

Timor-Leste



Country report card - adults

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at https://data.worldobesity.org/country/timor-leste-203/.



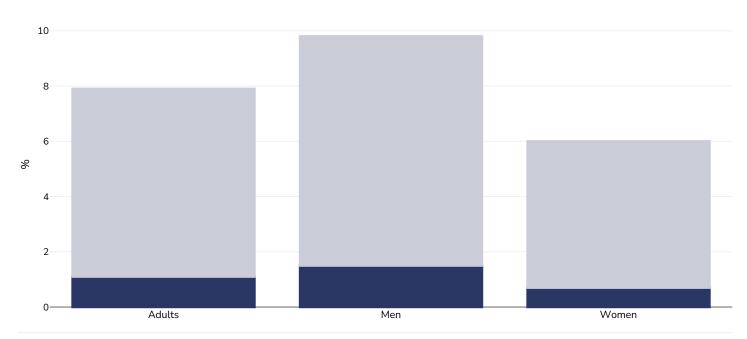
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Obesity prevalence

Adults, 2016





Survey type:	Measured
Age:	15-49
Sample size:	16051
Area covered:	National
References:	General Directorate of Statistics - GDS/Timor-Leste. Ministry of Finance/Timor-Leste and ICF. 2018. Timor-Leste Demographic and Health Survey 2016. Dili, Timor-Leste and Rockville, Maryland, USA: GDS and ICF.
Notes:	Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. 4528 Men 11523 Women

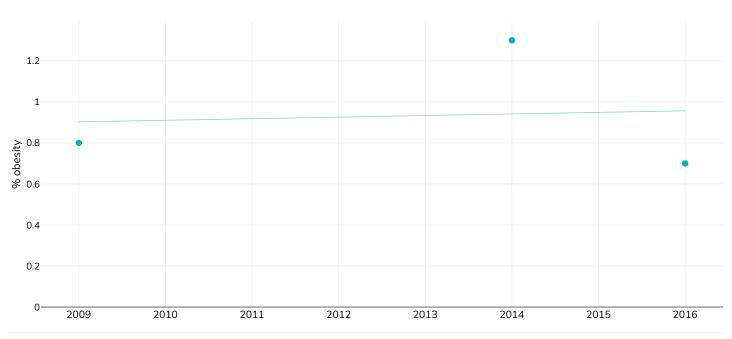
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



% Adults living with obesity in Timor-Leste 2009-2016

Women

Obesity



Survey type: Measured

References:

2009: National Statistics Directorate (NSD) [Timor-Leste], Ministry of Finance [Timor-Leste], and ICF Macro. 2010. Timor-Leste

Demographic and Health Survey 2009-10. Dili, Timor-Leste: NSD [Timor-Leste] and ICF Macro.

2014: Non Communicable Diseases Risk Factors: STEPS Survey Timor-Leste 2014

2016: General Directorate of Statistics - GDS/Timor-Leste. Ministry of Finance/Timor-Leste and ICF. 2018. Timor-Leste Demographic and Health Survey 2016. Dili, Timor-Leste and Rockville, Maryland, USA: GDS and ICF.

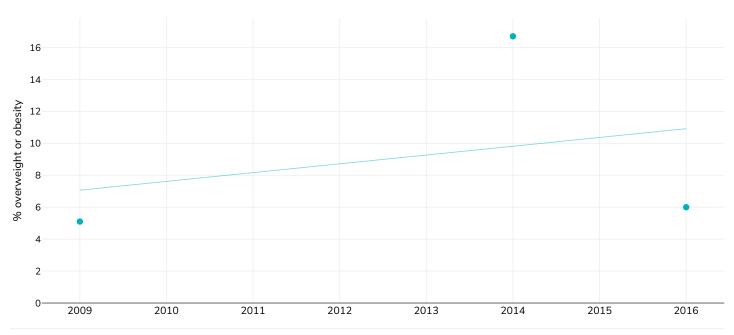
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



% Adults living with overweight or obesity in Timor-Leste 2009-2016

Women

Overweight or obesity



Survey type: Measured

References:

2009: National Statistics Directorate (NSD) [Timor-Leste], Ministry of Finance [Timor-Leste], and ICF Macro. 2010. Timor-Leste

Demographic and Health Survey 2009-10. Dili, Timor-Leste: NSD [Timor-Leste] and ICF Macro.

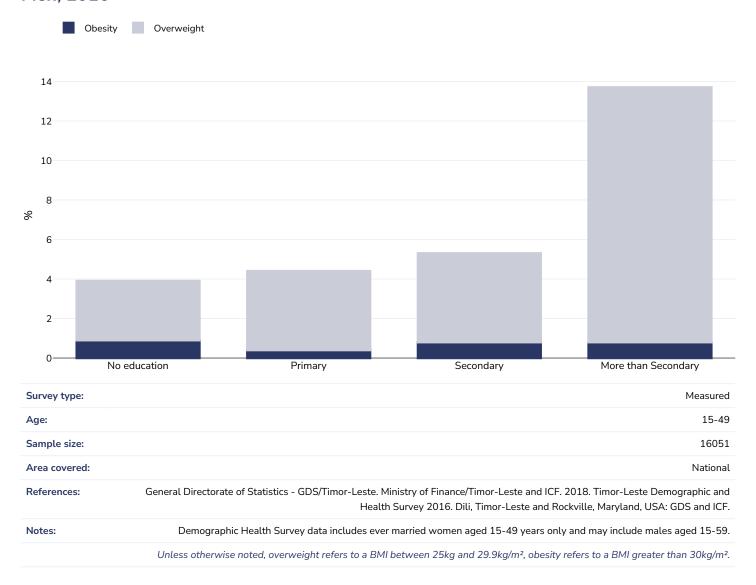
2014: Non Communicable Diseases Risk Factors: STEPS Survey Timor-Leste 2014

2016: General Directorate of Statistics - GDS/Timor-Leste. Ministry of Finance/Timor-Leste and ICF. 2018. Timor-Leste Demographic and Health Survey 2016. Dili, Timor-Leste and Rockville, Maryland, USA: GDS and ICF.

