

Timor-Leste



Country report card

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity . 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 <u>https://data.worldobesity.org/country/timor-leste-</u>203/.



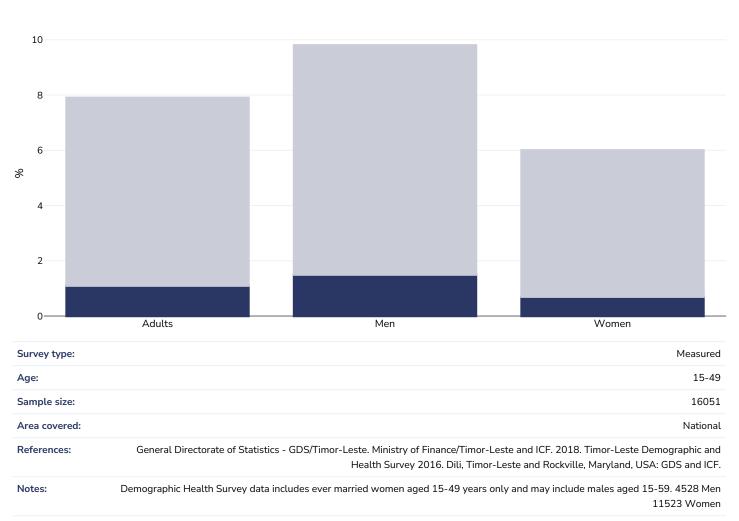
Contents	Page
Obesity prevalence	3
Trend: % Adults living with obesity in Timor-Leste 2009-2016	6
Trend: % Adults living with overweight or obesity in Timor-Leste 2009-2016	7
Overweight/obesity by education	8
Overweight/obesity by age	11
Overweight/obesity by region	13
Overweight/obesity by socio-economic group	16
Double burden of underweight & overweight	18
Insufficient physical activity	21
Average daily frequency of carbonated soft drink consumption	27
Estimated per capita fruit intake	28
Prevalence of less than daily fruit consumption	29
Prevalence of less than daily vegetable consumption	30
Average weekly frequency of fast food consumption	31
Estimated per-capita processed meat intake	32
Estimated per capita whole grains intake	33
Mental health - depression disorders	34
Mental health - anxiety disorders	40
% Infants exclusively breastfed 0-5 months	45
Oesophageal cancer	46
Breast cancer	48
Colorectal cancer	49
Pancreatic cancer	51
Gallbladder cancer	53
Kidney cancer	55
Cancer of the uterus	57
Diabetes prevalence	58
Ovarian Cancer	59
Leukemia	60
Leukemia	62
Liver and intrahepatic bile duct Cancer	64
Multiple Myeloma	66
Non Hodgkin Lymphoma	68
Thyroid Cancer	70



Obesity prevalence

Adults, 2016

Obesity Overweight

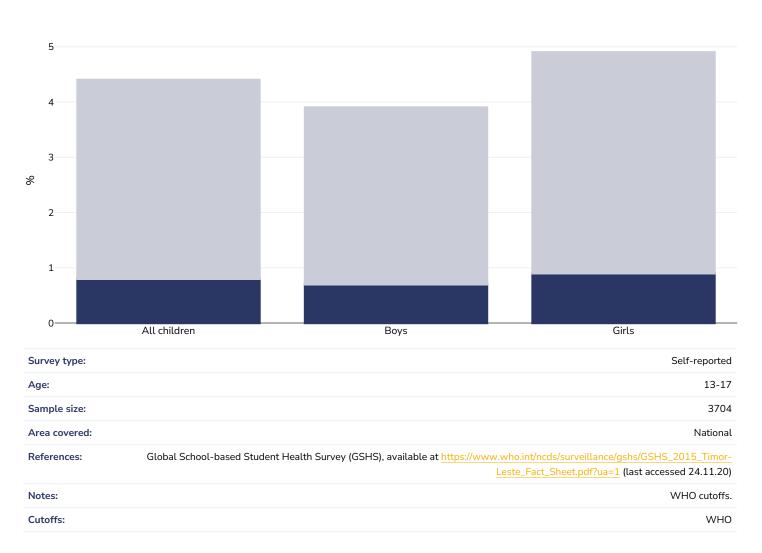


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Children, 2015

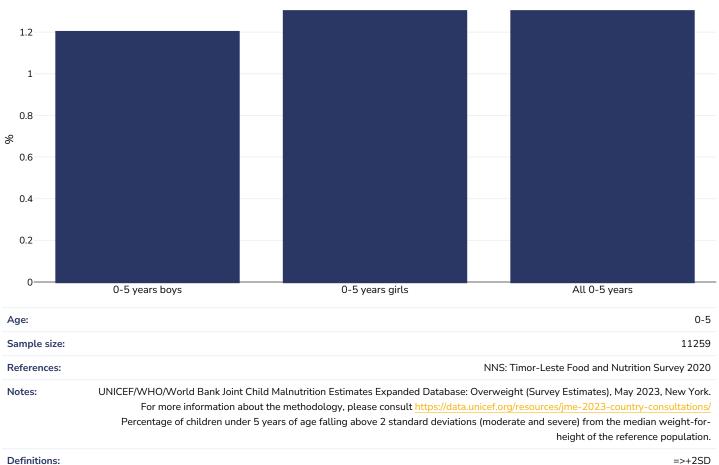






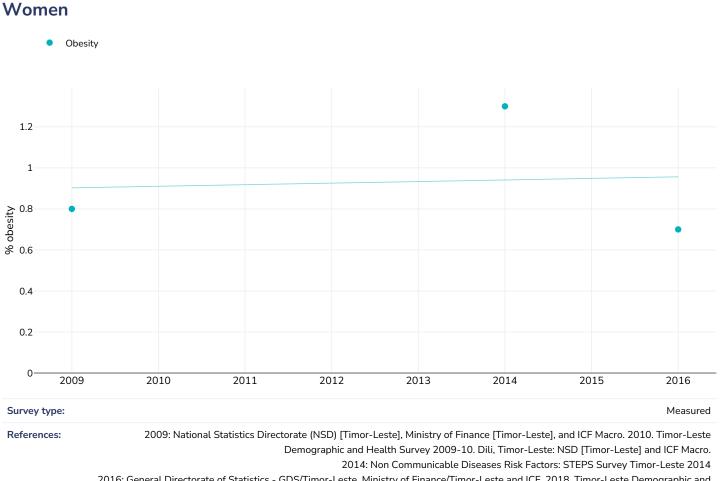
0-5 years, 2020

Overweight or obesity





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



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.

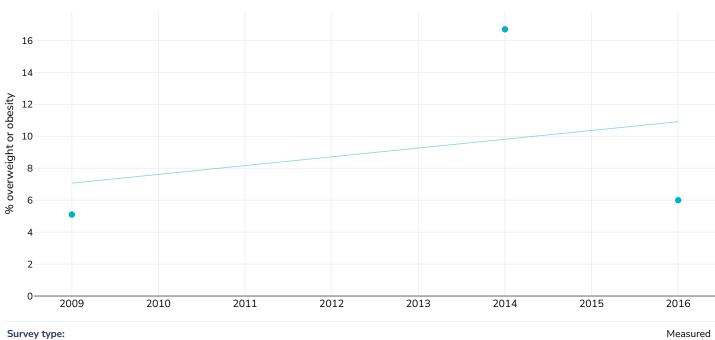


% Adults living with overweight or obesity in Timor-Leste 2009-2016

Women

References:

Overweight or obesity



Measured

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

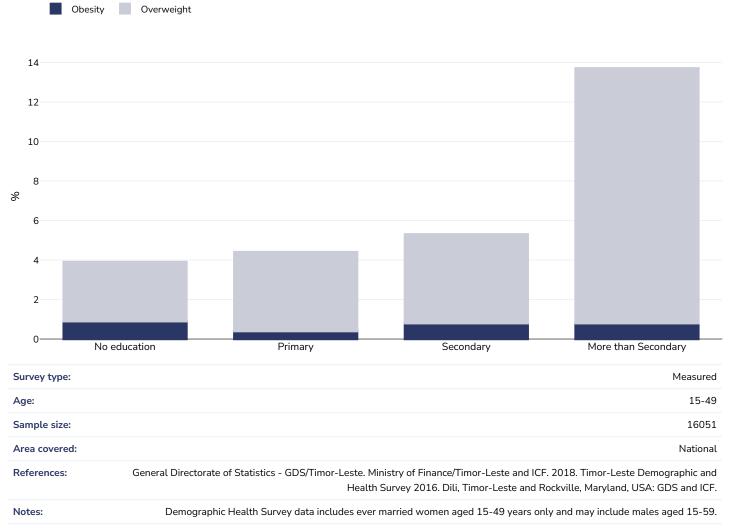
Health Survey 2016. Dili, Timor-Leste and Rockville, Maryland, USA: GDS and ICF.

