## Drivers

### Timor-Leste

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Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

Children, 2016

Survey type: Self-reported
Age: 11-17
Notes: % 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.
Definitions: % Adolescents insufficiently active (age standardised estimate)
Boys, 2016

Survey type: Self-reported
Age: 11-17

References: Global Health Observatory data repository, World Health Organisation,
https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

Notes: % 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.

Definitions: % Adolescents insufficiently active (age standardised estimate)
### Girls, 2016

![Bar chart showing % insufficient physical activity by country for girls in 2016](chart.png)

<table>
<thead>
<tr>
<th>Country</th>
<th>% insufficient physical activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bangladesh</td>
<td>65</td>
</tr>
<tr>
<td>India</td>
<td>73</td>
</tr>
<tr>
<td>Thailand</td>
<td>81</td>
</tr>
<tr>
<td>Nepal</td>
<td>84</td>
</tr>
<tr>
<td>Bhutan</td>
<td>87</td>
</tr>
<tr>
<td>Maldives</td>
<td>88</td>
</tr>
<tr>
<td>Indonesia</td>
<td>89</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>90</td>
</tr>
<tr>
<td>Myanmar</td>
<td>90</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>90</td>
</tr>
</tbody>
</table>

**Survey type:** Self-reported  
**Age:** 11-17  
**References:** Global Health Observatory data repository, World Health Organisation, [https://apps.who.int/gho/data/node.main.A893ADO?lang=en](https://apps.who.int/gho/data/node.main.A893ADO?lang=en) (last accessed 16.03.21)  
**Notes:** % 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.  
**Definitions:** % Adolescents insufficiently active (age standardised estimate)
Average daily frequency of carbonated soft drink consumption

Children, 2014-2015

Survey type: Measured
Age: 12-17

Estimated per capita fruit intake
Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita fruit intake (g/day)
# Prevalence of less than daily fruit consumption

**Children, 2008-2015**

<table>
<thead>
<tr>
<th>Country</th>
<th>% &lt; daily consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thailand</td>
<td>20</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>25</td>
</tr>
<tr>
<td>Indonesia</td>
<td>35</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>45%</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>60%</td>
</tr>
<tr>
<td>Maldives</td>
<td>55%</td>
</tr>
</tbody>
</table>

**Survey type:** Measured  
**Age:** 12-17


**Definitions:** Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less than daily vegetable consumption

Children, 2008-2015

Survey type: Measured
Age: 12-17


Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Average weekly frequency of fast food consumption

Children, 2014-2015

Maldives  Indonesia  Timor-Leste  Bangladesh  Thailand

0 0.5 1 1.5 2 2.5 3
Times per week

Age: 12-17

Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per capita whole grains intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
% Infants exclusively breastfed 0-5 months

Children, 2015-2020

Area covered:

References: Timor-Leste Food and Nutrition Survey 2020


Definitions: % exclusively breastfed 0-5 months

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