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

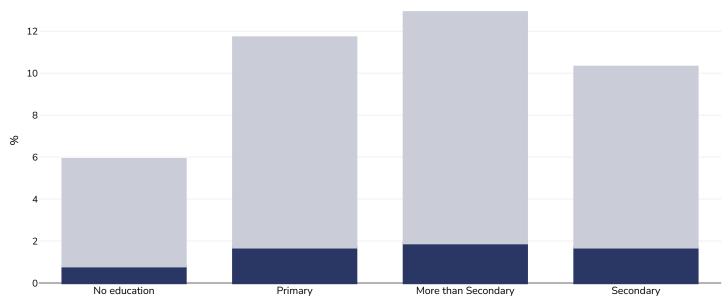


Overweight/obesity by education









Survey type:	Measured
Age:	15-49
Sample size:	16051
Area covered:	National
References:	General Directorate of Statistics - GDS/Timor-Leste. Ministry of Finance/Timor-Leste and ICF. 2018. Timor-Leste Demographic and Health Survey 2016. Dili, Timor-Leste and Rockville, Maryland, USA: GDS and ICF.
Notes:	Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

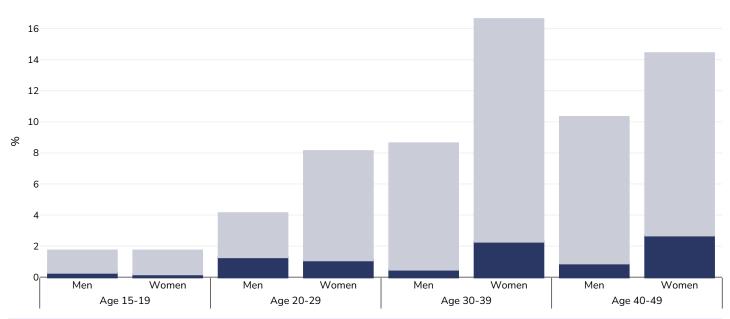
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Overweight/obesity by age

Adults, 2016





Survey type: Measured

Sample size: 4528 Men11523 Women

Area covered: National

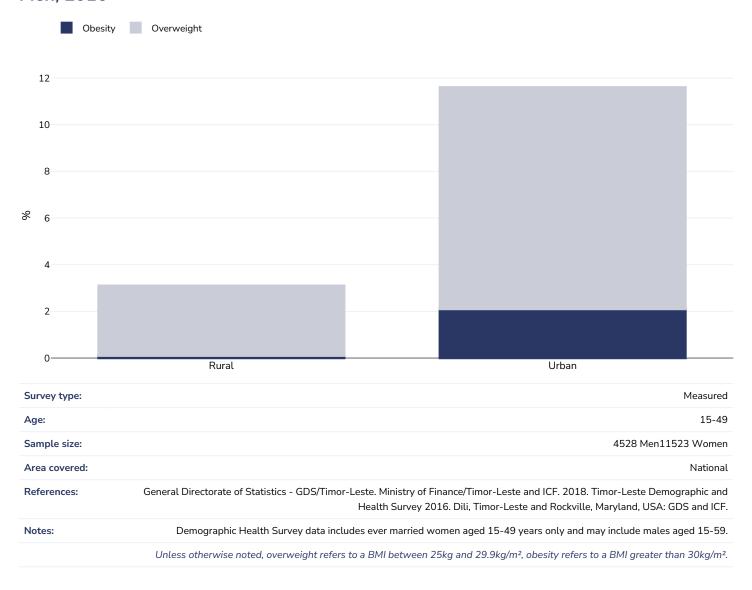
References: General Directorate of Statistics - GDS/Timor-Leste. Ministry of Finance/Timor-Leste and ICF. 2018. Timor-Leste Demographic and Health Survey 2016. Dili, Timor-Leste and Rockville, Maryland, USA: GDS and ICF.

Notes: Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

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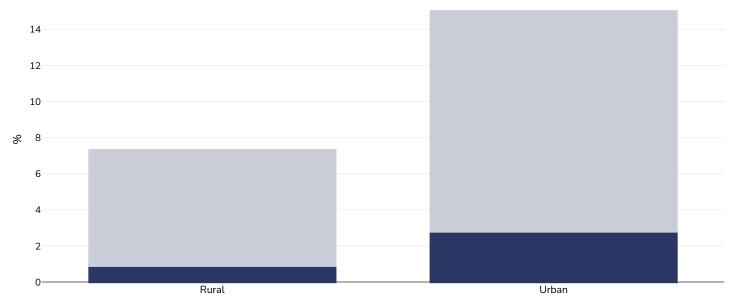


Overweight/obesity by region









Survey type:	Measured
Age:	15-49
Sample size:	4528 Men11523 Women
Area covered:	National
References:	General Directorate of Statistics - GDS/Timor-Leste. Ministry of Finance/Timor-Leste and ICF. 2018. Timor-Leste Demographic and Health Survey 2016. Dili, Timor-Leste and Rockville, Maryland, USA: GDS and ICF.
Notes:	Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

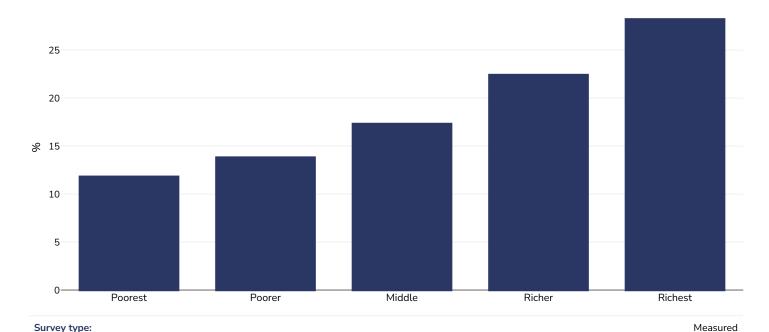
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Overweight/obesity by socio-economic group

Adults, 2016

Overweight or obesity

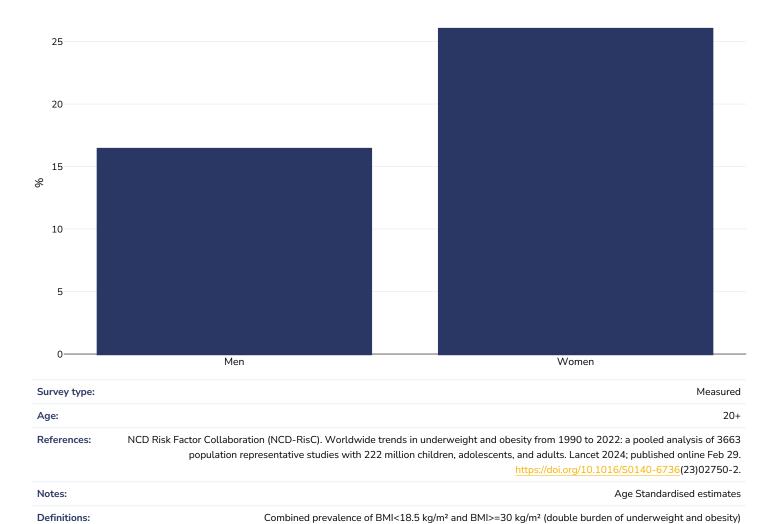


Survey type:	Measured
Age:	15-49
Sample size:	16488
Area covered:	National
References:	Prevalence and factors associated with underweight, overweight and obesity among 15-49-year-old men and women in Timor-Leste. Available at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8830684/

