Obesity prevalence

Adults, 2016

Survey type: Measured
Age: 15-49
Sample size: 16051
Area covered: National


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.
Children, 2015

Survey type: Self-reported
Age: 13-17
Sample size: 3704
Area covered: National
References: Global School-based Student Health Survey (GSHS), available at https://www.who.int/ncds/surveillance/gshs/GSHS_2015_Timor-Leste_Fact_Sheet.pdf?ua=1 (last accessed 24.11.20)
Notes: WHO cutoffs.
Cutoffs: WHO
**Infants, 2020**

- **Age:** 0-5
- **Sample size:** 11259
- **References:** NNS: Timor-Leste Food and Nutrition Survey 2020
- **Notes:** UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult [https://data.unicef.org/resources/jme-2023-country-consultations/](https://data.unicef.org/resources/jme-2023-country-consultations/) Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
- **Definitions:** $=>+2SD$

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**Graph:**
- **Infant boys:** Overweight or obesity
- **Infant girls:** Overweight or obesity
- **Infants:** Overweight or obesity
% Adults living with obesity in Timor-Leste 2009-2016

Women

Survey type:


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

Survey type: Measured

References:


_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

Survey type: Measured
Age: 15-49
Sample size: 16051
Area covered: National


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.
Women, 2016

Survey type: Measured
Age: 15-49
Sample size: 16051
Area covered: National
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 age

Adults, 2016

Survey type: Measured

Sample size: 4528 Men 11523 Women

Area covered: National


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 region

**Men, 2016**

Survey type: Measured

Age: 15-49

Sample size: 4528 Men 11523 Women

Area covered: National


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.
Women, 2016

Survey type: Measured
Age: 15-49
Sample size: 4528 Men 11523 Women
Area covered: National


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

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/m², obesity refers to a BMI greater than 30kg/m².
Insufficient physical activity

Adults, 2016

Men, 2016

Women, 2016

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

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

Age: 12-17

References:
https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard
http://www.foodsystemsdashboard.org/food-system
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

Infants, 2015-2022

References: Timor-Leste Food and Nutrition Survey 2020

Oesophageal cancer

Men, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Colorectal cancer

Men, 2020

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bangladesh</td>
<td>7.5</td>
</tr>
<tr>
<td>Bhutan</td>
<td>9.1</td>
</tr>
<tr>
<td>Nepal</td>
<td>10.4</td>
</tr>
<tr>
<td>India</td>
<td>12.1</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>15.8</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>20.7</td>
</tr>
<tr>
<td>Myanmar</td>
<td>24.1</td>
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<tr>
<td>Maldives</td>
<td>27.1</td>
</tr>
<tr>
<td>Indonesia</td>
<td>30.4</td>
</tr>
<tr>
<td>Thailand</td>
<td>33.3</td>
</tr>
<tr>
<td>North Korea</td>
<td>36.6</td>
</tr>
</tbody>
</table>

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
**Women, 2020**

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bhutan</td>
<td>2.6</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>5.7</td>
</tr>
<tr>
<td>Nepal</td>
<td>5.0</td>
</tr>
<tr>
<td>India</td>
<td>8.3</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>11.1</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>15.8</td>
</tr>
<tr>
<td>Myanmar</td>
<td>15.4</td>
</tr>
<tr>
<td>Indonesia</td>
<td>14.0</td>
</tr>
<tr>
<td>Maldives</td>
<td>15.8</td>
</tr>
<tr>
<td>Thailand</td>
<td>25.1</td>
</tr>
<tr>
<td>North Korea</td>
<td>25.6</td>
</tr>
</tbody>
</table>

**Age:** 20+

**Area covered:** National


**Definitions:** Age-standardized incidence rates per 100,000
Pancreatic cancer

Men, 2020

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sri Lanka</td>
<td>1</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>2</td>
</tr>
<tr>
<td>India</td>
<td>3</td>
</tr>
<tr>
<td>Nepal</td>
<td>3.5</td>
</tr>
<tr>
<td>Myanmar</td>
<td>4</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>6.6</td>
</tr>
<tr>
<td>Indonesia</td>
<td>5.7</td>
</tr>
<tr>
<td>Maldives</td>
<td>5.9</td>
</tr>
<tr>
<td>Thailand</td>
<td>6.2</td>
</tr>
<tr>
<td>Bhutan</td>
<td>7.3</td>
</tr>
<tr>
<td>North Korea</td>
<td>8.9</td>
</tr>
</tbody>
</table>

