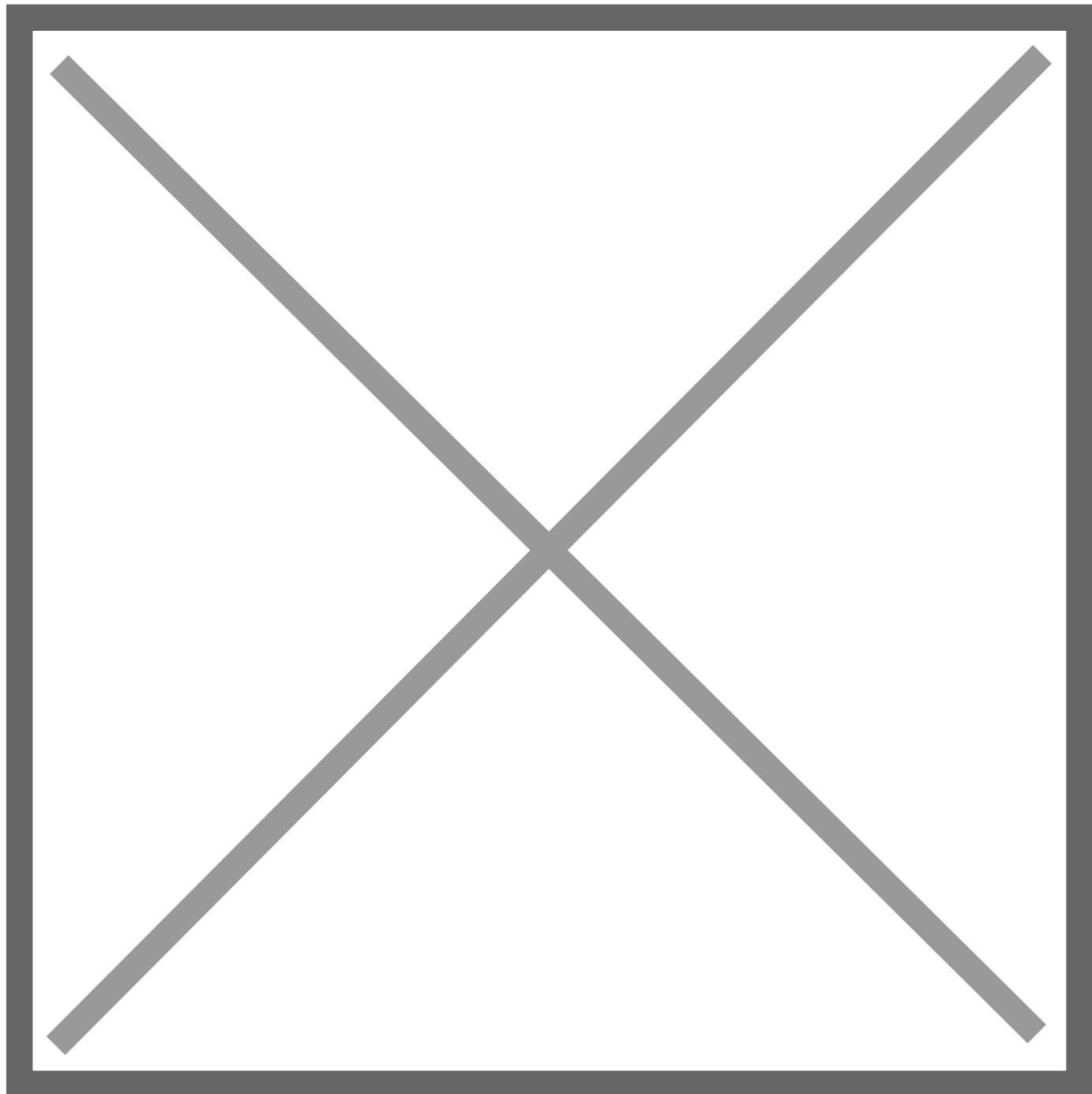
**Referencer:**

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definitioner  
(kun  
tilgængelig  
på engelsk):**

Number living with depression per 100,000 population (adults 20+ years)

Mænd, 2021



Alder:

20+

Area covered:

National

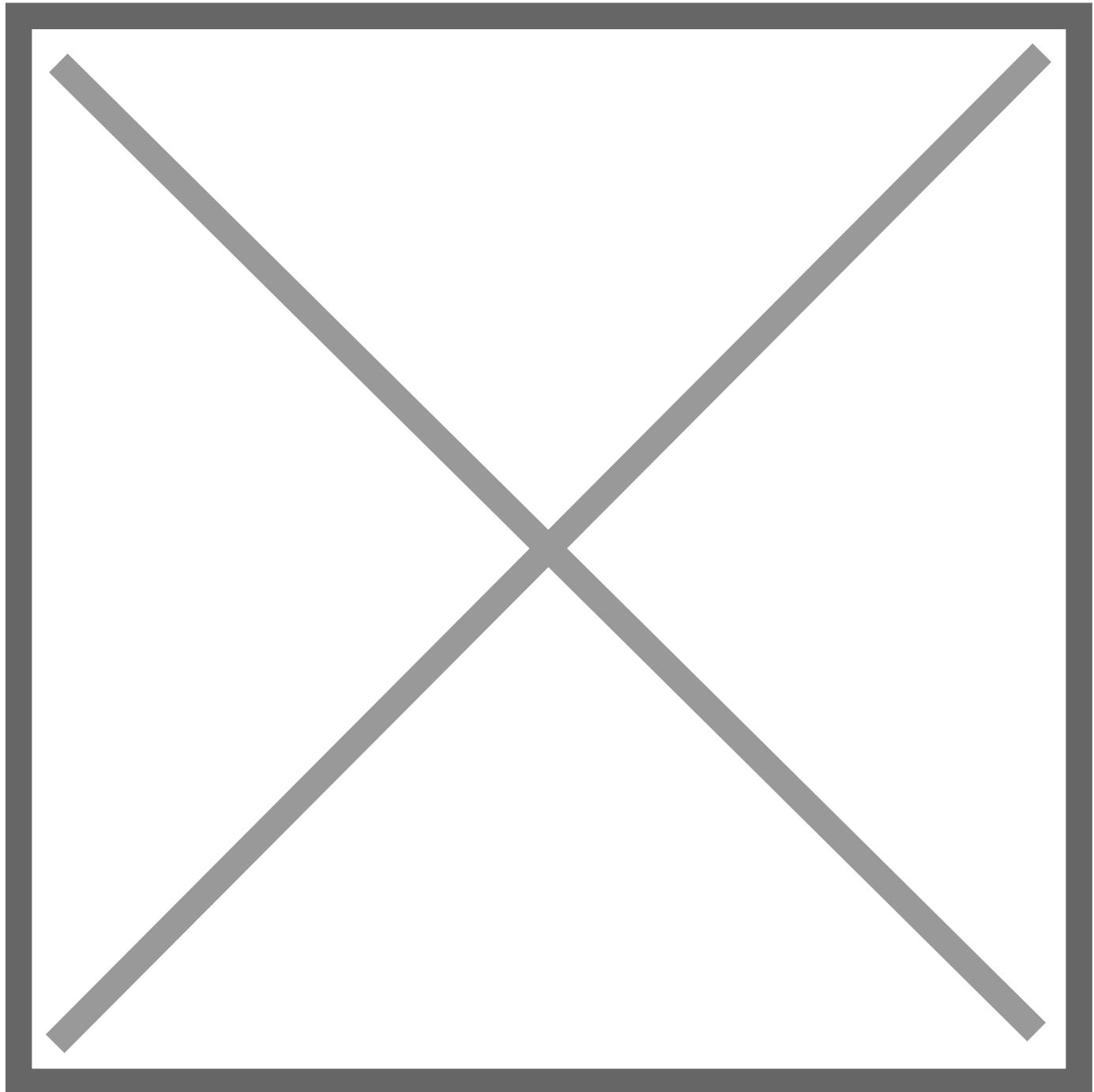
Referencer:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definitioner  
(kun  
tilgængelig  
på engelsk):**