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$

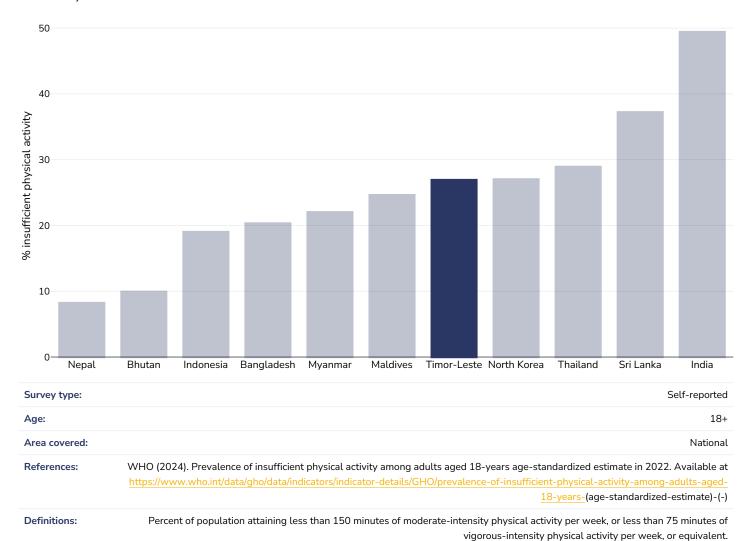


Double burden of underweight & overweight



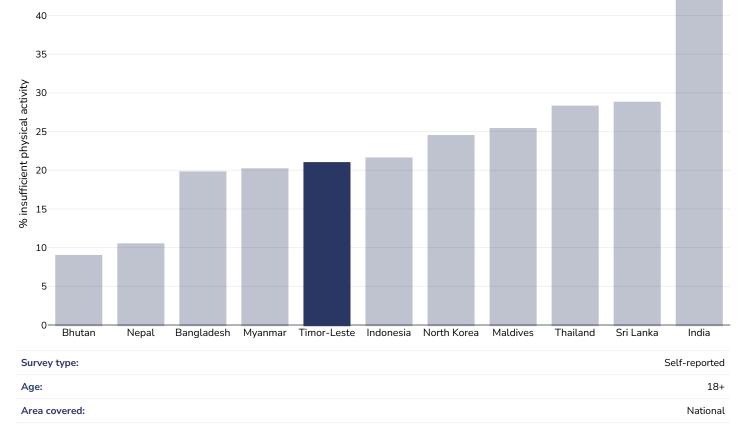


Insufficient physical activity





Men, 2022



References: 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-data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-data/indicators/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-data/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/indicators/i

18-years-(age-standardized-estimate)-(-)

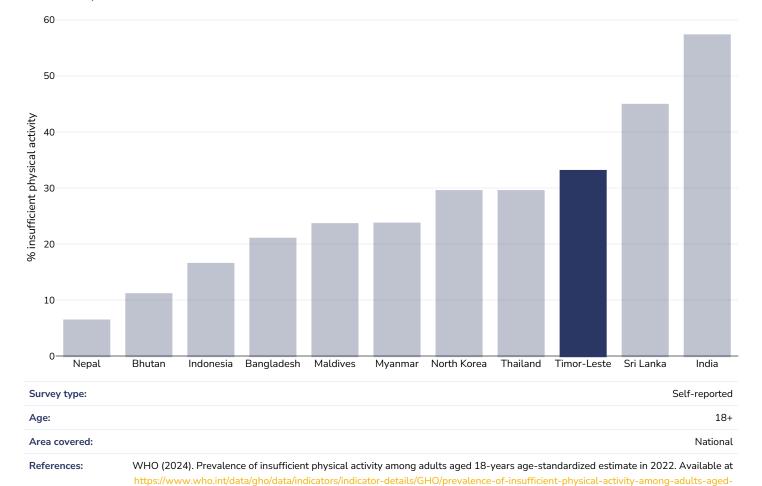
Definitions:

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.

18-years-(age-standardized-estimate)-(-)



Women, 2022

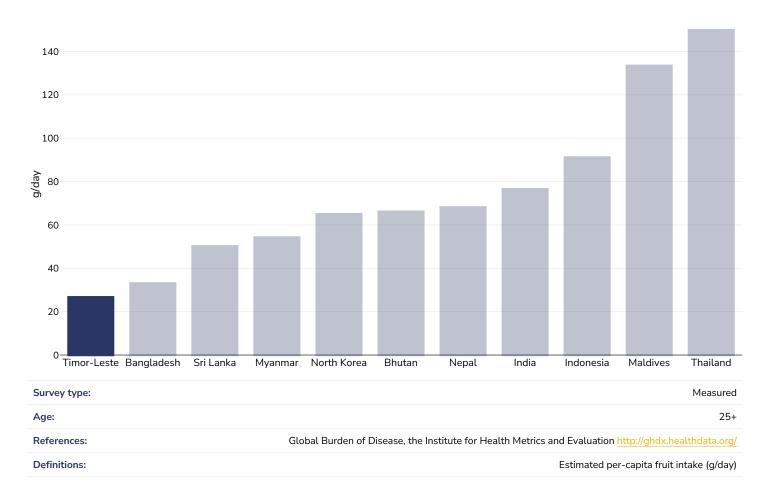


Definitions:

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.

