



# The State of ASEAN's Health

IHME measures the world's health problems in 204 countries and territories. It is the most comprehensive and comparable research on health to date, tracking 400+ diseases, injuries, and risk factors. IHME's new research captures the latest evidence on health in ASEAN countries.

There is a gap of more than 8 years between the ASEAN region's health span and life span.<sup>1</sup>

## Health span versus life span in the ASEAN region, 2021

■ Healthy life expectancy ■ Life expectancy

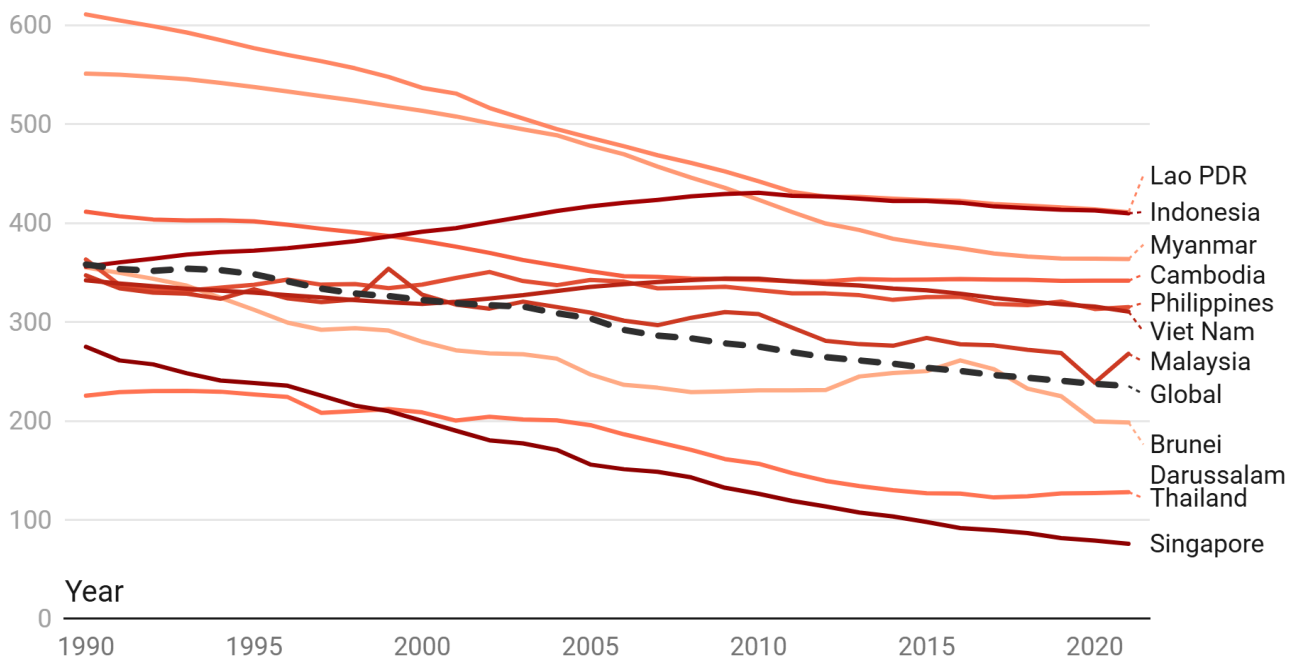
62.6

70.9

<sup>1</sup>Health span is the number of years someone can expect to live in good health. Estimate is based on healthy life expectancy versus life expectancy at birth for all sexes.

Mortality from cardiovascular diseases, a top health threat in the region, exceeds the global average in most ASEAN countries.<sup>2</sup>