Number living with depression per 100,000 population (adults 20+ years)

## Kvinder, 2021



Alder:

20+

Area covered:

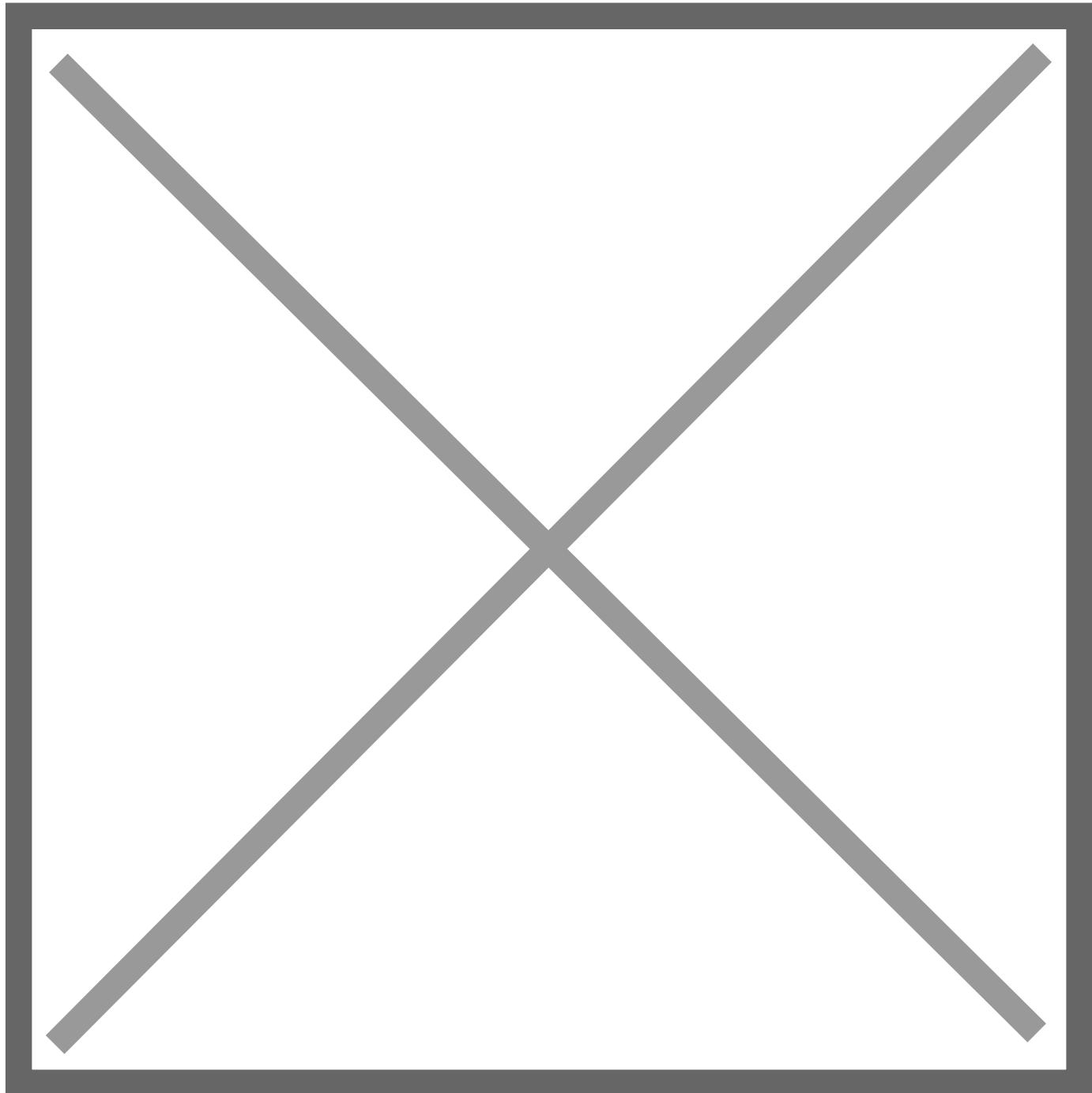
National

Referencer:

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definitioner  
(kun  
tilgængelig  
på engelsk):**

Number living with depression per 100,000 population (adults 20+ years)