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

Men, 2016



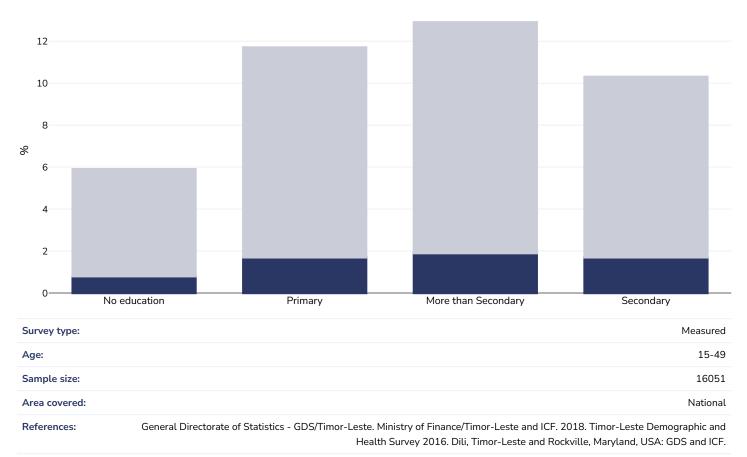
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Women, 2016

Notes:

Obesity Overweight

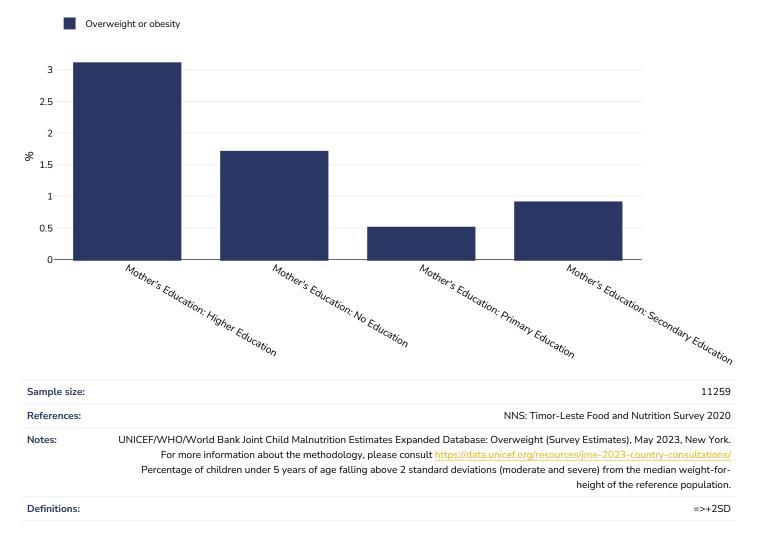


Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

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



0-5 years, 2020

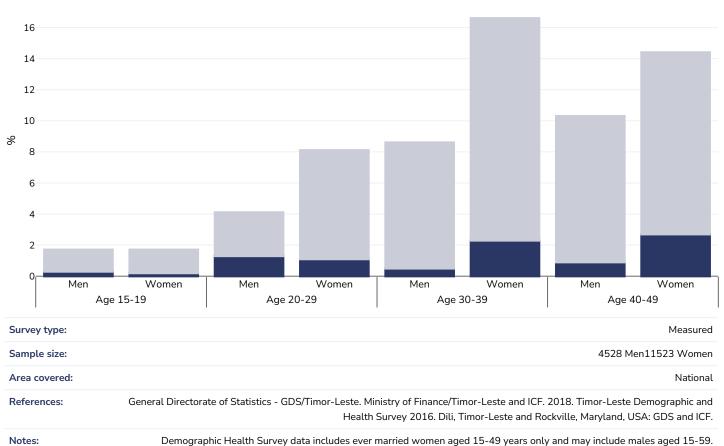




Overweight/obesity by age

Adults, 2016

Obesity Overweight

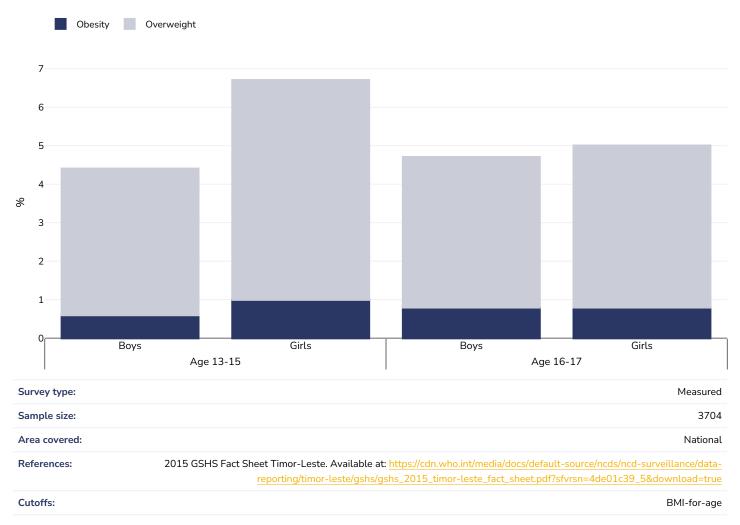


Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59.

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

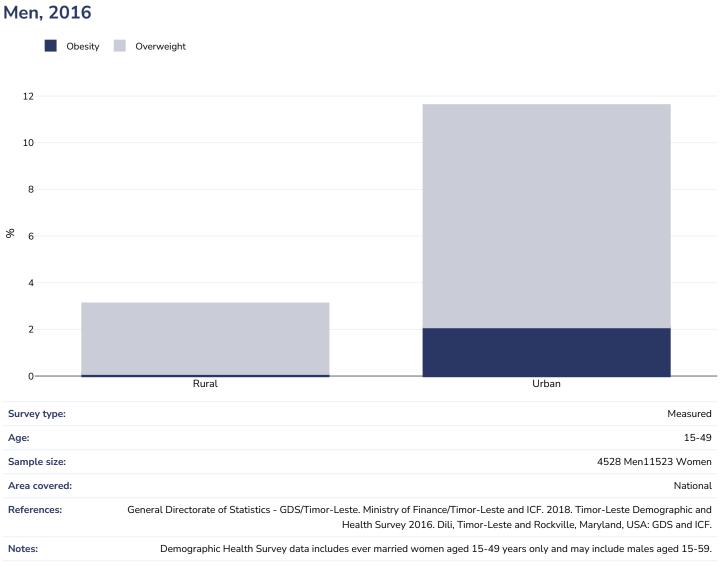


Children, 2015





Overweight/obesity by region



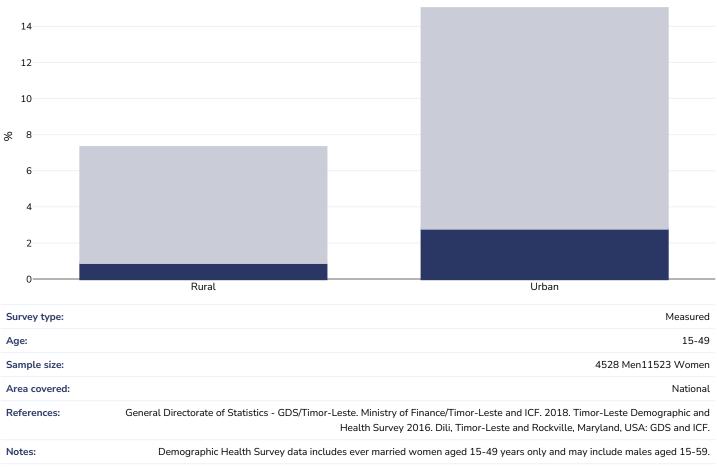
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².





Women, 2016

Obesity Overweight



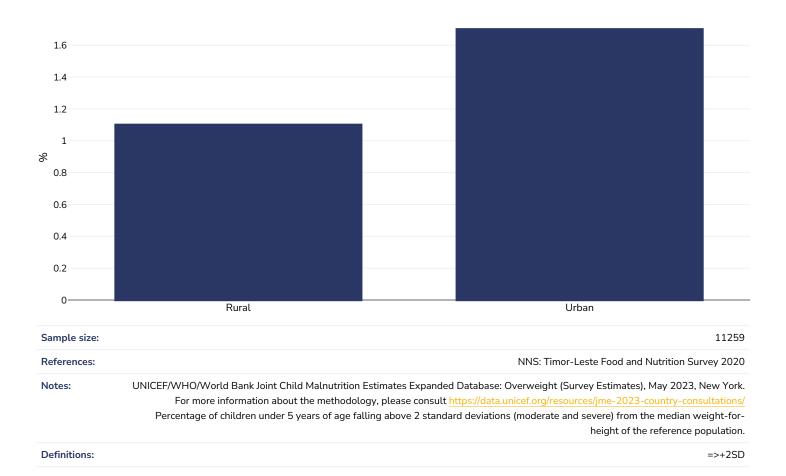
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².