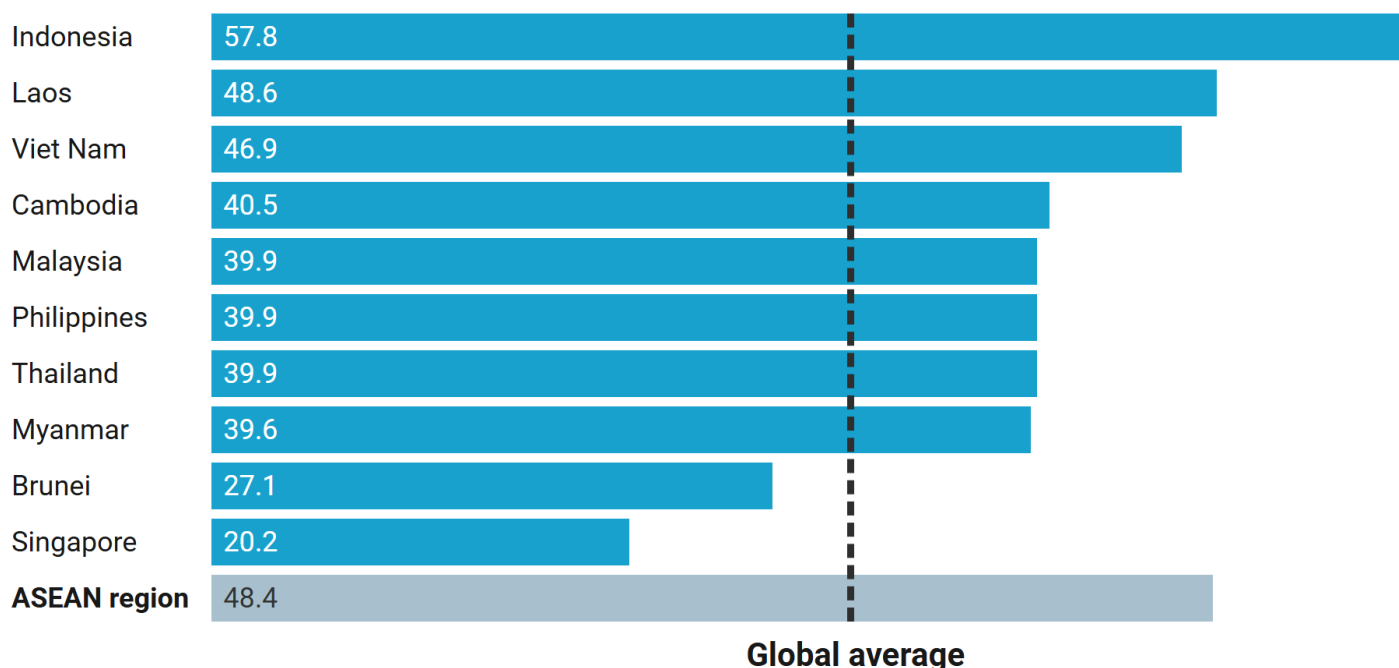
## Cardiovascular disease deaths per 100,000 (age-adjusted), 1990-2021



<sup>2</sup>Based on age-standardized deaths per 100,000 people, all sexes.

Smoking, a leading risk factor for cardiovascular diseases, is high in ASEAN, particularly among males.<sup>3</sup>

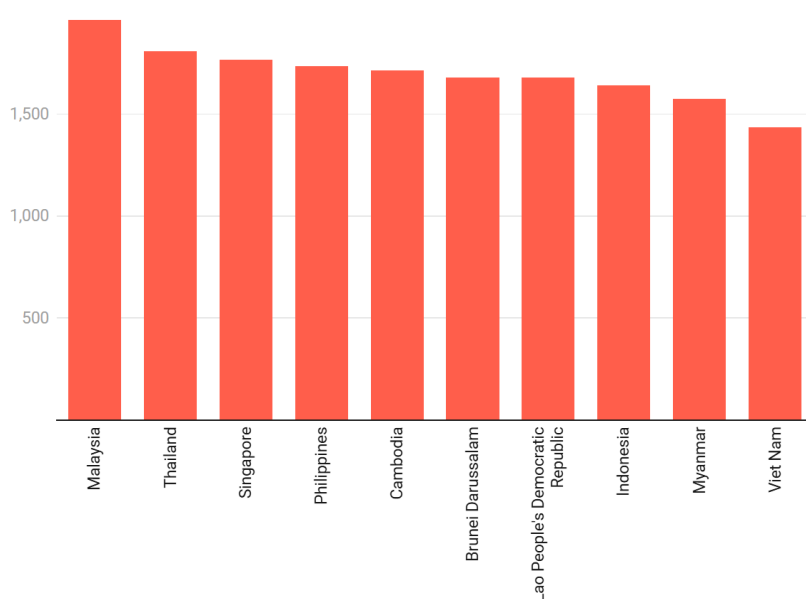
## Percentage of males who are smokers (age-adjusted), 2021



<sup>3</sup>Based on age-standardized prevalence for males age 15 and older.