**Børn, 2021****Area covered:**

National

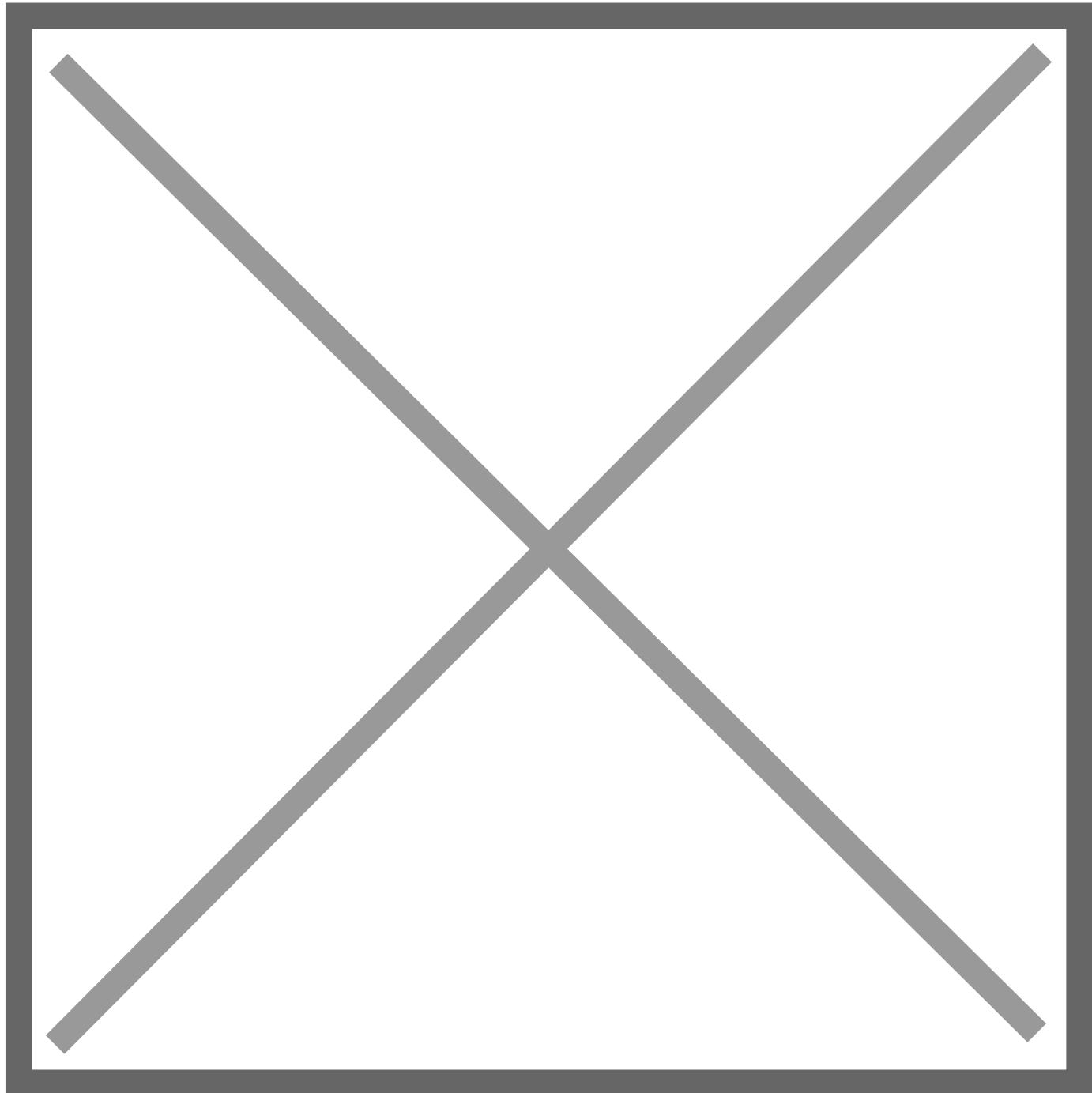
**Referencer:**

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definitioner  
(kun  
tilgængelig  
på engelsk):**

Number living with depressive disorder per 100,000 population (Under 20 years of age)

