# Report card

## Timor-Leste

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Obesity prevalence

Adults, 2016

Survey type: Measured
Age: 15-49
Sample size: 16051
Area covered: National
References: Timor-Leste Demographic Health Survey 2016
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**

![Bar chart showing percentage of boys and girls who are overweight or obese](chart.png)

**Survey type:** Self-reported  
**Age:** 13-17  
**References:** Global School-based Student Health Survey (GSHS), available at [https://www.cdc.gov/gshs/countries/index.htm](https://www.cdc.gov/gshs/countries/index.htm) (last accessed 28.04.20)  
**Notes:** WHO cutoffs.  
**Cutoffs:** WHO
Overweight/obesity by education

Men, 2016

Survey type: Measured
Age: 15-49
Sample size: 4528 Men 11523 Women
Area covered: National
References: Timor-Leste Demographic Health Survey 2016
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
References: Timor-Leste Demographic Health Survey 2016
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
References: Timor-Leste Demographic Health Survey 2016
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
References: Timor-Leste Demographic Health Survey 2016
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
References: Timor-Leste Demographic Health Survey 2016
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

Women, 2009-2010

Survey type: Measured
Age: 15-49
Sample size: 11698
Area covered: National


Notes: Prevalence of overweight and obesity in females by wealth quintile

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

References:
Average daily frequency of carbonated soft drink consumption

Children, 2014-2015

<table>
<thead>
<tr>
<th>Country</th>
<th>Times per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesia</td>
<td>0.6</td>
</tr>
<tr>
<td>Maldives</td>
<td>0.8</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>1.2</td>
</tr>
<tr>
<td>Thailand</td>
<td>1.3</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>1.4</td>
</tr>
</tbody>
</table>

Survey type: Measured
Age: 12-17

References:
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

Thailand
Sri Lanka
Indonesia
Bangladesh
Timor-Leste
Maldives

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

Age: 12-17

Estimated per-capita processed meat intake

Adults, 2017

<table>
<thead>
<tr>
<th>Country</th>
<th>Per-capita Processed Meat Intake (g/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesia</td>
<td>0.2</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>0.4</td>
</tr>
<tr>
<td>North Korea</td>
<td>0.6</td>
</tr>
<tr>
<td>Myanmar</td>
<td>0.8</td>
</tr>
<tr>
<td>Thailand</td>
<td>1.0</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>1.2</td>
</tr>
<tr>
<td>Maldives</td>
<td>1.4</td>
</tr>
<tr>
<td>Nepal</td>
<td>1.6</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>1.8</td>
</tr>
<tr>
<td>India</td>
<td>2.0</td>
</tr>
<tr>
<td>Bhutan</td>
<td>2.2</td>
</tr>
</tbody>
</table>

Survey type: Measured

Age: 25+


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
Oesophageal cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018

Incidence per 100,000

Age:


Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
### Women, 2018

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bhutan</td>
<td>2</td>
</tr>
<tr>
<td>India</td>
<td>5</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>6.5</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>8</td>
</tr>
<tr>
<td>Nepal</td>
<td>10</td>
</tr>
<tr>
<td>Maldives</td>
<td>11.5</td>
</tr>
<tr>
<td>Myanmar</td>
<td>12.5</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>13.5</td>
</tr>
<tr>
<td>Indonesia</td>
<td>20</td>
</tr>
<tr>
<td>Thailand</td>
<td>23</td>
</tr>
<tr>
<td>North Korea</td>
<td>25</td>
</tr>
</tbody>
</table>

**Age:** 20+


**Definitions:** Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018

Incidence per 100,000

<table>
<thead>
<tr>
<th>Country</th>
<th>Incidence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maldives</td>
<td>0.2</td>
</tr>
<tr>
<td>Timor-Leste</td>
<td>0.4</td>
</tr>
<tr>
<td>Indonesia</td>
<td>0.6</td>
</tr>
<tr>
<td>Sri Lanka</td>
<td>0.8</td>
</tr>
<tr>
<td>Myanmar</td>
<td>1.2</td>
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<tr>
<td>India</td>
<td>1.4</td>
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<tr>
<td>Bhutan</td>
<td>1.6</td>
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<tr>
<td>Bangladesh</td>
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<td>North Korea</td>
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<tr>
<td>Nepal</td>
<td>2.8</td>
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<tr>
<td>Thailand</td>
<td>14.4</td>
</tr>
</tbody>
</table>

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) per 100,000

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