Mental disorders are a major driver of poor health in ASEAN, and every country has a high burden.<sup>4</sup>

## Years lived in poor health due to mental disorders, 2021



<sup>4</sup>Based on disability-adjusted life years per 100,000 people, all ages.

For young people in ASEAN, two mental disorders, anxiety and depression, are particularly burdensome.

## Leading causes 2021 ranking, ages 10-24<sup>5</sup>

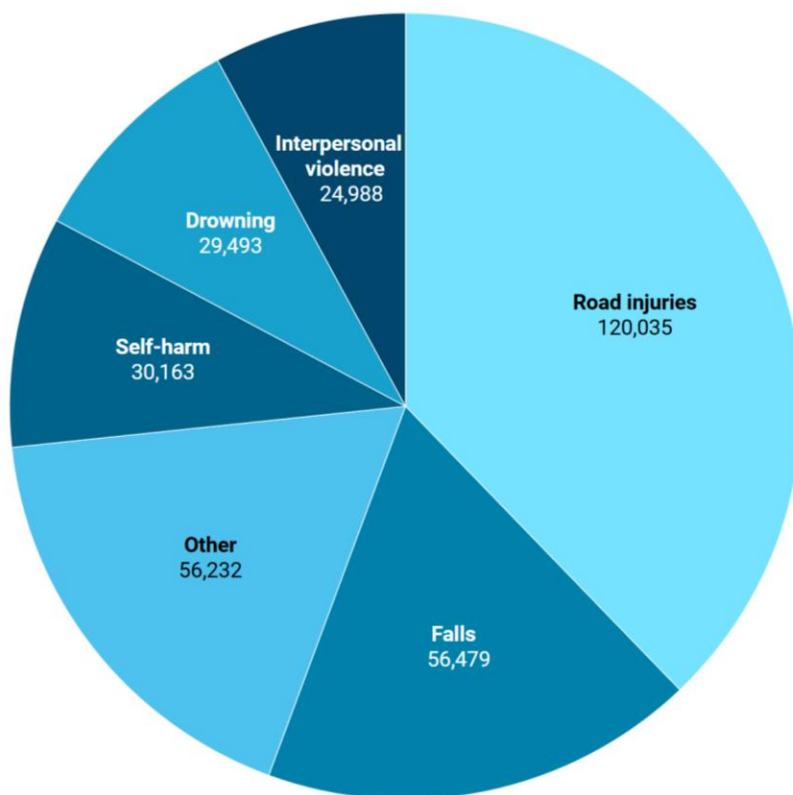
1	Road injuries
2	Headache disorders
3	Anxiety disorders
4	COVID-19
5	Depressive disorders

<sup>5</sup>Based on disability-adjusted life years per 100,000 people, all sexes.

Road injuries, falls, drowning, interpersonal violence, and self-harm were the primary causes of injury in ASEAN.<sup>6</sup>

## Injury deaths in ASEAN, 2021

<sup>6</sup>Based on total deaths.



### Key actions for improving health in the ASEAN region

Address commercial determinants of chronic diseases.

Strengthen tobacco control measures.

Destigmatize mental disorders and improve access to care.

Foster regional knowledge exchange for injury prevention.

### About IHME

The Institute for Health Metrics and Evaluation is an independent research organization at the University of Washington. Its mission is to deliver to the world timely, relevant, and scientifically valid evidence to improve health policy and practice.

### About the NUS Yong Lu Lin Medical School

The NUS Yong Loo Lin School of Medicine is Singapore's first and largest medical school. Its enduring mission centers on nurturing highly competent, values driven and inspired healthcare professionals to transform the practice of medicine and improve health around the world.

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