



The State of Brunei Darussalam’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 in its Global Burden of Disease (GBD) study. IHME’s new research captures the latest evidence on health in ASEAN countries.

There is a gap of more than 9 years between Brunei Darussalam’s health span and life span.¹

Health span versus life span in Brunei Darussalam, 2021

Healthy life expectancy Life expectancy



¹Health 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.

What drives poor health and early death in Brunei Darussalam? Diabetes/high blood sugar, cardiovascular diseases, and musculoskeletal disorders rank among the top health problems and risk factors.

Leading causes 2021 ranking, all ages²

1	Diabetes
2	Ischemic heart disease
3	Stroke
4	Low back pain
5	Neonatal disorders
6	Other musculoskeletal disorders ³
7	Road injuries
8	COVID-19
9	Chronic kidney disease
10	Congenital defects

Leading risk factors 2021 ranking, all ages⁴

1	High blood sugar
2	Obesity and overweight ⁵
3	High blood pressure
4	Smoking
5	Kidney dysfunction

²Based on disability-adjusted life years per 100,000 people, all sexes, all ages, Level 3 of the GBD hierarchy.

³Includes disorders such as neck pain and arthritis.

⁴Based on risk-attributable disability-adjusted life years in 2021 for all ages and all sexes combined, Level 3 of the GBD hierarchy.

⁵Body mass index greater than 25 in adults (≥18 years) and based on the International Obesity Task Force criteria for children (<18 years).

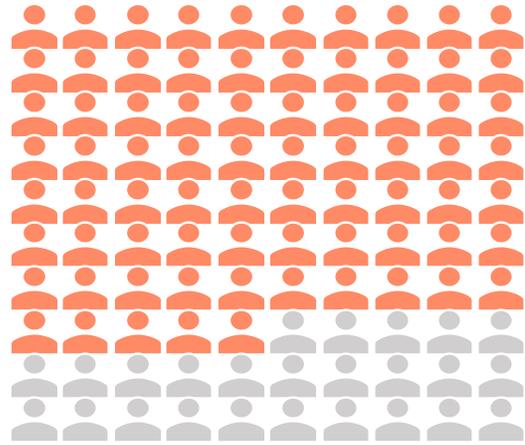
Anxiety and depression are among the top health issues for young people in Brunei Darussalam.

Leading causes 2021 ranking, ages 10-24⁶

1	Low back pain
2	Anxiety disorders
3	Road injuries
4	Headache disorders
5	Depressive disorders

⁶Based on disability-adjusted life years per 100,000 people, all sexes.

Obesity and overweight is a rising threat to health in Brunei Darussalam.



By 2050, IHME projects that **75%** of adults will be living with overweight or obesity in Brunei Darussalam.

Key actions for improving Brunei Darussalam's health

Address risk factors for chronic diseases.

Expand screening for and treatment of mental disorders.

Promote occupational health and injury prevention.

Implement evidence-based strategies to detect and treat prediabetes.

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 Loo 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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