0-5 years, 2020

Overweight or obesity

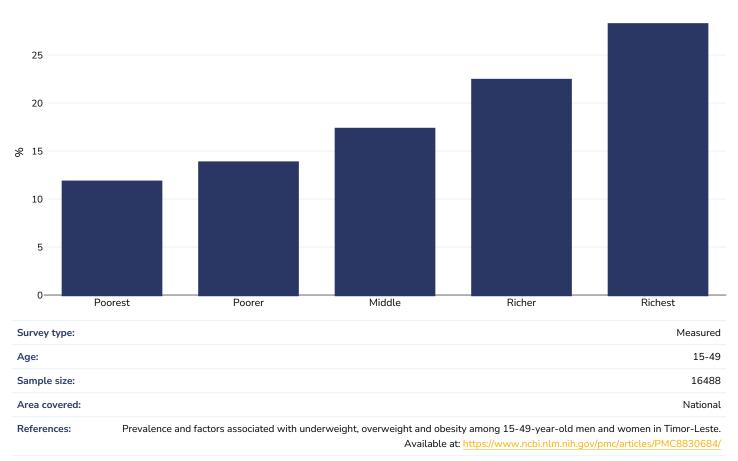




Overweight/obesity by socio-economic group

Adults, 2016

Overweight or obesity

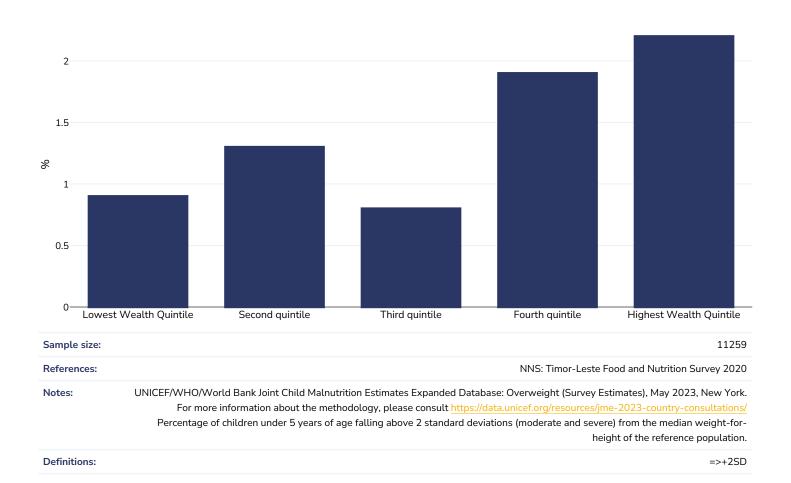


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



0-5 years, 2020

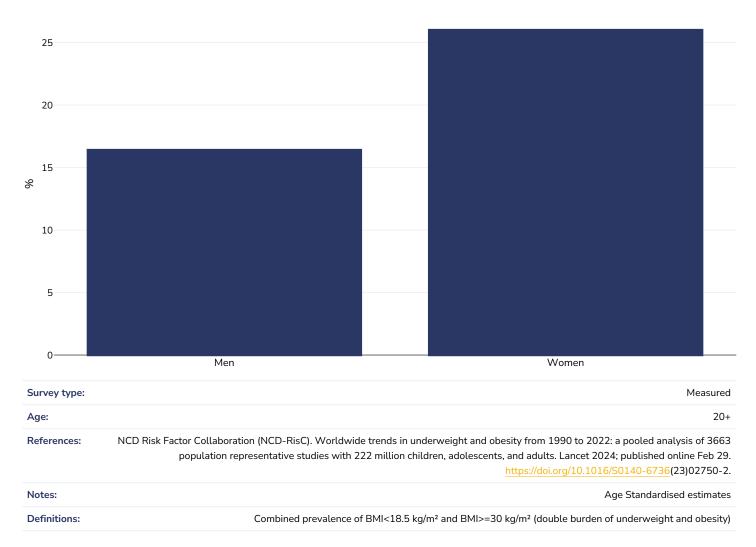
Overweight or obesity





Double burden of underweight & overweight

Adults, 2022





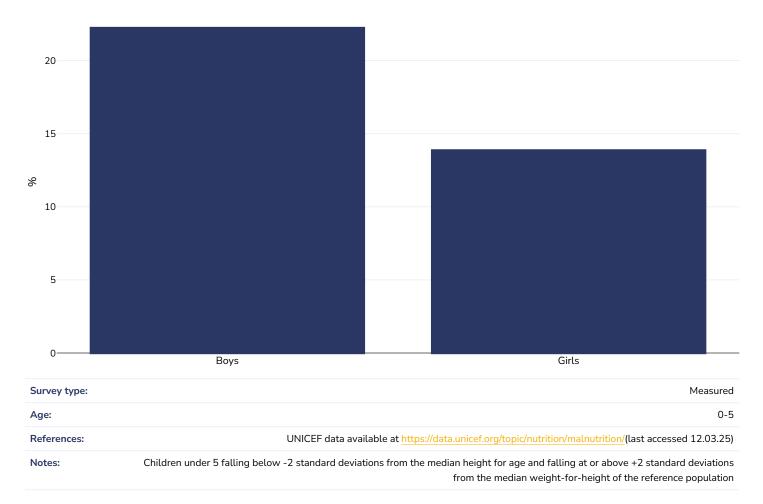


Children, 2022

20		
15		
\$ 10		
5		
0	Boys	Girls
Survey type:		Measured
Age:		5-19
References:		de trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. <u>https://doi.org/10.1016/S0140-6736</u> (23)02750-2.
Notes:		Age standardised estimates
Definitions:	Combined	d prevalence of BMI < -2SD and BMI > 2SD (double burden of thinness and obesity)
Cutoffs:		BMI < -2SD and BMI > 2SD