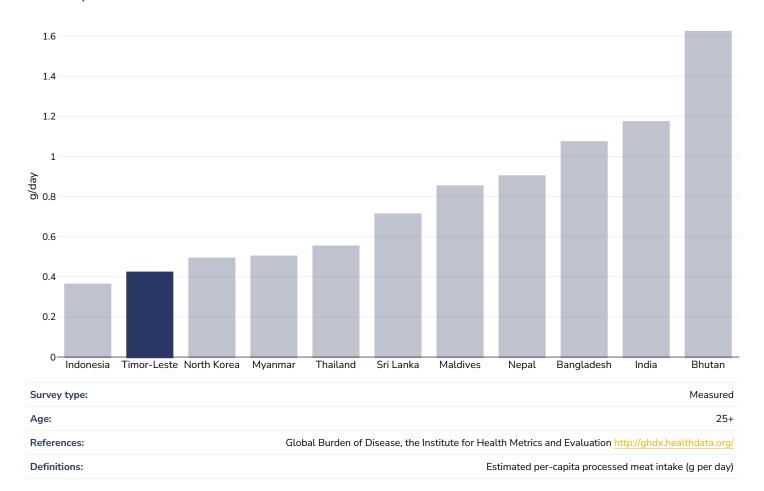


Estimated per capita fruit intake



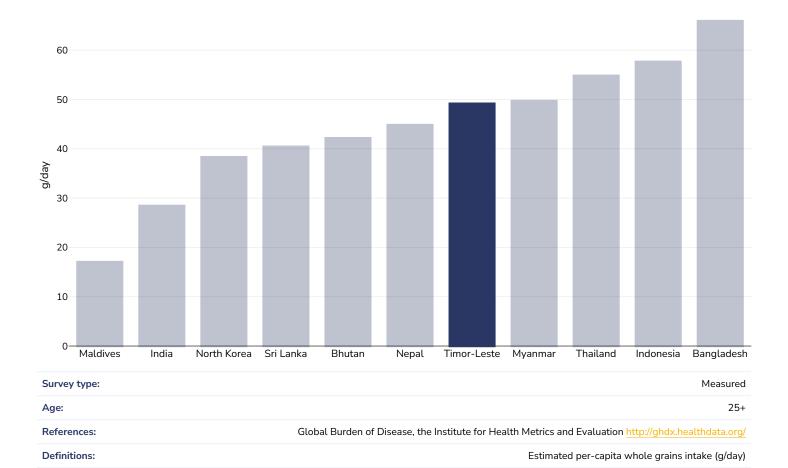


Estimated per-capita processed meat intake



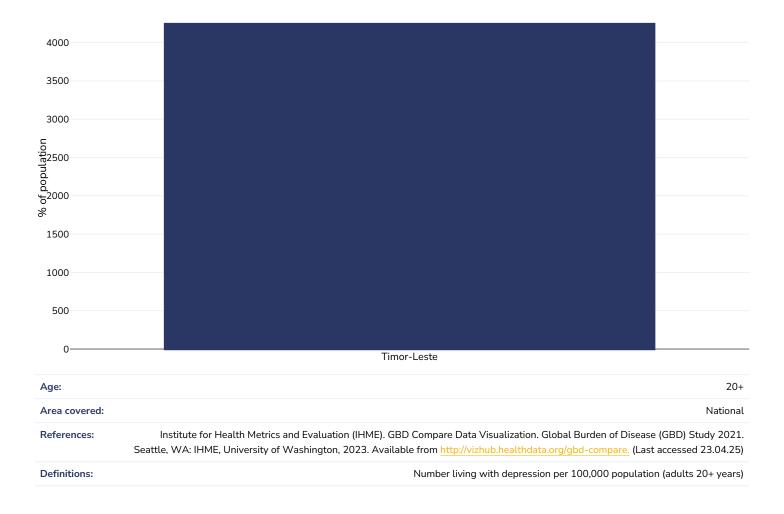


Estimated per capita whole grains intake

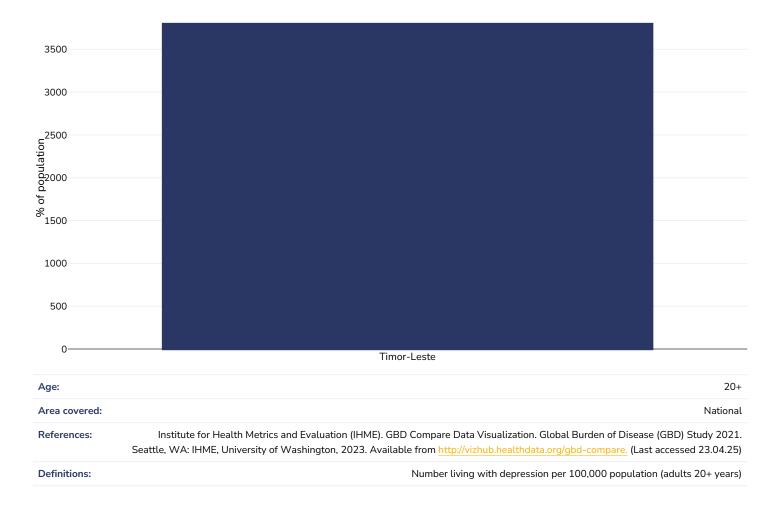




Mental health - depression disorders











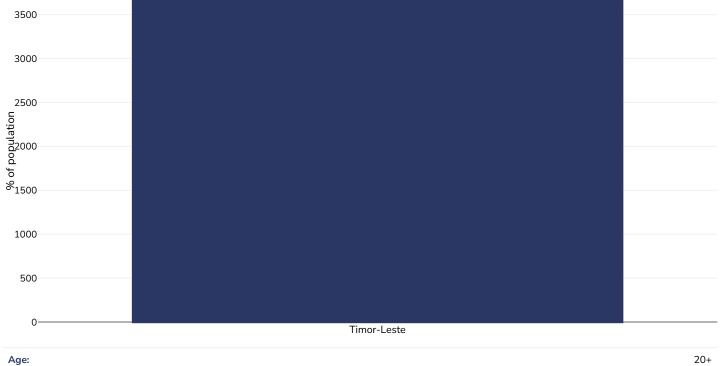


Mental health - anxiety disorders





Men, 2021



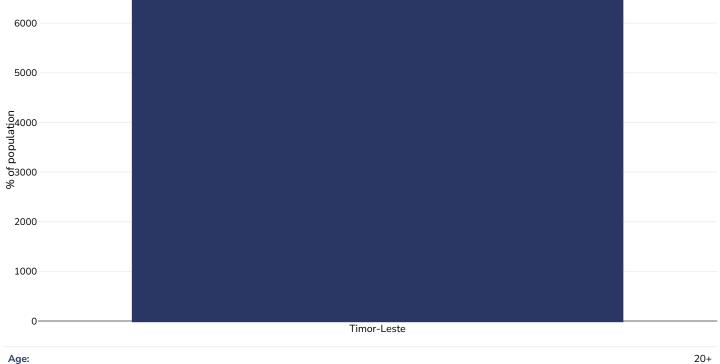
References:

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).