**Drenge, 2021**



**Area covered:**

National

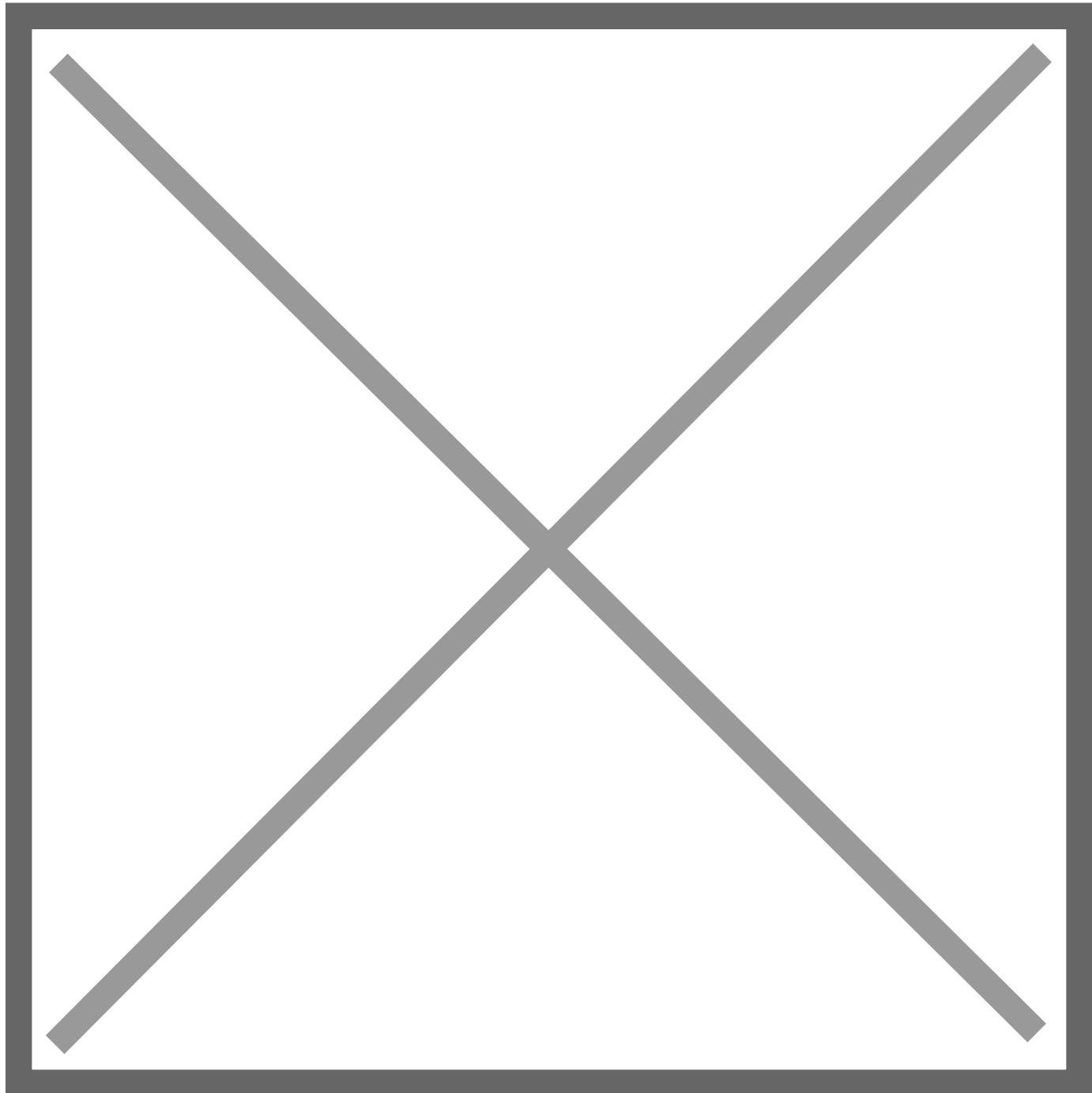
**Referencer:**

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definitioner  
(kun  
tilgængelig  
på engelsk):**

Number living with depressive disorder per 100,000 population (Under 20 years of age)

Piger, 2021



**Area covered:**

National

**Referencer:**

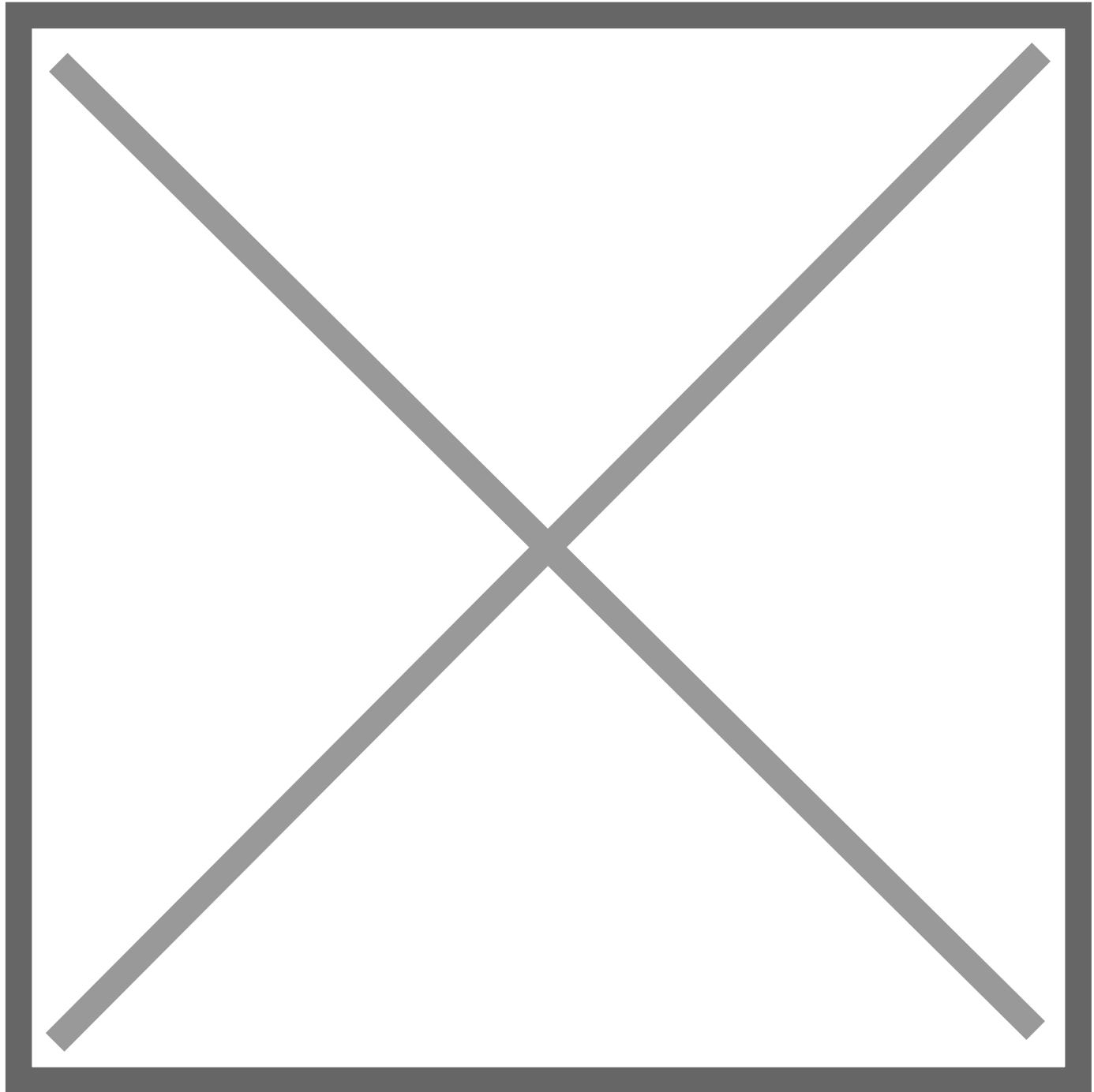
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**Definitioner  
(kun  
tilgængelig  
på engelsk):**