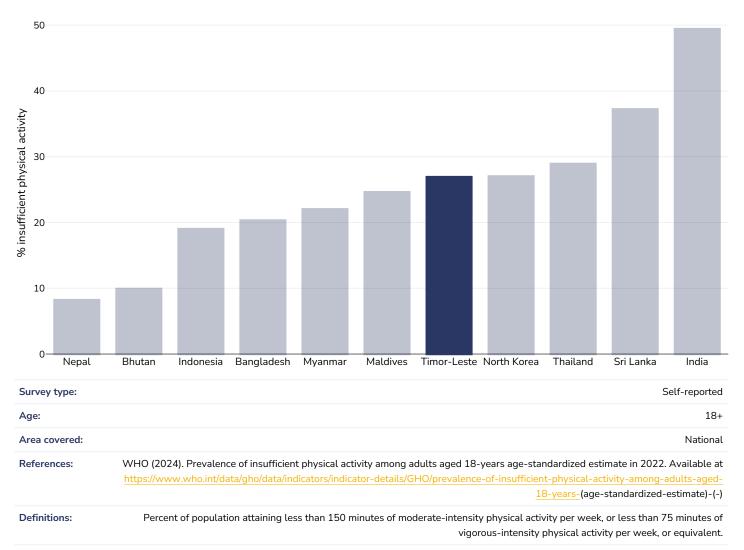
0-5 years, 2020-2020





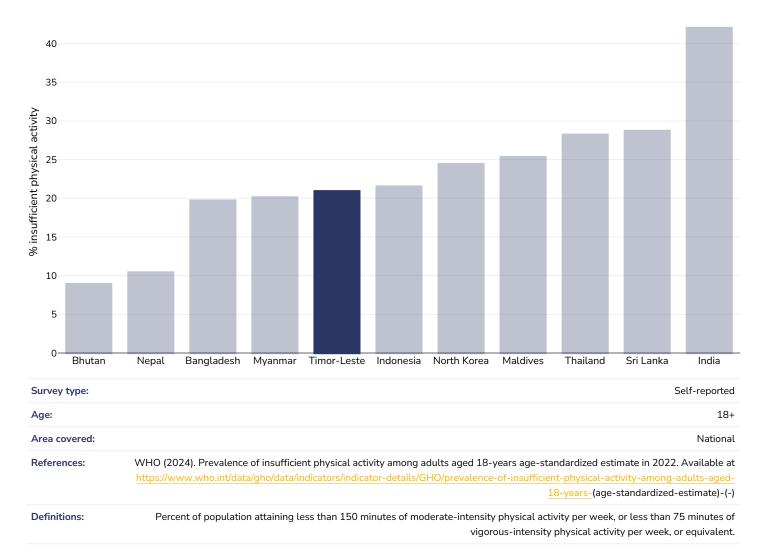
Insufficient physical activity

Adults, 2022





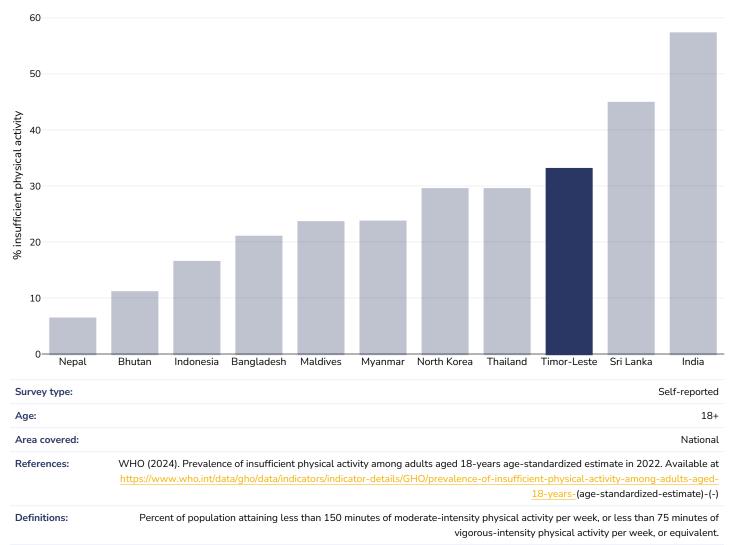
Men, 2022





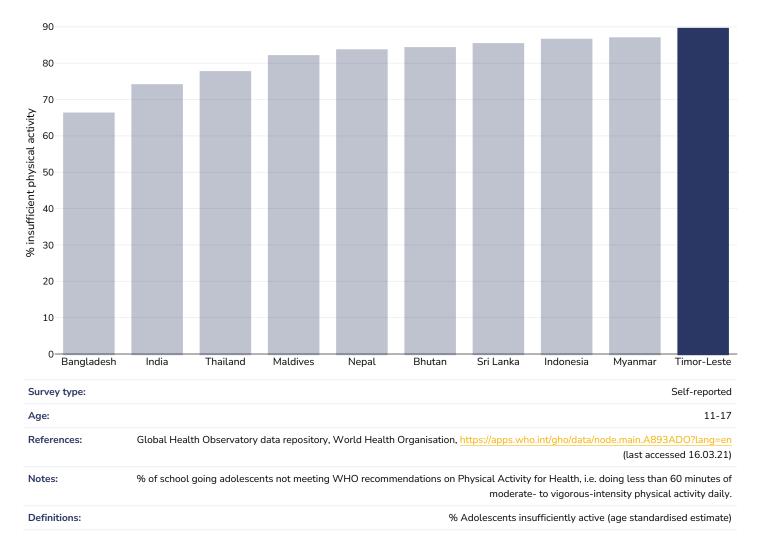


Women, 2022



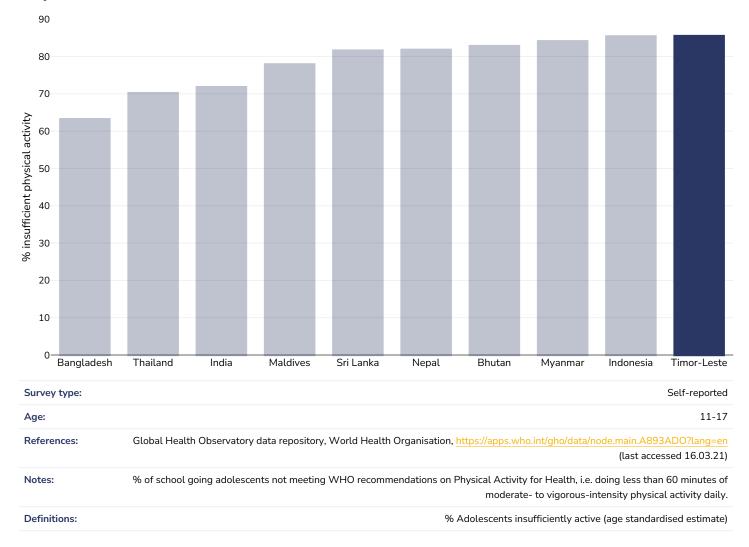


Children, 2016



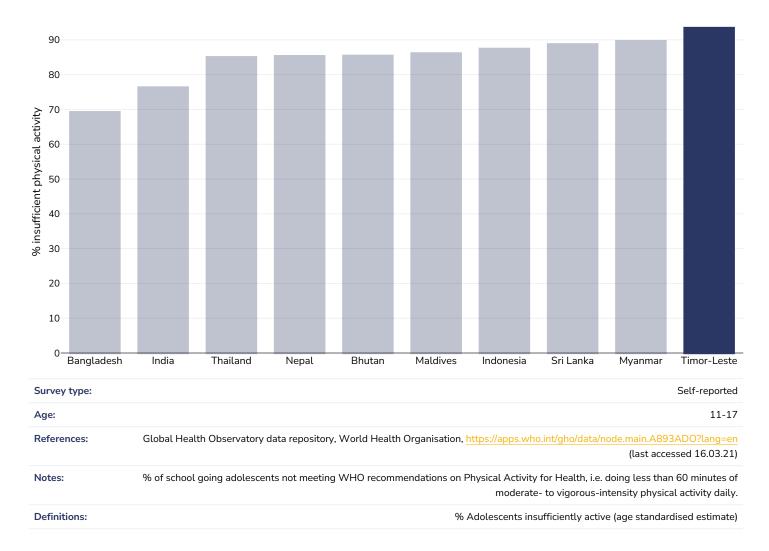


Boys, 2016





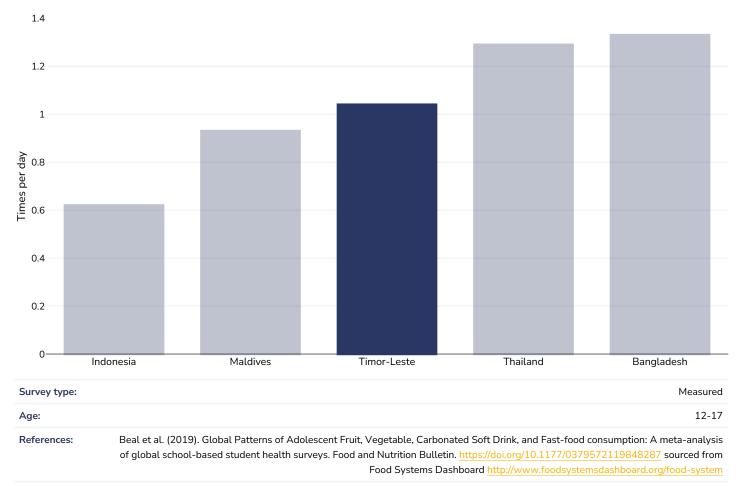
Girls, 2016





Average daily frequency of carbonated soft drink consumption

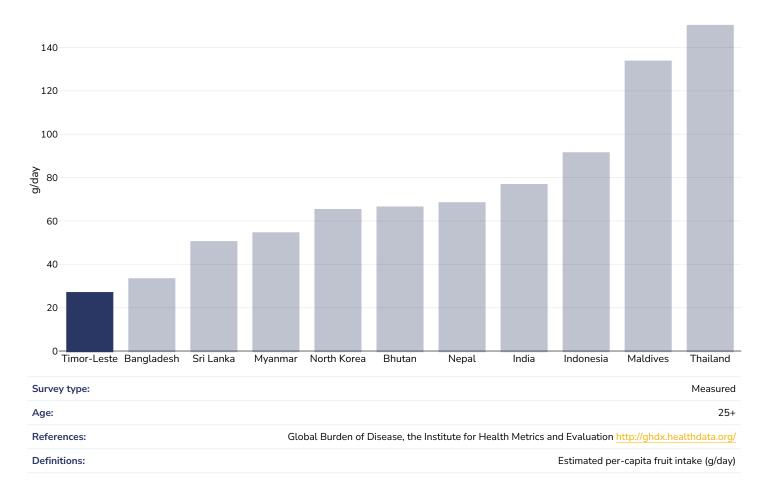
Children, 2014-2015





Estimated per capita fruit intake

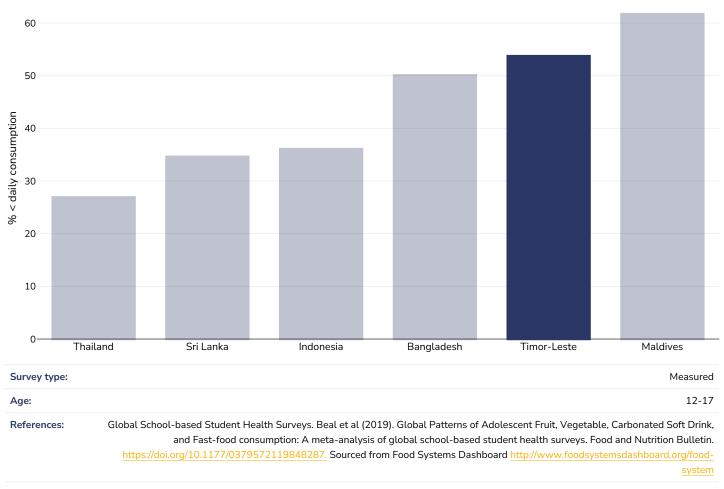
Adults, 2017





Prevalence of less than daily fruit consumption

Children, 2008-2015



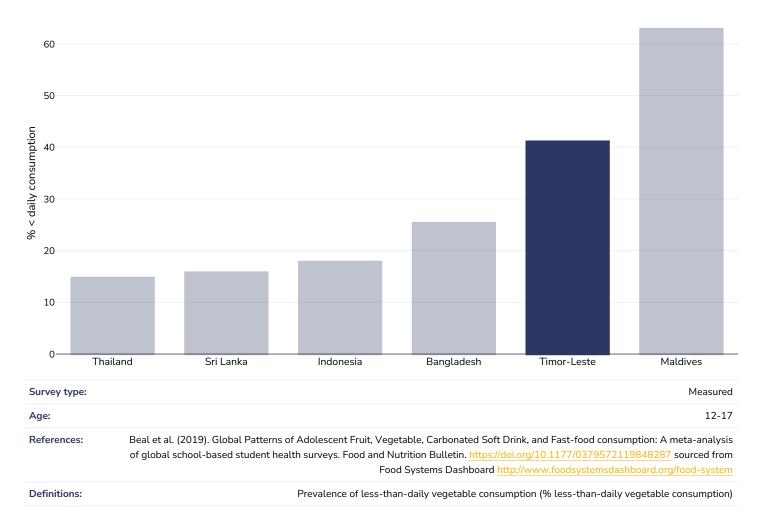
Definitions:

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)