Definitions:

Number living with anxiety per 100,000 population





References:

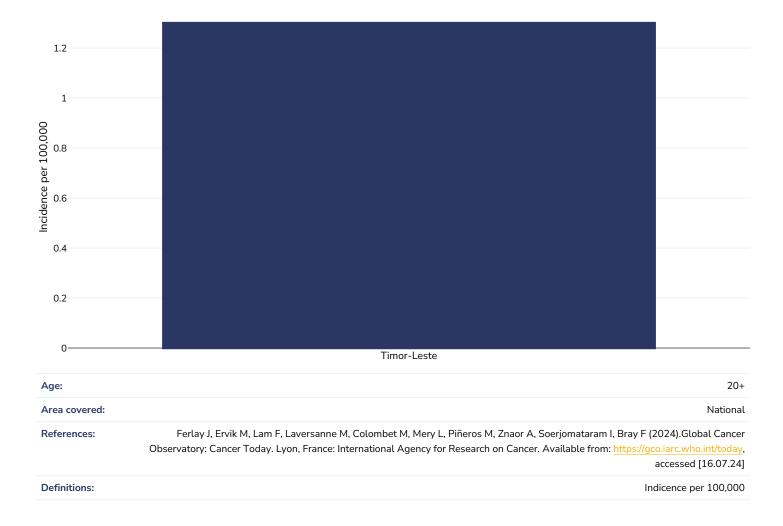
Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25).

Definitions:

Number living with anxiety per 100,000 population

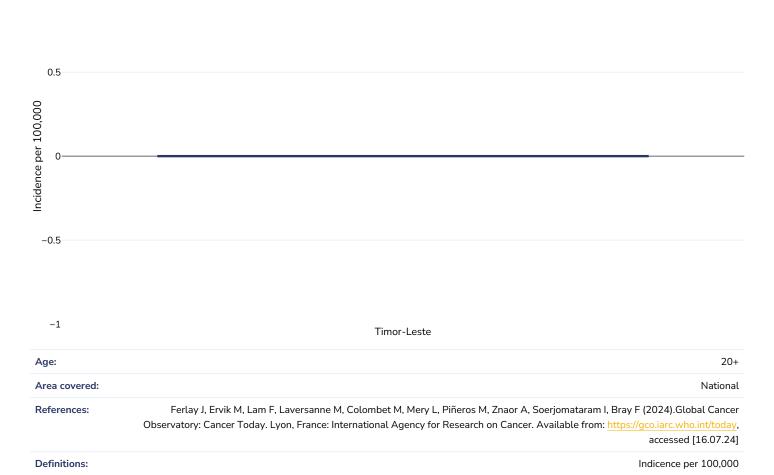


Oesophageal cancer





1

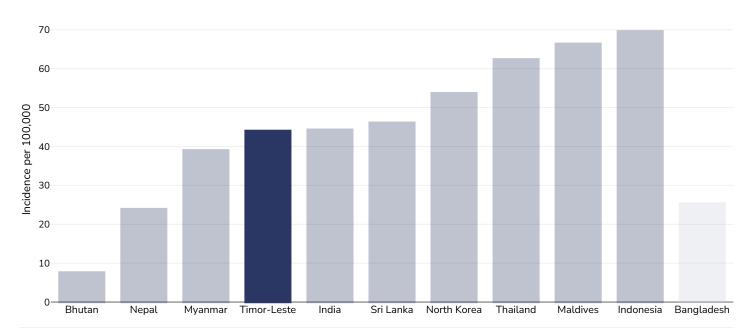




Breast cancer

Women, 2022





Area covered: National

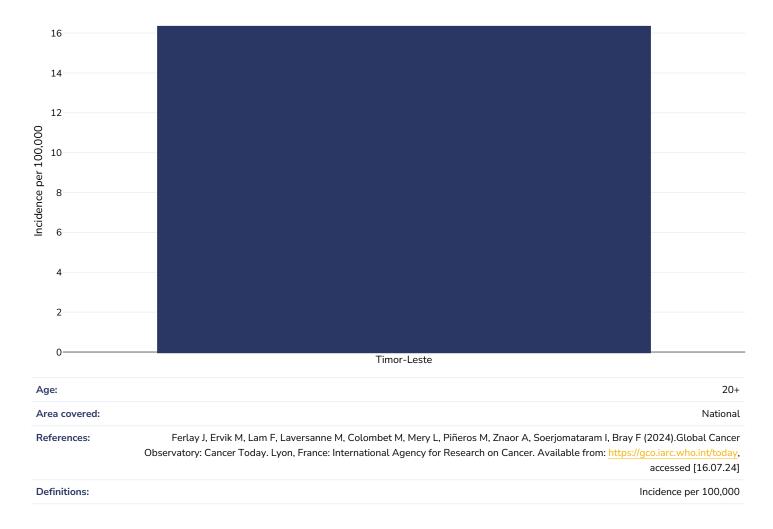
References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