Number living with depressive disorder per 100,000 population (Under 20 years of age)

## **Psykisk sundhed - angstlidelser**

**Voksne, 2021**



**Alder:**

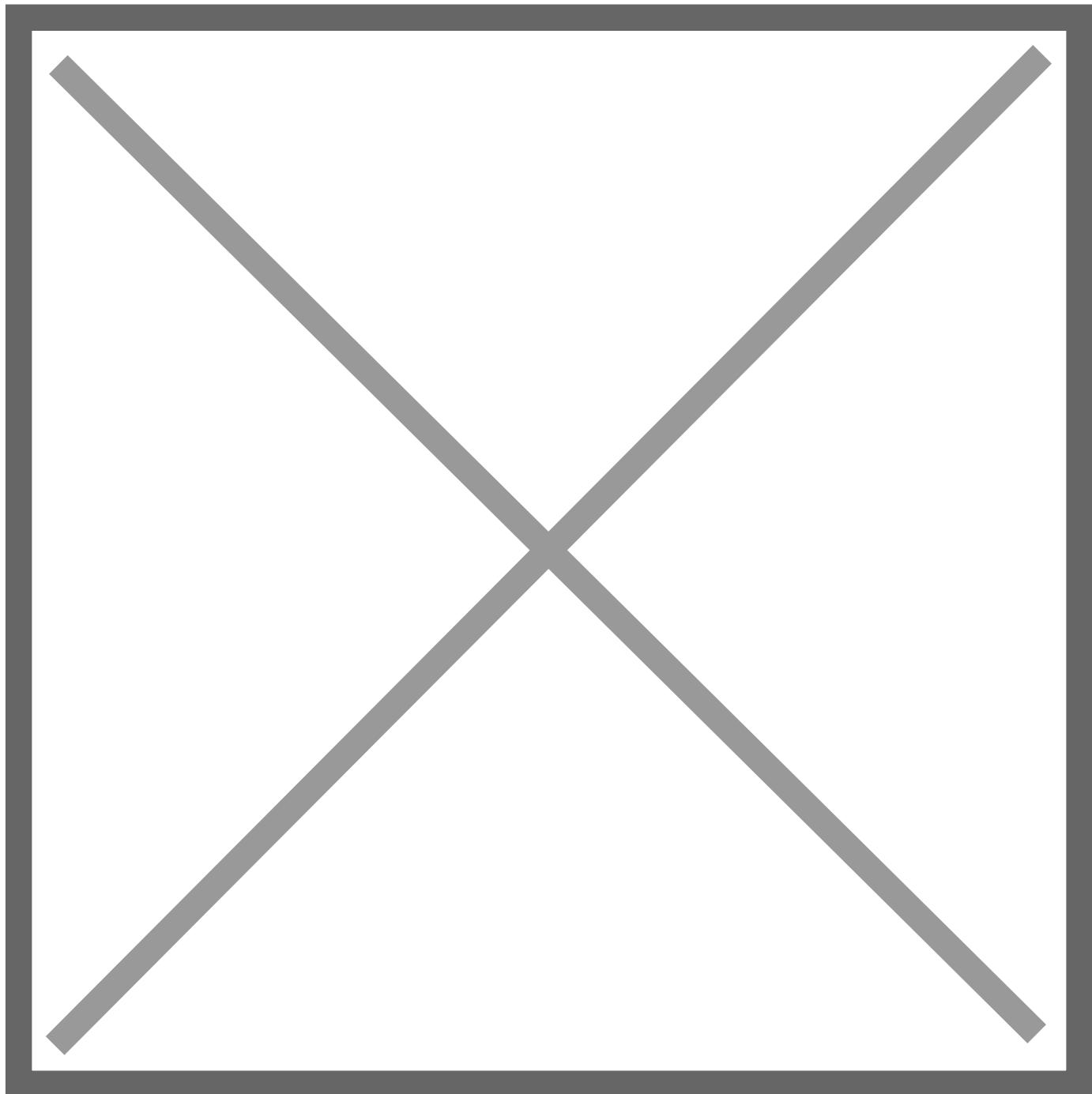
20+

**Referencer:**

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definitioner  
(kun  
tilgængelig  
på engelsk):**