Prevalence of less than daily vegetable consumption

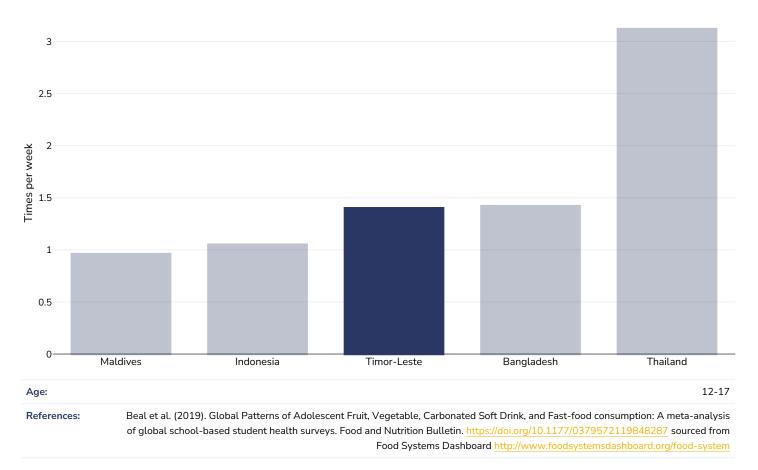
Children, 2008-2015





Average weekly frequency of fast food consumption

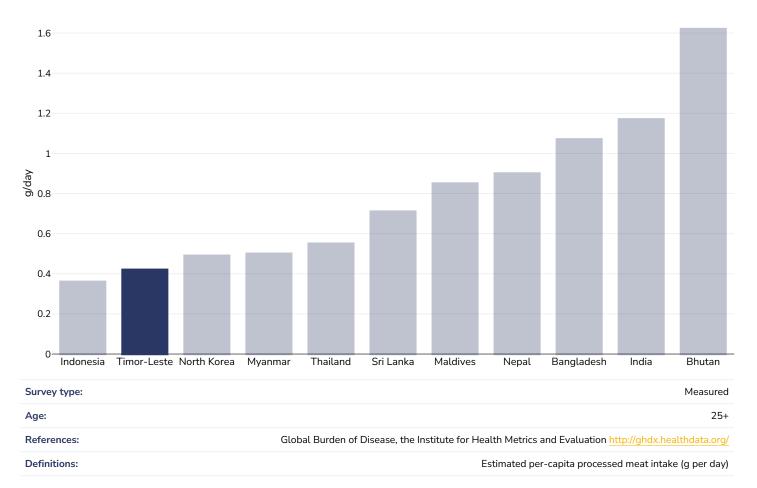
Children, 2014-2015





Estimated per-capita processed meat intake

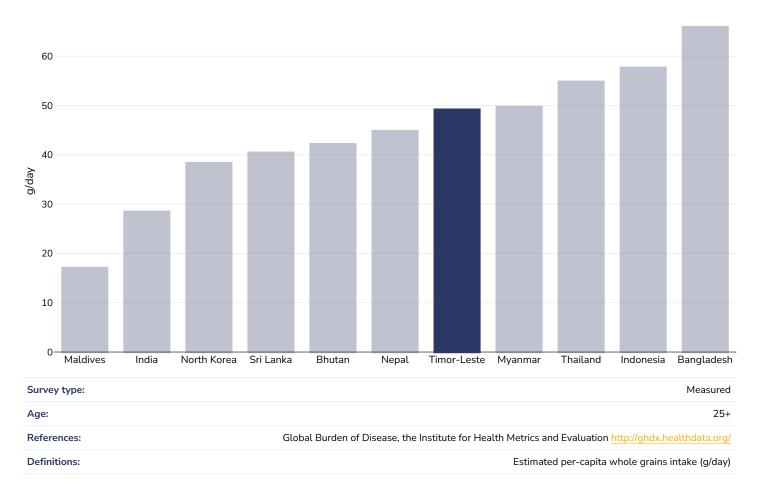
Adults, 2017





Estimated per capita whole grains intake

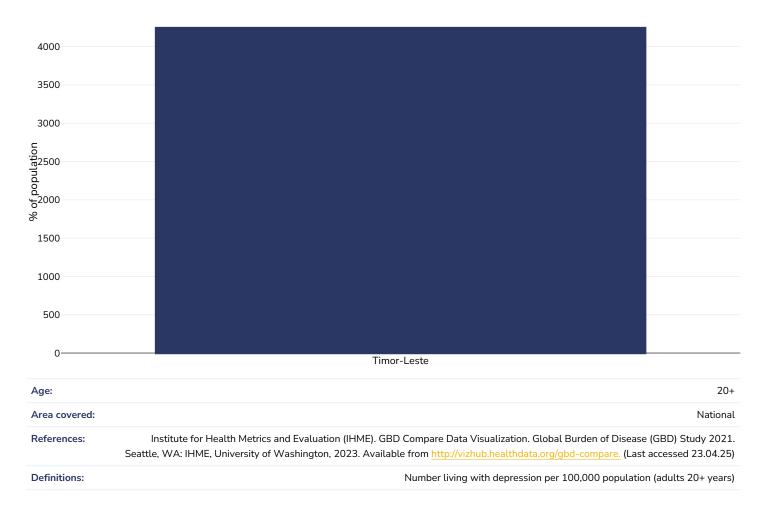






Mental health - depression disorders

Adults, 2021





Men, 2021

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3500		
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<u>6</u> 2000		
2500 Logitati d2000 do yo %1500		
0 9		
1500		
1000		
500		
0		
0	Timor-Leste	
Age:		20+
Area covered:		National
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 access	
	restriction in the second of the standard second seco	2010 1.201
Definitions:	Number living with depression per 100,000 population (adu	lts 20+ years)

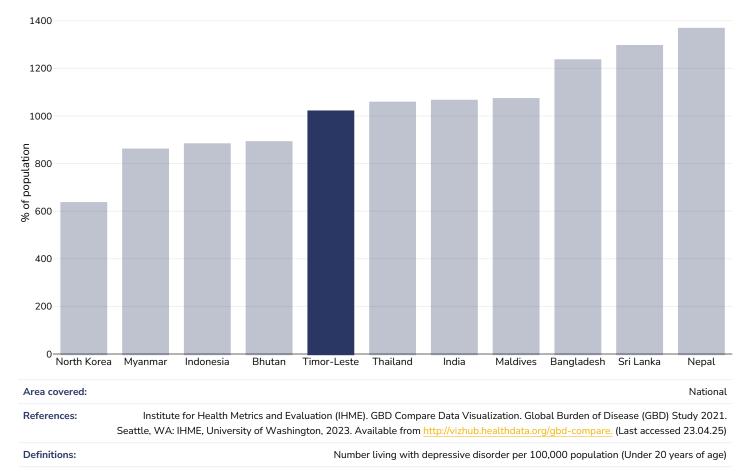


Women, 2021

Timor-Leste 20+ 20+ National 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)
20+
Timor-Leste

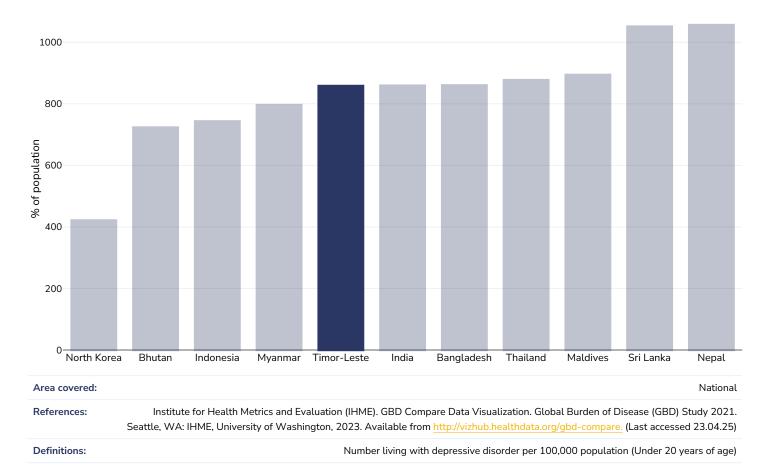


Children, 2021

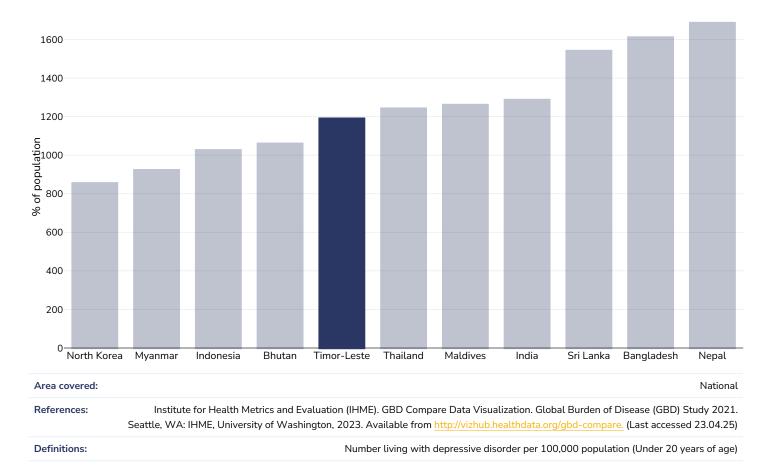




Boys, 2021



Girls, 2021





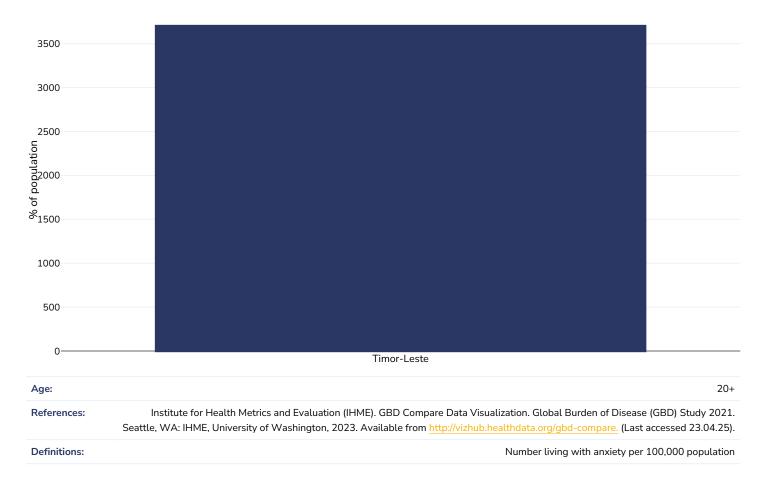
Mental health - anxiety disorders

Adults, 2021





Men, 2021

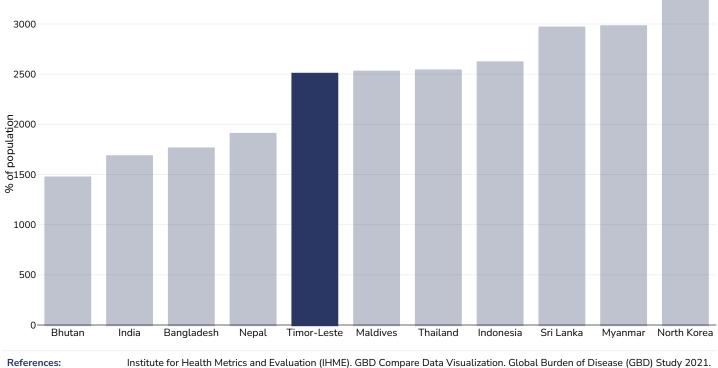




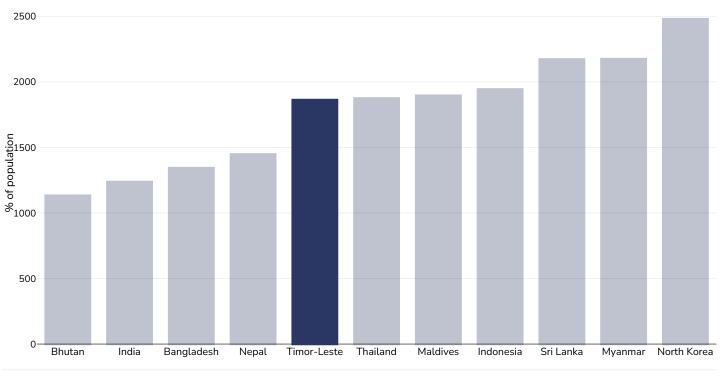
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2000						
1000						
0	Timor-Leste					
Age:		20+				
References:	Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <u>http://vizhub.healthdata.org/gbd-compare.</u> (Last accessed 23.04.25).					
Definitions:	Number living with anxiety per 100,000 population					



Children, 2021



Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)



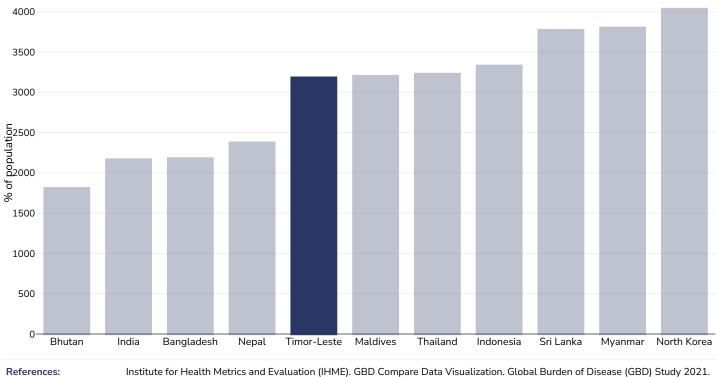
Boys, 2021

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)