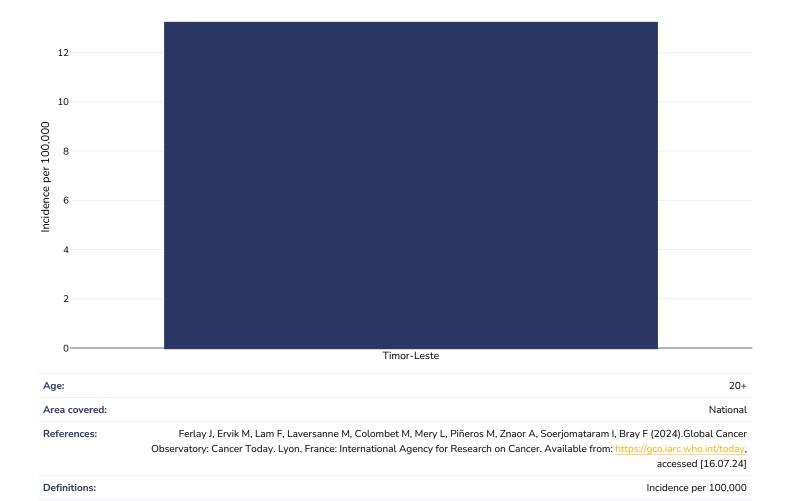
Definitions: Incidence per 100,000



Colorectal cancer

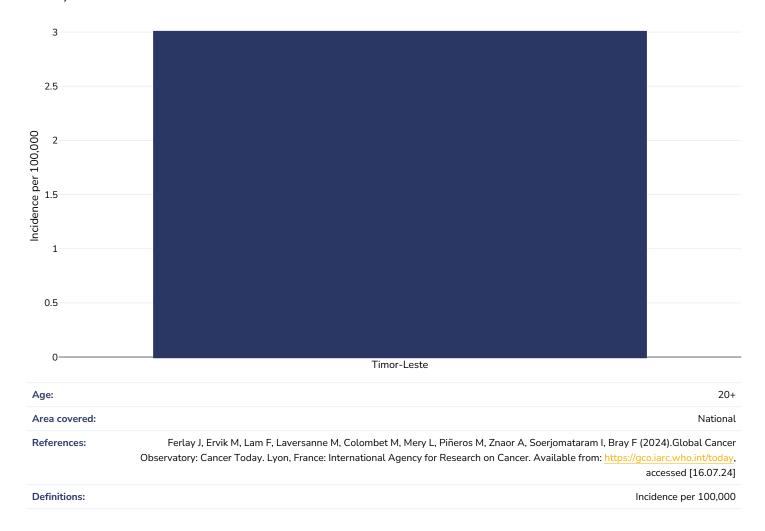








Pancreatic cancer





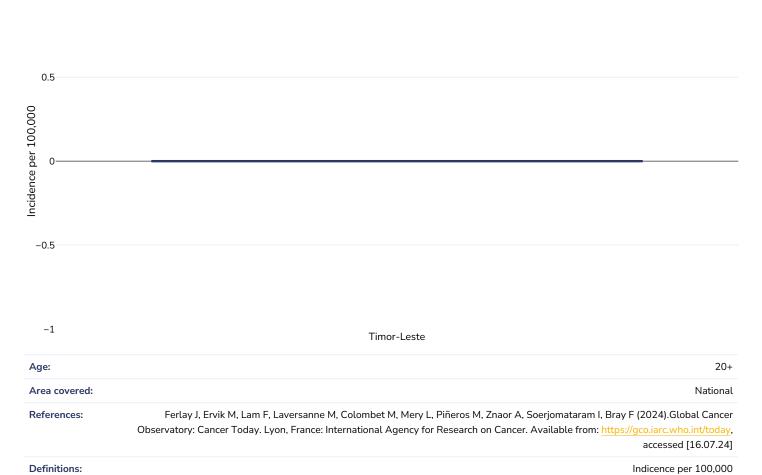




Gallbladder cancer

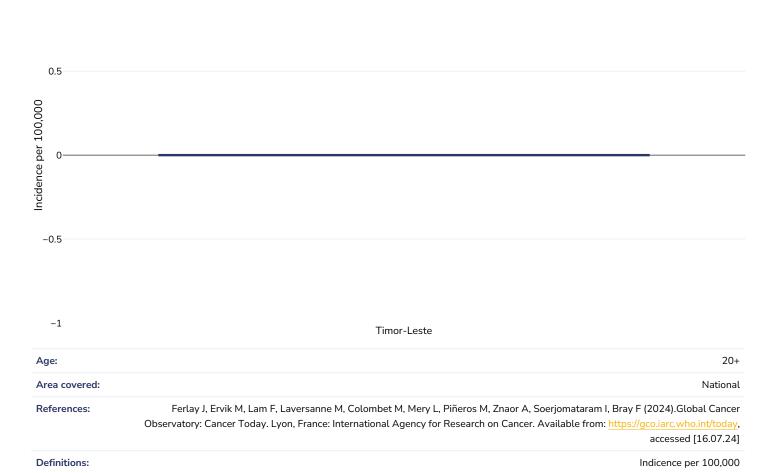
Men, 2022

1



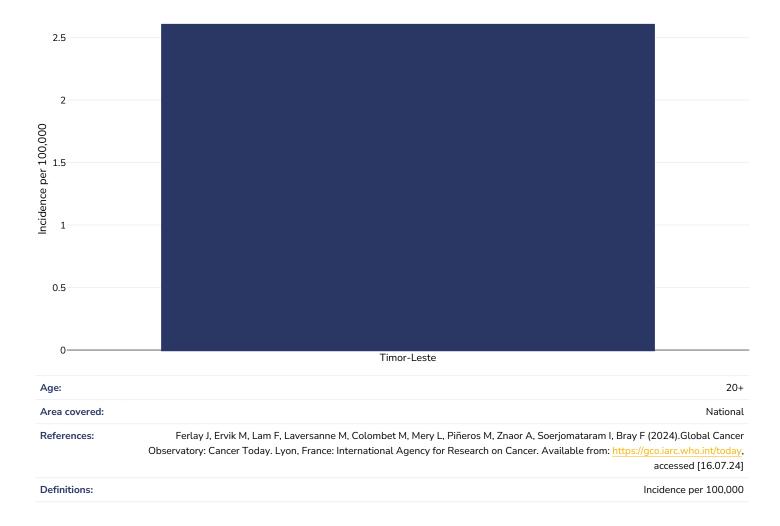








Kidney cancer



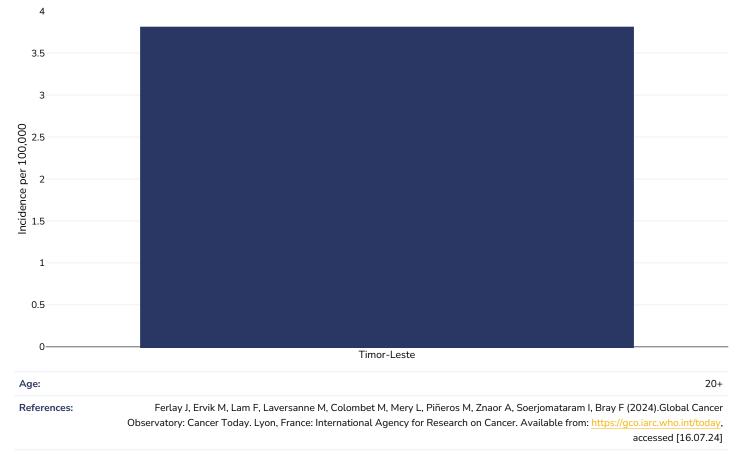






Cancer of the uterus

Women, 2022

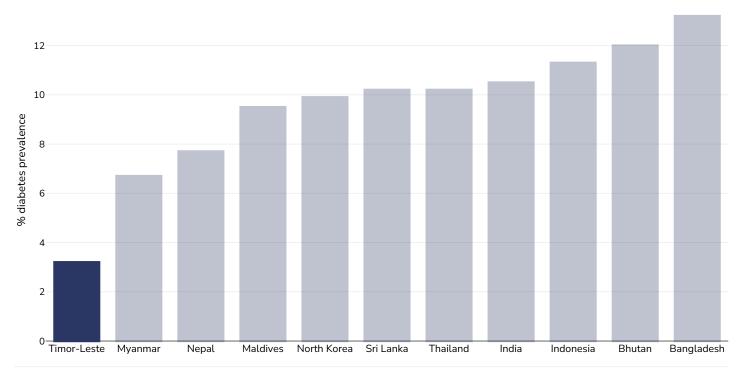


Definitions: Incidence per 100,000



Diabetes prevalence

Adults, 2024



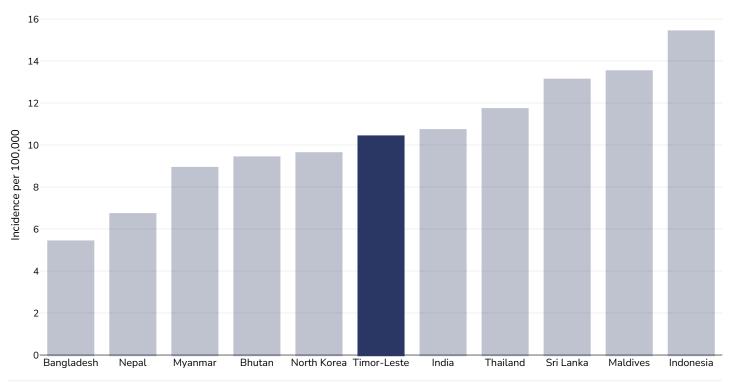
References:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 11th edn. Brussels, Belgium:International Diabetes Federation, 2025. http://www.diabetesatlas.org