Number living with anxiety per 100,000 population

**Mænd, 2021****Alder:**

20+

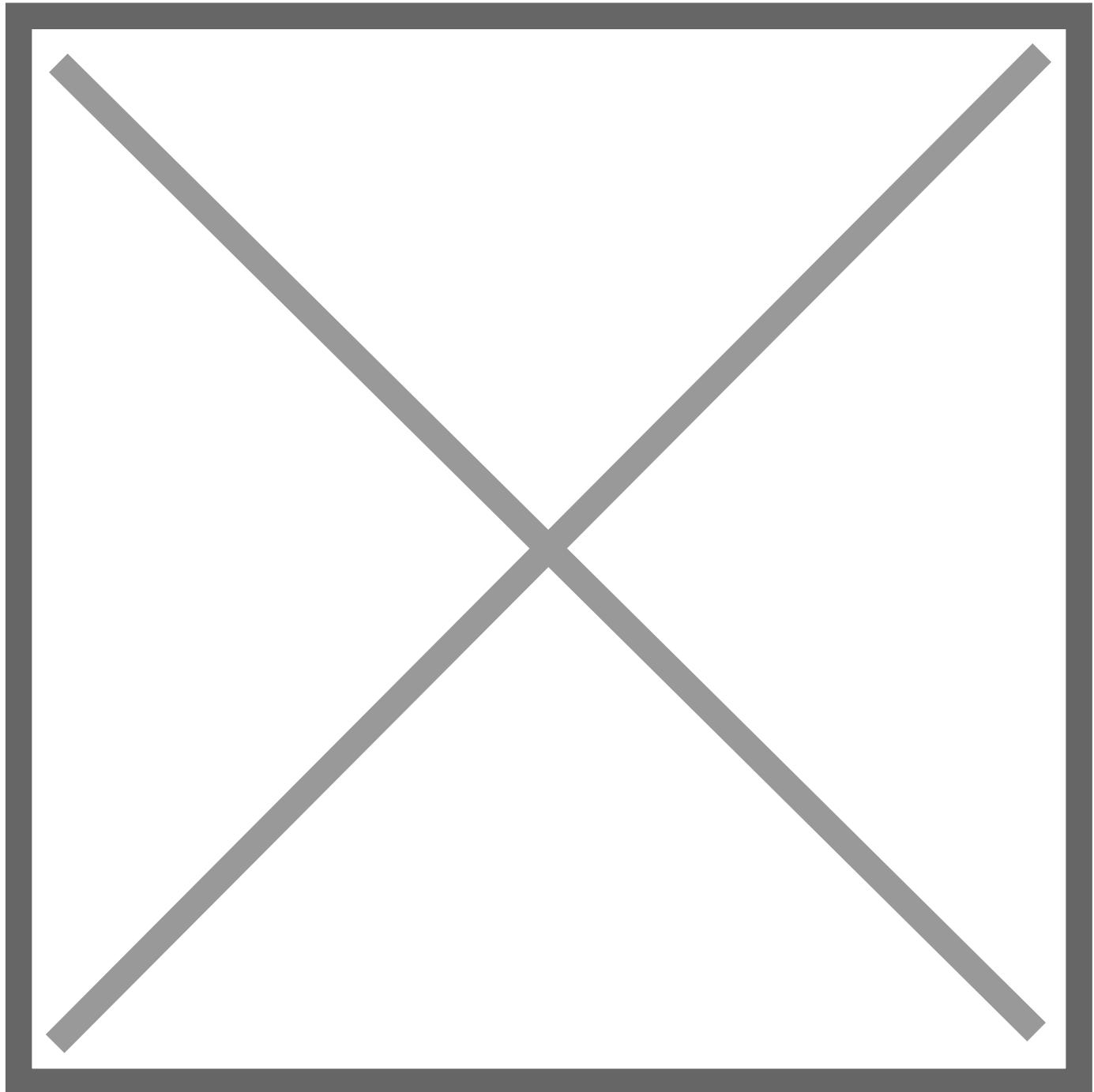
**Referencer:**

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definitioner  
(kun  
tilgængelig  
på engelsk):**