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Women, 2020

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maldives</td>
<td>0</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>0.7</td>
</tr>
<tr>
<td>India</td>
<td>1.3</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>1.9</td>
</tr>
<tr>
<td>Myanmar</td>
<td>2.2</td>
</tr>
<tr>
<td>Indonesia</td>
<td>2.8</td>
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<td>3.2</td>
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<td>Thailand</td>
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<td>4.3</td>
</tr>
<tr>
<td>North Korea</td>
<td>5.9</td>
</tr>
</tbody>
</table>

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Gallbladder cancer

Men, 2020

Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Age: 20+
Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Kidney cancer

Men, 2020

Incidence per 100,000

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100,000
Cancer of the uterus

Women, 2020

Age: 20+

Area covered: National


Definitions: Age-standardized incidence rates per 100 000
Diabetes prevalence

Adults, 2021

Age: 20-79
Area covered: National


Definitions: Age-adjusted comparative prevalence of diabetes, %
**Contextual factors**

**Disclaimer:** These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

<table>
<thead>
<tr>
<th>Labelling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is there mandatory nutrition labelling?</td>
</tr>
<tr>
<td>Front-of-package labelling?</td>
</tr>
<tr>
<td>Back-of-pack nutrition declaration?</td>
</tr>
<tr>
<td>Color coding?</td>
</tr>
<tr>
<td>Warning label?</td>
</tr>
</tbody>
</table>
## Regulation and marketing

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are there fiscal policies on unhealthy products?</td>
<td>✔</td>
</tr>
<tr>
<td>Tax on unhealthy foods?</td>
<td>✔</td>
</tr>
<tr>
<td>Tax on unhealthy drinks?</td>
<td>✔</td>
</tr>
<tr>
<td>Are there fiscal policies on healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on fruits?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on vegetables?</td>
<td>✗</td>
</tr>
<tr>
<td>Subsidy on other healthy products?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory limit or ban of trans fat (all settings)?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory limit of trans fats in place (all settings)?</td>
<td>✗</td>
</tr>
<tr>
<td>Ban on trans-fats or phos in place (all settings)?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory restriction on broadcast media?</td>
<td>✗</td>
</tr>
<tr>
<td>Mandatory restriction on non-broadcast media?</td>
<td>✗</td>
</tr>
<tr>
<td>Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there mandatory standards for food in schools?</td>
<td>✗</td>
</tr>
<tr>
<td>Are there any mandatory nutrient limits in any manufactured food products?</td>
<td>✗</td>
</tr>
<tr>
<td>Nutrition standards for public sector procurement?</td>
<td>✗</td>
</tr>
</tbody>
</table>
## Political will and support

<table>
<thead>
<tr>
<th>Item</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>National obesity strategy or nutrition and physical activity national strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>National obesity strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>National childhood obesity strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>Comprehensive nutrition strategy?</td>
<td>✔</td>
</tr>
<tr>
<td>Comprehensive physical activity strategy?</td>
<td>✗</td>
</tr>
<tr>
<td>Evidence-based dietary guidelines and/or RDAs?</td>
<td>✗</td>
</tr>
</tbody>
</table>

## Monitoring and surveillance

<table>
<thead>
<tr>
<th>Item</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?</td>
<td>✔</td>
</tr>
<tr>
<td>Within 5 years?</td>
<td>✗</td>
</tr>
</tbody>
</table>

## Governance and resource

<table>
<thead>
<tr>
<th>Item</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?</td>
<td>✔</td>
</tr>
</tbody>
</table>

### Key

- **Present**
- **Incoming**
- **Absent**
- **Unknown**

(voluntary)

_Last updated July 3, 2024_