Ovarian Cancer

Women, 2022



Age: 20+

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000



Leukemia

Men, 2022											
4											
3											
2											
1											
0———											
⁻¹ _1	0	1	2	3	4	5	6				
Age: Area covered:							20+ National				
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]										
Definitions:						Incidence pe					
	Unless oth	nerwise noted, overw	veight refers to a BMI	between 25kg and 29	9.9kg/m², obesity refers	to a BMI greater than	30kg/m².				

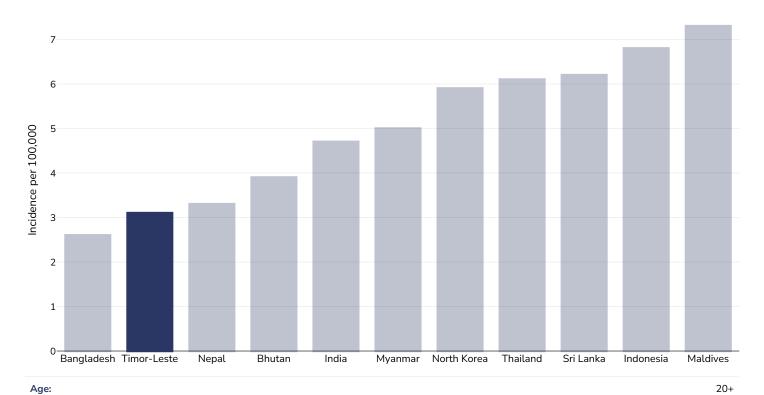


Women, 20	22											
4												
3												
2												
1												
0———												
⁻¹ 1	0	1	2	3	4	5	6					
Age:							20+					
Area covered:							National					
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today , accessed [16.07.24]											
Definitions:						Incidence pe	r 100,000					
	Unless oth	erwise noted, overwe	eight refers to a BMI k	oetween 25kg and 29.	.9kg/m², obesity refers	to a BMI greater than	1 30kg/m².					



Leukemia

Men, 2022



Area covered: National

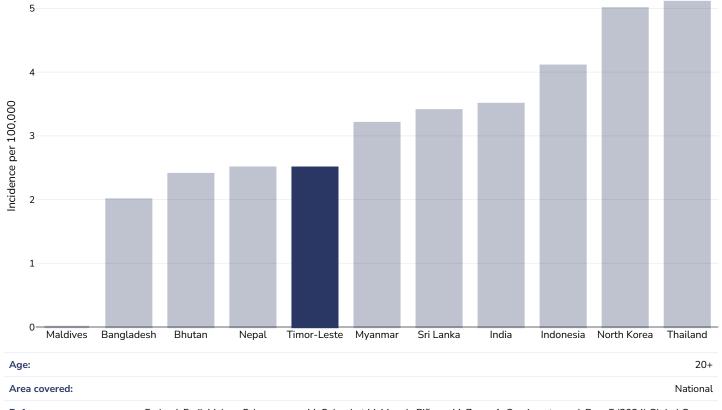
References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².





References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

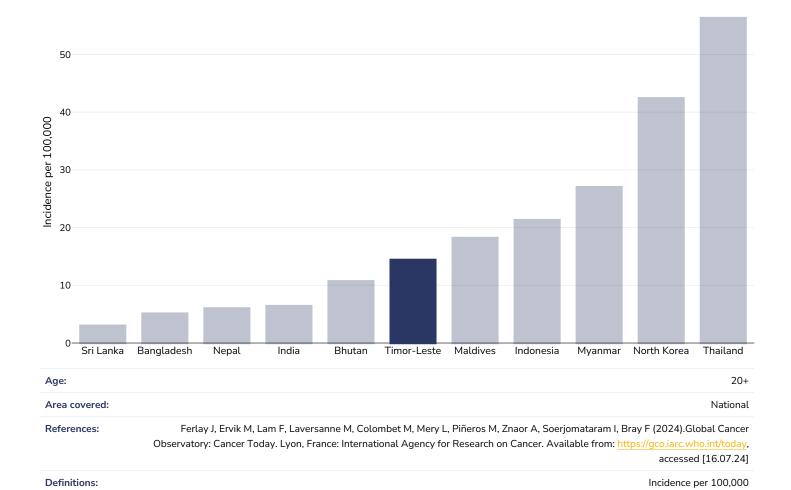
Definitions: Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