Number living with anxiety per 100,000 population

## Kvinder, 2021



**Alder:**

20+

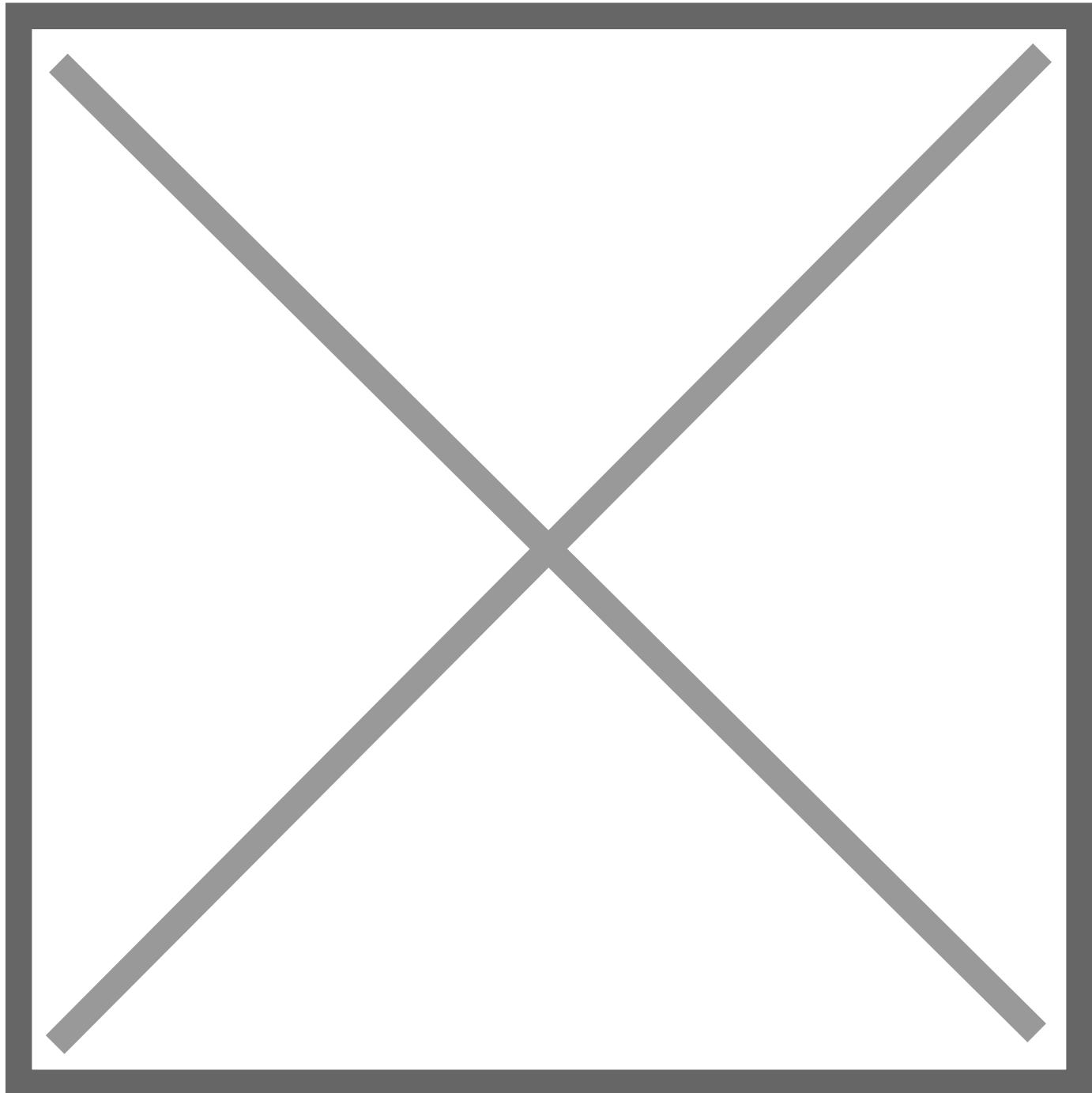
**Referencer:**

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

**Definitioner  
(kun  
tilgængelig  
på engelsk):**

Number living with anxiety per 100,000 population

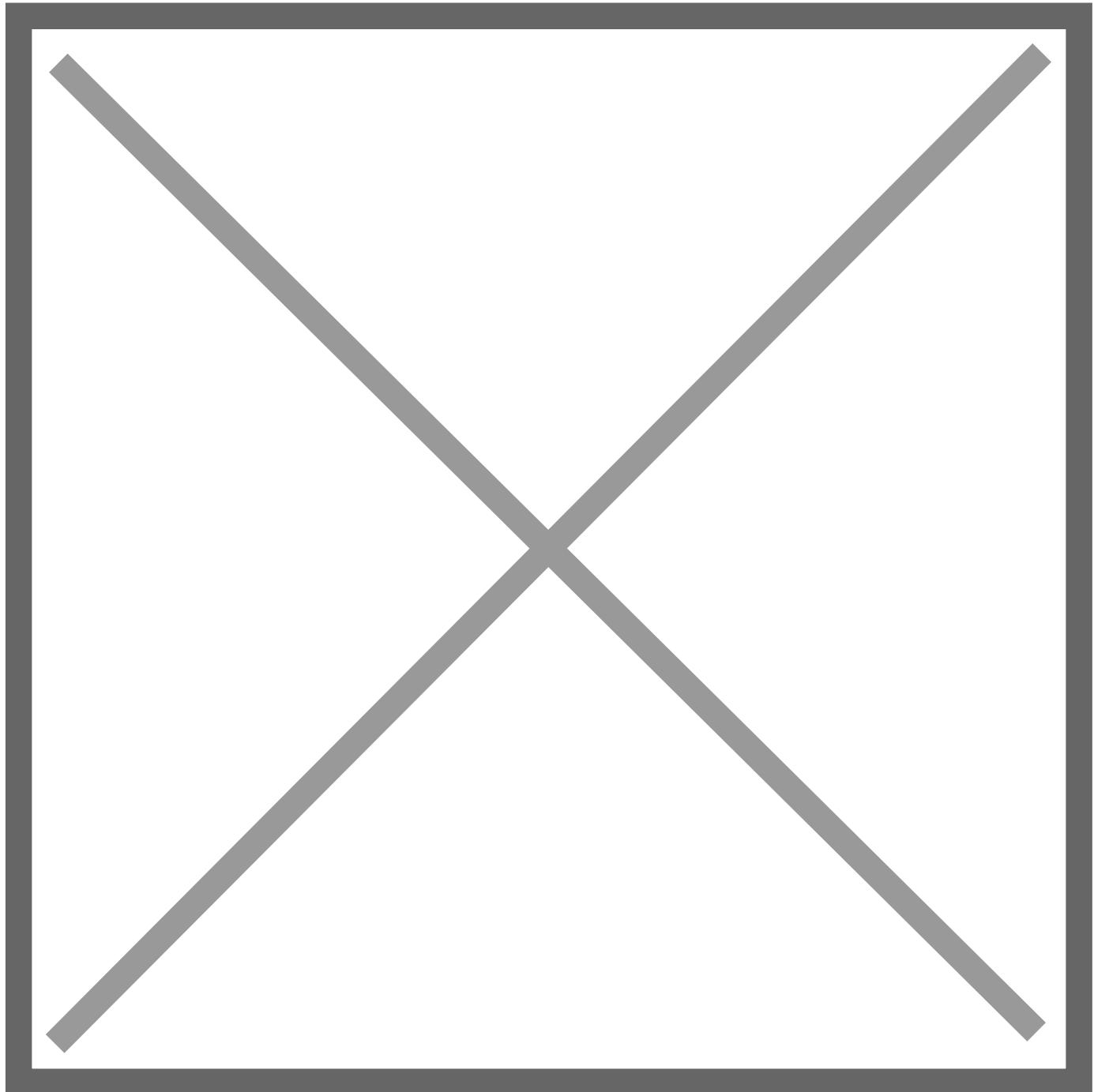
**Børn, 2021**



**Referencer:**

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

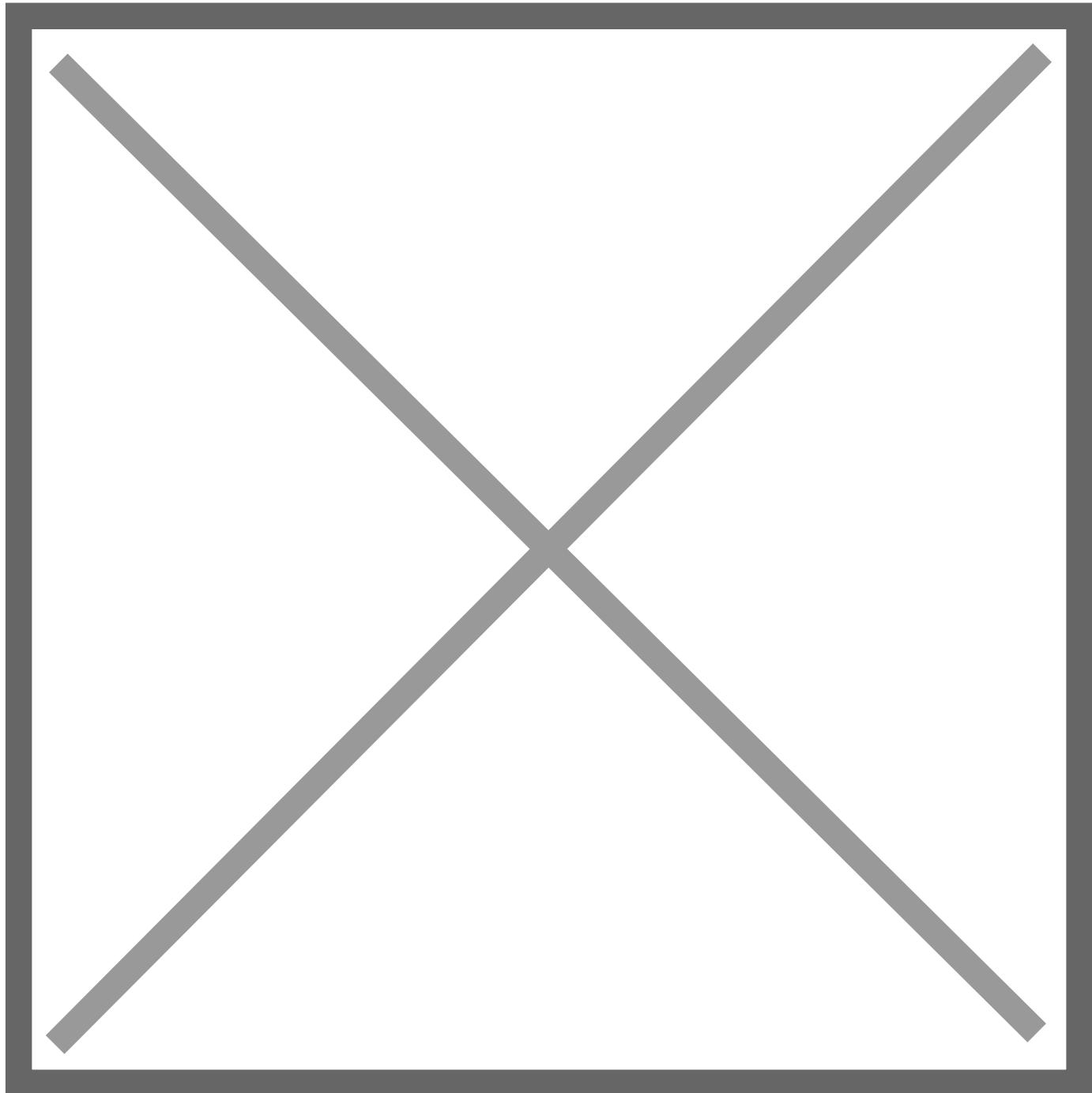
Drenge, 2021