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Girls, 2021

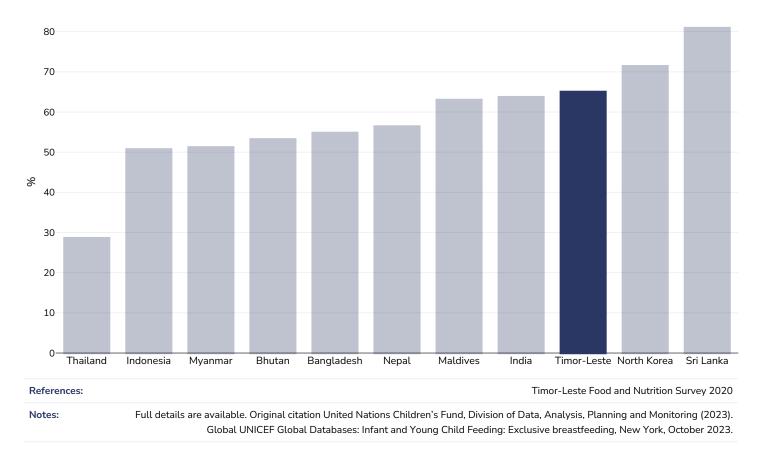


Seattle, WA: IHME, University of Washington, 2023. Available from http://vizhub.healthdata.org/gbd-compare. (Last accessed 23.04.25)



% Infants exclusively breastfed 0-5 months

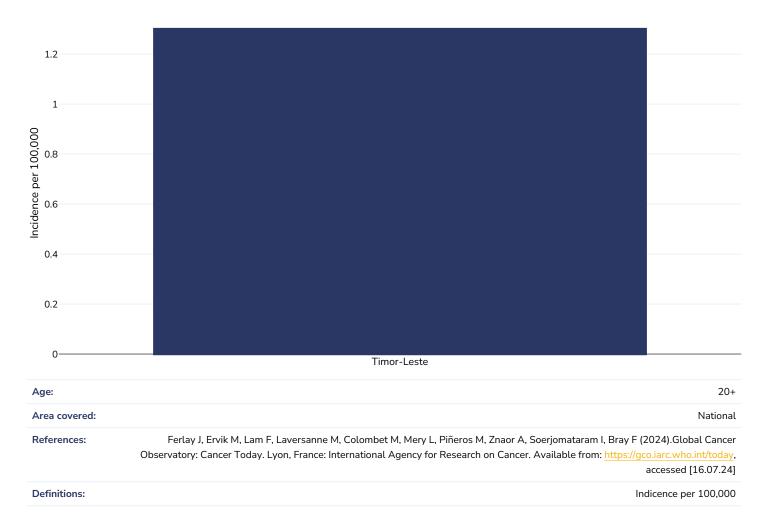
0-5 years, 2015-2022



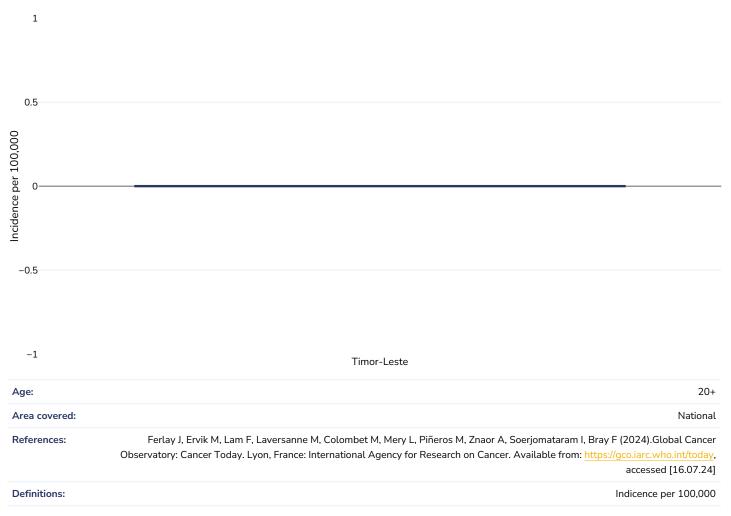


Oesophageal cancer

Men, 2022





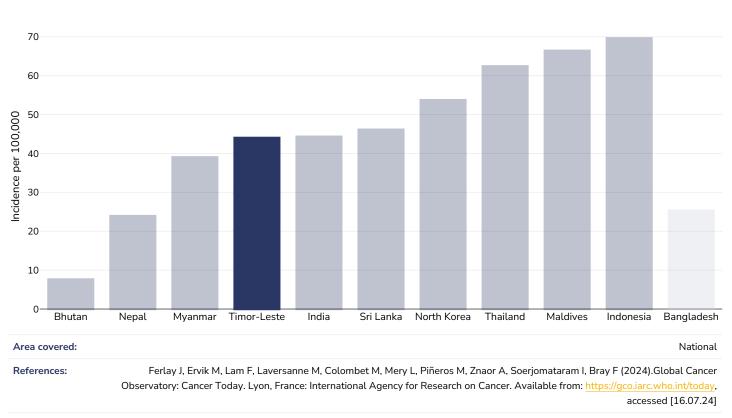




Breast cancer

Women, 2022

Age 20 Age 20+



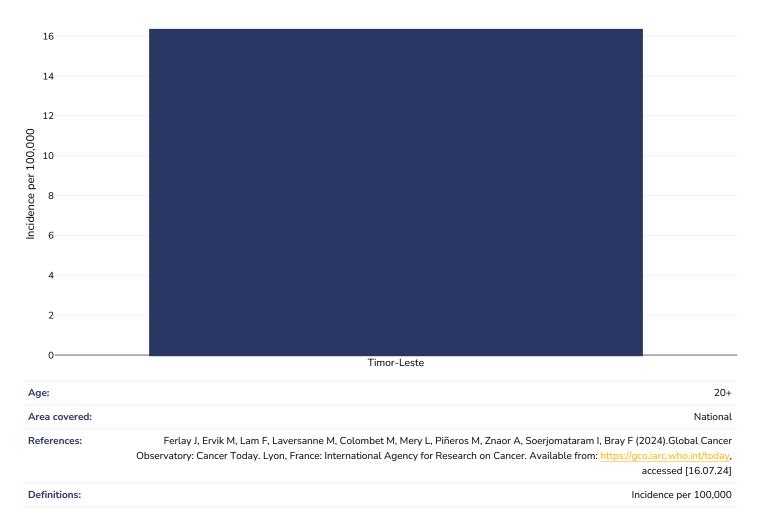
Definitions:

Incidence per 100,000

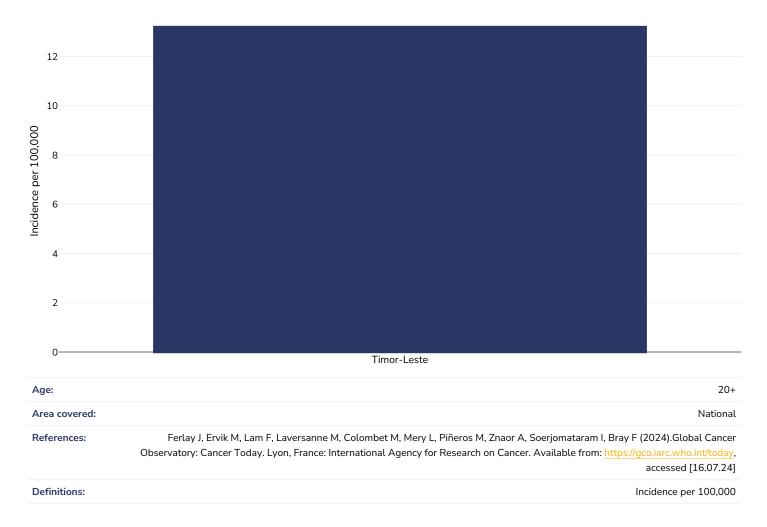


Colorectal cancer

Men, 2022



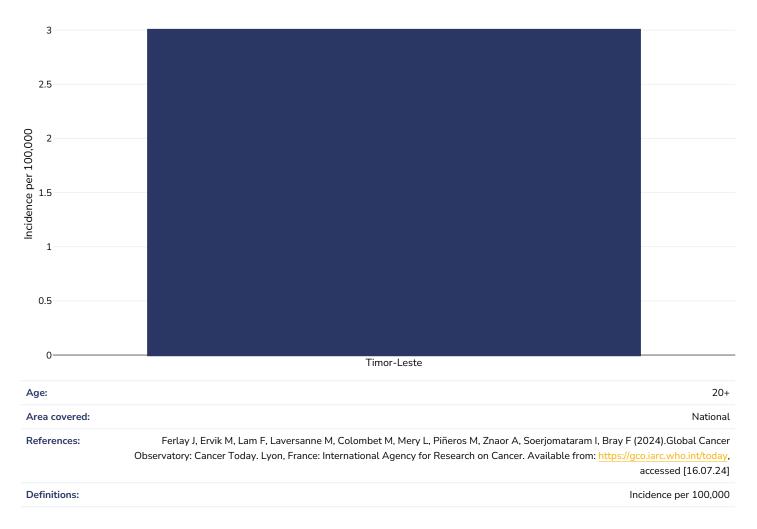






Pancreatic cancer

Men, 2022

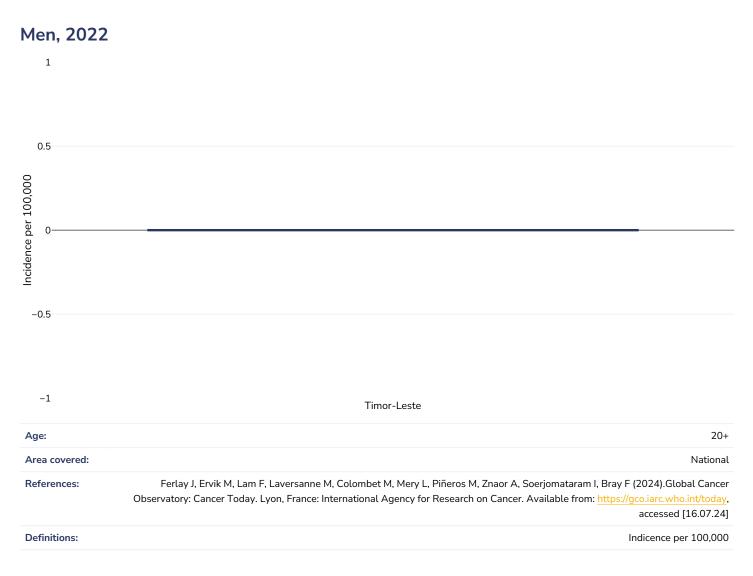






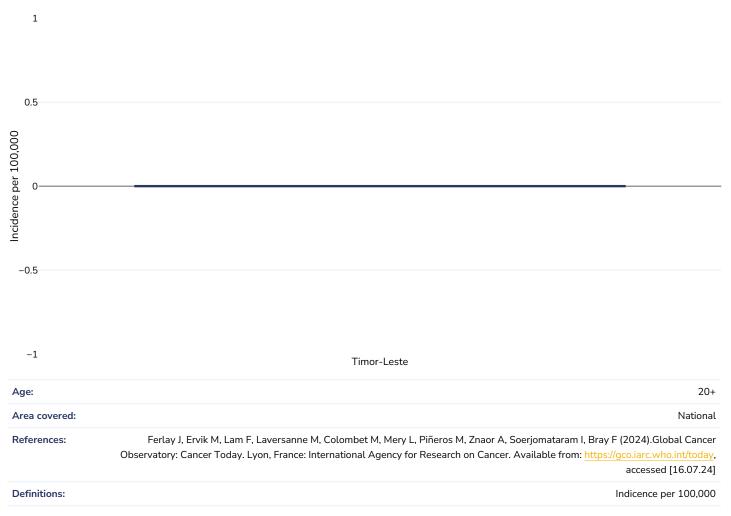


Gallbladder cancer



53

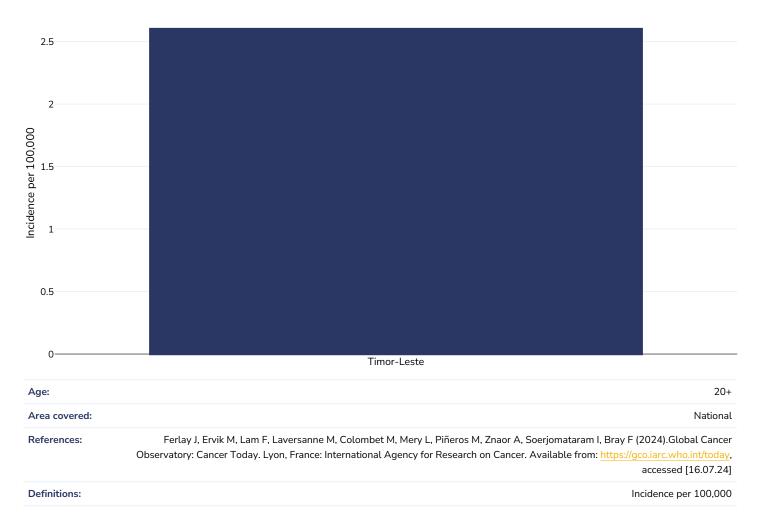




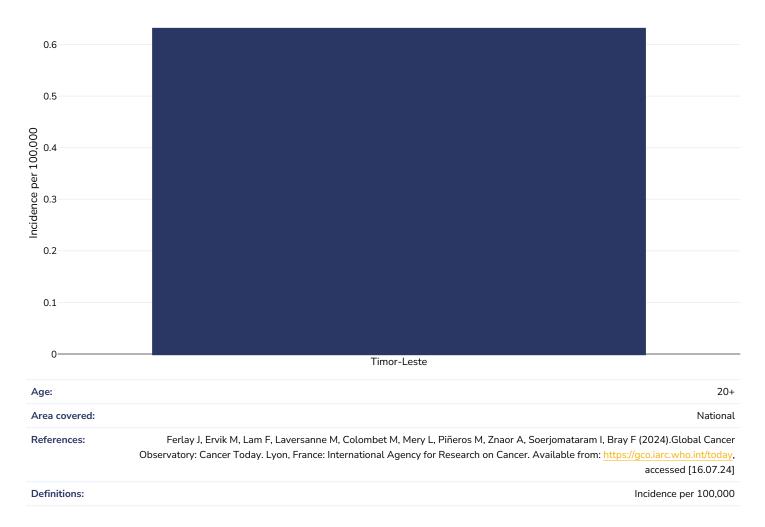


Kidney cancer

Men, 2022









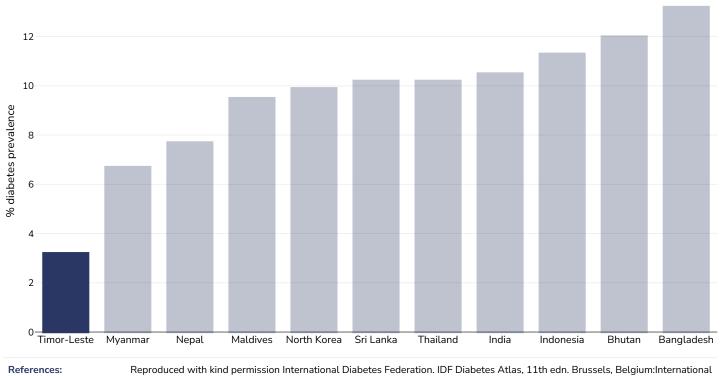
Cancer of the uterus





Diabetes prevalence

Adults, 2024

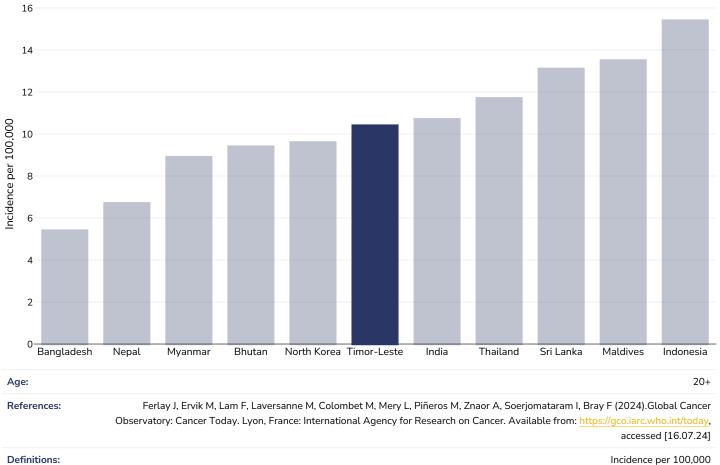


Diabetes Federation, 2025. http://www.diabetesatlas.org



Ovarian Cancer

Women, 2022



Definitions:



Leukemia

Men, 2022							
4							
3							
2							
1							
0							
-1_1	0	1	2	3	4	5	6
Age:							20+
Area covered: References:			sanne M, Colombet M rance: International Ag			m: <u>https://gco.iarc.wh</u>	
Definitions:						Incidence p	er 100,000
	Unless ot	therwise noted. overw	reight refers to a BMI b	between 25kg and 29	.9ka/m². obesitv refer	s to a BMI greater tha	an 30ka/m².

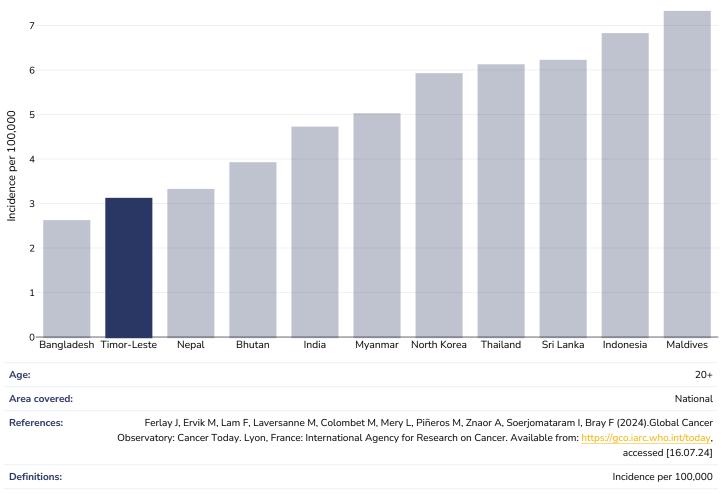


4							
3							
2							
1							
0							
⁻¹ _1	0	1	2	3	4	5	6
Age:							20+
Area covered:							National
References:					Znaor A, Soerjomataran n Cancer. Available fron	n: <u>https://gco.iarc.whc</u>	
Definitions:						Incidence pe	er 100,000
	Unless othe	erwise noted, overw	eight refers to a BMI	between 25kg and 2	9.9kg/m², obesity refers	to a BMI greater than	n 30kg/m².



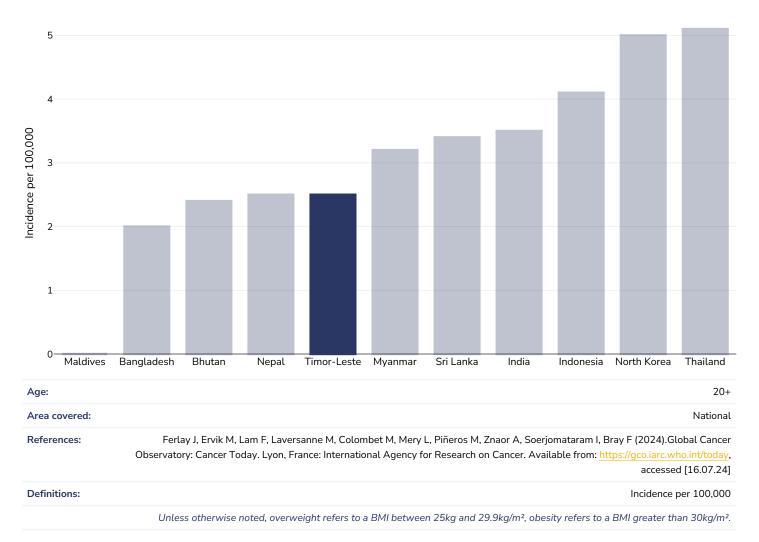
Leukemia

Men, 2022



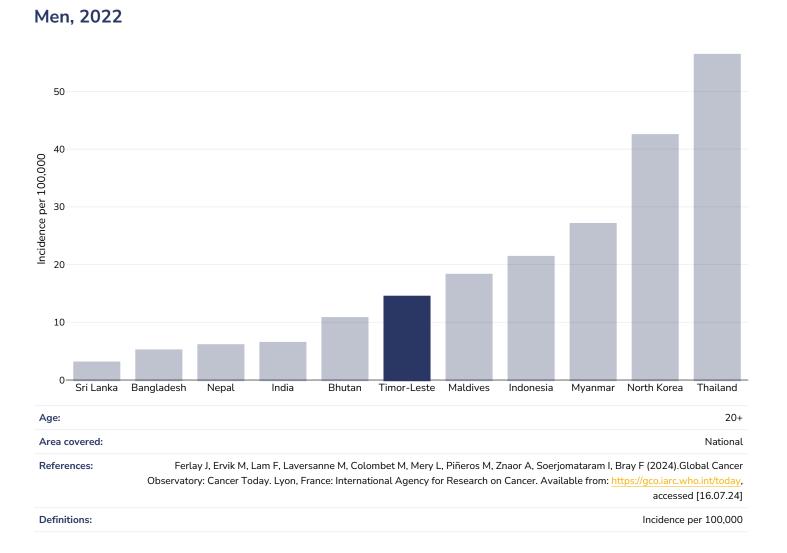
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².