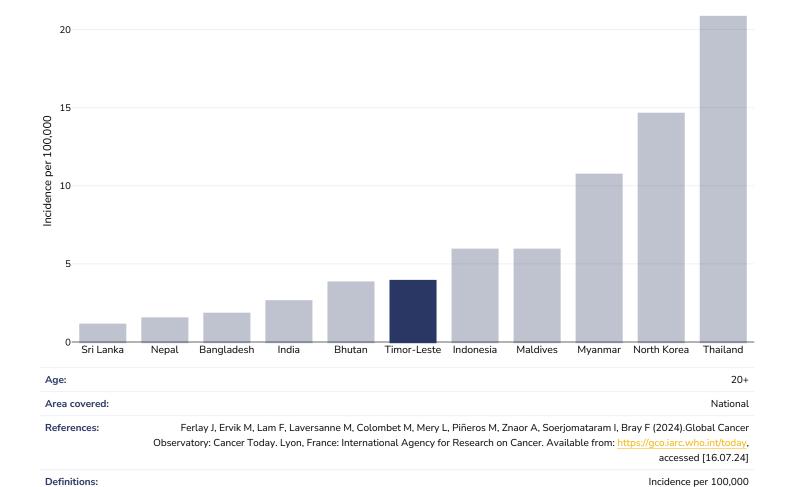


Liver and intrahepatic bile duct Cancer

Men, 2022



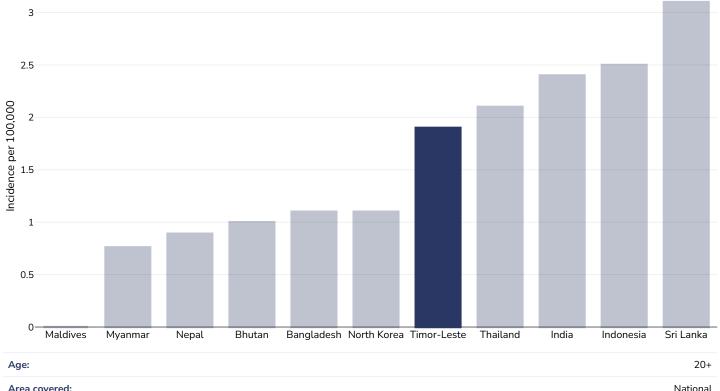






Multiple Myeloma

Men, 2022



Area covered: National

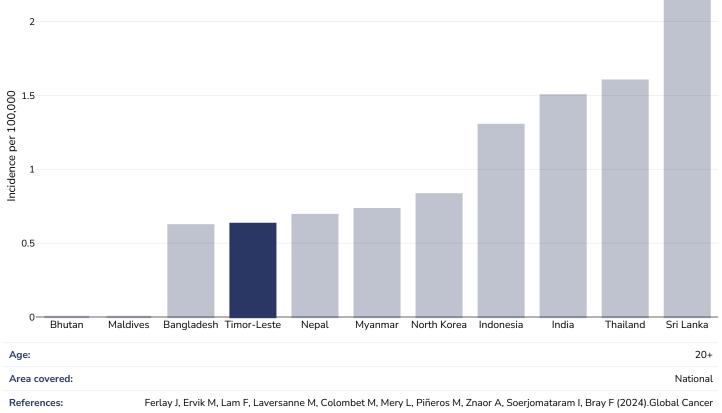
References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Indicence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$





Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today,

accessed [16.07.24]

Definitions:

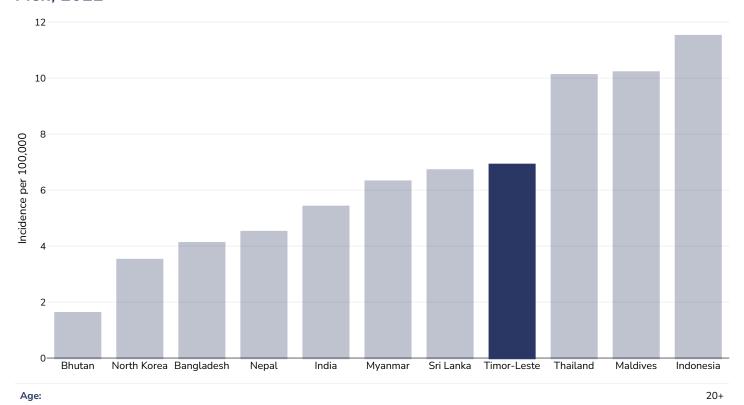
Indicence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Non Hodgkin Lymphoma

Men, 2022



Area covered: National

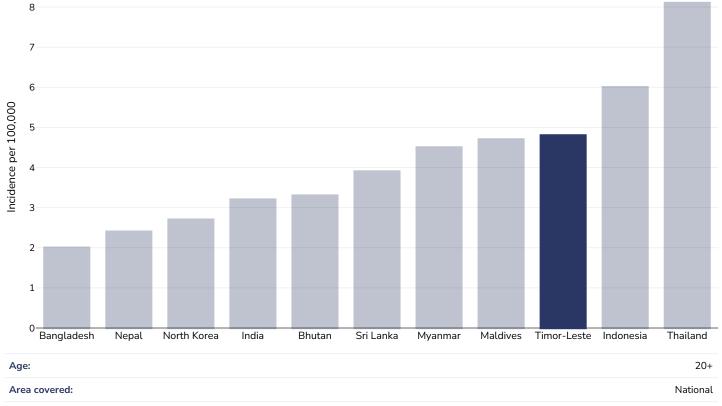
References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².





References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

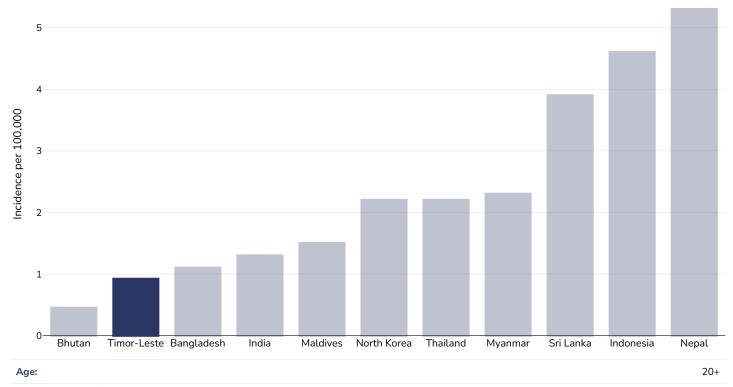
Definitions: Incidence per 100,000

 $Unless \ otherwise \ noted, overweight \ refers \ to \ a \ BMI \ between \ 25kg \ and \ 29.9kg/m^2, \ obesity \ refers \ to \ a \ BMI \ greater \ than \ 30kg/m^2.$



Thyroid Cancer

Men, 2022



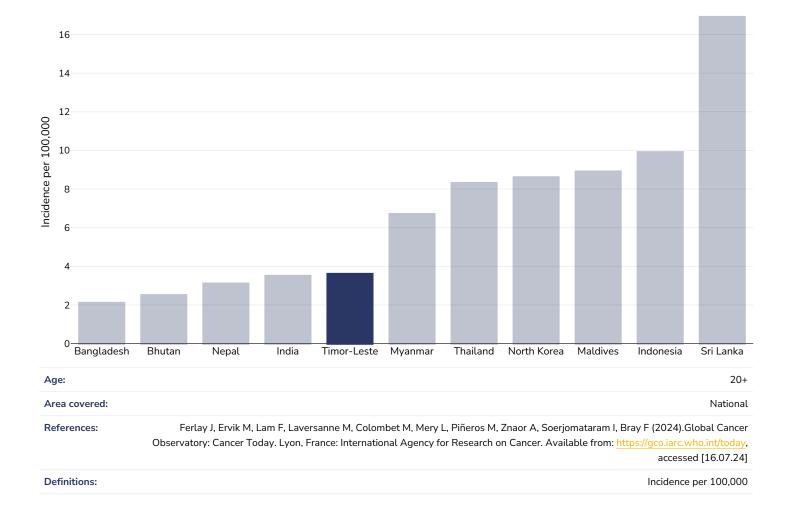
Area covered: National

References:

Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000





PDF created on June 17, 2025