**Referencer:**

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Piger, 2021

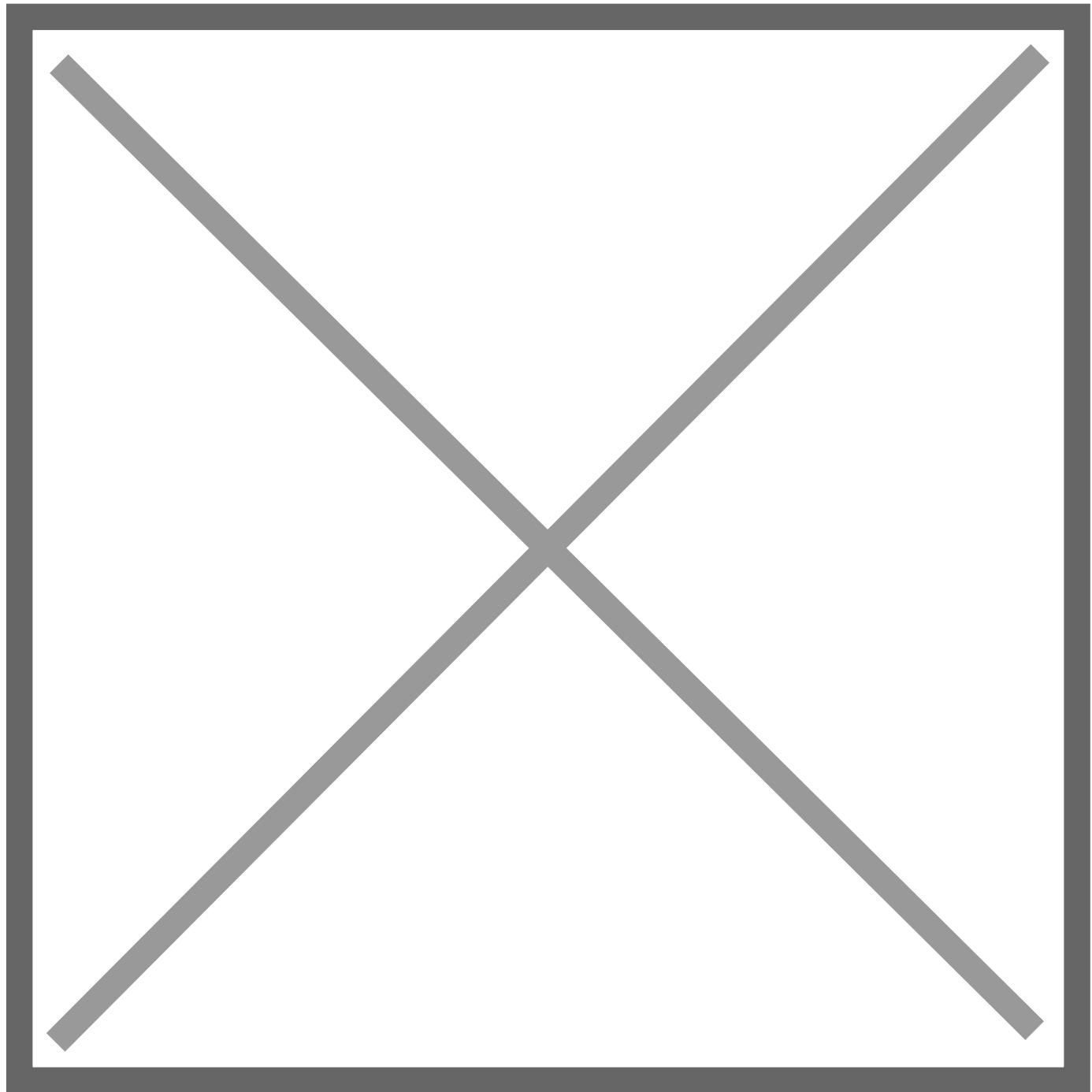


**Referencer:**

Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

**% spædbørn, som udelukkende er ammet 0-5 måneder**

**0-5 years, 2015-2022**



**Referencer:**

Timor-Leste Food and Nutrition Survey 2020

**Noter (kun  
tilgængelige  
på engelsk):**

Full details are available. Original citation United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2023). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, October 2023.