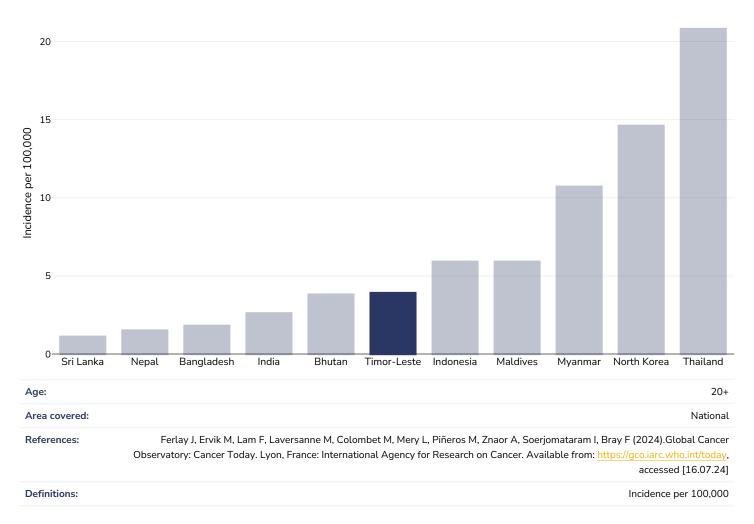


Liver and intrahepatic bile duct Cancer



64

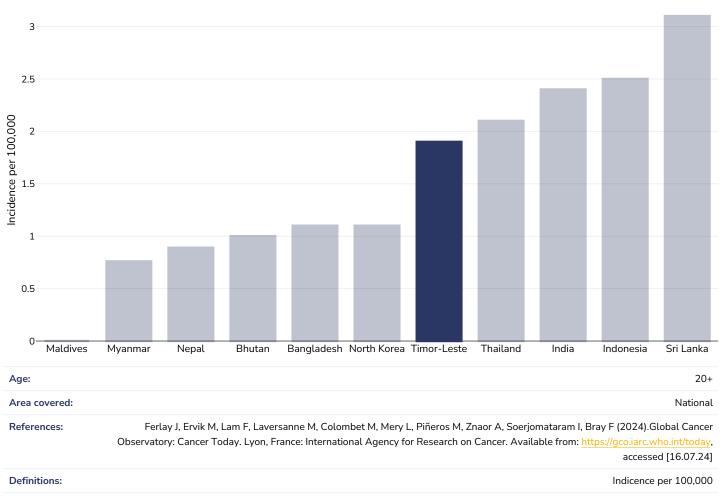






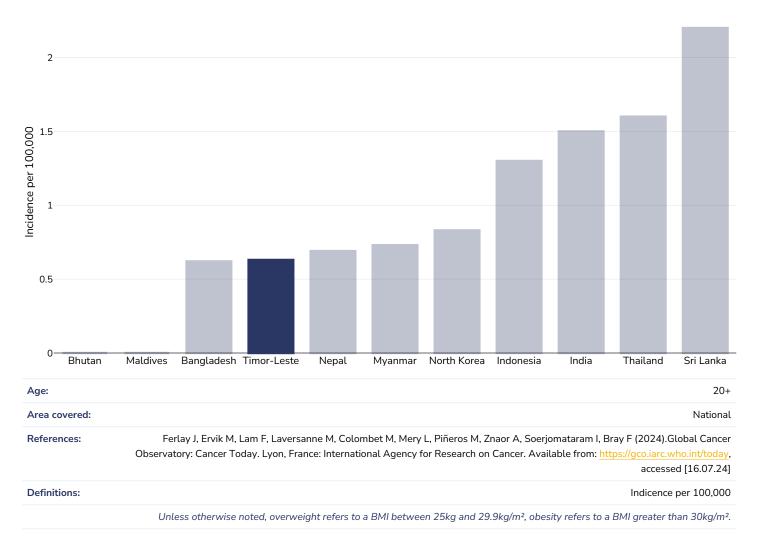
Multiple Myeloma

Men, 2022



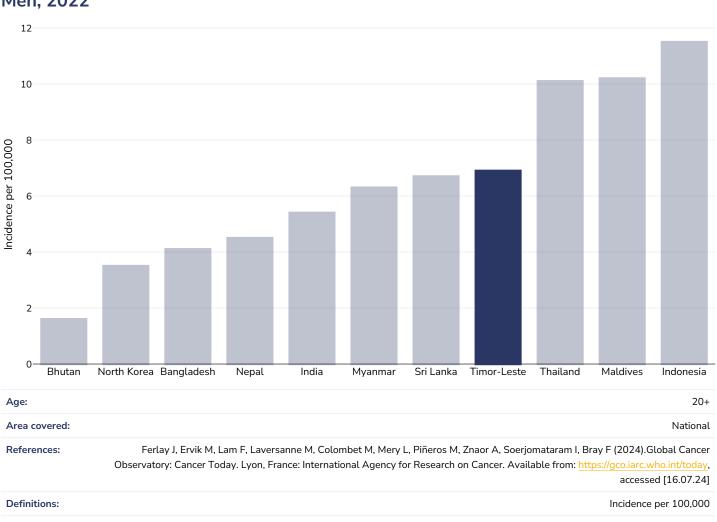
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².







Non Hodgkin Lymphoma

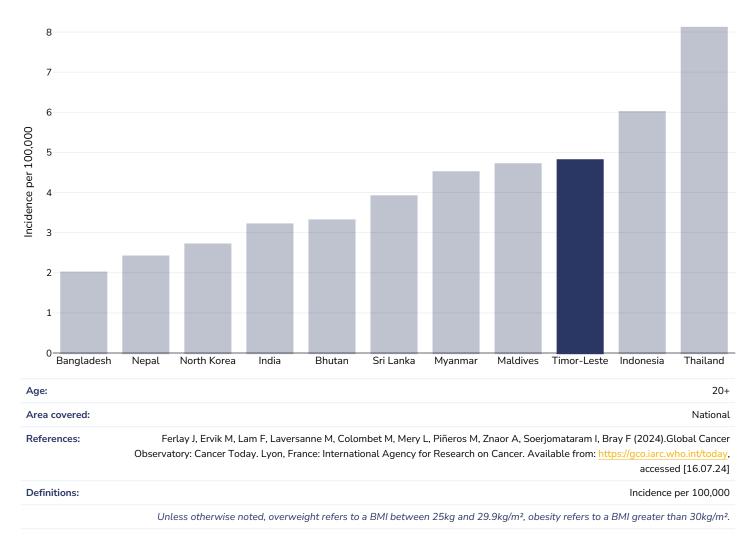


Men, 2022

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



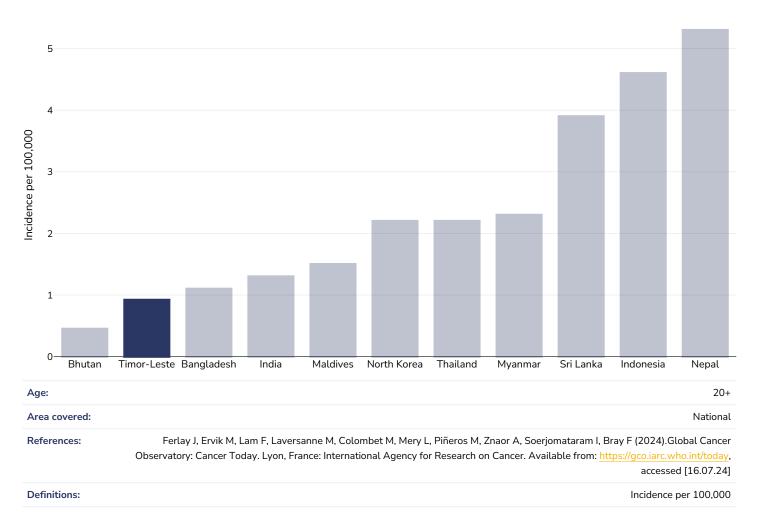




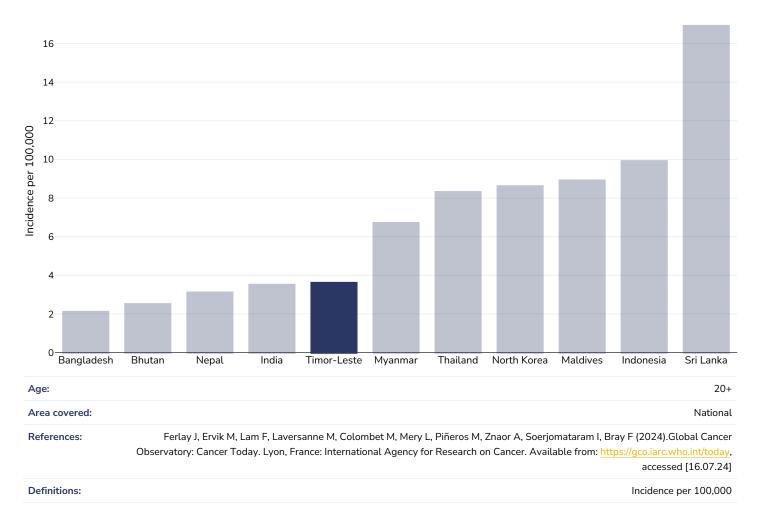


Thyroid Cancer

Men, 2022







PDF created on June 17, 2025